

ARICKAREE BISON

STUDENT-ATHLETE HANDBOOK

2024-2025



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INTRODUCTION

Philosophy /Mission of the Athletic Program

The Arickaree Bison Athletic Department recognizes the importance of athletic activities in providing students with important opportunities for a total education. These activities teach students' lifetime values such as commitment, discipline, hard work, leadership, teamwork, and physical fitness, all of which are the foundation for academic success.

Participation in athletic activities contributes to the physical, emotional and social health of our students and promotes a sense of unity and cooperation among athletes, the student body, and the Arickaree Bison community.

Our sports teams will always strive to win, but never at the expense of character, healthy attitudes and habits, and good judgment. We will always emphasize excellence, effort, improvement, and respect for coaches, teammates and officials. All Arickaree Bison athletes should be known for their character and class (humble in victory and gracious in defeat). At the junior high and junior varsity levels, winning is a goal but is less important than participation and skill development.

Regardless of level, however, our athletic program is designed to develop, promote and provide the following: self-esteem, school spirit and pride, good citizenship, sportsmanship, cooperation, higher academic performance, responsibility to self and others, respect, positive role models, healthy lifestyles, team-building, and lifelong wellness. We believe that the sports experience should not only be rewarding but **fun**.

The Arickaree Bison Athletic Department further recognizes the unique roles and responsibilities of its coaches and parents in sports activities. Coaches' and parents' primary roles should be to teach the lifetime values of our sports philosophy and to always lead by example. The Arickaree Bison athletic programs are an integral part of the school and the community. Their impact is immensely important in promoting a positive school climate because they offer opportunities for adults to interact with our students in meaningful ways not available in the classroom.

Once again, we thank you for taking the time to read through this athletic handbook. We look forward to your support and involvement in our athletic program and if you have any questions please feel free to contact us.

Sincerely,

Missey Trim

Missey Trim
Arickaree Bison Athletic Director

DESCRIPTION OF THE PROGRAM

Varsity Athletics: Varsity athletic programs afford opportunities to those athletes who exhibit the greatest skills in their chosen sport. These athletes will compete against equally talented athletes from opposing schools. The skills of varsity athletes will be refined to provide Arickaree Bison with the best possible win-loss record.

Junior Varsity Athletics: Junior Varsity athletic programs afford those students who do not yet possess the skills required of varsity athletes an opportunity to participate in a competitive setting. Junior Varsity athletes are in the process of gaining the valuable knowledge, skill and experience required for varsity competition. Junior Varsity athletes may, on occasion, participate in varsity contests. Decisions of this nature are based on the evaluation of the athletes' abilities by the coaching staff and are not absolute.

Junior High Athletics: Junior High athletic programs provide students the valuable knowledge, skill and experience required for high school competition. Junior high sports programs will strive to win, but not at the detriment of teaching the fundamentals and providing all Junior High athletes with the opportunity to compete.

ATHLETIC DEPARTMENT POLICIES

The following athletic programs are offered through the Arickaree Bison Athletic Department:

Fall Sports:

Boys Golf, Football, Volleyball

Winter Sports:

Girls/Boys Basketball

Spring Sports:

Girls Golf, Girls/Boys Outdoor Track

Participation: An athlete may not try out for a team once a coach has given the official roster to the athletic department for grade and eligibility verification. Transfer students are an exception to this rule. Coaches may petition to the athletic directors for an exception to the rule on behalf of athletes if they deem it appropriate to do so.

Attendance - School and Class:

Participation on an athletic team is a **privilege** granted after a student's academic responsibilities are met. Attendance in the classroom is an important requirement for a good education, as is attendance at team activities. Attendance requirements for participation in a sport are as follows:

- Athletes will attend all classes regularly and be on time. Excessive tardiness to class or cutting class will not be tolerated.
- Athletes who come in late or leave early and miss a portion of the day due to a medical

appointment must provide a note to the Athletic Director from the health care provider in order to participate that day.

- Any student who is absent from school or not in school for four (4) periods with an excused absence will not be permitted that day to participate in any athletic activity. Exceptions due to extenuating circumstances may be granted by the Athletic Director with **prior notice**.
- Athletes will not use a sport as an excuse to miss class or portions of a class unless the team is departing early from school. In the case of an early dismissal, the Athletic Director and/or the coach will notify the athlete's teacher.
- Athletes should be participating in physical education class if they are enrolled in one. If an athlete does not participate in physical education during the day, he/ she is not eligible to participate in practice that day.
- A student suspended from school may not participate in a practice or a game during the effective date(s).

