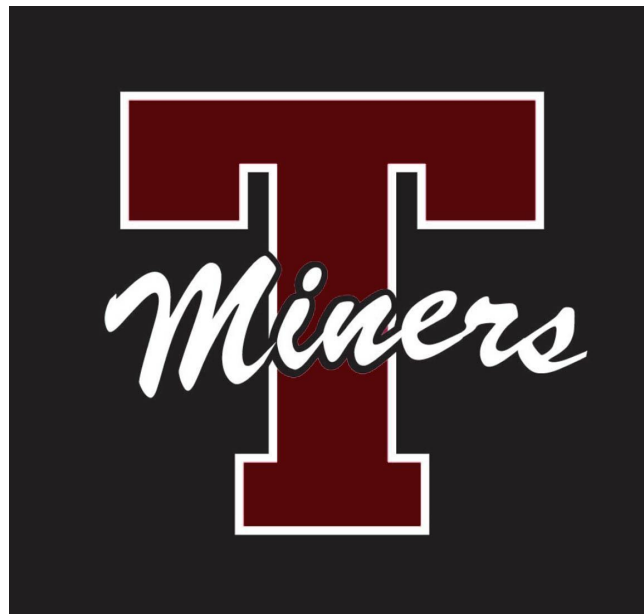


Telluride School District
2025-2026
HANDBOOK
FOR
STUDENT ATHLETES
and
PARENTS OF ATHLETES



Telluride High School
2026-2027 HANDBOOK FOR STUDENT ATHLETES and PARENTS OF ATHLETES

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Handbook for Student Athletes and Parents of Athletes

I. Introduction

To the Parent:

This material is presented to you because your son or daughter has indicated a desire to participate in interscholastic athletics at Telluride Middle/High School and you have expressed your willingness to permit him/her to compete. Your family interest in this important component of our school program is gratifying. We believe that participation in sports provides a wealth of opportunities and learning experiences that stretch beyond the walls of a classroom.

We feel that a properly controlled, well-organized sports program can meet student needs for self-expression, social, mental and physical growth. It is our intent to conduct a program that is educationally sound in purpose and will enhance each student's personal growth.

A student who elects to participate in athletics is voluntarily making a choice of self-discipline and self-denial. These are the reasons we place such stress on good habits in life, the classroom and on the field/court. Failure to comply with the rules and conduct may result in exclusion from the team.

When your son/daughter enlisted in one of our sports programs, he/she committed to certain responsibilities which are:

- a) Responsibility to themselves
- b) Responsibility to their School
- c) Responsibility to others
- d) Responsibility to uphold the Miner way of Integrity, respect and responsibility

It is the role of the department of athletics to make rules that govern the spirit of competition for the school. These rules need a broad basis of community support, which is achieved only through communication to the parent. It is our hope to accomplish this objective through this athletic publication for students and parents.

To the athlete:

Being a member of a Telluride High School athletic team is a fulfillment of an early ambition for many students. The attainment of this goal carries with it certain responsibilities that must be maintained. A great athletic tradition is not built overnight; it takes the hard work of many people over many years. As a member of an interscholastic squad of Telluride Schools, you have inherited a wonderful tradition which you are challenged to uphold.

We aim to win with honor. We desire to win, but only with honor to our teammates, coaches, our schools and our community. This honor is worthy of the best efforts of all concerned.

When you wear the colors of Telluride, we assume that you not only understand, but are willing to assume the responsibilities that go with them. Whatever positive contributions you make should be a satisfying accomplishment to you and your family and should reflect the Miner way of integrity, respect and responsibility. The responsibilities that you are assuming include:

a) Responsibilities to Yourself:

The most important of these responsibilities is to broaden and develop strength of character. You owe it to yourself to derive the greatest benefit from your high school experiences.

Your academic studies, your participation in other extracurricular activities as well as in sports, prepare you for your life as an adult.

b) Responsibilities to Your School:

Another responsibility you assume as a team member is to your school.

