

South Conejos School District
Athletic Handbook
2024-2025



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Table of Contents

Overview	4
Introduction	
Website	
Address and Phone Number	
Important Dates	5
South Conejos District Mission and Vision	6
Colorado High School Activities Association (CHSAA)	6
Participation Policy	6
Athletic Eligibility	7
Academic Eligibility	
Citizenship	
Effects of Ineligibility	
Attendance	10
Fundraising	10
Statement of Risk and Insurance	10
Athletic Training and Concussion Policy	11
Weather Protocol	11
Travel Policy	11
Overnight Policy	12
Policy and Procedure for Conduct Issues	13
Student Athlete Expectations	13
Supporters of SCSD Student Athlete Expectations	14
Coach Expectations	15
Administrative Responsibilities	
Relationships	
Coaching Performance	

Introduction

The South Conejos School District (SCSD) middle and high school athletic programs offer 6th through 12th-grade students the opportunity to compete in cross country, volleyball, football, spirit, basketball, wrestling, baseball, and track. Our high school programs are a part of Colorado High School Activities Association (CHSAA) and compete at the 1A/2A levels in the Southern Peaks League. Our 6th through 8th-grade programs compete in the San Luis Valley Middle School Activities Association.

The goal of this athletic handbook is to outline and detail the rules and standards of our athletic department and the expectations we hold our student-athletes, coaches, and parents accountable to. This athletic handbook is the reference guide to answer any questions or clarify any concerns. This handbook deals specifically with athletic policies. These policies work in addition to the rules and expectations in the student handbook.

Website

Find detailed information about athletic department events, calendars, and updates through the South Conejos School District website at www.southconejos.com. Click on the tab “Athletics.”

This page will display currently released schedules and links to social media accounts for the most recent updates.

Address and Phone Number

South Conejos School District
13099 County Road G
Antonito, CO, 81120

(719)-376-7000



Important Dates

- | | |
|-----------------|--|
| ➤ August 12th | Fall sports start date |
| ➤ August 12th | First day of school for middle and high school |
| ➤ September 2nd | Labor Day – No School |
| ➤ October 10th | End of 1st Quarter |
| ➤ November 18th | Winter sports start date |
| ➤ November 25th | Start of Fall Break |
| ➤ December 2nd | Return to school |
| ➤ December 19th | PD K – 12 2:00-4:00 early release 2:00 |
| ➤ December 19th | End of 2nd Quarter and 1st Semester |
| ➤ December 23rd | Start of Winter Break |
| ➤ January 6th | Return to school |
| ➤ February 17th | Presidents' Day – No School |
| ➤ February 24th | Spring sports start date |
| ➤ March 13th | End of 3rd Quarter |
| ➤ March 17th | Start of Spring Break |
| ➤ March 24th | Return to school |
| ➤ May 14th | Senior Last Day of School |
| ➤ May 21st | End of 4th Quarter and 2nd Semester |
| | Last Day of School |
| ➤ May 23rd | High school graduation |

[2024-2025 District Calendar](#)

[2024-2025 CHSAA Calendar](#)

South Conejos District Vision and Mission

The South Conejos School District strives for a safe, caring, compassionate school community. It seeks to empower each individual to become a successful, productive, contributing citizen by assuring personal, intellectual, and ethical development.

SCSD athletics seeks to uphold and support the vision and mission of the district by building and sustaining a high-performing athletic program. The athletic department aims to develop and prepare students for success by reinforcing fundamental skills and discipline to last the student-athletes for their lifetime.

Colorado High School Activities Association (CHSAA)

The South Conejos School District is a member of the Colorado High School Activities Association (CHSAA) and operates our 6th through 12th athletic programs under CHSAA regulations. Our high school teams compete at the 1A/2A level. While CHSAA is for 9th through 12th, CHSAA rules apply to all 6th through 12th student-athletes, coaches, and parents. This athletic handbook will identify a few CHSAA rules that are important to highlight. For full CHSAA rules and regulations, please visit www.chsaa.org.

Participation Policy

SCSD encourages all of our 6th through 12th-grade students to participate in some capacity, whether as a team manager or an athlete. Any student at any athletic level in sports is welcome to participate on our teams. All that is required of students is: to show a genuine interest and commitment to the sport(s) of their choice, adhere to team guidelines regarding attendance at practice/games/events, obey district guidelines of conduct and citizenship, fill out required paperwork and prerequisites, and pay for any fees incurred during the season.

