Yuma High School

ACTIVITIES HANDBOOK

2026 – 2027

(Revision Adopted: August 2026)

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CODE OF ETHICS

The **Colorado High School Activities Association** (CHSAA) Code of Ethics recognizes the important goal of promoting the physical, mental, emotional, moral, and social well-being of participants in sanctioned activities. The Yuma School District's (YSD-1) Rules, Regulations, and Conduct of Student Athletes recognizes that the use of alcohol, tobacco, and drugs jeopardizes the morale, reputation and success of teams and organizations. Students who participate in athletics and other sanctioned activities are highly visible school representatives who function as role models for other students.

CHSAA Code of Ethics - In order to be of maximum effectiveness in serving and fostering the education of the students so entrusted to us and in promoting and supplementing the regular curriculum, it is the duty of all concerned with our secondary athletic and activities programs to:

● Cultivate an awareness that participation in athletics and activities is part of the total educational process and as such, the coach/advisor should neither seek nor expect academic privileges for the participants. ● Emphasize the proper ideals of sportsmanship, ethical conduct and fair play as they relate to the lifetime impact on the participants.

● Develop a working awareness and understanding of all rules and guidelines governing competition, both in letter and intent.

● Recognize that the purpose of athletics and activities is to promote the physical, mental, moral, social and emotional well-being of the individual participants.

● Avoid any practice or technique which would endanger the present or future welfare or safety of any participant.

● Adhere to policies which do not force or encourage students to specialize or restrict them from participation in a variety of activities.

● Refuse to disparage an opponent, an official, an administrator or spectator in any aspect of the activity. ● Strongly encourage the development of proper health habits: the non-use of chemicals, including alcohol, steroids, tobacco in any form and other mood-altering substances.

● Exemplify proper self-control at all times, accepting adverse decisions without public display of emotion or dissatisfaction with the officials or judges.

● Encourage all to judge the true success of the athletic and activities programs on the basis of the attitude of the participants and spectators, rather than on the basis of a win or loss.

The CHSAA Code of Ethics places a duty on activity participants, their parents, and activity coaches/sponsors to ensure adherence to the prohibition of the use of chemicals, alcohol, steroids, tobacco, and all mood-altering substances. YSD-1 Board of Education policy JICH prohibits the use, possession or distribution of alcohol or controlled substances on school property or in connection with any school-sponsored or school-sanctioned activity. Violation of Policy JICH is cause for suspension and/or expulsion.

In addition to the prohibitions of Policy JICH, students who are participants in CHSAA-sanctioned activities are prohibited from using, possessing or distributing chemicals, including alcohol, tobacco, steroids, mood-altering substances, at any time during the academic year. Violators of this prohibition will be subject to the following sanctions, in addition to disciplinary procedures under Policy JICH, and Regulations JICH-R.

Policies in the Athletic Handbook apply during the academic school year, which means they start on first day of CHSAA organized practices in August and end last day of school or last spring competition whichever is later. During a suspension you will not be allowed to participate in the following programs: Instrumental Music, Vocal Music, Cheerleading, Drill Team, Speech, Debate, FBLA, FCCLA**,** FFA, Student Council, etc**.**

Definition of PURPOSE = the reason for which something exists or is done (EX: Overcoming adversity; moving outside of comfort zone; working together with others; etc.). Goals have a beginning and an end. PURPOSE does not. Our PURPOSE is what we live for. (Example: **I coach to help athletes become young adults with empathy and integrity who will lead, be responsible, and change the world for good**).
Less than 3% of high school athletes will play beyond high school at any level. Knowing this, should we only focus on Goals or should we be more concerned with our PURPOSE. What do we specifically want our children to acquire through their participation in sports?
Self-confidence Risk-taking Self-motivated Responsible Self-disciplined Flexible Working with Others Courage Committed Focused Persistent
Acquiring these skills will help my child be successful in life.

REPRESENTATIVE OF YUMA HIGH SCHOOL:

- Treat all teachers/staff/adults with respect; you are here to get an education and you must succeed in the classroom to be able to participate in activities. School and behavior comes first, activities come second. Continued office referrals for behavior problems will result in activity consequences as well as school consequences.
- You represent Yuma: this includes the student body, school, parents and the community. Just as importantly, you are representing yourself, so think before you do something you regret.

ACTIVITY GUIDELINES AND EXPECTATIONS:

✔ Each student is encouraged to participate in as many different activities during each school year as possible. The choice of activities should be left up to the student and the parents. Coaches and staff will actively recruit students. ✔ Students who choose to do multiple sports in the same season must declare a primary and secondary sport with administration.

