

North Star Charter School Athletic Handbook

A Reference Guide for Coaches, Student-Athletes and Parents

2025-2026

North Star Charter School - A Culture of Commitment



2025-2026 North Star Charter Athletic Handbook

Table of Contents

Introduction, Athletic Philosophy, Coaching 2-3

Sportsmanship, Commitment, Eligibility 4-5

Code of Conduct 6-7

Supervision, Fundraising 8

Illegal Substances, Safety 9

*Transportation, Uniforms & Equipment, Gym Use,
Practice/Tryouts. 10-11*

Schedule Conflicts, Concussions 12-13

Appendix – Digital Forms 14

1. North Star Charter Athletic Program Participant Release and Waiver Form

2. North Star Charter Code of Conduct Agreement

3. North Star Charter Concussion Information Acknowledgement

4. North Star Charter Emergency Contact Form

5. North Star Charter Driver/Passenger to Athletic Events Release and Waiver

INTRODUCTION

The North Star Charter High School Athletic Handbook is to be used as a guide for coaches, student-athletes, and parents regarding policies that govern interscholastic athletics at North Star Charter School.

North Star Charter School participates under the guidelines of the Idaho High School Activities Association (IHSAA) at the 2A classification in the Western Idaho Conference (WIC) of District III. It is our purpose to help the WIC and the IHSAA in promoting good sportsmanship and healthy competition in its athletic events. North Star Charter School offers volleyball, girls' and boys' cross country, girls' and boys' basketball, girls' and boys track and field, girls' and boys golf, and baseball.

Interscholastic athletics is a voluntary program and is therefore a privilege, not a right. Accompanying this privilege is the responsibility to adhere to the standards established by North Star Charter School and its athletic program. Students are expected to maintain a higher level of behavior as they are examples to other students in the school. This privilege of participating may be revoked if the student-athlete fails or refuses to comply with the rules.

ATHLETIC PHILOSOPHY

North Star Charter School believes that its athletic program is an extension of the classroom. North Star Charter School athletics is committed to developing our student-athletes in an educational-based environment. Through a positive coaching atmosphere, student-athletes will be encouraged to expand their athletic abilities.

Our coaches are dedicated to not only teach the fundamentals of a sport, but also develop well-rounded individuals who understand the importance of determination, discipline, sportsmanship, and character.

COACHING

North Star Charter School hires experienced coaches, dedicated to educating student-athletes in developing individual skill, teamwork, good sportsmanship and fair game play. While we have coaches that are also staff members, it is sometimes necessary to recruit coaches from outside the school.

When this happens, we make every effort to include them in the entire school

community. The same behavior expected of teachers in the classroom is expected of all coaches during practices and games.

SPORTSMANSHIP

Student-athletes, coaches, and parents are expected to demonstrate the highest level of respect for each other, opponents, opposing coaches, teachers, officials, spectators, and the community at large. Student-athletes and coaches are expected to exhibit the highest level of conduct, both on and off the playing fields, as they are representing at all times, their team, school and community.

Sportsmanship is defined by the IHSAA as: Those qualities of behavior which are characterized by generosity and genuine concern for others. Further, awareness is expected of the impact of an individual's influence on other's behavior as well.

To remind student-athletes, coaches and spectators of our commitment to good sportsmanship, the following announcement will be read prior to all athletic contests: "This competition is being conducted according to the rules of the IHSAA. Cheerleaders, officials, and spectators can, and are expected to, assist in the promoting and achieving of good sportsmanship by taking personal responsibility for keeping this contest at a high level of fair, clean, and wholesome competition."

Behavior that is not consistent with the policies in place by North Star Charter School, the IHSAA, and the WIC will not be tolerated.

COMMITMENT

In order to be successful, a student-athlete must place the highest priority on health, academics and training. All team members are valuable, and each team needs to know that it can count on its individual members. Often this means sacrificing social life and other events which come in conflict with the rigors of training and competition. Learning to make appropriate choices is one of the most valuable life lessons an athlete takes from a good athletic program. By making the decision to participate in North Star Charter athletics, the student-athlete is committing to attend team events, practices, and games. **Practice is not optional and is required to be part of the team. Failure to attend practice, that is not excused by the coach, may result in removal from the team.**

ELIGIBILITY: Academic Eligibility

At North Star Charter School, athletics support academics. North Star will follow the academic eligibility guidelines established by the IHSAA. Therefore, to be academically eligible for athletics, a North Star Student must be enrolled full time and be on target to graduate based on State Board of Education graduation requirements. A student must have a cumulative, non-weighted grade point average of 2.0 or higher. During the previous semester, a student-athlete must have received passing grades and earned credits in the required number of courses. Equivalency is determined by the following criteria:

- Four (4) classes available must pass at least three (3)
- Five (5) classes available must pass at least four (4)
- Six (6) classes available must pass at least five (5)

A student who fails to meet all of the above criteria will be ineligible for extra-curricular activities for the next semester.