Attendance at Practices and Games:

Attendance at all regularly scheduled practice sessions and games (including tournament and vacation periods) for all team members are mandatory with the only exception being a school approved trip. If an athlete is committed to participating in a school trip, it is the athlete's responsibility to inform the head coach prior to the beginning of the season, or within 48 hours of the announcement of the school trip. **Failure of an athlete to abide by this rule may result in reduced playing time for that week.**

The physical conditioning and the game readiness for those athletes who miss games and practices for any length of time while in season is a major concern. However the bigger concern is the health and safety of those athletes who miss games and are no longer at peak physical condition and are not prepared to the level necessary to compete at the highest level. Any athlete who has missed more than two practices in a week will not participate in that week's games without the approval of the head coach that they are physically prepared to do so.

Athletes who will be absent or tardy for a practice or game for reasons that are not school related must speak to the head coach prior to the practice or game missed. It is the responsibility of the athlete to inform the head coach of any plans to miss practice(s) or game(s). Failure to abide by this rule may result in reduced playing time for that week. If a player misses school and practices the day prior to a game due to illness, that player shall not be eligible to play in that game.

Game Schedule and Changes

Schedules for all team contests can be viewed on the following web site: www.arickaree.org. Every attempt will be made to announce schedule changes due to inclement weather by 1:00 p.m. on the date of the change. In the event of an official school closing, all scheduled events, contests and practices are automatically canceled.

STANDARDS AND EXPECTATIONS

The Arickaree Bison students who wish to participate in the athletic program must set priorities and make wise choices. Academic performance takes precedence over participation in athletics. Students who must receive extra help after school or make up academic work should contact the coach prior to missing practice and bring a note from the faculty member to their coach upon arriving at practice. Any disciplinary actions, including detentions, take precedence over athletic practices. Suspensions take precedence over both athletic practices and contests. Consequences for athletes in excessive violation of these rules include suspension or dismissal from the team, loss of captaincy and loss of awards.

In summary, as a student athlete you are expected to behave in ways that will bring honor to your school, coaches, family, community, and teammates, through the following:

- Exemplary school citizenship
- Consistent attendance in class and school
- Consistent attendance at team practices and games
- Positively influencing team morale
- Obedience to your coach
- Meeting or exceeding standards for academic eligibility
- Respect for school property and property of others
- Display of exemplary sportsmanship conduct toward teammates, opponents, opposing fans, officials, and others

ARICKAREE BISON ELIGIBILITY RULES

Student athletes are ineligible if:

- They have a D in two or more subjects or are failing (F) in one subject.
- They are sent to the office for disciplinary reasons in which case the student may be declared ineligible immediately for one or two weeks or may be suspended.
- Students taking college level courses must report their grades to the Athletic Director by 1:00 pm each Thursday. Grades must be in writing.
- Eligibility is pulled on Thursday of every week by 2:00 pm and applies to the student athlete's eligibility status for the following week (Sunday - Saturday).
- There will be a 2-week grace period at the start of each semester in which time students with low grades will be on a "warning list" instead of being ineligible.

MOOD ALTERING CHEMICAL USE - TOBACCO,VAPING, ALCOHOL, DRUGS (illegal, performance enhancing, and non-prescription)

There will be absolutely no use or possession of any quantity of tobacco (including smokeless), vaping, alcohol, or illegal/non-prescription drugs, including steroids and performance enhancing substances or supplements, by a Arickaree Bison athlete. Any individual who violates this rule either on or off campus will be subject to disciplinary action. Reminder to students: this is a

24-hour rule and extends beyond the school day.

First violation of the tobacco, vaping, or alcohol policy will result in a minimum suspension from 10% of games for that sport. If 10% of that sport is not remaining in that sport, then the consequence will be paid in the next sport participated in. A second offense during that school year will result in a minimum suspension of 50% of games activities. Any further violations will result in dismissal from all extracurricular activities for 365 days.

First violation of illegal, performance enhancing, and non-prescription drugs will result in a minimum suspension from 50% of that sport. If 50% of that is not remaining, then the consequence will be paid in the next sport. A second offense will be grounds for immediate dismissal from all extracurricular activities for 365 days.

HAZING AND INITIATIONS

Hazing or initiations of student athletes by other team members are not acceptable and any practice of this type of behavior will not be tolerated. Actions of this type may be illegal, and those involved may be subject to police action, as well as additional school consequences up to and including: dismissal and/or suspension from participation in any athletic program, and/ or suspension and/ or expulsion from school.