Telluride High School cannot maintain its position as having an outstanding school unless you do your best in the activity in which you engage. By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school. You assume a leadership role when you are on the athletic team. The student body and citizens of the community know you. You are on stage with the spotlight on you. The student body, the community and other communities judge our school by your conduct and attitude, both on and off the field. Because of this leadership role, you can contribute significantly to school spirit and community pride. Make Telluride Middle/ High School proud of you, and your community proud of your school, by your consistent demonstration of these ideals.

c) Responsibilities to Others:

As a team member you also bear a heavy responsibility to your home. When you know in your heart that you have lived up to all of the rules, that you have practiced to the best of your ability everyday and that you have played the game "all out," your friends, your community and your family can be justly proud of you. You also assume the responsibility to give your best effort everyday to improve your teammates. The younger students in the Telluride School System are watching you. They will copy you in many ways. Do not do anything to let them down. Set good examples for them.

II. Mission Statement

Telluride Middle/ High School athletic programs are committed to purpose-based athletics. Our focus is on connecting students to transformational coaches, in a culture of belonging, for the student's human growth and character development. We measure success at the end of a season based on if our student-athletes; had fun, connected to their team and teammates, and became better people- not just better athletes..

III. Governance

The Colorado High School Activities Association (CHSAA)

All schools are voluntary members of The CHSAA and compete only with member schools. As a member school district, the secondary schools of Telluride agree to abide by and enforce all rules and regulations made known by this association. The primary role of the state association is to maintain rules and regulations that ensure equity in competition for the student-athletes and a balance with other educational programs. The association solicits input and is responsive to requests for rule modification from member schools, appointed committees, and coaches' associations. The state association attempts to enforce such rules that assure the greatest good for the greatest number and to ensure that competition is conducted in an appropriate manner. The CHSAA constitution and bylaws can be [accessed here for reference](#).

Athletic Leagues

We have numerous sports in different leagues:

<u>SPORT</u>	<u>HIGH SCHOOL</u>	<u>MIDDLE SCHOOL</u>
Girls Volleyball	San Juan Basin (2A)	San Juan Basin
Boys Soccer	Intermountain (2A)	N/A
Boys Golf	San Juan Basin (3A)	N/A
Girls & Boys Cross Country	San Juan Basin League (3A)	San Juan Basin
Girls & Boys Basketball	San Juan Basin (3A)	San Juan Basin
Girls & Boys Track	San Juan Basin (2A)	San Juan Basin
Girls Soccer	Intermountain (2A)	N/A
Boys Lacrosse	Mountain (4A)	N/A
Girls' Lacrosse	Mountain League (4A)	N/A

Telluride Middle/ High School is a voluntary member of these Leagues. These leagues were established for the primary purpose of promoting selected interscholastic activities among member schools and the assurance of such advantages as may be gained by a union of effort. These leagues were established to encourage member schools to improve their co-curricular program in athletics. The league membership facilitates the arranging of league schedules, equalizing competition, and conducting league meets and determining league championships. These

leagues provide Telluride Middle/High School the opportunity for league competition without excessive travel and with schools of similar size and athletic philosophy. Membership implies abiding by league schedules, rules and regulations.

High School Association Eligibility Rules

[\(See respective state handbook for pertinent regulations\)](#)

To be eligible for interscholastic athletics, a high school student must meet the following state regulations:

- a) Enrollment
- b) Age
- c) Physical Examinations
- d) Seasons of Competition
- e) Semesters of Enrollment
- f) Residence Requirements
- g) Transfers Requirements
- h) Guardianship
- i) Undue Influence (Recruiting)
- j) Academic Standing Requirements

IV. General School Eligibility Requirements for Athletes

- 1) Must be enrolled in courses which offer, in aggregate, a minimum of 2.5 Carnegie units of credit per semester. (Enrolled in a minimum of 5 classes per semester)
- 2) If a student is failing two or more classes when eligibility is checked on Monday morning they are not eligible for competition until the following Monday (if they are passing the required classes).
- 3) If a student fails two or more classes in the previous semester, they will not be eligible to compete in competition until the respective season regain date if they are in good academic standing on that date (see CHSAA handbook for specific regain dates).
- 4) Transfer students (students entering THS in grades 10-12 from another high school) will not be eligible to compete in competition until they are cleared by CHSAA. This requires paperwork submission from the athlete and parent and you should coordinate with the athletic director.
- 5) Any home school students and out of district participants are subject to the same eligibility standards as every other student athlete.

