
2017 - 2018

Ouray School District R-1

HS Athletics Handbook



IMPORTANT REMINDERS:

1. Payment of your \$50.00 participation fee is due PRIOR to the first practice in your sport. Make your check payable to "Ouray Schools" and give to Paige or Kimberly in the office. **Please be advised that participation fees may increase.**
 - \$200.00 fee maximum per family. **Fee maximum may increase.**
 - Provisions available for those on free and reduced lunches when arranged in advance. \$35.00 if on reduced lunches; \$15.00 if on free lunches.
 - See Paige and Kimberly in the office to complete appropriate paperwork.
2. Each athlete is responsible for arranging his/her physical exam and obtaining a current copy to turn in to the office **prior to participation in the FIRST PRACTICE.**
3. Please review BOTH sides of each sheet of this packet. Complete pages 3, 4, 5 and 6; also 13 (if applicable) and return to the office **prior to participation in the FIRST PRACTICE.**
4. Fall sports practices begin: August 14, 2017, for MSVB, HSVB and MS/HS XC.
5. If you require further clarification, please contact Bernie Pearce, Athletic Director at school, 325-4505, x6027 or at home, 325-4295, or cell number 318-8585.
6. **Parents:** Take your support to the next level...Join the Booster Club!, Volunteer to drive, help out at the gate, man the scorer's table or officiate games, get your CDL to drive the big bus. -Contact Bernie.
7. Healthy participation and genuine expression of sportsmanship are two of the most important goals of extra-curricular athletics. Ouray High School and Middle School athletes, managers, coaches, and fans shall be models of these qualities for our school and community, the San Juan Basin League and at the District, Regional and State levels.

***"If it doesn't challenge you, it won't change you."* --- Fred Devito**

TO SIMPLIFY YOUR REGISTRATION TO PLAY A SPORT:

1. Bring completed physical and insurance form to the main school office along with your required fee payment and give to one of the office personnel.
2. Be sure to receive 2 copies of your receipt.
3. Retain the yellow copy for your records and present the pink copy to your coach as proof that you have completed all the necessary requirements prior to your first practice.

OURAY HIGH SCHOOL ATHLETICS: 2017-2018

Greetings, Athletes and Parents! Welcome to another exciting year of sports activities! We know that you enjoy participating as fans, plus CHSAA statistics show that those students involved in such endeavors tend to have better attendance rates, higher GPA's and are less inclined to drop out of school! It is with great enthusiasm that we invite you to be a part of the tradition of Ouray High School Trojans sports teams!

Sincerely, Bernie Pearce, Athletic Director

1. READ these materials thoroughly...call Bernie @ 325-4505, x6027 for clarification!
2. **One of the forms that you must return to the office is this page, both sides.**
3. The **FRONT** side covers the training rules, catastrophic injury acknowledgement and insurance policy statement, while the physical form is on the **REVERSE** side.
4. BOTH sides of this sheet **MUST** be filled in completely, signed by the appropriate people and turned in to the office **PRIOR** to the first day of practice for the athlete's first sport of the year! The paperwork is good for one calendar year.
5. July 4 is the signal to call and schedule physicals if you have not already done so.

Forms for secondary Athletic Participation Liability insurance coverage to protect your son or daughter in the event of an accident as a result of an athletic event or practice are available in the school office. Waiver forms are included in packet.

Please indicate below how your family insures your athlete:

_____ FAMILY INSURANCE CO: _____

_____ CONTRACT #: _____

_____ SIGNED WAIVER FORM (included in athletic packet, p. 13)

ATHLETIC PARTICIPATION CONTRACT

By signing below, we, the parent and athlete, have:

- a) indicated our insurance coverage;
- b) acknowledged the possibility of injury;
- c) read, understood and do intend to follow the OHS training rules and guidelines.
- d) Read the Competitors Brochure, available at www2.chsaa.org

Parent/Guardian Signature

Athlete Signature

Date

PHYSICIAN PERMIT FOR ATHLETIC PARTICIPATION

I hereby certify that I have examined _____
Student's legal name

and that the student was found physically fit to engage in high school baseball, basketball, cross-country, football, golf, gymnastics, ice hockey, skiing, soccer, softball, swimming, tennis, track and field, volleyball, wrestling. (Please cross out any sport in which the student should not participate.)

Student's birth date: _____

Today's Date _____ Signed _____
(valid for 365 days unless rescinded) PHYSICIAN (Must be signed by physician)

PARENT OR GUARDIAN PERMIT

WARNING: Although 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, **BY 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 athletic programs, it is impossible to eliminate this risk.

