LIBERTY SCHOOL DISTRICT J-4



ACTIVITIES HANDBOOK

It's a great day to be a Knight!

LIBERTY HIGH SCHOOL EXTRACURRICULAR GUIDELINES AND RULES

GENERAL GUIDELINES

Students participating in sports and/or other extra-curricular activities are expected to comply with the Academic Handbook and the Activities Handbook in order to participate in extracurricular activities.

Academics takes priority over extra-curricular activities.

Students are expected to be in school (0.5 day) in order to participate in practice or same day events (if not an all-day event).

Students are expected to be at practice in order to participate in events. It is recognized that there are situations that are out of the student's control (example: illness). Playing time/event participation is at the discretion of the coach.

Students participating in school sponsored events and activities represent not only their families and themselves, but also their team, school and community. STUDENTS MUST TAKE THIS RESPONSIBILITY AND PRIVILEGE SERIOUSLY AND UNDERSTAND THAT THEY ARE TO EXEMPLIFY BEHAVIOR THAT IS ABOVE REPROACH.

TRANSPORTATION AND SUPERVISION

Students/Athletes are expected to ride to school-sponsored events in school provided transportation, when available (exceptions can be prearranged).

Students must be picked up in a timely fashion at the conclusion of practice/events. Students cannot be left at the school outside of regular school hours without pre-arranged supervision.

Guardians must sign their student/athlete out with the coach and/or driver before leaving from an event. If a student is to ride home from an event with someone other than their guardian(s), advanced notice and documentation needs to be submitted to the school.

SUBSTANCE USE

A student in possession of or consuming alcohol, tobacco, marijuana, vape or Juul products, e-cigarettes, steroids (unless prescribed), illegal drugs, or demonstrate abusive/irresponsible actions with prescription/over-the-counter drugs during the sport(s)/extra-curricular activity season will be suspended from his/her sport(s)/extra-curricular activity, lose lettering privileges and postseason honors.

These offenses will be continual throughout the student/athletes participation in Colorado High School Activities Association (CHSAA) sanctioned activities.

VIOLATION GUIDELINES

Violation of these training rules, school behavior standards, or coach specific rules can result in suspension from the team. Violation of the substance use rule as previously stated will result in the following minimums:

> **FIRST VIOLATION:** The first violation will result in immediate suspension from interscholastic competition continuing for a minimum of thirty percent (30%) of the allowable contests as established by the Colorado High School Activities Association (formula: *n* tournaments x 30 rounded up to the nearest whole number).

- *The athlete involved may also be asked to meet with the coaches and the school administration.*
- ***Carry-Over:*** *The suspension will be carried over and enforced on a percentage basis into the athletes next sport season (The next sport season being the next sport the athlete participates in as a bona fide member). During the subsequent season, the athlete may not complete but is required to attend practice.*

SECOND VIOLATION: Athlete will be removed from the team for which violation occurred. If less than 30% of the original number of contests is remaining, the athlete will fulfill the remaining percentage in the next season in which they choose to participate in the same or different sport. During the subsequent season, the athlete may not compete but is required to attend practice.

THIRD VIOLATION: If a third violation occurs within the students four years of athletic eligibility, the violation will result in immediate suspension from all interscholastic athletic competition for one full calendar year.

Multiple Sport Same Season: Immediate suspension for a minimum of 30% of the contests scheduled for each of the activities, at the highest level of participation for the individual student.

COACHES MAY IMPOSE STRICTER PENALTIES AND OTHER RULES FOR THEIR SPORTS/ACTIVITY. ADMINISTRATIVE DISCIPLINARY ACTION WILL ALWAYS TAKE PRECEDENCE OVER THIS POLICY. ATHLETES MUST UNDERSTAND THAT THEY ARE TO EXEMPLIFY BEHAVIOR THAT IS ABOVE REPROACH.