- Hazing occurs when an act is committed against a student or a student is coerced into committing an act that creates a substantial risk of harm to the student or to any third party in order for the student to be initiated into or affiliated with any school group, club, athletics team, grade level, activity or organization. Hazing includes but is not limited to:
 1. Any activity involving an unreasonable risk of physical harm, including paddling, beating, whipping, branding, electric shock, sleep deprivation, exposure to weather, placement of harmful substances on the body and participating in physically dangerous activities;
 2. Any activity involving the consumption of alcohol, drugs, tobacco products or any other food, liquid, or other substance that subjects the student to an unreasonable risk of physical harm;
 3. Any activity involving actions of a sexual nature or the simulation of actions of a sexual nature;
 4. Any activity that subjects a student to an extreme and unreasonable level of embarrassment, shame or humiliation or which creates a hostile, abusive or intimidating environment.
 5. Any activity involving any violation of federal, state or local law or any violation of school district policies and regulations.

UNSPORTSMAN-LIKE CONDUCT

If a player is ejected (CHSAA Bylaw 2200) from a varsity, junior varsity, or non-league contest, he/she will be suspended for a period of one contest at that level of play and all contests at any level played in the interim.

Unsportsmanlike conduct on or off the field of competition may result in an athlete's dismissal from the team and may jeopardize future participation in athletics.

Student athletes are subject to discipline, including suspension, dismissal, loss of captaincy, and loss of awards for any behavior in violation of school policy. This discipline includes misconduct that occurs off school property or during non-school time. The following behaviors will be considered serious violations, which may result in suspension from the team and discipline as outlined in the student handbook. Athletic participation is a privilege, not a right.

- Civil law infractions
- Theft or malicious destruction of individual, private, or school property
- Infraction of school rules requiring administrative action
- Misconduct by an athlete that is potentially detrimental to the athletic program, school, or school district
- Profanity from any athlete while representing the Arickaree Bison athletic program at practice and/or games, and as a spectator at other rival high school athletic contests
- Documented possession or use of alcohol, tobacco or drugs

SUSPENSION OR DISMISSAL FROM A TEAM

Prior to the season, athletes will be informed by their coach regarding the types of behavior that may warrant suspension or removal from the team. Each case will be considered individually. Parents will be notified by telephone as soon as possible and a meeting will be set up.

ADDITIONAL TEAM / SPORT REGULATIONS

Coaches may have additional regulations pertaining to their sport. These regulations will be handed out and discussed at the beginning of each season.

TRAVEL INHERENT IN ANY ACTIVITIES

In the interest of building and maintaining team spirit and unity and limiting athletic program liability, all players, managers and anyone traveling on the bus to a contest, are strongly encouraged to return with the team on the bus.

Parents will not transport their child to a contest unless face-to-face verbal AND written requests are submitted to the Athletic Director prior to the contest for approval. Note: these occurrences should be reserved for family emergencies or important family commitments only. Any other reasons are not acceptable.

- Parents may sign out their child at the end of a contest for transportation home. Other members of the family who are at least 21 years old may transport a student athlete after a contest if written consent is turned into the Athletic Director prior to the date of the contest. Note: these occurrences should be reserved for family emergencies or important family commitments only. Any other reasons are not acceptable.
- Athletes will remain with their team and under the supervision of the coach during the duration of the contest, which begins with the bus ride to the contest and ends with the parent either signing out the student athlete for transportation home or picking student athlete up from school after contest, or the student athlete (with valid Colorado driver's license) leaving the school property to drive home in personal vehicle.
- Athletes who miss the bus will not be allowed to participate in any contest unless there are extenuating circumstances and with the coach's approval.
- Parents may not take other students home with them from away games where buses are provided. Exceptions are discouraged and will be honored only in rare instances with proper notification and written request and approval from the Athletic Director.
- Athletes may not transport other student athletes to any contests or practice sessions.

SUMMER PHYSICAL CONDITIONING

Summer physical conditioning programs are not mandatory for team participation. Any conditioning program or practice is **completely voluntary**.

ATHLETIC DEPARTMENT INFORMATION

Permission Forms

All candidates and their parents or guardians must complete the Athletic Department Permission to Participate form and return it to their coaches before they may try out or participate in any practice sessions. There will not be any exception to this rule. Permissions forms can be obtained in the athletic office.

Physical Examinations

A yearly physical examination is required. The school form must be completed by a physician and submitted to the school nurse.

1. Families are encouraged to get athletic physicals done at the school during the month of May with the Akron Clinic. This is free of charge to the athlete and allows student athletes to compete in all three seasons with a valid, current physical.
2. Completed physical examination forms (or copies of) must be on file with the Athletic Director prior to the first tryout or practice session.