While all students are invited to participate in SCSD athletics, playing time is exclusively a coaching decision. There is a direct correlation between offseason work, personal conduct, effort, enthusiasm, and dedication and the coach's decision for playing time. Coaches are not required to make playing time equal.

School athletics are broken into three seasons and students are allowed and encouraged to participate as year-long athletes. It is recommended that students dedicate their time and energy to one sport per season; however, students are allowed to participate in multiple sports in a single season with the agreement and consent of the coaches.

Athletic Eligibility

As a member of CHSAA, SCSD complies with all rules and regulations set forth by the organization in addition to particular rules set forth by the school to ensure the district's standards for student excellence. According to Article 17 of the CHSAA Constitution and Bylaws, "Participation in interscholastic activities as part of a school's educational program is a privilege and not a right. Students wishing to participate are required to meet standards of personal behavior and academic performance. . . . In this regard, CHSAA and its member schools may exercise the fullest discretion permitted under law." Schools that are members of CHSAA are permitted and empowered to enforce strict standards that go above and beyond CHSAA requirements.

In order to be eligible to play a sport or participate in an extracurricular activity, the student-athlete must be enrolled full-time at SCSD. Students must abide by all rules and procedures set forth by CHSAA regarding school enrollment. Participating seniors also must be enrolled full-time; however, this can include concurrent enrollment classes with online or local higher education institutions.

Students may become ineligible to play through academics or citizenship infractions. The academic eligibility report will run **Monday at 3 PM every 3rd week**. Please see below for additional information regarding academic ineligibility and consequences. A citizenship infraction may be assigned at any time during the season by the coach, athletic director, dean of students, principal, or superintendent. Please see below for additional information regarding citizenship infractions and consequences.

Beyond the goals of building character, cooperation, and athletic skill, secondary sports are no longer dedicated to equal playing time for all, but rather a winning season. For this reason, even academic and excused absences can impact playtime. Coaches must make the decisions they feel are right for their team to win. For this reason, even excused or scholastic absences can lead to the coaching decision to reduce playtime.

Academic Eligibility

To be eligible for extracurricular activities and athletics, students must be in good academic standing and demonstrating progress in classes. Tri-Weekly eligibility reports will be used to determine if a student is in good academic standing. The academic eligibility report that is created on **Monday at 3PM** every 3rd week will determine student-athlete eligibility for the next 3 weeks. For weeks where an eligibility report is not available, such as district breaks, the eligibility report will be run on the first official school day back from break.

Students will be considered to be in good academic standing when achieving at least a 70% (C-) in all classes. Depending on the grade, students who fall below this academic standard

may become ineligible or put on a three-week probationary status to bring the grade up. If a student earns an F in any class (<59%), they will become ineligible to play until they have a passing grade on the **next eligibility report**. Students who earn a D (60 - 69%) in any class will be put onto a three-week probationary status. Students on probationary status have three weeks to increase their grade to at least 70%; otherwise, they will become ineligible to play. Students who earn two D's (60-69%) will be considered to be ineligible until they have a passing grade in the next eligibility report.

Teachers are required to update grades at least once per week to use for eligibility and progress checks. For this reason, teachers are not required to update grades after an eligibility report has been completed. According to CHSAA regulations, eligibility reports are the final opportunity to determine eligibility. According to the CHSAA Constitution article regarding makeup work, "No makeup work shall be permitted after the close of the semester and/or designated periodic check for the purpose of becoming eligible." Student-athletes are strongly encouraged to complete makeup work when given the opportunity; however, ineligible students cannot become eligible until the following eligibility report.

CHSAA has strict rules regarding athletic eligibility after failing a class. According to Article 17 regarding general eligibility, the CHSAA constitution states that, "Students that have not met the academic requirements at the close of a semester may regain academic eligibility per the table below for the first semester and on the Monday of Week 36 for the second semester.

FALL REGAIN DATES	
The regain day is the Monday of the designated weeks:	
Cross Country	Week 10
Volleyball	Week 11

WINTER & SPRING REGAIN DATES	
The regain day is the Monday of the designated weeks:	
Winter	Week 25
Baseball /Track and Field	Week 39

For this reason, students who failed a class in Spring of 2022 will not be eligible to play Fall Sports until the eligibility regain week listed by CHSAA. Students who fail a class during the first semester will not become eligible to play until the eligibility regain week listed by CHSAA.

