



Canon City High School Athletics and Activities Handbook



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Canon City High School Athletic and Activities Department



Mission Statement

In the spirit of a public high school that provides its students with educational opportunities both broad and deep, Canon City High School is committed to offering competitive programs to its students that are nothing short of first class. Athletic and activities programs play a vital and essential role in teaching students to conduct themselves with honesty and integrity, how to be selfless and make sacrifices for others, to be agile and strive for excellence, to persevere and overcome obstacle and adversity, and compete with respect, pride, and class while developing a commitment to teamwork and service.

The common goal of the Canon City High School Athletic/Activities Department and all its membership is to enable the student-participant to reach their fullest potential, to succeed at the highest level possible while abiding by the highest standards of good sportsmanship and behaviors. Canon City High School will produce student-participants whose performance in the classroom and on the fields of play are a reflection of the values and beliefs of its athletic/activities department, as well as, the school itself.



Core Values

Integrity

Canon City High School Athletics and Activities are deeply committed to the highest sense of integrity in every aspect of our behaviors and actions. We strive for and persevere to achieve high moral character, honesty, and respect.

Individual Responsibility

In all forms of team and group work, all individuals bear responsibilities and play an important role in reaching the common goal.

Strength in Community

We are all tigers. Student-athletes, parents, coaches, trainers, teachers, administrators, and alumni alike serve as role models, mentors and leaders seeking not only to teach others and help them succeed, but also learning from others and through their diverse experiences and points of view. Even though we are tigers we understand that “the strength of the pack is the wolf and the strength of the wolf is the pack!”

Education of Mind, Body, and Spirit

We are all life long learners and this department will thrive as a learning environment. This department is committed to the education of the mind, body, and spirit and we view these pursuits as inseparable.

Competitive Spirit

We use our competitive spirit we develop in our teams and within our teammates to do our very best and become our very best. Our goal is to win and excel at the highest level possible while acting and competing in a manner that reflects our core values.

Pride in Tiger Athletics and Activities

We benefit daily in a rich and living tradition forged by the efforts and blood, sweat, and tears of those that have come before us. Our personal and team triumphs and victories add to the growing pride that we share with the Canon City High School Community all across this world. Respect the process and “the grind”. Respect the tradition. Respect the game. Respect yourself and each other. Give deeply to them each day.



Code of Conduct, Behavioral, and Academic Expectations

Student-participants are expected to be students first and must, at the minimum, meet academic eligibility standards as defined and discussed in the **CHSAA By-Laws**. The athletic and activities programs at Canon City High School are a **PRIVILEGE** earned each day, not a guaranteed right. **ANY** actions and/or behaviors that are deemed to be contrary to and/or in opposition of our **MISSION STATEMENT** and **CORE VALUES** are cause for immediate disciplinary action by the school's athletic/activities director and coaching staff. Severe infractions or habitual offenses may result in the loss of privilege to participate and force the removal of the student from the team or group.

Due Process for Inappropriate Spectator Conduct Which Runs Contrary to CHSAA By-Laws and/or the MISSION STATEMENT and CORE BELIEFS of the CCHS Athletic Department

- The game manager will deliver a calm, clear, specific verbal warning to the spectator if Code of Conduct is not followed
- If a second infraction takes place, the spectator will be ejected from the venue and a 365 day suspension from ALL CCHS events will be in effect.
- Should the ejected spectator not leave the venue, the game manager will engage law enforcement for immediate assistance.
- The game manager has the authority to stop play until the individual has been removed from the venue, whether that be by their own accord or with the assistance from law enforcement.
- Spectators who are ejected from an event have the right to an appeal. The appeal will take place with the athletic/activities director.
- **NOTE:** Game Managers do have the authority to eject an individual without a verbal warning if there is an immediate safety concern or if the individual(s) will not appropriately engage with the game manager

Training Code

Student-participants are expected to be contributing, law-abiding citizens who live their lives and train following the **CORE VALUES** and **MISSION STATEMENT** of this athletic and activities department. **ANY** actions, behaviors, and/or choices that are deemed to be contrary to and/or in opposition of our **CORE VALUES** and **MISSION STATEMENT** are cause for immediate disciplinary action by the school's athletic director and coaching staff. Severe infractions or habitual offenses may result in the loss of privilege to participate and force the removal of the student from the team or group.