- ✔ Students are expected to report for the activity at the beginning of each activity and attend and participate in all practices and events from that point on.
- ✔ Participants in an activity are required to attend all scheduled practices and meetings. If circumstances arise whereby the student cannot attend a practice or meeting, the individual coach or sponsor will judge the validity of the reason. It would be best to call the coach/sponsor or school and leave notice with the reason you will not be at practice.
- ✔ If a student is cut from one activity, he or she is eligible to participate in another activity during that season at the discretion of the coaches/sponsors. A student that quits or is dropped from an activity for discipline reasons may not go out for another activity until that activity season is completed. A student who drops an activity may not participate in another activity during that season until he or she obtains permission from the coach/sponsor of the activity he or she dropped.
- ✔ Students will be required to follow the additional rules and guidelines established by the Sponsor/Coach of his or her activity. Violations of these rules will be handled at the discretion of the sponsor/coach and in the case of related minor violations, insubordination or severe violations the student may be suspended from the activity.
- ✔ Care of the body and mind is closely associated with personal appearance and good grooming. Coaches may require participants to groom their hair and facial hair for purposes of meeting requirements of the sport they are involved in or for regulations prohibiting certain styles because of safety factors or hazards of the sport.
- ✔ Students wishing to participate in activities must use the transportation furnished by the school district unless approved prior by administration.
- ✔ Students wishing to participate in activities must use the transportation furnished by the school district. If the student wishes to ride home from an activity with his or her parents, certain conditions must be met:
- ✔ A written note signed by the parents must be given to the Head Coach/Sponsor <u>or</u> the parent must sign out their child on the form provided by the coach and,
- ✔ The coach must physically see that the student's parents are there to sign them out <u>or</u> see the adult that a parent has given permission for their child to ride home with.
- ✔ Permission to ride home with another parent or adult must be approved by the Athletic Director or Principal <u>prior to</u> the activity departure time from school. The approved individual must sign out the student with the Coach/Sponsor. All approvals are at the discretion of the Athletic Director or Principal. Approval <u>will not</u> be given for students to ride home with other students or minors (under age 21, unless immediate family). *It is assumed that your child will ride home with the approved individual. If coaches discover that your child will not ride home with the approved individual, they will require your child to ride the bus home*

TRANSPORTATION NOTICE AND RELEASE

It is the responsibility of the parent/guardian of the student to arrange the student's transportation to and from practices. The district will provide transportation to and from arranged contests during the school calendar dates and must be utilized by participants in order to be eligible for the contest to be played (August 1st – June 4th) unless approved by administration prior to event. When District transportation is not available and other alternative forms of transportation are utilized, the District cannot and does not assume any responsibility for the safety, training of drivers, condition of vehicles, adequacy for the use of purpose intended or any other matters related to any non-District transportation. I acknowledge, agree and understand that the District does not insure, endorse, approve or sponsor any form of non-District transportation, whether by parents, students or otherwise, to and from District off-campus activities or events. I acknowledge it is my responsibility to provide or arrange for my child's transportation to District events when District transportation is not available. I

consent to my child's use of a means of transportation, including private vehicles drive by parents, and, if applicable, consent to my child's use of a vehicle to transport himself/herself to off-campus events. I hereby waive, release, discharge and agree to hold harmless and indemnify the District, its agents, employees, insurers and Board of Education, from any claim, cause of action, damage, injury, or demand of any nature, including bodily injury, property damage or death, arising from or sustained during or as a result of my child's utilization of or participation in any non-District transportation, whether furnished by us, our student, another student, another adult or otherwise.

✔ ATHLETIC COMMITMENT

✔ DAILY COMMITMENT

✔ The head coach will explain expectations related to practice times and locations and game schedules. Students are expected to make daily commitment to the team each week as well as all contests and activities sponsored by the team.

✔ When practice is separate from varsity, sub-varsity students may expect practices or games each school day and occasional practice on Saturdays that do not have a game. Normally, practices will consist of an average of two hours of team activity per day taking place sometime between 3:30 p.m. and 8:30 p.m.

✔ At the varsity level, weekend and/or evening practices and games are more commonplace, and students should expect regular involvement during these times. Since we must share facilities there may be early and late practices to accommodate all teams. Coaches will provide a schedule for all levels, in all sports. Students are expected to provide their own transportation to and from practices. The Yuma High School Athletic Department does not provide transportation at any level to and from practices excluding co-op sports.

✔

✔ SCHOOL/FAMILY VACATIONS, EXTENDED ABSENCES CONFLICTING WITH SCHOOL EVENTS

✔ Every team member is expected to be present for all team practices and contests. Due to scheduling parameters, many of our teams practice and/or play during scheduled school vacations and/or holidays. Although extended absences are discouraged, the athletic department recognizes that certain circumstances do require them. Remember that you must be present in all classes following lunch to be eligible for practice or ALL CLASSES on game day to be eligible for competition. You MUST be in attendance all periods on Friday to be eligible for Saturday competitions.(see Activities Policy).

✔ Students who anticipate being absent from team activities for an extended period of time due to, religious obligations, school sanctioned activities, or college visitations are expected to contact their coaches to discuss absences before making plans. If the student contacts the coach and the coach feels such absence is excused, the athlete can expect to return from such absences as a team member "in good standing." If disagreement arises over this issue, see the Conflict Resolution section for guidance.