V. Requirements for Participation

We are paperless and all forms are to be digitally signed with physical form uploaded via picture. [Instruction: can be found here](#)

1) Physical Examination/ Health History questionnaire

A yearly physical examination is required. The physical documentation must be completed by the physician and submitted to the coach prior to participation. The examination covers all sports for one calendar year from the date of the examination. No student can practice or compete without having this form completed and turned into the office. You can take a picture and upload the physical form to your student(s) account. A health history questionnaire must be completed and turned in at the time of your physical exam.

2) Parent Permission to Participate/ Acknowledging Risk of Participation

Every school year parents and students must sign the permission to participate which acknowledges the risk of participation. By signing the form both parents and the player acknowledge that participation in interscholastic athletics include a risk of injury which may range in severity from minor to long-term catastrophic injury. Although serious injuries are not common in school athletic programs, it is impossible to eliminate this risk. Players also agree to obey all safety rules, report all physical problems to their coach immediately, follow a proper conditioning program, and inspect their own equipment daily. The form also allows for any student medical information to be shared with appropriate staff when necessary in compliance with HIPPA Regulations. No student can practice or compete without having this form completed and turned into the office.

3) CHSAA Bylaws- Parent and student information

A student's participation in high school activities is dependent on his/her eligibility. Protect that eligibility. Parents and Students must know a summary of Colorado High School Activities Association rules that govern a student's participation. Students and parents alike need to review these rules and ask questions of their coaches, athletic director and school administrators.

4) Insurance verification and Medical consent

Parents are responsible to maintain insurance to cover their student during school and school activities - THE SCHOOL DISTRICT DOES NOT PROVIDE THIS COVERAGE. A signed statement is required to verify that you have adequate health and accident insurance to cover your child and that you understand your student cannot participate in athletics unless he/she is covered by Insurance. This information will be kept on file with the coaches and athletic trainer in case of emergency.

If the need arises, this authorizes school district employees to make such decisions as to assure the health and safety of your son/daughter. By signing, permission is granted to the attending physician to proceed with any medical treatment for your student. In the event of serious illness, the need for major surgery, or significant accidental injury, understand that an attempt will be made by the attending physician to contact you in the most expeditious way possible. In the event that an emergency arises during a practice session, an effort will be made to contact the parent(s) or guardian as soon as possible. Permission is also granted to the athletic trainer to provide the needed emergency treatment to the athlete prior to his/her admission to the medical facilities. Emergency contact information for two people is required along with contact information for your physician and a list of any allergies to medicine/ drugs.

5) Student-Athlete Code of Conduct

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department. The community, school administrators and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of athletics. The welfare of the student is our major consideration and transcends any other consideration.

All athletes shall abide by a code of conduct and respect what participation and competition in the interscholastic program affords. Any conduct that goes against respect, responsibility and integrity of oneself or the team is not acceptable. Acts of unacceptable conduct, such as, but not limited to theft, vandalism, disrespect, violations of law, that tarnish the reputation of everyone associated with the athletic program and will not be tolerated. The code of conduct is included in your back to school packets as well. **PLEASE DO NOT WAIT FOR THE ATHLETIC DEPARTMENT TO DISCOVER AN ATHLETE WAS IN VIOLATION. WE ASK THAT ALL PARENTS AND ATHLETES HAVE INTEGRITY AND SELF REPORT IF AN INCIDENT OCCURS.** We are not perfect people and we understand that mistakes can be made. Trying to ignore those mistakes or cover them up goes against our mission in the athletic department and *may result in dismissal from the team.*

PENALTIES FOR VIOLATION:

1. Drug or Alcohol Use, Possession, or Distribution

Student athletes are not to use, possess, sell, distribute, or get hold of any amount of alcohol, drugs, drug paraphernalia, controlled substances or be under the influence of alcohol, drugs or other controlled substances.