Hazing or Initiation

Hazing is defined as any conduct or method of initiation, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person. Such conduct shall include but is not limited to whipping, beating, branding, forced behaviors involving, food, alcohol, drugs or other substances, destruction of property, and/or brutal treatment or force. (CHSAA By-Laws 1710.2) The hazing of individuals is contrary to the **MISSION STATEMENT** and **CORE VALUES** of this department. We exist to help build people, allowing them to grow and reach their fullest potentials. We will not tear people down in any fashion. **ANY** act that is determined to be hazing will be met with the following consequences:

- An immediate 90 school day suspension from all extra-curricular events and activities to include participation and attendance.
- A second act of hazing by any individual will result in the complete loss of privilege to participate in or attend any and all extra-curricular events and activities for the remainder of their time at Canon City High School

Acts of Hate and Discrimination

Hate speech is any form of expression through which speakers intend to vilify, humiliate, or incite hatred against a group or a class of persons on the basis of race, religion, skin color, sexual identity, gender identity, ethnicity, disability, or national origin. (CHSAA By-Laws 300) Acts of hate and discrimination are contrary to the **MISSION STATEMENT** and **CORE VALUES** of this department and will not be tolerated. **ANY** acts of hate or discrimination will be met with the following consequences:

- An immediate one game suspension will be enforced for any act of hate or discrimination and a restorative action will take place with the individual(s) offending and the team or group.
- A second occurrence will result in an immediate suspension of the privilege to participate in or attend any and all extra-curricular activities. The period of time for the suspension will be 25% of the length of that season. A second restorative action will be required.
- A third offense will result in an immediate 90 school day suspension from all extra-curricular events and activities to include participation and attendance
- Any further acts will result in the complete loss of privilege to participate in or attend any and all extra-curricular events and activities for the remainder of their time at Canon City High School.



Informed Consent

WARNING: PARTICIPATION IN SUPERVISED INTERSCHOLASTIC ATHLETICS AND ACTIVITIES MAY BE ONE OF THE LEAST HAZARDOUS IN WHICH ANY STUDENT WILL ENGAGE IN OR OUT OF SCHOOL. HOWEVER, BY ITS NATURE, PARTICIPATION IN INTERSCHOLASTIC ATHLETICS INCLUDES A RISK OF INJURY WHICH MAY RANGE IN SEVERITY FROM MINOR TO LONG TERM CATASTROPHIC. ALTHOUGH SERIOUS INJURIES ARE NOT COMMON IN SUPERVISED SCHOOL PROGRAMS, IT IS IMPOSSIBLE TO ELIMINATE THIS RISK. PARTICIPANTS CAN, AND DO HAVE THE RESPONSIBILITY, TO HELP REDUCE THE CHANCE OF INJURY. PLAYERS MUST OBEY ALL SAFETY RULES, REPORT ALL PHYSICAL PROBLEMS TO THEIR COACHES, FOLLOW A PROPER CONDITIONING PROGRAM, AND INSPECT THEIR OWN EQUIPMENT DAILY.

Age Requirements and Eligibility Terms

You are eligible to enter into interscholastic competition if your 19th birthday falls on or after August 1st . In a 4-year high school, you are eligible to compete for eight consecutive semesters

ACADEMIC ELIGIBILITY

- **Student-athletes must enroll in and pass 2.5 Carnegie Units**
 - **Enrolled in 5 blocks - failing one maintains eligibility**
 - **Enrolled in 4 blocks - failing one forfeits eligibility**
- **Grades will be pulled each Monday.**
 - **Eligibility will go into effect Wednesday and run through the following Wednesday.**
- **INDIVIDUAL PROGRAMS MAY CHOOSE TO PRACTICE MORE STRINGENT ELIGIBILITY POLICIES. THE ABOVE DENOTES THE STATE MINIMUM REQUIREMENTS.**



Attendance

It is mandatory that student-participants are punctual to class and attend their full day's schedule regardless of their academic standing in the course. Habitual tardiness and absenteeism are contrary to the **MISSION STATEMENT** and **CORE VALUES** of this department. Habitual tardiness and absenteeism will be met with disciplinary action and will result in a loss of privilege to participate in both practice and game play.