✔ Practices may be conducted on religious or school holidays (exception is Winter break dates Dec 24.-27. & Jan 1.). It is recommended that coaches assess no penalty for missing practice on a religious holiday. Coaches should be notified in advance if a student will not be at a practice or game. Sometimes students are involved in many school-sanctioned activities and sometimes these activities conflict with their athletic commitment. Students who recognize that such a conflict may exist should also notify their coach well in advance of any absence. If the student, parent and coach cannot reach a satisfactory agreement concerning extended absences due to school-sanctioned activities in advance of the absence, please refer to the section on Conflict Resolution for guidance.

EXPECTATIONS FOR YUMA ATHLETES

Coaches and Administrators are expected to discipline athletes who choose not to maintain these standards. A player who is not able or willing to consistently live up to these expectations may lose privileges as a Yuma athlete.

SUCCESSFUL TEAMS HAVE TEAM UNITY – To contribute to TEAM UNITY,

Yuma Athletes are expected to:

- **Attend every practice and be on time**
  BECAUSE practice time missed hurts the entire team!
- **Be supportive of coaches and teammates**
  BECAUSE seeds of discontent often grow into major problems!
- **Accept your assigned role as a team member**
  BECAUSE expressing dissatisfaction divides the team!
- **Ride together to and from games**
  BECAUSE teams experience winning and losing together!

SUCCESSFUL TEAMS HAVE CONDITIONED ATHLETES – To become HIGHLY CONDITIONED,

Yuma athletes are expected to:

- **Commit to abstinence of alcohol, tobacco or drugs**
  BECAUSE substance abuse dulls senses and slows reflexes!
- **Work hard at conditioning your mind and body**
  BECAUSE bigger, faster, stronger, smarter has the winning edge!
- **Eat the right foods and get plenty of sleep**
  BECAUSE you can't put it out if you don't have it to give!
- **Commit to a year- around, personalized weight training program**
  BECAUSE a serious weight program is necessary for athletic excellence!

SUCCESSFUL TEAMS HAVE TEAM PRIDE – To instill TEAM PRIDE,

Yuma athletes are expected to:

- **Act in a respectful manner at all times**
  BECAUSE players who act like clowns tend to play the same way!
- **Maintain acceptable standards of dress and grooming**
  BECAUSE teams who look good play better!
- **Follow all school rules and regulations**
  BECAUSE self-discipline brings pride and respect!
- **Be supportive of team members and coaches at all times**
  BECAUSE when everyone can trust you, the entire team will benefit!

SUCCESSFUL TEAMS HAVE INTELLIGENT PLAYERS - To become INTELLIGENT PLAYERS, Yuma athletes are expected to:

- **Maintain high academic standards in the classroom**
  BECAUSE ineligible players cannot participate!
- **Listen for understanding and comprehension**
  BECAUSE coaches should have to say it once only!
- **Identify your personal strengths as well as weaknesses**
  BECAUSE you need to work to improve all aspects of your game!
- **Ask questions when you don't understand**
  BECAUSE you can't do the job if you don't understand the expectations.

SUCCESSFUL TEAMS HAVE GOOD SPORTSMANSHIP – To show good SPORTSMANSHIP, Yuma athletes are expected to:

- **Be courteous to opponents before, during, and after contests**
  BECAUSE intimidation only motivates a well prepared opponent!
- **Use acceptable language at all times**
  BECAUSE profanity shows a lack of self-discipline and class!
- **Never question an official with words or actions**
  BECAUSE officials who respect the team will make better calls!
- **Respect the physical well-being of opponents**
  BECAUSE cheap shots are associated with losers!
- **Use only positives and stress team effort with the media**
  BECAUSE the best press is positive "team" comments!
- **Support the decisions and show respect to the coaches**
  BECAUSE complainers divide and destroy!

SUCCESSFUL TEAMS HAVE ATHLETES WHO ARE LEADERS – To show good LEADERSHIP, Yuma athletes are expected to:

- **Set the example of prioritizing the needs of the team before the needs of self**
  BECAUSE a group of individuals will never compete well in team sports!
- **Encourage teammates with problems to discuss the issues with the coaches**
  BECAUSE dissension can be catching and destroy the team!
- **Expect 100% from your teammates and model what you expect from others**
  BECAUSE successful teams require a total team effort!
- **Share in the responsibility for losses and look for ways to get better**
  BECAUSE team success is proportional to the growth of each member!

Sports at Yuma High School
Yuma High School offers 16 varsity sports
Sports Available

FALL

Boys' Football
Varsity / JV / C

Girls' Volleyball
Varsity / JV / C

Girls' Softball
Varsity / JV

Boys' and Girls' Cross Country
Varsity / JV

Boys' Golf
Varsity / JV

---------- Dance/Cheerleading----------
----------Pep Band----------

WINTER

Boys' Basketball Varsity / JV / C

Girls' Basketball Varsity / JV / C

Wrestling
Varsity / JV

Girls' Wrestling Varsity

SPRING

Baseball Varsity/JV

Boys' Track
Varsity / JV

Girls' Track
Varsity / JV

TEAM SELECTION

It is reasonable to expect that varsity teams will be comprised of the best players. It is also important to recognize that high school athletes who work hard and can contribute to a team's success should also be given the opportunity to be on a varsity team. The athletic department must, therefore, work to balance the desire to reward talent with a sincere effort to include as many students as possible within the varsity experience. **SENIORS ON VARSITY/ JUNIOR VARSITY**

Players who have participated as members of junior varsity teams should be given every consideration to be on varsity as a senior. However, a coach must evaluate that player's attitude and effort against all other candidates for the team. Varsity team membership is an earned privilege not a guaranteed entitlement for senior student - athletes. In general, students who have played on the varsity team the year before can expect to play varsity again if the same effort and commitment to improve continues, and that the player's attitude and effort compared to all other candidates for the team earns the varsity position.