First Violation:

The student athlete shall be suspended for two games of his/her competitive season immediately and consecutively. If the season ends before the full suspension is served, the remaining suspensions shall be applied to the next sport or season.

Second Violation:

For the second violation within the student athlete's season, the student athlete shall be suspended for 50% of the remaining games in the competitive season immediately and consecutively. If the second violation occurs during the post-season the student will be suspended for all post-season games.

Third Violation:

When a student athlete violates the drug and alcohol policy for a third time during their competitive season in Telluride School District, he/she shall not be allowed to participate in the remainder of the season.

2. Other Unlawful Behavior

Additional unlawful acts include, but are not limited to theft, vandalism, destruction of property, or other misdemeanors and felonies as defined by the Colorado Criminal Code. The principal and athletic director reserves the right to determine whether the athlete committed an unlawful act rather than to be bound necessarily by the decisions of the courts or others. Incidents involving athletes either directly or as accomplice will be subject to review by the principal and athletic director. The principal and athletic director will decide the appropriate penalty for the student athlete taking into consideration the seriousness of the offense. Consequences shall include, but not be limited to, short-term to full-season suspension from the team

3. School Suspension

Students on either in-school or out-of-school suspensions are not permitted to attend any day, evening, or weekend activities (practices, contests, extra-curricular events). A student's suspension will end at 12:00 midnight on the final day of suspension. If suspended (in or out-of-school), a one-week ineligibility penalty will automatically be imposed.

4. Hazing

Hazing is defined as "the practice of rituals and other activities involving harassment, abuse or humiliation used as a way of initiating a person into a group." It is the responsibility of parents and students to report any knowledge of hazing to the school authorities. The principal may suspend or recommend expulsion for a student who engages in hazing.

5. Violation of Team Rules and Regulations

Coaches may establish reasonable rules and regulations, subject to the approval of the principal and athletic director, for behavior not otherwise specified in the TSD Athletic Code of Conduct. Coaches may determine reasonable penalties for violations of team rules and regulations subject to the review of the principal and athletic director. Discipline/inappropriate conduct that is not a direct violation of the code of conduct and does not result in suspension will be taken on a case by case basis and coach/athletic director/principal will determine if any game suspensions are necessary.

6) Minimum number of practices before competing in a game

All Athletes must have a minimum of three practices with the team before they are eligible to compete in a game.

VI. Basic Athletic Department Procedures

1) Participation: An athlete may participate in only one school sport per season unless both coaches have been consulted and agree it is in the best interest for their team as a whole. Students should also be careful not to overcommit themselves with other obligations. In most situations it's not fair to other athletes to act as "placeholders" for a position on a team which they are fully committed to.

2) Dropping or transferring sports: Quitting is an unacceptable habit. A quitter may lose the privilege of participating in athletics. On occasion, however, an athlete may find it necessary to drop a sport for a good reason. If this is the case, the following procedure must be followed:

- a) Consult with the immediate coach.
- b) Report situation to the athletic administrator.
- c) Check in all equipment.

If an athlete wishes to change sports during a season, he/she shall consult with both coaches concerned and the athletic administrator. This procedure assures a smooth transfer which is in the best interest of the student.

3) Equipment: School equipment checked out by the student-athlete is his/her responsibility. He/she is expected to keep it clean and in good condition. Loss of any equipment, uniform, etc is the athlete's financial obligation

4) Missing practice and/or Games: An athlete should always consult his/her coach before missing practice

and/or games. Missing practice or a game without good reason will be dealt with severely. You can expect others who demonstrate their commitment to the team to take the spot of those who miss practice and games.

5) Travel: All athletes must travel to and from out-of-town athletic contests in transportation provided by the athletic department unless previous arrangements are made by the parents for an exceptional situation.