EXTRACURRICULAR ACTIVITY ELIGIBILITY INFORMATION

The following rules shall govern participation on all school approved extracurricular activities:

1. Participants must be enrolled in the district as full-time students in five courses (2 ½ Carnegie Units of Credit) or more per semester or enrolled in a non-public home-based program or an independent or parochial school taking an equivalent number of classes.
2. Students must be in attendance at school for at least half of a school day (by end of 4th hour) or be in an approved work release program in order to participate in any school sponsored activity that is conducted on that day, including practice. In cases of emergency or extenuating circumstances, the principal or designee may grant an exception to this limitation.
3. An eligibility list will be distributed to all teachers on Monday morning. Students who receive a failing grade (F) or two or more Ds for the week are not eligible to participate in extracurricular events for that week. The Athletic Director or Principal will certify individual eligibility in cooperation with the guidance department and teaching staff. Students participating in post secondary option courses must provide appropriate certification stating that eligibility requirements have been met. No eligibility lists will be published the first two weeks of the semester. Eligibility lists pulled the first two weeks of the second and fourth quarters will be averaged with the prior quarter. Students participating in activities who are not enrolled in the district must provide appropriate certification stating that the academic eligibility requirements have been met which includes name, date, classes and grade/percentage.

A …… 90-100
B …… 80-89
C …… 70-79
D …….. 65-69
F …….. 0-64
64% or below is considered failing

a. The ineligible student shall not travel on the bus to or from the event and shall not participate with the team on the sidelines or on the bench in any capacity.
b. Ineligible junior high school students cannot participate in practice beginning when eligibility is pulled. The student may attend practice again once all grades are above 69% or when eligibility recheck occurs, whichever happens first. The decision for ineligible high school students to participate in after school practices is at the discretion of the guardian(s) OR coach. Either party may determine that the student needs to prioritize school work over practice.

4. Students failing two or more subjects for the PRECEDING semester are ineligible for the entire next semester for ALL co-curricular activities. If the student does not fail two subjects in the next nine-week period, he/she gains back eligibility per CHSAA's regain date.
5. Students who fail to return uniforms or who have outstanding bills relating to each sport will not be allowed to participate in the following athletic season until they have returned all parts of uniforms and have paid all bills relating to their sports.

CO-CURRICULAR AND EXTRACURRICULAR PROGRAMS

Following are the requirements to be eligible for participation in co-curricular activities in accordance with the regulations of the Colorado High School Activities Association.

1. A student must be a bona fide undergraduate of his/her high school or an approved home study student.

2. A student must be representative of the school's ideals in matters of conduct and sportsmanship in the judgment of the principal or coach of his/her high school.\

3. A student must be enrolled in a minimum of five (5) courses (or the equivalent), which meet daily and offer a total of two and a half (2 ½) Carnegie Units of credit per semester. At the time of participation, students must not be failing more than the equivalent of ½ Carnegie Unit of credit. Quarter credit courses must be combined at the end of the semester to determine eligibility for the succeeding semester.

4. A student must have been eligible in accordance with above requirements at the close of his/her last prior semester of attendance. Scholastic eligibility depends upon the average of grades from the beginning of the semester to the close of certification day.

5. A student who drops out of school after having enrolled and attended school for fifteen days shall not be eligible for the following semester of his/her attendance. If he/she attends fifteen days or more during the semester, he/she must complete the required number of credits for the whole semester to be eligible for the next semester.

6. A student shall not be a member of any organization prohibited by law.

7. Students shall abide by the complete regulations set forth by the Colorado High School Activities Association.

MINIMUM REQUIREMENT FOR LETTERING IN A VARSITY SPORT

GOLF

- Athlete must participate in at least half of the scheduled varsity events throughout the duration of the season.
- Preseason and postseason scrimmages do not qualify an athlete to letter.

WRESTLING

- Athlete must participate in at least half of the scheduled varsity tournaments throughout the duration of the season.
- Preseason and postseason scrimmages do not qualify an athlete to letter.

***Exceptions to any of the individual sports criteria can and may be made by the Head Coach in cooperation with the Athletic Director and Principal if situations or circumstances warrant such a review or change.**

COOL DOWN PERIOD AND ISSUE RESOLUTION CONTACT TIME

1. Athletics and other extracurricular activities may result in intense emotions. As a general rule of thumb, allow 24 hours for all parties involved to cool down (post game, etc).
2. Whenever possible and the situation allows, contacting coaches or administrators should occur during school business hours rather than outside of school business hours.