Participants can and 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.**

By signing this permission form we acknowledge that we have read and understood this warning. **PARENTS OR STUDENTS WHO DO NOT WISH TO ACCEPT THE RISKS DESCRIBED IN THIS WARNING SHOULD NOT SIGN PERMISSION FORM.**

I hereby give my consent for _____ to compete in athletics for **OURAY HIGH SCHOOL**, in Colorado High School Activities Association approved sports except those ***crossed*** out below:

Baseball, basketball, cross-country, football, golf, gymnastics, ice hockey, skiing, soccer, softball, swimming, tennis, track and field, volleyball, wrestling.

Date _____ Parent/Guardian Signature _____

Date _____ Student's Signature _____

NOTE: This statement MUST be on file in the Principal's office for every student participating in interschool athletic competition.



**STUDENT ELIGIBILITY INFORMATION FORM
and
CHSAA Anti-Hazing Policy**

I hereby give my consent for _____

to compete in athletics for _____ High School in Colorado High School Activities Association approved sports, except as noted on the Physical Examination and Parent Permit Form, and I have read and understand the general guidelines for eligibility as outlined in the CHSAA Competitor's Brochure (as found on the CHSAANow.com website).

Parent or Guardian Signature _____ Date _____

I have read, understand and agree to the General Eligibility Guidelines as outlined in the CHSAA Competitor's Brochure.

Student Signature _____ Date _____

No student shall represent their school in interschool athletics until there is a statement on file with the superintendent or principal signed by his/her parent or legal guardian and a signed physical form certifying that he/she has passed an adequate physical examination within the past year, noting that in the opinion of the examining physician, physician's assistant, nurse practitioner or a certified/registered chiropractor, (DC, Spc.) is physically fit to participate in high school athletics; that student has the consent of his/her parents or legal guardian to participate; and, the parent and participant have read, understand and agree to the CHSAA guidelines for eligibility.

CHSAA Anti-Hazing Policy

The Colorado High School Activities Association prohibits bullying, hazing, intimidation or threats. Hazing includes, but is not limited to humiliation tactics, forced social isolation, verbal or emotional abuse, forced or excessive consumption of food or liquids, or any activity that requires a student to engage in illegal activity. I understand that hazing of any type is not permitted in any CHSAA sanctioned activity.

I will not engage in any of the prohibited conduct. I further understand that it is my responsibility to immediately report any acts of hazing that I become aware of to a sponsor, teacher, counselor, school support staff, coach or administrator in my school.

By signing this acknowledgement, I affirm my responsibility to prevent and report hazing. I also understand that any violation of this could result in school or team consequences that could include dismissal from the activity or further disciplinary consequences and/or referral to law enforcement.

Student / Athlete Signature

Date

Ouray School District R-1
Athletic Transportation Slip
HIGH SCHOOL STUDENTS ONLY

I hereby give my permission for the Ouray School District R-1 Activity

Bus Driver to drop my son / daughter, _____

NAME

off at _____

ADDRESS (OR LOCATION)

after any school activity.

This must be approved by the athletic director and principal before any student will be allowed to be dropped at a site other than their original point of departure

Parent Signature

Date

Athletic Director Signature

Date

OURAY HIGH SCHOOL ATHLETIC/ACTIVITY RULES: 2017 – 2018

1. Practice time schedules will be determined prior to the start of each season.

- Saturday - Coach scheduled
- Sunday - No practice allowed. No deliberate or planned contact between any coach and any athlete allowed. This CHSAA rule applies beginning the Sunday prior to the first day of officially sanctioned fall practice, inclusive of the Sunday prior to Memorial Day.

2. Eligibility: A student must be eligible in accordance with Colorado High School Athletic Association handbook rules.

High School Eligibility Policy (updated: 5-17-15)

General Eligibility: Students who are on the ineligibility list may neither participate in, nor attend events that require their absence during the school day. These events include attending away games or activities. If an activity or field trip is an extension of the classroom experience as part of the expected curriculum, the student is allowed to attend and participate. Any situation not covered explicitly in these rules will be handled by the coach or supervisor in a manner consistent with Board Policy, the Colorado High School Activities Association rules and in a manner that best upholds the integrity of the team, program and school district.

Interscholastic Activities: The interscholastic activities segment is an extra-curricular part of the total school program. It is neither required nor part of the basic instructional set of offerings. To participate in interscholastic activities a student must meet the requirements of the Colorado High School Activities Association, as well as any additional requirements set by coaches, sponsors, administration and/or the Board.