- A student-participant must be present at school for at least the second half of the school day before they will be allowed to participate in practice or a game. This shall not apply to excused absences.
- If a student misses school due to a truant absence, the student may be withheld from participation in the next scheduled game or performance of the group.
- A student will be allowed to participate in the scheduled activity/practice if the absence was deemed to be an excused absence. Excused absences shall include:
 - Absences due to illness or injury verified by a formal, medical excuse from a physician or a parent. This includes medical or dental appointments.
 - An absence approved by the administration for school activities or class field trips.
 - Absences due to physical, mental, or emotional disabilities verified by a physician.
 - Bereavement or family emergency.
 - Any absence with prior approval by an administrator or coach.
- If a student is suspended from school he/she may not participate in or attend any school sponsored activity during the suspension.
- Excessive absenteeism, whether excused or unexcused, will result in the participant being withheld from competitions and may warrant dismissal from the team.
 - Any student who exceeds 8 unexcused absences (40 blocks) or where absences exceed 30% of the total classes results in the loss of privileges to attend or participate in extracurricular events.
 - Parents will be notified when a student reaches 3 or 6 unexcused absences and again once the ban is in effect. Students must attend 10 consecutive days of school to be removed from the ban.
 - At ten (10) total tardies, a student will receive two (2) lunch detentions.
 - Total tardies, twenty (20) or more will be considered a level 2 offense, and the student will receive one (1) day of ATS.
 - Total tardies, twenty (20) or more will exclude a student from attending extracurricular events until the student has attended five (5) consecutive days without a tardy. Completing the five (5) days without a tardy will allow a student to regain eligibility for the following 5 days, however ANY unexcused tardies during those five probationary days will place the student back onto restriction for the following five days. If a student attends ten (10) consecutive days without an unexcused tardy after being placed on restriction they will be eligible for all activities and athletics until an additional 20 unexcused tardies are reached. This includes Homecoming and Prom activities.
 - Total tardies exceeding forty (40) will be considered a level 2 offense, and the student will receive three (3) days of ATS and be placed on an activities restriction until 10 consecutive days of on-time attendance is reached.
 - Total tardies exceeding sixty (60) a student can be considered for expulsion as a habitual offender



Protein Supplements and Other Workout Enhancing Supplements

It is the position of Canon City High School and Canon City Schools that no coach or representative shall dispense, recommend, or encourage the use of dietary supplements by our athletes. This primarily includes protein supplements, but can include a wide range of products. Any questions from student athletes directed to coaching staff shall be referred to a physician. In the event a physician recommends a supplement, the athlete will be asked to do so off school grounds.

Travel Expectations

All students participating in CCHS sports and/or activities are expected to ride the bus from our high school to the venue. Students are highly encouraged to return on the bus with the team after the event as this is a valued part of the extracurricular experience. The following details exceptions and requirements if bus travel with the group or team will not take place:

- Parents may sign their students out and take them home from the venue. Parents **MAY NOT** sign out another student at the venue.
- In order for a student to ride home with another adult, that student's parent must come into the athletic office and fill out and sign a release form. A current copy of the adult's insurance will also need to be on file. This must be done **IN PERSON** and must take place **24 hours prior to the event**.
- If a student has to self-transport to or from an event, that student's parent must come into the athletic office and fill out and sign a release form. A current copy of the student's insurance will also need to be on file. This must be done **IN PERSON** and must take place **24 hours prior to the event**.
- **Under no circumstances will permission be given for one student to self transport another student.**
- **All overnight trip itinerary will be submitted to the principal for approval. Submissions are due to the principal 48 hours prior to departure.**



Participation in Multiple Sports or Activities During the Same Season

Any student who wishes to participate in multiple sports or activities during the same season must meet with the athletic director. During this meeting a contract will be generated outlining the expectations and procedures for that student. The contract will be signed by the student, the athletic director, the principal, the parents and all coaches and sponsors involved. A student **MUST** have this contract in place before participation in multiple sports or activities will be allowed. The following details notable points of consideration:

- If both sports are school sponsored, the student must select their primary sport. When conflicts between the two arise whether they be practice or game, the student would be required to attend their primary sport of choice **OR HAVE AN AGREED UPON, ESTABLISHED PLAN BETWEEN THE TWO PROGRAMS.**
- If one sport was a school sponsored sport and the other was not, such as a club sport, the student would be required to attend the school sport when conflicts arise whether they be practice or game conflicts.
- If one sport was a school sponsored sport and the second was a school sponsored activity then the student would be left to make the best choice on which to attend when conflicts arise. Under no circumstance would the coach or sponsor of the sport or activity pressure the student or enforce any punitive action on that student for their choice.
- If one sport was a school sponsored sport and the activity was not, such as a 4-H, the student would be required to attend the school sport when conflicts arise whether they be practice or game conflicts.