- a) Athletes will remain with their squad and under the supervision of the coach when attending away contests.
- b) Athletes that miss the bus will not be allowed to participate in the contest unless there are extenuating circumstances.
- c) All regular school bus rules will be followed.
- d) Dress should be appropriate.
- e) If approved by coaches, parents/ guardians may sign out their child following an away event to transport them home. You cannot sign out to transport another parent/ guardian's child unless previous arrangements are made due to exceptional situations.
- f) All parents are expected to be at the school when teams arrive back from travel. It is Important that We show respect to others by not making them wait on you.
- g) Depending on the direction of the travel, special arrangements can be made ahead of time by parents with their athlete's coaches to be dropped off at the entrance to Mountain Village, Rico gas station or M&M store in Placerville. These arrangements must be made in advance and are done only to make things more convenient to those families with the understanding it's inconvenient to the others involved. Please keep this in mind when requesting and know that you must be at the location when the team arrives (we cannot drop a student off who is not supervised).

6) Conflicts in extracurricular activities: An individual student who attempts to participate in several extracurricular activities will create conflict of obligations and interests. The athletic department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities, and to this end, will attempt to schedule events in a manner to minimize conflicts. Students have a responsibility to do everything possible to avoid continuing conflicts. Positive efforts might include being cautious about joining too many activities where conflicts are unavoidable. It also means notifying the faculty sponsors/coaches involved immediately before/ when a conflict arises.

When a conflict arises the sponsors/coaches will work out a solution so the student does not feel caught in the middle. If a solution cannot be found, the Athletic Director and Principal will make the decision based on the following:

- a) The relative importance of each event to the student.
- b) The importance of each event to the school.
- c) The relative contribution the student can make.
- d) How long each event has been scheduled.
- e) Talk with parents.

Once a decision has been made and the student has committed to that decision, he/she will not be penalized in any way by either faculty sponsor/coach. If it becomes obvious that a student cannot fulfill the obligation of a school activity, he/she should withdraw from that activity.

7) Attendance: Students who miss part of the school day due to illness must be in attendance for four continuous periods in order to play in a contest or practice on that date. Students missing school for reasons other than illness must have an excused absence in order to participate. Final authority for infractions of this rule (unexcused absences) will rest with the principal. Students absent from school on Friday with a contest the following day (Saturday) will be eligible to participate provided the absence is excused by a school administrator. If it is deemed that a student has skipped a class period during the week they will not be eligible for the next contest.

8) Release From Class: It is the responsibility of athletes to see their teacher the day before the classes they will miss because of an athletic contest. All work shall be made up following the standards of the teacher. Coaches will notify the students what time they are to be released from class and their absence will be marked "SA" for school activity.

9) Vacation: Vacations by athletic team members during a sports season are discouraged. Parents/athletes wishing to do so may wish to reassess their commitment to being an athlete. In the event of an unavoidable absence due to a vacation, an athlete must:

- a) Contact the head coach prior to the vacation.
- b) Athletes should consult with the head coach, athletic director, and principal so they understand what they can expect when they return from vacation.
- c) Plan on practicing one day for each practice or contest day missed prior to resuming competition. Do not expect to return and get playing time right away.
- d) Be willing to assume the consequences related to their status on that team as a starter. If you left for vacation as a starter, you should expect to return as a reserve.
- e) If vacation requires unexcused absences from school, meet with the principal ahead of time to understand how the unexcused absences will impact competition eligibility upon return.

10) Team Selection: Our desire is to see as many students participate in the athletic program as possible while at Telluride Middle/ High School, we encourage coaches to keep as many students as they can without unbalancing the integrity of their sport. Time, space, facilities, equipment, personal preference and other factors will place limitations on the most effective squad size for any particular sport. Choosing the members of particular athletic team levels (C,B,A, JV, V) is the sole responsibility of the coaches of those teams. There is an understanding that our B, C (middle school) and our C, JV (high school) teams will be developmental while our A (middle School) and Varsity teams will be as competitive as they can be. The team level is fluid and athletes can earn or lose their spot based on attitude, attendance, skill, etc at any point in the season.