Activity rules are set up in accordance with the school district's philosophy and guidelines. These guidelines are in writing in this packet, and a copy given to participants and their parents. Each participant must follow these rules or be subject to suspension from the team. The purpose of athletic/activity programs shall be:

- to provide a wide basis of participation in both team and individual activities in interscholastic competition;
- to foster a program of competitive sports and activities by encouraging development in all offered activities, providing sufficient opportunity for students to grow in their individual ability, developing good attitudes, pride, sportsmanship and ethical behavior in students, participants and spectators, forging and maintaining a good relationship among teams, the student body, staff, administration and community and providing equal opportunity for boys' and girls' sports/activities in giving equal time for the use of facilities.

Ineligible Student Participants: If a student participant in a sport or activity is academically or behaviorally ineligible, he or she may not play or participate in any of the contests or team scrimmages. He or she may not accompany the team on away trips to do managerial chores, stats, etc. At home contests, he or she will be under the direct supervision of the coaching staff to sit on the team bench and undertake chores as assigned.

Suspended Participants: If a student is suspended due to chronic attendance/tardy issues, behavioral situations, game ejection, training rules violations or other serious transgressions, he/she may not attend practices, team activities, nor in any way be associated with the team for the duration of the suspension.

Specific Eligibility Rules Pertaining to Sports and Activities: These rules affect any/all in-season CHSAA sponsored athletics and activities (baseball, basketball, cross country, skiing, soccer, spirit, swimming, tennis, track and field, volleyball, wrestling, music, speech, Student Council, plus Knowledge Bowl and Science Olympiad).

A. Age: A student may NOT participate in the upcoming school year if he/she reaches the 19th birthday prior to August 1.

B. Longevity: A student is eligible for a maximum of eight consecutive semesters.

C. Grades:

The administration has elected to operate under CHSAA's Option B as follows:

- a) A student must be enrolled in a minimum of 2.5 Carnegie units every 18 weeks;
- b) Eligibility is determined on a **bi-weekly** basis. Reports are run each week, alternating between **"WARNING"** reports and reports that **"COUNT."** One F or two D's on a report that **"COUNTS"** (and is therefore enforced) will render the student ineligible for two weeks, beginning on the Wednesday when the period of ineligibility goes into effect, and extending through the Tuesday two week's hence. Eligibility may be regained in two weeks, if s/he has no F's and only one D.
- c) Eligibility shall be calculated cumulatively by semester. Thus, by default, both first and third quarters, based bi-weekly as described in part (b) above, will speak for themselves; eligibility for the second and fourth quarters will also be based bi-weekly, but cumulatively, as affected by first and third quarter grades, respectively.
- d) At the completion of each 18-week grading period (semester), a student who has one F or two D's is **INELIGIBLE** for the next 18 weeks. Eligibility may be regained at the CHSAA pre-determined dates for fall (on the sixth Thursday following Labor Day) and spring (the Friday immediately prior to March 10).

Procedure for grade reporting: Each **Tuesday at 10:00 p.m.**, the ineligibility sheets will be posted and printed. The report is final, unless there is an entry error by the teacher. The report will be e-mailed to the staff, the athletic/activities director and off-campus coaches so that ineligible students can be informed. Again, since the enforcement is every other week, the period of ineligibility is two weeks.

Consequence: If a student has one F or two D's in any class(es), s/he is automatically **INELIGIBLE** beginning that Wednesday and extending through two Tuesdays hence. In this event, s/he will be required to attend either mandatory study hall during practice time or homework help sessions in order to participate in practices. Chronic ineligibility is a detriment to the individual, the team, the coach and the overall program. Therefore, should a student appear on the ineligibility list four (4) consecutive weeks, (whether a warning week or an enforcement week) s/he will be dropped from the squad.

D. Attendance: Attendance at school is necessary for extra-curricular athletic and activity participation. A student must be in attendance for the entire day in order to participate in extra-curricular activities (including practice) that day or on Saturday, if the absence is on a Friday. A student who is ill on Friday, and who visits a health care provider that day, and is given medical clearance to play on Saturday, will be allowed to participate with a written note from the doctor and expressed parental permission. Exceptions to the full-day attendance requirement include medical, dental, orthodontic, etc. appointments (when documented by a note from the professional), driver's license exam, school field trips and internships. Excessive tardies will be dealt with on an individual basis.