NOTE: IT IS THE RESPONSIBILITY OF THE STUDENT-PARTICIPANT TO SHARE SCHEDULES AND IDENTIFY POTENTIAL CONFLICTS WITH COACHES/SPONSORS WELL IN ADVANCE OF THE CONFLICT.



Handbook Violations

Upon notification of a violation of handbook rules the head coach should follow these steps:

- Write a brief report of the violation of the specifics of the alleged violation.
- Present report of the alleged violation to the athletic/activities director for review.
- The athletic/activities director shall notify the athlete that he/she has been reported to be in violation of the athletic handbook.
- The athletic/activities director will perform an investigation to determine if a violation did take place.
 - If the athletic director is not available, contact should be made with an assistant principal, the dean of students, or the principal.
- The athletic/activities director shall notify the parents immediately of the violation and the disciplinary action taken.
 - The participant and/or parent may appeal the decision if they believe cause exists to do so in the following order:
 - The Head Coach
 - The Athletics/Activities Director
 - The Principal
 - The Superintendent of Schools
 - The Board of Education.

Process for Addressing Concerns

If a parent wishes to discuss a concern that they have, the following protocols and procedures must be followed:

- Wait for a twenty four hour period to pass before bringing your concerns forward.
- When bringing your concerns forward, start with a meeting with the head coach. If concerns still remain, follow the chain of command outlined above.
- **NOTE: IT IS THE POLICY OF THIS ATHLETIC/ACTIVITIES DEPARTMENT THAT THE FOLLOWING TOPICS ARE NOT OPEN FOR DISCUSSION OR DEBATE AT ANY TIME UNDER ANY CIRCUMSTANCE.**
 - Playing time
 - Comparing your student-participant to others on the team
 - Team or level assignment



Lettering Requirements

BAND

A. Student must be in band the whole year. B. Student must have a 95% or higher in band C. Student must attend all scheduled band rehearsals & performances D. In addition to the above requirements, students must also accumulate at least 45 points. (Letter point activities are available from the instrumental music instructor)

BASEBALL

A. Complete the season in good standing. B. Return all equipment that was checked out to you. C. Participate in 25 percent of the total innings at the varsity level. D. Any individual does not meet the required participation criteria, but has made a significant contribution at the varsity level, may be awarded a letter at the discretion of the coaching staff.

BASKETBALL (GIRLS' AND BOYS')

A. Play in 25 percent of the total number of quarters at the varsity level. B. Complete the season in good standing. C. Any individual who does not meet the required participation criteria, but has made a significant contribution at the varsity level, may be awarded a letter at the discretion of the coaching staff.

CHEERLEADING

A. Perform in 80% of all scheduled performances. B. Attend 80% of all practices. C. Complete the season in good standing. D. Any individual who does not meet the required participation criteria, but has made a significant contribution, may be awarded a letter at the discretion of the coaching staff.

COLOR GUARD / DRILL TEAM A. Must participate in 2 of 6 competitions B. Must attend all practices or have written excuse C. Must complete the season in good standing

CROSS COUNTRY (GIRLS' AND BOYS')

A varsity athlete may be recommended for a letter if he/she has competed in three fourths of all meets and has met at least one of the following criteria: A. Win an individual first, second, or third in any varsity meet. B. Participate on a team that places first, second, or third in league or equal competition. C. Place individually in the top ten in the CSML. D. Participate on a team that places in the top twenty in the State Meet. E. Place individually in the top twenty in the State meet. F. Any individual who does not

meet the required participation criteria, but has made a significant contribution at the varsity level, may be awarded a letter at the discretion of the coaching staff.

DANCE

A. Perform in 80% of all scheduled performances. B. Attend 80% of all practices. C. Complete the season in good standing. D. Any individual who does not meet the required participation criteria, but has made a significant contribution, may be awarded a letter at the discretion of the coaching staff.