Coaches are discouraged from playing seniors on their junior varsity teams. An exception may be made for a first year senior who requests the opportunity to play J.V. as long as the coach is sure that the senior player is not reducing participation of developmental players on the sub varsity squad.

FRESHMAN ON VARSITY TEAMS

When a coach feels that a ninth grader has the skill and maturity to participate at the varsity level then the coach has the discretionary authority to move that student onto the varsity roster. Head coaches have sole discretion on freshmen playing varsity.

PLAYING TIME

There are many benefits to be gained by participation in athletics at the high school level. Young people learn the values associated with discipline, performing under stress, coping, teamwork, sacrifice, commitment, effort, accountability, citizenship, sportsmanship, confidence, leadership, organizational skills, participating within the rules, physical well-being and striving towards excellence. Although there are many measures of success in the minds of each participant, perhaps the most emotional is "playing time" during contests. If a student has questions as to his/her "playing time" he/she is encouraged to discuss them with the coach (See also section on Conflict Resolution).

The following are recommended guidelines for playing time:

C LEVEL AND JUNIOR VARSITY TEAMS

At the C level the emphasis is on participation and skill and knowledge development. The junior varsity team is balanced between participation, development and winning. Coaches will make a conscious effort to play as many team members for as much time as is practical. Game time is only a

small portion of the overall development time. Practice time consists of 10-15 hours per week and game time is averages about 2 hours each week. Athletes wishing to improve their abilities need to focus on hard work and learning during practice and let the coach determine game time. There are many factors that govern an individual's playing time but perhaps the most important are practice attendance, quality of effort, attitude, commitment, sports specific ability and overall athletic ability.

VARSITY TEAMS

While coaches at the varsity level will make a strong effort to involve all team members, the emphasis at the varsity level shifts towards fielding competitive teams with the goal of winning as many games as possible. This emphasis may result in uneven playing time among the athletes, with some students not playing in every game. The coach makes the difficult decisions on who starts, who plays and for how long. Athletes (and parents) must accept the role of an athlete on a team.

Note: Typically, at all levels, when coaches feel that the winning or losing of a particular contest is not in doubt, every effort is made to insert players who see little playing time.

Team Captains

Coaches decide how and if team captains are selected. Captains may be elected by the team or appointed by the coach prior to the first regularly scheduled contest. Captains may also be elected or appointed on a game-by-game basis. The coach will inform the team as to how captains will be selected.

"It is expected that team captains be leaders of their team and ready to assume duties their coaches' outline. They are expected to be well aware of the team rules and student athlete responsibilities. Captains are expected to communicate with the coach, team and the Athletic Director in the event of any problems that may affect the team or its members. Captains may be asked to meet with the Athletic Director during the school year to discuss the athletic program."

Note: Captains of teams may be relieved of their position for violation of team or school rules or failure to uphold their duties.

MISCELLANEOUS

EQUIPMENT

Students have an obligation and responsibility to properly care for and return all equipment issued to them. Students failing to turn in all issued equipment, or returning equipment damaged through misuse, are responsible to meet the current replacement cost for such equipment. Payment is required at the time of the loss. Payment must be received prior to the next season of athletic involvement or graduation. Students may not be allowed to participate on a team if they have an equipment obligation or athletic fine due.

ATHLETIC AWARDS

Prior to the beginning of each season, coaches will clearly define and communicate criteria for earning varsity letters. These criteria are sport specific. Student athletic trainers and managers are eligible for varsity letters at seasonal athletic banquets in which other varsity letter winners receive recognition. Certificates of participation will be awarded to all non-varsity letter winners completing a full season.

The Yuma High School Athletic Department supplies the "Y" letter award upon earning a varsity letter. "Y" club supplies sport insignias, letter bars, all-conference patches, league champion and state final four or better patches. All other adornments, including the letter jacket, are the responsibility of the athlete. Each student earning a varsity letter may be a part of the "Y" club. Donations and fundraisers by the group pay for the items mentioned above.

POSTPONED CONTESTS

Some contests throughout the school year are postponed due to factors such as inclement weather. In most instances it is the "home" school that calls for a postponement. League rules vary, but often, games are to be made up on the next available open date on both schools' schedules, including weekends, whenever practical.

