

# ***Windsor High School Athletic Handbook***

## ***2025-2026***



## Windsor Athletic Department

Athletic Director  
Athletic Assistant

Eric Johnson  
Terri Archer

eric.johnson@weldre4.org  
terri.archer@weldre4.org

### Year Long Coaches

Cheer  
Dance/Poms

Samantha Murray  
Taylor Clark

samantha.murray@weldre4.org  
taylor.clark@weldre4.org

### Fall Season Coaches

Football  
Volleyball  
Boys Soccer  
Softball  
Cross Country  
Boys Golf  
Boys Tennis  
Unified Bowling

Chris Jones  
LaVerne Huston  
Phil Weiser  
Haley Hanson  
Bryan Horn  
Jeff Homann  
Chris Minear  
Michelle Sodano

christopher.jones@weldre4.org  
laverne.huston@weldre4.org  
phil.weiser@weldre4.org  
haley.hanson@weldre4.org  
bryan.horn@weldre4.org  
jeff.homann@weldre4.org  
christopher.minear@weldre4.org  
michelle.sodano@weldre4.org

### Winter Season Coaches

Boys Basketball  
Girls Basketball  
Unified Basketball  
Boys Wrestling  
Girls Swimming

Jon Rakiecki  
Karin Nicholls  
Lori Couch  
Nick Knutson  
Erin Eccleston

jonathan.rakiecki@weldre4.org  
karin.nicholls@weldre4.org  
lori.couch@weldre4.org  
nicholas.knutson@weldre4.org  
erin.eccleston@weldre4.org

### Spring Season Coaches

Baseball  
Girls Soccer  
Girls Golf  
Girls Tennis  
Boys Lacrosse  
Track & Field  
Boys Swimming

Brad Deal  
Mike Lordemann  
Sam Boshart  
Chris Minear  
Tayt Gallatin  
Lynsdey Lewis  
Trevor Timmons

brad.deal@weldre4.org  
michael.lordemann@weldre4.org  
sam.boshart@weldre4.org  
christopher.minear@weldre4.org  
tayton.gallatin@weldre4.org  
lyndsey.lewis@weldre4.org  
trevor.timmons@weldre4.org

### Other Staff

Athletic Trainer  
Principal  
Assistant Principal  
Assistant Principal  
Dean of Students

Kate Suiter  
Dick Thomas  
Joscelynn Schreiber  
Becca Larrick  
Amanda LaPage Simkiss

kate.suiter@weldre4.org  
richard.thomas@weldre4.org  
joscelynn.schreiber@weldre4.org  
rebecca.larrick@weldre4.org  
[amanda.lepagesimkiss@weldre4.org](mailto:amanda.lepagesimkiss@weldre4.org)

## Introduction

Dear Parents,

The information in this handbook has been provided to you because your student-athlete has indicated a desire to participate in interscholastic athletics and you have expressed your willingness to permit their competition. We highly value your support and appreciate your willingness to be a larger part of the high school experience. We believe that participation in extracurriculars provides a wealth of opportunities and experiences which assist students in personal growth and life long lessons.

We are highly involved with the educational development of our Wizards through athletics and 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.

Any student who elects to participate in athletics is voluntarily making a choice of self-discipline and a commitment to the team. These are the reasons we place such stress on good training habits. Failure to comply with the rules of training and conduct means exclusion from their respective activities. These concepts are tempered by the responsibility to recognize the rights of the individual within the objectives of the team. There is no place in high school athletics for students who will not discipline their minds and bodies for rigorous competition. We will strive for excellence in all that we do, both in the competitive arena and in the classroom.

It is the role of the department of athletics to enforce policies that govern the spirit of competition for the school. These policies, based on state and local guidelines, need a broad basis of community support, which is achieved only through communication to the parent/guardian. It is our hope to accomplish this objective through this athletic publication for students and parents.

Regards,

Eric Johnson

Athletic Director, Windsor High School

Dear Athletes,

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 you have decided to commit yourself to building and passing along many wonderful values and traditions.

As a member of Windsor High School athletics, you are agreeing to be a part of new successes through a focus on 'WE' vs. 'ME'. In other words:

- Every player, coach and family member serves a purpose for the success of a team. We are here to support one another and ensure memorable experiences.
- Be present in a manner that brings positive attention to our programs and encourages growth. We are here to build strong moral character and develop positive relationships.
- We will be accountable for each other on and off the field of play. Every member present, at any event, is a representative of the team, school and community. We will represent WHS honorably!