E-SPORTS

FOOTBALL

A. The athlete must participate in 14 quarters at the varsity level during the regular season. B. Complete the season in good standing. C. Any individual who does not meet the required participation criteria, but has made a significant contribution at the varsity level, may be awarded a letter at the discretion of the coaching staff.

GOLF (GIRLS' AND BOYS')

To be eligible for a letter the athlete must complete one of the following criteria: A. Compete in 50 percent of all scheduled varsity matches. B. Qualify for state meet. C. Any individual who does not meet the required participation criteria, but has made a significant contribution at the varsity level, may be awarded a letter at the discretion of the coaching staff.

GYMNASTICS

To be eligible for a letter the athlete must meet one of the following criteria: A. Compete in half of all varsity matches. B. Place in the top six at league, district, or state meet. C. Seniors who complete the season in good standing on the varsity team will earn letters. D. Any individual who does not meet the required participation criteria, but has made a significant contribution at the varsity level, may be awarded a letter at the discretion of the coaching staff.

HOCKEY

A. An athlete must meet the lettering criteria for the cooperating school and be approved by the CCHS athletic director. B. A Canon City High School letter is awarded. The recipient shall not place another school letter on his/her jacket.

MOUNTAIN BIKING: A. Attend all required practices, unless excused by the head coach. B. Participate in the four regular season races. C. Complete at least four hours of trail maintenance. D. Complete at least one hour of volunteer service with the league during a race weekend. E. Complete the season in good academic and behavioral standing.

RIFLE SPORTER AIR RIFLE: 1st Year: 200 **PRECISION AIR RIFLE:**1st Year: 225 2nd Year: 220 2nd Year: 245 3rd Year: 240 3rd Year: 265 4th Year: 260 4th Year: 285 Must be shot during a scheduled 3X10 match. If 3X20 format is used, requirements are doubled. Must compete in 80 percent of the scheduled matches. Athletes may also qualify if they finish individually in the top 20 percent of any CMP Cup Match, National Council Championship, National Junior Olympic Championship, or National JROTC Championship. They may also qualify if they are a member of a team that places first, second, or third in the same category of matches. Members must follow all policies and procedures in the Athletic/Activities Handbook.

SOCCER (GIRLS' AND BOYS')

A. Participate in at least one-third of the varsity halves during the season. B. Must complete the season in good standing. C. Any individual who does not meet the required participation criteria, but has made a significant contribution at the varsity level, may be awarded a letter at the discretion of the coaching staff.

SOFTBALL

A. Complete the season in good standing. B. Participate in one-fourth of total innings at the varsity level. C. Any individual who does not meet the required participation criteria, but has made a significant contribution at the varsity level, may be awarded a letter at the discretion of the coaching staff.

SPEECH AND DEBATE

Students may earn a letter in Speech and Debate if they attend eight tournaments, earn 100 or more NSDA points, have no rule infractions, and compete in CHSAA State, NSDA National Qualifying Congress, and NSDA National Qualifying Districts.

SWIMMING

A. An athlete must meet the lettering criteria for the cooperating school and be approved by the CCHS athletic director. B. A Canon City High School letter is awarded. The recipient shall not place another school letter on his/her jacket.

TENNIS (GIRLS' AND BOYS') A. Play in 50% of varsity matches and compete in the regional tournament. B. Complete the season in good standing. C. Any individual who does not meet the required participation criteria, but has made a significant contribution at the varsity level, may be awarded a letter at the discretion of the coaching staff.

TRACK AND FIELD (GIRLS' AND BOYS')

To be eligible for a letter an athlete must meet one of the following criteria: A Score 15 varsity points. B. Score in an individual event at the regional meet. C. Be a senior who has successfully completed three seasons without lettering. D. Any individual who does not meet the required participation criteria, but has made a significant contribution at the varsity level, may be awarded a letter at the discretion of the coaching staff.

VOCAL MUSIC

A. Maintain regular attendance with NO unexcused or truant absences from classes or performances during the school year. B. Maintain a "B" grade or better for the entire year. C. Earn 100 lettering points from outside classroom obligations (Letter point activities are available from the vocal instructor) D. Follow the code of conduct. Any infraction may result in loss of lettering privilege for the year. The loss of lettering privilege will be in addition to any and all consequences deemed necessary by the director in conjunction with administration for said infraction.