Decisions on postponements are made as late in the day as is practical for proper notification of all interested parties. On school days, the most common time is about 12:00 noon for afternoon contests prior to team departure. If there are any questions as to the status of a contest, calls are welcomed to the YHS office. On non-school days postponements are made approximately one to two hours prior to departure for the contest. Coaches will be contacting players on non-school day postponements. Because of scheduling conflicts it is sometimes necessary to cancel rather than postpone sub-varsity contests. Because of league standings and/or tournament seeding criteria, cancellations of varsity contests are extremely rare.

ADMISSION TO GAMES

It is the practice at Yuma High School to charge admission to home contests in all Varsity sports. However, sub-varsity sports played on the same evening will have admission expectations also. Occasionally, varsity contests in outdoor facilities do not charge admission. The admissions collected at our contests help offset the costs of the athletic program. All sports benefit equitably from admissions revenues.

COLLEGE/CAREER GUIDANCE

One of the most important decisions facing high school students is what to do with their lives after they graduate. The members of the Yuma High School athletic staff are eager to assist all student-athletes with this extremely important decision. They may be able to answer questions, contact schools and/or coaches, send videotapes, if available, and write letters of recommendation. The least they will be able to do is guide students to more knowledgeable resources who can help with decisions. If a student's goal is to compete athletically at the collegiate level it is very important to be aware of the ever-changing National Collegiate Athletic Association regulations. Copies of the latest NCAA regulations are available in the counselor's office. The counseling department also has a wealth of information and experience on this topic. Please be familiar with these regulations and seek assistance if needed.

NCAA CLEARINGHOUSE

The NCAA Clearinghouse is a central repository for information on high school curricula. The NCAA maintains this information to conduct evaluations of incoming college freshmen. The NCAA evaluates high school graduates' academic records in light of current NCAA initial-eligibility requirements. A prospective collegiate athlete needs to apply and receive a final certification by the Clearinghouse in order to participate in college athletics at the Division I or II levels. A student athlete does not need to apply if he or she will attend a junior college, NAIA or NCAA Division III institution. Students may

pick up Clearinghouse forms in the Counselor's office.

Athletic Facilities

LOCKER ROOMS

Each athletic participant will be issued an athletic locker for the seasons that they participate. If a locker is not issued, students should request one from the coach. There are sufficient numbers of secure lockers for athletes. Students are expected to lock all personal items and team equipment in their own athletic lockers at all times. Students should never give their locker combination to others. Experience has shown that most losses are due to lockers left open or unlocked, or athletes choosing to no use their locker to protect their valuables. On road trips, when lockers are not available, it is highly recommended that students leave valuables at home or give them to parents or a member of the coaching staff for safekeeping at the game site. Students should neither bring large amounts of cash or other valuable personal items to school, nor should they leave them at school. There shall be no use of video/cameras while in locker rooms

CARE OF FACILITIES

Students are expected to treat all facilities, both home and away, with proper care. Yuma High School has some excellent facilities and only proper care and respect will keep them this way. Vandalism is cause for dismissal from a team and further disciplinary action by the school administration as outlined in the Athletic Policy.

BUILDING AND FACILITY ACCESS

At the conclusion of each school day, student athletes should bring all items that they need until the next school day to the locker room area. For safety reasons students are not allowed access after about 4:00 p.m. to other areas of the building (after practice, games, or on non-school days.) No student will be allowed access to any of our inside facilities without proper supervision by a school staff member.

Athletic Shoes: At no time should shoes with cleated soles be worn inside the building. Serious injury can occur from slipping on cement or tiled surfaces. Outdoor sports participants should clean shoes before entering the building and all athletes should wear appropriate shoes for the surface on which they will be practicing. Excluding football when using door adjacent to locker room and walking into locker room and training room.

Weight Room

The department of athletics and the department of health and physical education run the Yuma High School weight room. When opened and supervised, it is available for all students unless it has been reserved as an in-season site for a practice session. Students/ athletes are not allowed in the weight room without proper supervision by a member of the staff.

Training Room

Access to the training room and ice machine is limited to coaches, trainers and managers. The facility should not be used as a student lounge.

Governing Bodies

COLORADO HIGH SCHOOL ATHLETIC ASSOCIATION

The Yuma High School Athletic Department is a member of the CHSAA. As a member of this state association we are governed by the rules and regulations set forth by the CHSAA. Additional policies, rules and regulations as set by Yuma High School can be found later in this document.

CLASSIFICATION

Yuma High School is very proud to be a member of the 2A/1A Lower Platte League. The Conference is governed by the CHSAA and the Lower Platte Constitution. The League sets game schedules for all levels of league competition.

Yuma plays 1A football in the North Central Conference. Conference records determine post-season qualification in Football. Softball competes at the 3A level since there is no 2A level in softball. Girls Golf competes at the 4A level since it is the lowest level for that sport. Boys and Girls Basketball compete at the 3A level. Other sports qualify for the post-season through a post-season District tournament (format is determined by the CHSAA.)

Communication Guideline For Parent/Guardians And Coaches

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As a parent/guardian you have the right to understand the expectations placed on your student/athlete from a particular program. This begins with a clear communication from the coach of your child's program.