Looking at the larger scale of the 'WE' vs. the 'ME' is no easy task. When wearing the Maroon and Gold, you are taking on the responsibilities that come with them. 'WE' find success when commitments are made to:

- Self:
  - Broaden and develop strength of character through positive 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.
    - The younger students in Windsor are watching you. They will copy you in many ways. Do not do anything to let them down. Set good examples for them.
- School:
  - 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 squad. 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. You can make Windsor High School and your community proud of you by your consistent demonstration of these ideals.

- Others:
  - As a squad member you also bear a responsibility to your home and family. If you never give your parents anything to be ashamed of, you will have measured up to the ideal. When you know in your heart that you have lived up to all of the training rules, that you have practiced to the best of your ability everyday and that you have played the game “all out,” you can keep your self-respect and your family can be justly proud of you.

Strive to make every day of your career the best it can be through your thoughts, words and actions. It is a great day to be a Wizard!!

Regards,

Eric Johnson

Athletic Director, Windsor High School

## **Windsor High School: Athletic Mission**

The Windsor High School athletic program provides a variety of experiences to enhance the development of favorable habits and attitudes that will prepare students to be positively engaged representatives of the community, district, and school in matters of academic integrity, conduct, sportsmanship, and citizenship.

The interscholastic athletic program shall be conducted in accordance with existing Board of Education policies, rules and regulations. While the Board of Education takes great pride in winning, it does not condone “winning at any cost.” It discourages any and all pressures which might lead to neglecting good sportsmanship and good mental health. At all times, the athletic program must be conducted in such a way that it is an educational activity.

Wizard student athletes are expected to demonstrate discipline, leadership, moral character, and to be role models among the student body and in the community.

## **Education Through Athletics**

Extra-curricular programs are a privilege not a right. With this in mind, student-athletes will be held accountable for their actions and how they follow the character qualities through demonstrating Trust, Respect, Responsibility, Fairness, Caring, and Citizenship in all they do.

Achieving this means the student-athlete shall learn:

- To work with others - In a democratic society a person must develop self discipline, respect for authority, and the spirit of hard work and sacrifice. The team and its objectives must be placed higher than personal desires.
- To be successful - Our society is very competitive. We do not always win, but we succeed when we continually strive to do so. You can learn to accept defeat only by striving to win with earnest dedication. Develop a desire to excel.
- To develop sportsmanship - To accept any defeat like a true sportsman, knowing we have done our best, we must learn to treat others as we would have others treat us. We need to develop desirable social traits, including emotional control, honesty, cooperation and dependability.
- To improve - Continual improvement is an essential component of good citizenship. As an athlete, you must establish a goal and you must constantly try to achieve that goal. Try to improve in the skills and knowledge required and those personal traits that enhance the success of a team.
- To enjoy athletics - It is necessary for athletes to enjoy participation, to acknowledge all of the personal rewards to be derived from athletics, and to give sufficiently of themselves in order to persevere and improve the program.

- To develop desirable personal health habits - To be an active, contributing citizen, it is important to obtain a high degree of physical fitness through exercise and good health habits, and to develop the desire to maintain this level of physical fitness after formal competition has been completed.

Parents and community must work continually to enhance the school community partnership. Windsor High School is not a place where we will ask our athletes to specialize in any one sport. We will advocate the advantages of multi-sport participation, not just to other coaches, but to our athletes. That includes off-season activities and weight room work. Positive and constructive involvement is encouraged. Programs improve through partnerships and joint community efforts, as well, finding ways to get the student body to support our programs.

Programs conducted according to these principles allow us to realize the positive impact the extra-curricular programs have on the educational goals of Windsor High School and what it means to be a Wizard.

## **Board of Education**

The Board of Education, responsible to the people, is the ruling agency for the Weld RE-4 School District. The Board of Education is responsible for the following areas:

- Interpreting the needs of the community.
- Developing policies in accordance with state statutes and mandates and in accordance with the educational needs and wishes of the people of Weld RE-4 School District.
- Approving means by which professional staff may make these policies effective.
- Evaluating the interscholastic athletic program in terms of its value to the community.

## **The Colorado High School Activities Association (CHSAA)**

All schools are voluntary members of the Colorado High School Association and compete only with member schools. As a member school, Severance High School agrees to abide by and enforce all rules and regulations promulgated 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.

See [www.chsaa.org](http://www.chsaa.org) for pertinent regulations.

## Northern League

Windsor High School is a voluntary member of the Northern League. This League was 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.