VOLLEYBALL (GIRLS' AND BOYS')

A. Complete the season in good standing. B. Play in twenty-five percent of the total matches of the total number of games at the varsity level C. Any individual who does not meet the required participation criteria, but has made a significant contribution at the varsity level, may be awarded a letter at the discretion of the coaching staff. D. Any player that receives a varsity uniform for ½ or more of the season.

WRESTLING (GIRLS' AND BOYS")

To be eligible for a letter, an athlete must meet three or more of the following criteria: A. Wrestle in 24 or more matches in 1 season with 50% or more wins. B. Place in the top three at three or more tournaments (Varsity). C. Wrestle on the varsity team a minimum of 8 times. D. Compete in the regional tournament. E. Attend practice regularly (no more than 6 absences).

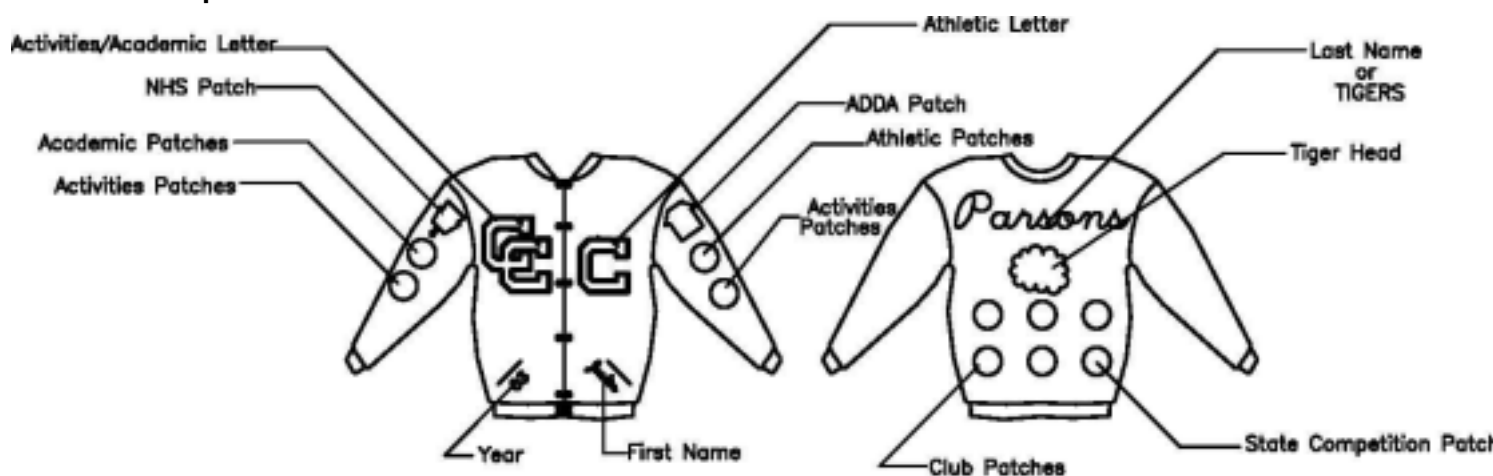
ATHLETIC/ACTIVITIES MANAGERS

A. A letter will be earned by a manager provided that the manager completes the season in good standing and must attend or be present for a minimum of 90% of all team activities.



Letter Jacket Guidelines

- A student lettering for the first time will be awarded the chenille letter and a jacket pin for that activity or sport.
- Each subsequent year that the student letters in that specific activity/sport, he/she will earn a gold bar.
- If a student letters in a different activity or sport, he/she will be issued a pin representing that sport or activity to place on the appropriate letter.
- Guidelines for placement of awards on the jacket will accompany each letter given to a student. Guidelines shall include the placement of school issued awards.
- The letter jacket shall not be used for non-school awards and patches.
- Students earning a letter will have the opportunity to purchase their own letter jacket from local merchants.
- Anything placed on the jacket must be school issued or school approved.
 - If there are any questions please see the Athletics/Activities office prior to placing an item on the jacket.
- Replacement pins can be purchased from the Activities Office.
- If you choose to purchase a specific sport number patch, it should not exceed four inches in diameter and should be placed on the back or sleeve.



If a student does not wish to put patches on the leather sleeves they may put all patches on the back of the jacket.