Communication You Should Expect From Your Child's Coach:

1. Philosophy of the coach.
2. Expectations the coach has for your child as well as all the players on the squad.
3. Locations and times of all practices and contests.
4. Team requirements (fees, special equipment, fundraising, off season conditioning, etc.)
5. Procedure should your child be injured during participation.

6. Discipline that results in denial of your child's participation.
Community support is important to running a successful athletic program. Parent/Guardians provide the main avenue for this support. Communication from parent/guardians is necessary for the coaches to make appropriate decisions for their programs.

Communication Coaches Expect From Parents/Guardians:

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concern in regard to a coach's philosophy and/or expectations.

Appropriate Concerns to Discuss With Coaches:

1. Treatment of your child mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

It is difficult to accept your child's not playing as much as you may hope. Coaches are licensed professionals. They make judgment decisions based on what they believe to best for their teams. As you can see from the previous list, certain things can and should be discussed with your child's coach. Other things, such as the following list must be left to the discretion of the coach.

Issues Not Appropriate To Discuss With Coaches:

1. Playing time.
2. Team Strategy or Play Calling.
3. Other student/athletes.

There are situations that may require a conference between the coach player, and parent/guardian. These are encouraged. It is important that all parties involved have a clear understanding of the others' position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

Procedure For Discussing Concerns With Coach:

1. Please **do not** attempt to confront a coach before or after contests or practices. These can be emotional times for everyone involved. Meetings of this nature often do not promote resolutions.
2. Have the athlete discuss the concerns with the coach.
3. Call to set up appointment with coach; the school's phone number is 848-5488. If the coach cannot be reached call Athletic Director, Presley Papachek and he will set up meeting for you.
4. All meetings should have all parties involved. **This includes coach, parent/guardian, and player.** If the meeting did not provide a satisfactory resolution, call and set up an appointment with the athletic director to discuss the situation

POLICIES WITH SPECIFIC CONSEQUENCES

Alcohol and Drugs Rules and Consequences

A student who is in **direct witness by a YSD-1 staff member or coach** using , possessing, consuming, being under the influence of, buying, selling, or giving away any alcohol or drug controlled substance or look-a-like product either on or off campus, will be subject to the consequences enforced by the YUMA School District Administration and Board of Education.

1. A student who is given a **citation** for drug or alcohol and or a controlled substance, by law enforcement, will be subject to the consequences enforced by the YUMA School District Administration and Board of Education. 2. **Student or parent reporting** use of alcohol and/or drugs, will be subject to the consequences enforced by the YUMA School District Administration and Board of Education.

First Violation

- A participant will be **suspended from 30% of interscholastic competitions** for which the student-athlete is otherwise eligible and in which the student-athlete is otherwise able to participate, beginning in the season when the first violation occurs (including regular season of the same or a different sport if the full suspension cannot be served during the season when the first violation occurs. During all periods of their suspension, student-athletes must participate in practices and otherwise remain in good standing with each team from which they are suspended in order to be eligible to return after their suspension.

o NOTE: The suspension date will start with the first competition/performance date the participant would be eligible to participate in. Participants must remain "in good standing" during time of suspension.

▪ Students will not be allowed to circumvent a suspension by going out for a sport then quitting after their suspension ends. The following criteria will be used to judge if this is the case. The student must finish the season "in good standing", based on coach's discretion. ▪ Forfeiting the remainder of a season does not void the suspension.

Second Violation

- A participant will be **suspended from 50% of interscholastic competitions** for which the student-athlete is otherwise eligible and in which the student-athlete is otherwise able to participate, beginning in the season when the first violation occurs (including regular season of the same or a different sport if the full suspension cannot be served during the season when the first violation occurs. During all periods of their suspension, student-athletes must participate in practices and otherwise remain in good standing with each team from which they are suspended in order to be eligible to return after their suspension.

		o NOTE: The suspension date will start with the first competition/performance date the participant would be eligible to participate in. Participants must remain "in good standing" during time of suspension.
		▪ Same as in First Violation…
	[redacted]	

- **A participant would be immediately suspended from all extracurricular activities/athletics/public performances for one calendar year. NO recognition or awards of any type will be given for the current season. During all periods of their suspension, student-athletes may participate in practices and otherwise remain in good standing with each team from which they are suspended in order to be eligible to return after their suspension based on future eligibility.**

Tobacco Rules & Consequences

A. A student who is in **direct witness by a YSD-1 staff member or coach** using , possessing, consuming, being under the influence of, buying, selling, or giving away any tobacco controlled substance or look-a-like product either on or off campus, will be subject to the consequences enforced by the YUMA School District Administration and Board of Education.

B. A student who is given a **citation** for tobacco and or a controlled substance, by law enforcement, will be subject to the consequences enforced by the YUMA School District Administration and Board of Education. C. **Student or parent reporting** use of tobacco, will be subject to the consequences enforced by the YUMA School District Administration and Board of Education.