Middle school athletics will follow all CHSAA rules and regulations regarding eligibility when applicable. However, due to the comparatively short seasons, middle school students who fail a quarter will not participate in the first four contests of the upcoming season.

Citizenship

Citizenship infractions are another way to gain ineligibility. A citizenship infraction is defined as any behavior that goes against the ideals and values set forth by SCSD Student Handbook. These infractions can range from being disruptive in a classroom, misbehaving at school functions, and/or more severe infractions, such as fighting or alcohol/drug abuse. For a complete and comprehensive list of citizenship infractions and behavior expectations, please see the SCSD Student Handbook at <https://www.southconejos.com/browse/146508/>.

SCSD Athletics believes in using restorative practices to restore harm caused by student-athletes. Depending on the severity of the situation, student-athletes may be asked to do different things on a case by case basis to repair the harm from their actions. This can include but is not limited to letters of apology, conferencing, or restorative circles. The goal is to have students reflect on their actions, who was impacted by them, and what can be done to make things right again.

In addition to restorative sanctions, students who receive a citizenship infraction may also be required to sit out of the next athletic contest for a designated length of time. The severity of the incident will determine if students will miss part of a game, all of a game, or multiple games.

Students who habitually earn detention will become ineligible for the next athletic contest.

Effects of Ineligibility

Ineligibility severely limits student's ability to participate in extracurricular activities. Ineligibility is a punishment, but it is not intended to disconnect a student-athlete from their team. Even during periods of ineligibility, students are expected to practice with the rest of the team. Students are also able to participate in and attend team functions outside of school hours, such as team dinners or fundraising events. However, students who are ineligible:

- Can not play in all/part of games
- Can not travel with the team to away games in district vehicles
- Can not sit in team area during games
- Will not be excused from class for team events

In addition to formal sanctions brought by SCSD athletics regarding ineligibility, coaches may also deal with infractions in the appropriate manner that they see fit. This can include but is not limited to extra conditioning, losing starting positions, attending special study sessions, or losing playtime.

Attendance

SCSD student-athletes are expected to demonstrate their commitment to education by attending as many school days as possible and keeping unexcused absences and tardies to a minimum. Because athletic events often require students to leave school early, it is vital that students attend class on other school days. Parents, guardians, and student-athletes are asked to follow attendance policies laid out in the Student Handbook.

Attendance Requirement – A student must be in attendance at least half of the most recent school day in order to participate in practice, games, or participate in any extracurricular activity. (Ex. For Friday and Saturday activities, Thursday's attendance is required). SCSD athletics considers four hours to constitute a half-day of school. Students who have excused absences will also be eligible to participate in practice and/or games. Students that have an unexcused absence for any class period of the day will not be eligible to participate in practice and/or games.

In addition to good attendance, student-athletes are expected to arrive to class on time. Students that are habitually truant may receive a citizenship infraction and become ineligible. Other possible consequences for excessive tardies can be found in the Student Handbook.

Fundraising Policy

SCSD athletics believes all students should be given the opportunity to be a student-athlete and participate in privileges and opportunities that come from being in a school extracurricular activity. Student-athletes, teams, and coaches are welcome to fundraise to help support their program.

Teams that would like to participate need to submit a fundraising proposal form that is available in the SCSD main offices. This proposal is used to ensure that school healthy eating guidelines are being followed, which may restrict some activities, such as selling certain items during school hours. Proposal forms are also used to ensure correct usage of Trojan branding and to make sure that two groups aren't doing the same fundraiser simultaneously.

Statement of Risk and Insurance

Participation in athletics at any level includes possible risk of injury, from minor, to long term, or even catastrophic. It is impossible to reduce this risk completely, but it can be minimized significantly if safety rules are followed. Participating athletes have a responsibility to obey necessary safety rules and report physical problems and/or possible injuries to their coaches immediately.

SCSD does not provide insurance to students to cover injuries incurred while they are participating as athletes. It is the responsibility of the parent/guardian to provide adequate insurance coverage to the student-athlete.