E. Citizenship: Behavior is also a component of eligibility to participate. If a student has received one or more referrals, the principal will make the decision whether a student may or may not participate.

The first eligibility report of the fall semester serves as a warning; there is no warning for the spring semester. Grade reporting for eligibility is cumulative by semester.

3. General guidelines by coaches/sponsors:

- Each coach shall file with the office a copy of specific rules for any activity, such as curfews, practice requirements, travel procedures, etc.

4. Letter requirements: A player may letter by:

- 4.1 **Volleyball** - Participating in a minimum of 1/2 of the Varsity GAMES.
- 4.2 **Basketball** - Participating in a minimum of 1/2 of the Varsity GAMES.
- 4.3 **Baseball** – **There is currently no program offered by either Ouray or Ridgway**
To be determined by the coach.
- 4.4 **Track & Field** - Competing in a minimum of 75% of all competitions and either of the following:
 - a. Earning a minimum of fifteen (15) points during the season.
 - or**
 - b. Placing in the top nine (9) in individual running events, top three (3) in team relays or making finals in field events at the SJBL Meet.
- 4.5 **Cheerleading & Dance Team** - Participating in 3/4 of the varsity regular season games.
- 4.6 **Soccer – Ridgway hosts** - To be determined by coach.
- 4.7 **Cross-Country**
 - a. Competing in 2/3 of the regular season meets.
 - or**
 - b. Finishing in the top 25% in the 2A classification of the runners at the Regional meet.
- 4.8 **Swimming - Montrose hosts** - Qualifying for the District meet.
- 4.9 **Speech** - Participating in 1/2 of the meets.
- 4.10 **Band** - Participation in all performances unless excused by director.
- 4.11 **Golf** – **There is currently no program offered by either Ouray or Ridgway**
To be determined by coach
- 4.12 **Football-Montrose hosts** - To be determined by coach

NOTE: Coaches may award letters when the situation is not covered by the guidelines above.
Any all-conference or all-state designations are determined by the entity that governs the selection process for that sport or activity.

5. ATHLETIC TRAINING RULES PERTAINING TO DRUGS, ALCOHOL AND TOBACCO

Purpose: To foster in each student a three-fold discipline:

- a) respect for the law;
- b) personal health and safety habits; c) integrity in representing Ouray Schools interscholastic participation.

Standards: Honoring legal codes regarding underage drinking, and the purchase, use, sale or distribution of illicit drugs, alcohol and tobacco products in any form are the behavior expectation of all participants. Breaking the law in any of these areas equates to breaking the training rules, so any participant found in violation is subject to the following procedures. For those students 18 years of age and older, the use and/or purchase of tobacco products, while not illegal, is contrary to compliance with principles (b) and (c) above, so they are therefore still in violation of the school policy. This is consistent with policies in place during activities as established by the National Federation of State High School Associations.

Reporting: The consequences below will be enforced by the athletic director and administration when the violation is reported by law enforcement, a school staff member, an adult commissioned by the school or the parent(s)/guardian(s) of the athlete(s) involved.

5.1: In-season consequences:

First offense = Suspension for 25% of the season-in-progress.

If the season-in-progress does NOT have enough remaining contests to serve out the determined percentage of suspension, then the next season of their participation will be used to finish the probation, using the numbers from the season during which the violation occurred.

Second offense = Dismissal from the team.

The student will also be unable to participate in a sport/activity for the subsequent season for a period of time that equals the percentage of the first season that he/she completed prior to the dismissal: for example, if the student incurs his/her second offense three-fourths of the way through the season, then he/she will NOT be able to participate in the comparable first 75% of the subsequent season activity.

5.2: Out-of-season consequences:

Violation of these training rules out-of-season during the entire school year will result in a warning by the supervising coach, and he/she and the student will formulate a plan by which the student will demonstrate conformity to the standards by the time the next activity season begins.

5.3: Other stipulations:

The student will also be subject to the disciplinary consequences as outlined in the student/parent handbook. Referral to attend programs addressing the substance abuse, necessary treatment and subsequent rehabilitation will possibly be made.

5.4: Enforcement:

The coach, in conjunction with the administration and in consultation with the parents, is authorized to enforce the rules immediately when the investigation leads to the conclusion that there was a violation. The following statement serves as a guide.