Scholastic Dishonesty Rules & Consequences

Students who contribute to or are involved in a scholastic dishonesty situation (cheating, plagiarism, etc.) **Acts of Vandalism Rules & Consequences**

Student damaging, defacing, or theft of school or private property is forbidden. Upon evidence of damage or theft, the student will be suspended from the activity and will be subject to a review by Athletic Director and YHS Leadership Team for additional consequences, if needed.

- **Level 1 Offense**: The student is suspended from the **next contest**. The student must still attend all practices and meetings, but is not allowed to travel for away games or suit up for home games.
- **Level 2 Offense**: The student is suspended from **30% of interscholastic competitions** for which the student-athlete is otherwise eligible and in which the student-athlete is otherwise able to participate, beginning in the season when the second violations occurs (including regular season and post season/playoff competitions) and continuing into any subsequent season when the second violation occurs.
- **Level 3 Offense**: Student is withheld from **50% of interscholastic competitions** for which the student-athlete is otherwise eligible and in which the student-athlete is otherwise able to participate, beginning in the season when the second violations occurs (including regular season and post season/playoff competitions) and continuing into any subsequent season when the second violation occurs.
- **Severe Offense**: Immediate suspension from all Interscholastic Competitions/Activities for one full calendar year. No recognition or awards of any type will be given for the current season.

- **Sportsmanship:**
- **Yuma High School chooses to be an exceptional school in academics and athletics, as well as, Sportsmanship. Students who fail to uphold the standards as set forth will receive consequences for unacceptable behavior.**

o **First incident**: Warning, documented in student behavioral data and suspended from **current game** (home or away).
o **Second incident**: Suspended from games (home or away) for **one week and/or minimum of 2 games**.
Third incident: Suspended from games (home or away) for **two weeks and/or minimum of 4 games.**

Due Process and Appeal Process
Student athletes will be provided due process. Process and deadlines must be met or appeal is dismissed.

- Step 1: The student athlete is entitled to be informed of the charges against him/her, and an informal meeting where he/she has an opportunity to be heard before the athletic director. The athletic director shall render a written decision within one school day of the meeting.
- Step 2: A student athlete and his/her parent(s) may appeal the athletic director's decision to suspend to the building principal, in writing, within a school day of the athletic director's decision to appeal. The principal shall render his/her decision within four school days of the consideration of the appeal. A suspension may be deferred pending the outcome of an appeal at the discretion of the athletic director and the building principal. The principal's decision will be final in cases where the suspension is for less than 50% of the season.
- Step 3: In cases of more than 50%, the student athlete and his/her parents may appeal within five school days to the Superintendent of YSD-1 whose decision will be final.

o Note:

o Violations of athletic/activity rules will be entered in the school's discipline database. o All students participating in an activity assume the responsibility for the discipline required to follow all rules and regulations. YHS Student Handbook rules and regulations will be used in conjunction with the Extra-Curricular Activities/Athletic Handbook when rules and regulations are broken. o Parents should understand that they play an important part in their child's participation in extra-curricular activities and in the adherence to all rules and regulations.

o Students will be required to follow the additional rules and guidelines established by the Sponsor/Coachof his or her activity. Violations of these rules will be handled at the discretion of the sponsor/coach andin the case of related minor violations, insubordination or severe violations the student may be suspendedfrom the activity.

o Student Athletes will be responsible for returning all equipment and clearing all financial responsibility with the school and program within one week of the end of their season. This is a requirement for eligibility for practice or competition for the next season. Coaches will submit a list of athletes who have not returned items or have not cleared financial responsibilities to the Athletic Director at the end of the week. These students will not be eligible to practice or compete until responsibilities are fulfilled.

o Activity policies, rules and regulations will be in effect from a student's first day of participation andcontinuing through graduation.

o ALL POLICIES/CONSEQUENCES ARE CUMULATIVE OVER A STUDENT'S CAREER AS AYUMA HIGH SCHOOL ATHLETE!

	30%	50%
Football	**3**	**5**
Cross Country	**3**	**6**
Golf	**3**	**6**
Softball	**7**	**12**
Volleyball	**7**	**12**
Basketball	**6**	**10**
Wrestling	**9**	**15**
Baseball	**7**	**12**
Track & Field	**3**	**6**
Cheer	**4**	**7**

● Proper procedure for quitting an activity:
o Any student must follow proper procedure if he/she chooses to quit an activity. First, the student must make his or her reasons known to the coach/sponsor. Secondly, he or she must return all equipment and clear all financial responsibility with the school and program.
o A student who drops any activity may not participate in the second activity during the same season until he or she obtains permission from the sponsor/coach of the activity he or she dropped.

o *Athletes must have joined team within two weeks of sport start date*

▪ *Unless still participating in prior season sport*

● NO RECOGNITION OR AWARDS OF ANY TYPE WILL BE GIVEN FOR THE CURRENT SEASON o This includes All-Conference/All-State Recognition/Varsity Lettering
● STUDENTS MUST ATTEND ALL PRACTICES BUT MAY NOT TRAVEL TO AWAY GAMES OR SUIT UP FOR HOME GAMES.