Athletic Training and Concussion Policy

All participating student-athletes are required to inform the coach, athletic trainer, and/or school nurse of any injuries as soon as possible. If the injury requires the attention of a physician or healthcare provider, the student-athlete must submit a physician's letter of release prior to returning to play. Student-athletes prescribed any medications such as inhaler or EpiPen must have their medications on hand should they need access to it at any athletic activities or they will not be allowed to participate.

In accordance with CHSAA rules and policies regarding concussions, any athlete suspected of sustaining a head injury and/or exhibiting the common signs and symptoms of a concussion will be removed immediately from any athletic participation. Student-athletes with a possible concussion will not be permitted to return to play until cleared by a physician or a licensed healthcare practitioner.

Weather Protocol

SCSD takes weather and inclement conditions very seriously. All athletics programs, practices, and games will be canceled in the event of a school closure. In cases of rain and snow, decisions regarding delay or cancellation of practice will be announced and posted on school social media pages. Thunder or lightning in a near enough vicinity will result in immediate delay of outdoor practice and/or game, and coaches must clear the field and wait indoors. No one is to return to outdoor activities until thunder or lightning has not been seen or heard for 30 minutes. Teams should practice in places where a shelter is available to wait out inclement weather. Administrators can cancel, postpone, or delay a game due to weather.

Travel Policy

Student-athletes are given many privileges not available to other students, such as traveling to different schools and even out of state. For safety and to maximize benefits from trips, travel for games and other athletic events will follow SCSD policy regarding conduct on buses, found in the Student Handbook. SCSD policies for conduct on school grounds will also be enforced during all off-campus trips. If an action or item is restricted on SCSD grounds, then it is also not allowed while traveling.

Coaches and athletic staff will call an SCSD administrator immediately should a student-athlete decide to behave inappropriately. Abuse of travel privileges can result in removal of future travel privileges, revocation of student-athlete privileges, or citizenship infractions.

In order to prepare students for away games, each student that requests a sack lunch will receive one in preparation for away contests. The cafeteria staff will prepare a meal that is nutritious and of no cost to student-athletes. This policy is only in effect for games that are further than 15 miles away from Antonito.

In the event that sack lunches are not available, such as state competitions or multi-day events, students will receive \$5 per meal.

Overnight Travel Policy

Overnight travel is an exciting experience SCSD sometimes provides for student-athletes. Overnight travel offers a unique opportunity to expand the minds of student-athletes and an important setting for team bonding that can help athletes grow. If time allows, SCSD athletics incorporates a college visit of a nearby campus into the team itinerary. SCSD athletics fully supports college readiness, and we want student-athletes to realize their potential options for higher education.

Before leaving on an overnight trip, the athletics department will host a mandatory parent meeting to discuss the itinerary, including hotel details, emergency contact information, and parent permission.

Adult supervision is required at all times during overnight trips. There must be at least one adult chaperone for every six students. Students must inform their coaches and chaperones of their whereabouts throughout the trip.

Student-athletes will have assigned rooms. Students of the opposite sex will not be assigned to the same room. Chaperones and coaches will have a key to each room and are allowed to make random room checks if deemed necessary. At the beginning of each trip, coaches will set a curfew. After curfew, all students must be in their assigned rooms and are not permitted out of their room for any reason at the risk of being sent home and put on athletic probation. Students are not allowed to leave the hotel without notifying a coach or chaperone.

Coaches have the authority to search players' bags for restricted items if they deem it necessary. Students who refuse a search of personal belongings may be placed on athletic probation, ineligibility, or may receive a citizenship infraction.

Students must attend all activities set in the itinerary and are allowed free time only when designated by the itinerary. Free time will be spent in the hotel only or in pre-approved locations. Students should be considerate of the spaces they are sharing with other hotel guests.

All travel leaves from and returns to the school. Parents are required to drop off and pick up students at predetermined times. SCSD is not responsible for student travel to and/or from their personal homes. Parents may sign their students out at away games with the coaches. The bus cannot make special stops for individual students.

Policy and Procedure for Conduct Issues

All coaches and athletics staff have been selected because of their experience and skills in directing their team and preparing them for success. We trust our coaches to make the right decisions for their team and athletes and ask that these decisions are respected by parents and athletes.

Parents and guardians are welcome to discuss their thoughts and concerns with the coaching staff; however, parents and guardians are asked to wait until after a game day to schedule an appointment to meet. Many coaches and athletic staff have postgame responsibilities they must attend to, especially at away games; therefore, emailing your concerns will be the most effective way to contact them after events.