During the season, North Star requires students to maintain a minimum of a 2.0 GPA, no failing grades (F's), and no more than one (1) D. A student that falls below the minimum requirements will be placed on academic probation for 7 days. During that time the student-athlete may practice and play in games while working to improve their grades. If after the 7 day period the student is still below the requirements they will be academically ineligible to practice or play games until their grades meet the requirements of North Star Charter School.

Forms Necessary for Eligibility

1. *Liability Eligibility* - All student-athletes must have a current (yearly) release and participation form signed and on file with the Activities' Director.
2. *Health Eligibility* - All student-athletes must have a current physical form on file with the Activities Director. This form must be filled out completely including the signature of the doctor who examined and cleared the student-athlete for competition. It is the student-athlete's responsibility to obtain this form and make sure it is current and is on file with the Activities' Director. All 6th-8th, 9th and 11th graders as well as any new students must have a physical completed.
3. *Code of Conduct Agreement* - All student-athletes and parents must read and sign the Code of Conduct Agreement form and return it to the Activities' Director.

4. *Concussion Information Acknowledgement* – All student-athletes and parents must complete and return this form to the Activities' Director prior to the first practice.

5. *Emergency Contact Form* – All student-athletes and parents must complete and return this form to the Activities' Director prior to the first practice.

Coaches may also have their own specific agreement/contract for student-athletes and parents to read and sign before allowing students to participate in the sport.

Age Eligibility

Student-athletes cannot exceed the age of twenty (20) years of age. They become ineligible on their 20th birthday.

Attendance/Effect of Eligibility

Students must attend a minimum of two (2) block periods, advisory does not count, in order to participate in their sport that day. Students who are absent due to school related reasons will be eligible to play that day.

Non-Traditional Students

Homeschooled students or students attending other schools that do not offer athletics may be eligible to play for North Star Charter School. Non-traditional students must live in the appropriate attendance zone and meet all the requirements established by the IHSA.

CODE OF CONDUCT

Student-athletes will:

- Be on the field or court, fully ready to participate at the scheduled start time for all practices and games.
- Exhibit dignity in winning and losing.
- Show respect to others at all times including: no profanity, vulgarity, obscene gestures, negative signs, artificial noisemakers, trash talking, sexually-related comments, taunting, and/or boastful celebrations that would demean others.
- Treat game officials with respect. Do not argue calls during or after athletic events.
- Exercise self-control. No fighting or excessive displays of anger or frustration.
- Honor the letter and rules of the sport. Avoid improper gamesmanship that violates the highest traditions of sportsmanship.

- Demonstrate positive cheering only.
- Dress neatly for home and away games as designated by the Coach. • Be neat, clean and socially presentable at all times. This includes hair length and tattoos. (Coaches will designate acceptable conditions for their team. Tattoos will be covered during all athletic contests. Covering tattoos is the responsibility of the student-athlete.)
- Hazing is prohibited.
- The use, possession, sale, distribution, and/or intent to distribute any illegal or controlled substance including mood altering chemicals (illicit drugs, alcohol, and tobacco), medications and look-alike drugs is prohibited.

Parents/Adults will:

- Exhibit dignity in winning and losing.
- Show respect to others at all times including: no profanity, vulgarity, obscene gestures, negative signs, artificial noisemakers, trash talking, sexually-related comments, taunting, and/or boastful celebrations that would demean others.
- Treat game officials with respect. Do not argue calls during or after athletic events.
- Exercise self-control. No fighting or displays of anger or frustration.
- Demonstrate positive cheering only.
- Communicate with coaches about their child only regarding student-athlete behavior concerns, student-athlete academic concerns, ways to help their student-athlete improve, or what they can do to help support the program.
- NOT confront coaches regarding playing time, team strategy, play-calling, coaching style, other student-athletes' abilities and conduct, or any other confrontational issues.

Head Coaches will be responsible for:

- Turning in inventory (equipment, keys, athlete uniforms, med kit bags, etc) before and after the season. Head Coaches are responsible for the tracking of uniforms, and all equipment issued to athletes. Track inventory when season ends and notify athletic director of any damaged items throughout the season.
- Assist in distributing and gathering athlete forms.
- Verify all participants are properly equipped.
- Clearance of locker room/gym/field/track after contest or practice.
- Clearance and clean-up of transportation vehicles.
- Communicating equipment needs to the Athletic Director.