The conference was established to encourage member schools to improve their co-curricular program in athletics. The conference membership facilitates the arranging of schedules, equalizing competition, and conducting league meets and determining league championships.

The conference provides Windsor High School the opportunity for competition without excessive travel and with schools of similar size and athletic philosophy. Membership implies abiding by conference schedules, rules and regulations.

League schools for the 2024-2026 schedule cycle include: Greeley West, Loveland, Poudre, Rocky Mountain, Fossil Ridge and Fort Collins.

## Sport Participation Requirements

Every athlete **MUST COMPLETE** the online registration prior to the first official day of practice per sport set forth in the CHSAA bylaws.

- **Physical Examination:** A yearly physical examination is required. The physical form must be uploaded into the online registration prior to the first official day of practice. The examination is valid for one calendar year and covers all sports during that time. Please download the physical form ([ENGLISH](#) or [SPANISH](#)) and take it with you to the examination. This is the required form from CHSAA and is the only form that can be accepted.
- **Parental Acknowledgment of Athletic Policies:** Upon entering high school or at the time a student tries out for an athletic team, he/she will have access to this handbook containing all the necessary forms and information for participating in athletics. Each parent or guardian and athlete shall read all of the enclosed material and certify that they understand the athletic eligibility rules and policies of the school district.
- **Insurance:** The school district does not carry insurance to cover student athletic injuries. Parents will verify that they have or possess a family insurance plan to cover any medical needs arising from athletic participation.
- **Scholastic Eligibility:** In order to participate on a Windsor High School athletic team, each athlete must have satisfied all of the scholastic eligibility requirements prior to participation (Students must be enrolled in and pass a minimum of 5 classes in the prior academic grading period in order to be initially eligible for competition). Students are then subject to weekly eligibility checks to determine their participatory status during the season of competition. Students must be



enrolled in and passing at least 5 classes AND students may not have more than one (1) failing grade in order to be eligible for competition that week (Sunday-Sunday).

- **Risk of Participation:** All athletes and parents must realize the risk of serious injury which may be a result of athletic participation. Weld RE-4 School District will use the following safeguards to make every effort to eliminate injury. A mandatory parent/athlete meeting will occur prior to the start of the season to fully explain the athletic policies and to advise, caution and warn parents/athletes of the potential for injury. As part of the registration process, parents will sign the assumption of risk, release and waiver of liability form prior to participation.

## **Financial Obligations and Equipment**

**Fees:** Athletics within Weld RE-4 are issued a fee for each sport participants enroll in. This fee is established by the Board of Education to help maintain the high quality of the athletic program. Fees will not be refunded if an athlete chooses to quit the team during the season of participation.

**Uniforms:** In several sports, athletes will be required to purchase a portion of the game uniform, which will become their property.

**Equipment:** All athletes are responsible for the proper care and security of equipment issued to them. School furnished equipment is to be worn only for contests and practice. All equipment not returned in good condition at the end of the season will be subject to a financial penalty.

## **Conduct of Athletes**

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 ethics which will earn them the honor and respect that participation and competition in the interscholastic program affords. Any conduct that results in dishonor to the athlete, the team or the school will not be tolerated. Some of these acts of unacceptable conduct, include, but are not limited to: theft, vandalism, disrespect, and violations of law. These occurrences tarnish the reputation of everyone associated with the athletic program and will not be tolerated.

Due to the serious nature of this rule, the coach involved, the athletic administrator and the principal shall meet and determine the penalty according to the degree of the infraction according to the [Athletic Code of Conduct](#).

## Basic Athletic Department Policies

- **Equipment:** School equipment checked out by the student-athlete is their responsibility. They are expected to keep it clean and in good condition. Loss of any equipment is the athlete's financial obligation.
- **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 and the athletic director for an exceptional situation.
  - Athletes will remain with their squad and under the supervision of the coach when attending away contests.
  - Athletes that miss the bus will not be allowed to participate in the contest unless there are extenuating circumstances.
  - All regular school bus rules will be followed.
  - Dress should be appropriate, in accordance with school policy, and in good taste.
- **College recruitment policy:** In the event an athlete should be contacted personally by a college recruiter, the athlete has an obligation to work through their coach and the athletic department. Coaches should be contacted as soon as possible. College recruitment information is available in the athletic office. NCAA standards are available to students and families in the athletic office.
- **Attendance:** Students who miss part of the school day due to illness must be in attendance for two continuous periods ( $\frac{1}{2}$  the school day) in order to participate in a contest or practice on that date. Students missing school for reasons other than illness ( $\frac{1}{2}$  the school day) must have an excused absence in order to participate. Final authority for these situations will rest with the athletic director. Students absent from school on Friday with a contest the following day (Saturday) will be eligible to participate provided the absence is excused.
- **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 policies of the teacher(s) in question.
- **Grooming and Dress Policy:** All members of a WHS athletic team will uphold standards that are expected of athletes in our school district and community.
  - An athlete shall dress presentably at all times, on trips, or at assemblies and banquets.
  - Only uniforms issued by the athletic department will be worn for contests.
  - Athletes will not be permitted to participate until deviations of the above rules are satisfactorily corrected.
- **Squad Selection:** In accordance with our philosophy of athletics and our desire to see as many students participate in the athletic program as possible while at Windsor 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.