Injuries and Accident Forms

Any injury sustained by an athlete during practice or during a game is to be reported immediately to the coach. This is the responsibility of the student athlete. The coach will then

complete an accident form and submit it to the Athletic Director.

Athletes with an illness or injury sustained in an athletic event or any other activity, which requires a visit to the doctor, hospital, or primary care facility must receive written clearance by a physician in order to return to participation in Arickaree Bison athletic activities. Written clearance by a physician to return to participation must be submitted to the Athletic Director and head coach.

INSURANCE COVERAGE

Student athletes **must** have health insurance to participate in athletic activities. The Arickaree School District has a student coverage policy that is secondary to the athlete's primary insurance coverage.

UNIFORMS AND EQUIPMENT

Uniforms and equipment are on a loan basis and are to be worn only when authorized by the coach. Only uniforms issued by the Athletic Department will be permitted to be worn for contests. The athletic department does not issue additional uniforms if a student misplaces or forgets theirs on game day. All uniforms and/ or equipment are the responsibility of the athletes during the season and must be returned at the conclusion of the season. If lost or stolen, the replacement cost of the uniform or equipment will be assessed to the student. You will not be allowed to try out for or play on a team during the next season until you have returned or paid for the replacement of uniforms and equipment. Failure to return uniforms and/ or equipment will affect an athlete's graduation status and the athlete would be ineligible for any athletic award.

LOCKER ROOM

You are responsible for your valuables, uniforms, and equipment. Don't ever leave these items in the locker room unsecured. Keep your locker locked when you are not using it. At the end of each season locker rooms and lockers will be cleared of remaining articles. It is the responsibility of the student to supply his or her own lock for athletic lockers.

The locker room must be kept clean at all times. Every two weeks the Athletic Director and the current season's coaches will go through the locker rooms and confiscate items that are not stored properly. The Athletic Director will hold these items for 30 days. During this 30-day period students may reclaim their missing item. Payment for getting said item back would be helping to clean the locker rooms after an athletic contest. If an item is not claimed by the end of the 30 days, it will be either washed and given to a nonprofit organization or disposed of in the trash depending on its condition.

GYMNASIUM AND WEIGHT ROOMS

- For reasons of safety, athletes will only be allowed in the gymnasium or the weight room during a practice or when supervised by an authorized member of the staff.

- The weight room and gymnasium are to be utilized by athletes of the current sport. Coaches are responsible for assigning athletes permission and access to various parts of the facility. Coaches must remain on campus while student athletes are using the facilities under their supervision.

HIERARCHY OF COMMUNICATION

The Arickaree Board of Education and Arickaree Administration believe that complaints and grievances are best handled and resolved as close to their origin as possible. Therefore, the proper channeling of complaints will be as follows:

1. Head Coach
2. High School Athletic Director
3. Superintendent
4. Arickaree Bison Athletic Committee

We believe that complaints are best handled when both sides work together to find a solution at the lowest possible level.

Step One: Informal Level

1. Contact the Head Coach.
2. If a resolution is not reached, request a meeting with the Athletic Director.
3. If you still cannot resolve the complaint, then go to the Principal.
4. If your issue is not resolved, move to step two.

Step Two: Formal Level

1. You must fill out a Formal Complaint Form (available www.arickaree.org).
2. The form is then filed with your district's Superintendent. The Superintendent will contact you within **3 working days** of receiving the complaint form to set up a meeting.
3. The meeting will be scheduled for a mutually agreeable time within **10 working days** after you are contacted.
4. A written decision will be provided within **5 working days** after your meeting.
5. If You are not satisfied with the decision, move to step three.

Step Three:

1. Please contact the Arickaree Bison Athletics committee.

HIGH SCHOOL ATHLETIC AWARDS POLICIES

Certificate of Participation

A certificate of participation will be awarded to each athlete, when a varsity letter is not earned, who finishes an athletic sport season and is on the final athletic award roster.

Varsity Letter

A varsity letter and a pin indicating the type of sport will be given when an athlete earns the letter by satisfactory participation at the varsity level for the first time during a particular year. If an athlete letters in more than one sport per year, he or she will be awarded an additional pin(s) to designate the sport, but not an additional letter. If an athlete letters in the same sport, they will receive an additional sport pin indicating years of service at the varsity level in that sport. Varsity letters in all varsity sports shall be awarded by Arickaree Bison Athletics upon the recommendation of the coach who will consider the following award criteria.

An athlete must:

- Attend practice and games on a consistent basis.
- Display a cooperative spirit with the coach, teammates and opponents.
- Display respect for others on and off the field.
- Observe all rules and regulations as outlined in this handbook.
- Actual varsity game involvement.
- Athletes must participate in 51% of all varsity events. Individual coaches may set a higher standard. If a higher standard is set by a coach, athletes and parents must be made aware of the higher standard at the beginning of the season.
- If a team advances to regionals or beyond, all roster players in good standing will letter.
- Special circumstances, such as injury, may warrant a player being awarded a varsity letter based on coaches discretion.