Supervision

Supervision of all activities by the assigned coach and/or district employee is necessary to reduce the risk of injury and assure proper handling of emergency situations. The following guidelines should be observed:

- Proper supervision requires the immediate physical presence of an authorized adult during all periods of activity.
- Emergency occurrences require the suspension of all student activity until proper supervision is provided. Primary attention must be given to an injured athlete.
- Primary supervision responsibilities must be completed prior to becoming involved in other assigned duties or unassigned personal or school activities.
- Coaches need to make sure all participants are gone before the coaches leave the area

Funds Solicitation

- Fundraising and/or solicitations of funds from businesses or individuals are permitted only with:
 - 1) Advanced approval from the athletic director.
 - 2) Submission and approval of the fundraiser request (In writing)

Budgets and Purchasing

- Expenditure of school district funds in accordance with the district's expenditure and budgetary regulation is authorized for the support of activities. PO's must be made for all purchases and must have approval from the athletic director.
- Community donations to the school or specific teams will be spent at the discretion of the athletic director or building administrator unless otherwise specifically determined at the approval process for a particular purpose or intention by the donating party.

CONFLICT RESOLUTION

When conflicts or issues arise, it is important that they be addressed immediately and directly so that they can be quickly resolved. It is important for student-athletes and parents to recognize what types of issues are appropriate to discuss with coaches and when it is an appropriate time to discuss them. If an issue arises, the following procedures should be followed while trying to reach a solution:

Student-athlete: The student-athlete should contact the coach about the conflict/issue as soon as possible. It is always best for the students to become their own advocates. This will help teach them a life-long lesson about resolving issues and concerns on their own.

Parents: In cases where a parent or legal guardian believes a coach or volunteer has engaged in immoral, unethical, or illegal activities, such allegations shall be made directly to the Activities' Director and Principal.

Policy for Consequences for Violation of Code of Conduct:

General Conduct: Violation of General Conduct rules by students/parents/adults may warrant consequences based on severity and frequency of infraction at the discretion of the Coach, Activities Director, or Principal. Consequences may include but are not limited to: playing time lost, game suspensions, dismissal from the team, or adults being banned from attending games home or away.

It is our goal at North Star Charter School that a professional approach be used to resolve conflicts and issues. This avoids uncomfortable situations later on when student-athletes face coaches in a classroom setting. All student-athletes, parents, and coaches are expected to follow these procedures for conflict resolution.

ILLEGAL SUBSTANCES

The use, possession, sale, distribution, and/or intent to distribute any illegal or controlled substance, including mood altering chemicals (illicit drugs, alcohol, and tobacco), medications, and look-alike drugs are strictly prohibited. If a student is found in violation of this policy, or is knowingly present during the use or distribution of any of these substances, the consequences listed below will be followed. North Star Charter School administrators, teachers, and coaches reserve the right to randomly drug test any student-athlete at random or if there is

suspicion of drug use.

Consequences for Illegal Substance Infractions:

- *1st violation* - 21-day suspension from interscholastic competitions. Seven (7) days may be waived depending on self-reporting and/or if the student-athlete participates in a legitimate substance abuse course. It is the responsibility of the parents/guardians to arrange the course.
- *2nd violation* - The student-athlete will be suspended from any athletic participation for one year.
- *3rd or more violations* - The student-athlete will not be allowed to participate in athletics at NSCS.

SAFETY

Coaches will have access to medical forms for all players at all contests and practices. Coaches are trained in CPR. If an accident or injury occurs, the Coach should notify the Activities' Director within 24 hours. If the injury is serious enough, it may warrant calling EMS. If this occurs, the Coach will try to reach the parents immediately. The Coach will remain with the student-athlete until EMS or parents arrive. If a student-athlete misses a practice due to injury or at the request of a physician, they should have a note of clearance by the physician before returning to practice.

First-aid treatment guidelines to be followed in case of injury:

- Treat for life first, but respect other injuries. If in doubt, do not move the victim. (Monitor vital signs, be prepared to administer CPR, activate EMS, treat life threatening injuries and shock, keep the victim lying down.)
- For general injuries, remember RICE: Rest, Ice, Compression, Elevation
- For bleeding: Use a barrier (latex glove), direct pressure, elevation, pressure points (arm/thigh), and bandage.
- If necessary, activate EMS and give the following information: Location of emergency, phone number, what happened, number of people involved, what action is being taken.
- Emergency Action Principles:
 - Survey the scene – -Is it safe?
 - Perform a primary survey – - Check for unresponsiveness, airway, breathing, circulation.
 - Phone EMS
 - Perform a secondary survey – - interview (what happened), vital

signs (breathing, pulse, and temperature), and head-to-toe exam.