- **Squad Reduction Policies:** Choosing the members of athletic squads is the sole responsibility of the coaches of those squads. Prior to trying out, the coach shall provide the following information to all candidates for the team:
  - Extent of try-out period
  - Criteria used to select the team
  - Number to be selected
  - Practice commitment if they make the team
  - Game commitments
- **Reporting of Injury:** All injuries which occur while participating in athletics should be reported to the trainer and the coach. If the injury requires medical attention by a doctor or treatment center, it will be necessary to have an injury report form completed. Once athletes are treated by a physician, the athlete must obtain the doctor's permission to return to the activity.

## **Locker Room Regulations**

In addition to the regulations listed below, coaches may have additional expectations that will be followed:

- Rough-housing and throwing of towels or other objects is not allowed in the locker room. Hazing of other players is not allowed and will be subject to strict disciplinary action.
- No one except coaches and assigned players are allowed in the locker room.
- No glass containers are permitted in locker rooms.
- All spiked or cleated shoes must be put on and taken off outside of the locker room. No metal or hard-plastic spikes or cleats are ever allowed in any other part of the school building.

## **Weight Room Regulations**

Regulations will be followed at all times, in addition to policy set forth by coaches and instructors.

- Shirts and shoes are required at all times.
- No one is to be in the weight room alone.
- All students must be under the supervision of the instructor assigned.
- Lifters must work with a partner.
- Replace all weights on racks immediately following use.
- Know your limits! Work with the instructor to determine your limits.
- Do the lifts correctly. It is better to use lighter weights for correct lifting than heavier weights and run the risk of injury.
- Warm-up with proper stretching exercises.
- No chewing gum or eating candy while lifting.
- No food or drinks (other than water) inside the weight room.
- No horseplay or profanity.
- No abuse of equipment. Any equipment that is broken must be reported immediately.

## **Students Participating in Multiple Activities**

Students wishing to participate in multiple sports throughout the year and/or the same season may do so. IN SEASON sports take precedence over OFF SEASON sports. IF two in-season sports are requested, the athlete may be considered for dual sports only with the permission of the athletic director and the coaches of the two sports. 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. Once the student athlete has made the decision to participate in multiple activities, they must pick a primary sport/activity prior to the start of the season and have a written agreement between both coaches/sponsors to be turned into the Athletic Director prior to the start of the sports season. [HERE](#) is the form to have signed and filled out by all agreeing parties.

## **Participant Limits**

Limiting the number of participants in certain sports is a necessary procedure coaches use when smaller numbers are dictated in a sport. The following are guidelines that will be considered whenever using this policy:

- Off season participation during summer activities may NOT be used as part of the criteria for making a team.
- Coaches have the latitude of keeping different roster sizes within different levels of their sport (e.g. varsity, JV, C team)
- The final decision rests on the head coach.
- The athletic director will be informed of any cuts that will be made.
- The Coach will communicate cuts privately and with discretion to each athlete and parent that are impacted by being cut from the team.

## **Athletic Awards and Lettering**

Awards:

- Head coaches have discretion to determine who will receive team and school awards.
- It is up to the league and the state to determine awards such as:
  - All-Conference
  - All-State
  - Player of the Year, etc

Lettering:

- Athletes who satisfy the participation requirements set forth by the coach shall be considered for a varsity letter upon the conclusion of each season and the fulfillment of commitment to the team.

## **Parent/Student Athlete Handbook Sign-off**

Your signature (handwritten and/or electronic) when registering for athletic participation indicates that you have read the entire Windsor High School Athletic Handbook, all documents and forms presented within the Handbook, the Athletic Code of Conduct and that you understand and agree to abide by the guidelines and policies in these documents.