Athlete of the Year

Each year, one male and one female athlete will be recognized as Athlete of the Year. This award may be presented after the Athletic Banquet in order to allow all athletes who may be in the running and participating in track and field or golf to complete their seasons. In order to be considered for Athlete of the Year students must meet the following minimum standards:

- Must be a multi-sport athlete.
- All nominees must maintain a minimum GPA of 2.5, and maintain eligibility throughout the season.
- Must finish the season in good standing.
- Receive a varsity letter in each of their sports for the year nominated.

Injury Rule

Any athlete who is a varsity starter or plays in varsity contests on a regular basis and becomes injured may be awarded a letter if, in the coach's judgment, he or she would have met the criteria. The athlete must remain a part of the team in some capacity.

NCAA ELIGIBILITY

Division I or II

To be eligible to play college sports at the Division I and II level, prospective student athletes must:

- Complete and sign a NCAA clearinghouse student release form and mail white copy and fee to the NCAA clearinghouse.
- Give the yellow and pink copies of the clearinghouse form to your school counselor to forward.
- Have an official transcript mailed from any other high school attended.
- Have SAT scores sent to the NCAA clearinghouse.
- Complete the NCAA Amateurism Certification Questionnaire.

To be certified by the NCAA clearinghouse, a student must:

- Graduate from high school
- Earn a grade point average of at least 2.0 on a 4.0 scale in a core curriculum of at least 16 academic core courses during grades 9 through 12.
- Division I prospects must earn a minimum sum score of at least 1010 on the SAT with a GPA of 2.0,
- Division II prospects must earn a minimum sum score of at least 820 on the SAT with a GPA of 2.0

Note: For additional NCAA information please speak with your school counselor and view the following websites www.ncaa.org and www.ncaaclearinghouse.net (guide for the college bound athlete link).

Division III

These requirements do not currently apply to Division III colleges, where eligibility for financial aid, practice and competition is governed by institutional, conference and other NCAA regulations.

Arickaree Athletics

Student Contract 2023-2024

At Arickaree, we believe in fostering positive relationships between everyone involved in our athletic programs. As a member of their team, a student-athlete serves as a role model. They are admired and respected by many, including younger athletes and their behaviors and actions often have a significant impact on others. The student-athlete plays an essential role in the promotion of sportsmanship and they must accept the responsibility to always display high standards. I agree to:

1. Support decisions made by the coaching staff.
2. Accept the responsibility and privilege the student-athlete has in representing their school and community by learning and showing teamwork, sportsmanship, and discipline in all aspects of the game.
3. Demonstrate respect for self, coach, teammates, opponents, officials, and spectators by exhibiting good character and conducting myself as a positive role model.
4. Win and lose graciously.
5. Have a thorough knowledge of and abide by the rules of the game.
6. Cheer for my team and not against the opponent.
7. Congratulate opponents in a sincere manner following either victory or defeat.
8. Participate in all fundraising events.
9. Refrain from the use of any illegal or unhealthy substances to gain an unfair advantage.

I have read and understand the expectations detailed in this contract. I know, by signing this contract, I agree to abide by these guidelines.

Student athlete name: _____

Sport(s) played: _____

Athlete signature: _____

Date: _____



Arickaree Athletics

Parent Contract 2023-2024

At Arickaree, we believe in fostering positive relationships between everyone involved in our athletic programs. In order to provide the best experience for your son or daughter, mutual respect and understanding between athletes, coaches, and parents is necessary. As the parent or legal guardian of an Arickaree student-athlete, I agree to:

1. Support decisions made by the coaching staff.
2. Refrain from negative talk about coaches and other athletes in the program.
3. Handle conflict in a professional, respectful manner.
4. Work towards a “win-win” outcome when conflict does arise.
5. Understand that the discussion of “playing time” is never appropriate. However, it is always appropriate to talk to a coach regarding how your son or daughter can improve.
6. Follow the Arickaree Athletic Department “Hierarchy of Communication”.
7. Encourage my son or daughter to advocate for him or herself.
8. Participate in all fundraising activities.
9. Fulfill my financial obligations.

I have read and understand the expectations detailed in this contract. I know, by signing this contract, I agree to abide by these guidelines.

Parent/Guardian Name(s): _____

Student athlete name: _____

Sport(s) played: _____

Athlete signature: _____

Date: _____