11) Reporting of Injury: All injuries which occur while participating in athletics should be reported to the trainer/coach. If the injury requires medical attention by a doctor or treatment center, it will be necessary to have an accident/ injury report form completed. Once athletes are treated by a physician, the athlete must obtain the doctor's permission to return to the activity.

12) Locker Room Regulations:

- a) Rough-housing and throwing towels or other objects is not allowed in the locker room. Hazing of other Players is not allowed. **This will not be tolerated and may result in dismissal from the team.**
- b) All showers must be turned off. The last person to leave the shower room is expected to check all showers.
- c) No one except coaches and assigned players are allowed in the locker room immediately before, during and following practice/ games. Players should not invite anyone who is not on the team into the locker room.
- d) No **glass** containers are permitted in locker rooms.
- e) All spiked or cleated shoes must be put on and taken off outside of the school building.. No spikes or cleats are ever allowed in any part of the school building.
- f) Must exit out the front of the building to practice. DO NOT use the Palm Lobby as a route to and from practice/ games. **If athletes cannot respect the space of others they may miss playing time.**
- g) **PICK UP** after each practice and game. Keeping the locker room clean is the responsibility of the team members. Representing your team respectfully and responsibly is reflected by a clean locker room.
- h) Store your things in a locked locker, you are responsible for your belongings and we will not investigate any theft due to items not being locked up appropriately.

13) Weight Room Regulations:

- a) Shirts and shoes are required at all times.
- b) **No one** is to be in the weight room alone.
- c) All students **must** be under the supervision of the instructor/ coach. .
- d) Lifters **must** work with a partner.
- e) Replace all weights on racks immediately following use.
- f) Know your limits! Work with the instructor to determine your limits.
- g) Do the lifts **correctly**. It is better to use lighter weights for correct lifting than heavier weights and run the risk of injury.
- h) Warm-up with proper stretching exercises.

- i) No chewing gum or eating candy/ food while lifting.
- j) No food inside the weight room.
- k) No horseplay or profanity.
- l) No abuse of equipment. Any equipment that is broken must be reported immediately..
- m) Strength training is not only a supplement to other athletic programs, but also a highly-skilled activity itself.

14) Testing Dates (PSAT, ACT, SAT, AP, Etc.)

Plan ahead and know the dates of any specific test you intend to take. Cross reference those dates with your team's game schedule at the start of your season and work to solve those conflicts. Almost all the tests can be taken at a different date if you work this out with the district assessment coordinator. It is not the job of your coach to do this research for you or the job of the athletic director to schedule around your conflict. We expect our athletes to be responsible and proactive in regards to their testing dates.

VII. Athletic Awards

1) Varsity Letter Requirements

The varsity Letter award shall be presented to an athlete who satisfied the participation requirements as listed below, completes all team obligations and receives the recommendation of the coach. (The coach may recommend a waiver of these requirements under an unusual circumstance.)

- (1) 1st-year award: Chenille letter with gold pin of specific sport.
(Note: Should the athlete letter in another sport, will not receive a second chenille letter.)
- 2nd-year award: Gold service bar
- 3rd-year award: Gold service bar
- 4th-year award: Gold service bar

a) Specific sport requirements

- (1) GIRLS AND BOYS BASKETBALL
Play in 1/3 of the quarters of the regular season varsity games.
- (2) GIRLS AND BOYS CROSS COUNTRY
Compete in 67% of regularly scheduled varsity level races or compete at the state meet.
- (3) BOYS GOLF
Play in 50% of all varsity matches as a first team performer or compete in the state meet
- (4) KNOWLEDGE BOWL
Compete in 80% of all scheduled competitions.
- (5) GIRLS AND BOYS SOCCER
Play in 50% of the halves of the regular season varsity games.
- (6) GIRLS AND BOYS TRACK
Earn a minimum of ten points and finish the season.
- (7) VOLLEYBALL
Play in 50% of all varsity games.
- (8) GIRLS AND BOYS LACROSSE
Play in a minimum of 80% of matches

2) Letter Award Criteria That Pertain to All Sports

- a) A coach will have the prerogative to letter a senior who has not met the seasonal requirements for lettering.
- b) Injury Rule: Any athlete who is a starter or plays regularly and was thereafter injured may be awarded a letter, if

- in the coach's judgment, they would have met the lettering requirements had they not been injured..
- c) Complete the season in good standing with the school and coach.