If there are any other questions or concerns, please address them with the athletic director. If necessary, the athletic director will arrange a meeting between the parent(s)/guardian(s) and coach(es), and act as a mediator, if required. Concerns should always be addressed respectfully and never during practices or games.

As per the SCSD Student Handbook, the chain of command regarding athletic issues will be:

1. Coach(es)
2. Athletic director
3. Principal
4. Superintendent
5. School Board of Education

Student-Athlete Expectations

SCSD has the highest standards for student-athletes. Student-athletes are the role models of the school for all grades Pre-K - 12, which is why it is important to take the commitment, participation, and privileges seriously. By choosing to participate in sports, student-athletes have chosen to make the commitment to these athletic expectations and fulfill their obligations to the team.

Student athletes are expected to remain a member of the team throughout the season as long as they are enrolled at SCSD. If a student athlete chooses not to remain with the team then they may not be allowed to participate in another sport in the next sport cycle. This ultimately will be a coaching and administration decision.

First and foremost, student-athletes are expected to demonstrate positive leadership and character on and off the playing field/court, whether on or off-season. Student-athletes must use proper language and demonstrate good sportsmanship. SCSD rules and guidelines laid out

in the Student Handbook must be followed. Student-athletes must control their actions in and outside of the classroom, at school, on the road, and at home. Student-athletes will respect and follow the instructions of teachers, coaches, substitutes, administrators, and parents/guardians.

Student-athletes are expected to be fully engaged in all team activities, including during the off-season and all weekend/summer/Friday practices. Student-athletes are responsible for taking care of all academic commitments on time and around practice/game time. Schoolwork is always the top priority, student first and athlete second. Vacations, appointments, and work should be scheduled around sports commitments. If attendance becomes an issue, playing time may be diminished or students may be dismissed from the team entirely.

As leaders of the school, student-athletes should be proud to represent the school on and off the court/field. Student-athletes should participate in as many school functions and events as possible. Student-athletes are encouraged to support their fellow athletes and attend other sporting events during their off-season.

Supporters of SCSD Student-Athletes Expectations

SCSD athletics recognizes the importance of the role parents and guardians play in the success of student-athletes. SCSD athletics cannot operate without the support of student-athlete parents and guardians. Supporters are encouraged to help emphasize the significance of the commitment student-athletes have agreed to make. SCSD depends on supporters to help uphold these high standards of SCSD athletics and be role models for your student-athletes.

SCSD hopes to see supporters engage and participate in athletic events as much as time allows, and there are many ways to get involved and volunteer. Supporters are expected to attend all required parent meetings throughout the year. Parent meetings are how the coaching staff and athletic director will distribute important information and forms. It is highly suggested that supporters and family attend important events like the end of year banquet to celebrate the accomplishments of student-athletes.

Just as SCSD expects athletes to respect the decisions and rules of their coaches, SCSD expects parents to do the same. Please do not argue with coaches, especially in regards to athlete playing time. SCSD coaches take great care and consideration when deciding playing time for each athlete. SCSD asks supporters to follow the respectful procedures for addressing concerns outlined in "Policy and Procedure for Conduct Issues."

Parents and spectators are to cheer appropriately during games for their team only, and never against the opposing teams. As role models for student-athletes, supporters should refrain from talking to officials, players, and coaches during the game. Allow coaches to coach, players to play, and officials to officiate so that everyone can enjoy the event.

Any spectator that cannot follow the rules regarding behavior and sportsmanship at events can and will be ejected from the event. Spectators that have been ejected from games shall be placed on a 5 year probationary status and will not be able to attend the next event. The only way to be removed from probationary status is to complete the National Federation of State High Schools Association (NFHS) training course "Sportsmanship (free), Teaching and Modeling Behavior (\$20)." After completing the courses, spectators will be required to sign off on their understanding of the course with the district athletic director and superintendent.

Any spectator that is ejected from a second contest while on a probationary period will be placed on suspension from all SCSD activities for one calendar year from the day of the 2nd infraction. Should there be a third infraction, the spectator will be suspended from all SCSD activities for two calendar years from the day of the 3rd infraction.

Coach Expectations

SCSD standard of excellence isn't just for student-athletes. Coaches are expected to commit the same time, energy, and passion to their team that they expect from their student-athletes. In the interest of transparency, the handbook will now outline several important expectations for coaches. These same guidelines will be used as the basis for evaluation at the end of each coach's respective season.