“Athletes must comply with the regulations regarding the use of drugs and alcohol as defined by the City of Ouray, the County of Ouray and the State of Colorado. These laws prohibit the use of these substances for citizens under the age of 21. Although the use of tobacco is legal for students 18 years or older, tobacco use is also prohibited for Ouray High School athletes for reasons of physical fitness.” (Revised on 9/14/2011)

Students are required to fulfill after-school academic and discipline obligations before going to athletic practice.

- Coaches will be referred to as “Mr., Mrs. or Ms. (as appropriate), Coach” or by other similar title of respect at all times.
- Proper respect shall be shown to all other players, coaches, managers, fans and officials. No technical fouls of any unsportsman-like nature shall be incurred. In addition to CHSAA consequences, the school and coach may impose further sanctions.

- No profanity will be tolerated.
- Hair will be kept neat and trimmed to promote safety. Fingernails are to be trimmed to a length not to exceed fingertips.
- To ensure peak performance, athletes are expected to get sufficient sleep. Curfew times will be established by the coach according to schedule circumstances. Proper rest for game/contest days is important. It is recommended that athletes refrain from participation in strenuous activities prior to the game or contest.
- Please attempt to schedule vacations that coincide with the scheduled school breaks. Players returning from a vacation not taken during scheduled breaks will be evaluated for readiness to play because safety through proper training is important.
- Shoplifting or theft, while on school trips and under school supervision will result in an expulsion from the team and in suspension from school.
- Transportation: All participants shall ride to contests in vehicles provided by the school district. Any student who does not ride to a contest with the team will not be allowed to participate unless prior arrangements are made with the coach/sponsor and administrator. Students may be released to parents/guardians or an adult approved in advance by parents/guardians if the athlete's parent contacts the coach, athletic director or administrator. If extenuating circumstances are present (such as medical appointments or travel schedule situations), it may be possible for the athlete's parent or a staff member to deliver the athlete to the contest site, again with prior arrangements made. Vehicles are to be cleaned by the group that uses them.
- Consequences for ineligible and suspended players: no travel with the team or manager chores.
- May do book, clock, gate or lines duties at home games for no pay.
- All uniforms from the previous sport must be turned in (or payments for any missing uniform made to the office) before participation in the next sport.
- An athlete who quits a team during the season must meet with his/her parent, the coach, athletic director and administrator, if necessary, to determine the athlete's status of participation for the next season.
- Any situation not covered explicitly in these rules will be handled by the coach in a manner consistent with Board Policy, the Colorado High School Activities Association Rules and in a manner that best benefits the team.

COMMUNICATION PROCEDURES

Coaches are expected to maintain fluid and consistent communication links with all of their student/athletes, the student/athletes' parents/guardians, administration and staff regarding the sport they supervise. The protocol is to utilize school email, current school web pages and websites explicitly endorsed by Ouray School District R-1.

The District policy strongly discourages the use of social media in communicating with student/athletes. Any communication media outside those listed in the paragraph above that contain inappropriate messages, language, images or otherwise disparaging remarks that are brought to the attention of the administration will be addressed by the administration and the coach.

WARNING TO STUDENTS AND PARENTS/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 competition 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 risk of injury. Just as driving an automobile involves choice of 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 over-stated. 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 risk exists.

By choosing to participate, you, the student, acknowledge that such risk exists.

Students will be instructed in proper techniques to be used in athletic competition and in the proper utilization of all equipment worn or 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 principal for further information.

Note: Emergency consent-to-treat forms are filled out @ registration and are on file in the office.

**OURAY SCHOOL DISTRICT R-1
OURAY, CO 81427**

**WAIVER AND RELEASE OF LIABILITY
FOR JULY 1, 2017 THROUGH JUNE 30, 2018**

I, _____, understand and hereby acknowledge that participation in _____ involves INHERENT RISKS AND HAZARDS. I VOLUNTARILY accept and assume all such RISKS AND HAZARDS and do hereby release Ouray School District R-1 from any and all liability including, but not limited to, bodily injury, personal injury, and/or property damage and to save and hold harmless Ouray School District R-1, its agents and employees from any and all claims, demands, or causes of action of whatsoever kind or nature resulting from my VOLUNTARY participation in said activities.

As the parent or legal guardian of _____, a minor child,

I, _____, understand and agree that:

1. I am responsible for their actions and that the above stated provisions of this WAIVER AND RELEASE OF LIABILITY apply to each child, their heirs, successors, assigns and legal representatives: and
2. Any future claims or charges, known or unknown, are barred should the minor child upon reaching the age of majority (age 18 and 21) attempt to bring a separate claim, demand or cause of action against Ouray School District R-1.

SIGNED _____ DATE _____