WEEKLY ELIGIBILITY POLICY:

- Students will be required to meet the eligibility standards set by the Colorado High School Activities Association (www.chsaa.org). Failure to do so will cause the student to lose his or her privilege of participating in an activity, play, concert, contest(s) or as much as a full semester. Please read the CHSAA brochure concerning eligibility. Students who are ineligible and transfer to online or homeschool will not be eligible until after the semester that they were enrolled in YHS and they were ineligible in is over: The YHS eligibility policy is as follows:

  - **YHS Eligibility Requirements:**

    - Point system: 1 point for a D, 2 points for an F

      Ineligible:** ***4 points or more
      A student is ineligible for all contests and activities if they have accrued 4 points or more. However, they may continue to practice with the team but may not travel to away games or suit up for home games. Eligibility is Monday to Sunday no exceptions (if your grades come up on Tuesday you are still ineligible until the following Monday).

      Academic probation:** ***6 points or more
      If a student has accrued 6 points or more, they are ineligible and placed on Academic probation. If a student is on Academic probation for three consecutive weeks, the student will be dropped from the active roster and may not participate in practices or competition until further review by administration and the head coach/sponsor of the activity.

Attendance on Game Day

✔ A student must attend ***ALL CLASSES*** **prior to the departure** of an activity to be eligible for participation. ✔ Students **must meet this attendance expectation on Friday to be eligible for Saturday activities**. Extenuating circumstances will be dealt with at the discretion of administration

✔ Students **must attend all classes the day prior to when school is not in session with the exception of Mondays** to be eligible for events when school is not in session. Students must attend Friday competitions without participating to gain eligibility for a Saturday contest.

✔ If a student is suspended the day of or day before a contest the student will not be permitted to participate in that contest.

✔ A student must attend ***ALL CLASSES*** following lunch to be eligible for practices.

✔ A student must attend ***ALL CLASSES*** the day after a contest unless documentation is provided for an excused absence to be eligible for practices.

- Student Athletes will be responsible for returning all equipment and clearing all financial responsibility with the school and program within one week of the end of their season. This is a requirement for eligibility for practice or competition for the next season. Coaches will submit a list of athletes who have not returned items or have not

cleared financial responsibilities to the Athletic Director at the end of the week. These students will not be eligible to practice or compete until responsibilities are fulfilled.

Athletic Fees:		
	● $75 per sport ● *Athletic fees must be paid before the coach will allow the athlete to compete. No family discounts.*	
		o Athletic Fee refunds are only allowed if an athlete quits or is dismissed from the team *prior to the first contest* and/or for some reason cannot perform at all due to evaluation by the coach or extenuating circumstances as determined by the administration. o Activity fees for clubs and organizations must be paid before the sponsor allows participation. Certain fees may need to be paid several times for various events sponsored by an organization/club. o An Activity Fee refund is only possible if the student has paid the fee and for some reason cannot perform at all due to evaluation by the sponsor and/or extenuating circumstances as determined by the administration.

Student-Athlete & Parent

PARTICIPATION CONTRACT

I have received, read, and understand the Yuma High School Athletic Handbook. I agree to abide by all the requirements and guidelines of this handbook and will strive to become the best student-athlete I can be. I understand there are additional rules and eligibility guidelines by CHSAA, our governing body for athletics and activities, and that I must also abide by these rules. Signing this Participation Contract means I accept responsibility for adhering to these rules, as well as, any consequences for any violations.

_____

(Student's Name-Please Print) (Student's Signature) (Date)

_____

(Parent/Guardian Name-Please Print) (Parent/Guardian Signature) (Date)

*This document needs to be signed by the student and parent and returned to the Coach before the individual will be eligible for participation in practice or competitions.

Colorado High School Activities Association Code of Ethics

In order to be of maximum effectiveness in serving and fostering the education of the students so entrusted to us and in promoting and supplementing the regular curriculum, it is the duty of all concerned with our secondary athletic and activities programs to:

- Cultivate an awareness that participation in athletics and activities is part of the total educational process and as such, the coach/advisor should neither seek nor expect academic privileges for the participants.
- Emphasize the proper ideals of sportsmanship, ethical conduct and fair play as they relate to the lifetime impact on the participants.
- Develop a working awareness and understanding of all rules and guidelines governing competition, both in letter and intent.
- Recognize that the purpose of athletics and activities is to promote the physical, mental, moral, social and emotional well-being of the individual participants.
- Avoid any practice or technique which would endanger the present or future welfare or safety of any participant.
- Adhere to policies which do not force or encourage students to specialize or restrict them from participation in a variety of activities.
- Refuse to disparage an opponent, an official, an administrator or spectator in any aspect of the activity.
- Strongly encourage the development of proper health habits: the non-use of chemicals, including alcohol, steroids, tobacco in any form and other mood-altering substances.
- Exemplify proper self-control at all times, accepting adverse decisions without public display of emotion or dissatisfaction with the officials or judges.
- Encourage all to judge the true success of the athletic and activities programs on the basis of the attitude of the participants and spectators, rather than on the basis of a win or loss.