3) Awards

- a) All- conference (1st team, 2nd team, Honorable mention): Players are nominated and voted on by all the members of the league for their specific sport. This honor is for athletes who are seen as some of the best in their league by the league. Your conduct during the season will also impact your chance of being selected All-Conference. It is highly likely that missing games due to code of conduct violations, ejections or poor attitude on the field/ court will have a negative impact on your ability to be selected for this honor. All-Conference recipients will be notified once all league member teams have finished their season.
- b) All- State (1st team, 2nd team, Honorable mention): Players who are honored as 1st team All-Conference will likely be nominated for All- State teams. All-State nominations are reviewed and decided by teams in your classification around the state. This honor is for athletes who are seen as some of the best in the state in their teams classification.
- c) CHSAA Academic All-State:

First Team Criteria

- 1) 3.60 or higher cumulative GPA
- 2) minimum junior in school
- 3) must be a letter winner or equivalent in sport/activity nominated
- 4) must be a participant in a CHSAA sanctioned sport/activity during current season

Honorable Mention Criteria

- 1) 3.30 to 3.59 cumulative GPA
- 2) minimum junior in school
- 3) must be a letter winner or equivalent in sport/activity nominated
- 4) must be a participant in a CHSAA-sponsored sport/activity during current season

- d) Team and participation awards may be given out by coaches of that particular sport if they choose. Specific Team awards are not required but will be provided if requested by the coach.
- e) Athletic Season Awards Ceremony
 For the 2024-2025 school year we will be starting a new tradition of holding Athletic Season Awards Banquets in the Palm Theater for High School Athletic Teams. This will be a chance for all our teams in their respective season to gather for an awards ceremony for recognition among peers and community. It will also be a great opportunity to build school spirit.
 The following are the dates are set for Athletic Season Awards Ceremonies
 All in the Palm Theater
 Fall- November 21st at 5:00pm
 Winter- Wednesday, March 20th at 5:00pm
 Spring- Wednesday, May 28th at 5:00pm

VIII. Chain of command

At Telluride High School, the following chain of command is in effect:

Principal
 Athletic Director
 Head Coach
 Assistant / JV Coach
 Players

If there are any questions or concerns involving some aspect of our athletic program, the athlete should first contact the appropriate coach. If there is no resolution, he or she would then go to the head coach, etc. The athletic director will facilitate any meeting that is needed, but only after the appropriate chain of command has been adhered to.

- a) Expressing Concerns

When expressing an occasional concern with a coach, please refer to and use the following guidelines:

- Never approach a coach immediately after a contest. We follow the 24-hour rule which prohibits any communication between a parent-coach that is not intended to be positive. This is not the proper time or place for a discussion concerning your child or the team. Please adhere to the rule. Actions that show disregard for this rule may cause the athletic department to take actions barring the offender from attending a future contest.
- Call the following day and make an appointment which is convenient for both you and the coach to meet.
- Raise your concern in a calm and civil manner. Yelling, being rude or using foul language is totally unacceptable.
- Once you have stated your question or concern, listen to the explanation. Often we may be blinded by emotion and this overrides logic and reason. Listening receptively may really help you to understand any explanation which is given.

IX. Participation on an Athletic Team

It is important to understand that participation on an athletic team at Telluride High School is a privilege and not a right. Being on, and maintaining one's membership on, the team means accepting all the responsibilities of an athlete. Students wishing to participate are required to meet standards of personal behavior and academic performance which are related to the school purposes. We look forward to helping you grow as a person through your participation in our athletic program. Let's Go Miners!