CHAIN OF COMMAND

If during the course of a season concerns arise regarding sports play, the following is the Chain of Command that will be followed:

Step 1: Athlete meets with Coach.
Step 2: Athlete and Guardian(s) meet with Coach.
Step 3: Athlete, Guardian(s), Coach and Athletic Director meet.
Step 4: Athlete, Guardian(s), Coach, Athletic Director and Principal meet (if principal on staff).
Step 5: Athlete, Guardian(s), Coach, Athletic Director, Principal and Superintendent meet.

LIBERTY SCHOOL DISTRICT J-4: PARENT CONSENT & MEDICAL RELEASE FOR TREATMENT OF MINOR

It is expressly understood by the parent(s) or guardians that the student for whom this application is made is in a condition of health that warrants his/her taking part in the event, and do hereby grant permission to the sponsor of this outing to take the named student to a medical doctor for examination and treatment of any accident or illness that may arise during the term of the outing. I agree not to hold Liberty School District J-4 or any of its agents liable for any accidents, illness, or injury to my son/daughter/self during participation in any school authorized, properly supervised, activity if he/she does not follow and abide by the rules and procedures of Liberty School District RJ-4 including travel to and from activity sites.

I/We do hereby authorize the Liberty School District J-4 or its designates as agent(s) for the named student to consent to any X-ray examination, anesthetic, medical or surgical diagnosis or treatment and hospital care which is deemed advisable by, and is to be rendered under the general or special supervision of any physician, or surgeon licensed under the provision of the Medicine Practice Act on the medical staff of a licensed hospital, whether such diagnosis or treatment or treatment is rendered at the office of said physician or at said hospital.

It is understood that this authorization is given in advance or any specific diagnosis, treatment, or hospital care that the aforementioned physician, in the exercise of his/her best judgment may deem advisable.

NOTICE TO STUDENTS AND GUARDIANS:

SERIOUS, CATASTROPHIC AND PERHAPS FATAL INJURY MAY RESULT FROM ATHLETIC PARTICIPATION.

By its very nature, competitive athletics may put students in situations in which serious, catastrophic, and perhaps fatal accidents may occur.

Many forms of athletic competitive athletics 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 risks of injury. Just as driving an automobile involves choice or risk, athletic participation by high school students also may be inherently dangerous. The obligation of parents and students in making this choice to participate cannot be overstated. 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 risks exist. By choosing to participate, you, the student, acknowledge that such risks exist.

Students will be instructed in proper technique to be used in athletic competition and in the proper utilization of all equipment worn or to be 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 Athletic Director or Principal for further information.

EXTRACURRICULAR ACTIVITY RULES AND PROCEDURES ACKNOWLEDGEMENT

1. I have read the Liberty Activities Handbook on the Liberty School District website and agree to abide by the rules outlined within the handbook.

2. I have read and understand the Liberty Drug/Tobacco/Alcohol policy. I understand the penalties that will be administered if the rules are broken.

3. I understand that I/my child must have a current physical on file with the school before I/they may participate in practice.

4. I understand the lettering policies for each sport and that the final determination is always that of the coach and administration when extenuating circumstances arise.

5. I understand that it is not a requirement that I have insurance to participate in athletics, however, it is highly recommended.

6. I understand that there are serious risks that coincide with participating in athletics. I am choosing to assume those risks.

7. I understand the academic eligibility requirements that must be met in order to participate in extracurricular activities.

8. I understand that I/my child must be at school for at least ½ day in order to participate in events that day (including practice).

9. I have read and understand the CHSAA policies regarding eligibility and participation in activities. I understand that if I transfer to another school there may be penalties imposed.

10. I am giving Liberty School (faculty and staff) permission to treat and make medical decisions for my child in an emergency situation to the best of their abilities.

11. I understand that it is my responsibility to pick my child up in a timely fashion at the conclusion of practice/events or to have made other arrangements. I understand that I must provide a signed note to the coach/driver before my child can be transported from an activity in a private vehicle. If my child is to ride home from an event with someone other than myself, I understand that I will need to have proper notice/documentation submitted to the school in advance.

12. I understand that I am responsible for my school issued uniform and that if I lose, damage, or improperly care for any part of the school issued uniform I will be responsible for replacing the uniform.

13. I understand that there is a Chain of Command and agree to follow such order in the event that a problem arises.

_____ _____

Student Signature Date

_____ _____

Guardian Signature Date