In addition to the following expectations and guidelines, coaches are encouraged to stay in constant contact with the athletic director. Coaches should work hard to ensure that requests for purchasing or other needs are communicated to the athletic director as soon as possible.

Administrative Responsibilities

While coaches are not technically considered administrators, they must have the attention to detail and knowledge of school processes needed to communicate the needs and desires of their teams. There are many minor details that coaches must keep track of in order to keep their teams running smoothly.

One of the most important administrative duties that coaches have is ensuring that both players and the coaching staff meet all CHSAA requirements. Coaches are required to complete the CHSAA Guidelines exam (high school only), hold a Concussion Protocol certification, as well as a First Aid / CPR certification. Student-athletes are required to have an annual physical exam, sign off of CHSAA bylaws, parental consent, and sign off on SCSD athletic handbook. Coaches who fail to ensure these requirements are met by either players or coaching staff are subject to disciplinary action.

The coaching staff is also required to turn in any and all necessary paperwork for transportation and purchasing requests. For transportation requests, coaches may fill out and turn in the district request to the athletic director or may indicate the time that they wish to leave for the

event to the athletic director. Transportation requests should be completed two weeks prior to the date required if possible. Coaches must also follow all purchasing policies set forth by the district, including documentation of the items desired for purchase.

Coaches are responsible for following all applicable bylaws, rules, and expectations. Coaches should be well versed in the CHSAA regulations regarding their sport in addition to the official rules set out by NFHS. Coaches are expected to act according to all district policies and expectations set by the Board of Education. This also includes expectations set by Southern Peaks League Constitution and Bylaws. This includes end-of-season awards requirements.

Coaches are also responsible for uploading all applicable rosters, scores, and statistics into online platforms such as MaxPreps or ArbiterAthlete. Coaches are expected to complete this in a timely manner and no later than a week following the athletic contest.

Coaches will also be expected to recruit parents or other adults involved with the team to run books for home games. The athletics department will do its part to help compensate workers recruited by coaches, but coaches are expected to find interested and available parties to help the team.

Finally, coaches are responsible for keeping a detailed inventory of the district's equipment during the season. Coaches are expected to turn in an inventory sheet at the beginning and end of the season. Coaches are encouraged to keep detailed records of inventory. Large inventory discrepancies can negatively reflect on coaches.

Relationships

One of the top priorities for any coach is to build positive relationships with student-athletes and their families. These quality relationships should extend beyond players and their families to include community members, school staff, officials, and administrators.

Coaches are expected to communicate in a friendly, professional, and timely manner with all students, families, staff, officials, and administrators. This includes keeping student-athletes and their supporters up to date on practice time, location, and expectations. Coaches are also expected to demonstrate professionalism when dealing with emotional or difficult situations.

Coaches are expected to demonstrate their expectations by holding themselves to the same standard they wish for their athletes to perform at. For this reason, coaches should always be on time for practice, team events, or departing from games. Coaches should also work to develop relationships with students by emphasizing the importance of other commitments, such as academics.

Coaches are also responsible for overseeing disciplinary action of student-athletes. If a student becomes ineligible, either through academics, citizenship, or other, the coach's responsibility is to follow through with the applicable punishments. Coaches are encouraged to have conversations about ways to improve when students are struggling outside of their sport. Coaches that play an ineligible player or disregard consequences for student-athletes may be subject to disciplinary action.

Coaching Performance

The final evaluation criteria for coaches is their overall performance. While administrative and relationship qualities can affect the overall coaching performance, this evaluation criteria is more heavily dedicated to the sport itself.

Coaches are expected to conduct themselves in a professional and sportsmanlike manner at all times. This is especially true during difficult games or while dealing with intense situations occurring outside of the athletic contests or practices.

Coaches should dedicate the time to create a well-organized practice schedule with specific objectives for each day of practice. Coaches are expected to teach fundamental philosophy, skills, and knowledge essential to the sport. Coaches should utilize relationships with students to praise good work and offer constructive criticism to improve student-athlete capabilities.

Finally, coaches are responsible for the public presentation of the team. This includes maintaining effective discipline for individuals or the team as a whole. The team's performance should reflect enthusiasm, motivation, proper fundamentals, and sportsmanship.