TRANSPORTATION

North Star Charter School does not provide transportation to/from athletic events. It is up to the student-athlete and parent to determine how to get student-athletes to and from athletic contests. Students and parents must fill out the driver/passenger forms before the season begins. Many parents set up a carpool and are willing to help transport students when necessary. In the event that transportation is provided, students are required to ride with the team.

UNIFORMS & EQUIPMENT

School property assigned on loan to student-athletes is to be used for that particular sport and season and only at practices, meets, matches, and games. Uniforms are only to be worn in games — not practices. They are not to be used during the regular school day or in PE unless coaches want uniforms to be worn on game days. Student-athletes are responsible for the care, maintenance, and cleaning of uniforms and equipment. Equipment and uniforms are to be returned clean to the Coach within 7 days of the completion of the season. Student-athletes who do not turn them in by this time will not be allowed to participate in the next sport until they are returned. If they are not participating in a sport, they will be fined the cost of a new uniform or they will be assigned detention until they return the materials. Uniforms and equipment that are lost, stolen, or damaged are the responsibility of the student-athlete to whom they were issued. Payment for replacement costs will be expected within a timely manner.

Weight Room & Gym Use

The weight room and gymnasium are off limits to students unless they are accompanied by an authorized adult. When athletes are permitted to use the gymnasium, they are expected to keep food and drinks (exception is water) out of the facility, treat the areas with respect, and return all equipment to its proper storage area when finished.

PRACTICES/TRYOUTS

All student-athletes must have 10 days of practice prior to participating in their first interscholastic competition. It is the responsibility of the student-athlete to listen and know when tryouts will take place. This information will be announced during regular school announcements at least one week prior to the first tryout date.

SCHEDULE CONFLICTS WITH OTHER SCHOOL COMMITMENTS Athletes may request to miss a practice or game in order to participate in another academic or extracurricular school activity. However, athletes must recognize that missed practices or games may result in reduced playing time in future contests. It is up to the student-athlete to inform the coach of such conflicts as early as possible to allow the coach to adjust practice/game plans.

CONCUSSIONS

What Is a Concussion? A concussion is a type of traumatic brain injury (or TBI) caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging brain cells.

What Are Signs and Symptoms of Concussion?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If a student-athlete presents one or more symptoms of concussion after a bump, blow, or jolt to the head or body, he/she should be kept out of play the day of the injury. The student-athlete should only return to play with permission from a health care professional experienced in evaluating for concussions.

Athlete Reported Symptoms:

- Headache or “pressure” in the head
- Nausea or vomiting
- Dizziness or balance problems
- Blurry or double vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

Coach Observed Signs:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets instruction
- Is unsure of game, score, or opponent
- Moves clumsily

- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Cannot recall events prior to hit or fall
- Cannot recall events after hit or fall

Concussion Danger Signs:

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. A student-athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body he/she exhibits any of the following danger signs:

- One pupil is larger than the other
- Is drowsy or cannot be awakened
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even briefly should be taken seriously)

What Should You Do If You Think Your Athlete Has a Concussion? If you suspect that a student-athlete has a concussion, remove the student-athlete from play and seek medical attention. Keep the student-athlete out of play the day of the injury and until a health care professional experienced in evaluating for concussion says he/she is symptom free and it is okay to return to play. A student-athlete should be able to resume all normally scheduled academic activities without restrictions or the need for accommodation prior to receiving authorization to return to play by a qualified healthcare professional.

Rest is important to helping a student-athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on a computer, and playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a healthcare professional. Remember, concussions affect people differently. While most student-athletes with a concussion recover quickly and fully, some will have

symptoms that last for days or even weeks. A more serious concussion can last for months or longer.

Why Should an Athlete Report Their Symptoms?

If a student-athlete has a concussion, his/her brain needs to heal. While a student-athlete's brain is still healing, he/she is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

To learn more go to www.cdc.gov/concussion

North Star Athletic Forms:

1. [*Athletic Program Participant Release and Waiver Form*](#)
2. [*Code of Conduct Agreement*](#)
3. [*Concussion Waiver*](#)
4. [*Emergency Contact Form*](#)
5. [*Passenger to Athletic Events Release and Waiver*](#)
6. [*Driver to Athletic Events Release and Waiver*](#)