



HIGH SCHOOL
PARENT
& STUDENT-ATHLETE

HANDBOOK

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Parent/Athlete Acknowledgement Signature Pages

By completing the online registration, parents and student-athletes acknowledge and agree that they have read and understood this Handbook.

****THIS HANDBOOK AND ITS POLICIES AND PROCEDURES ONLY APPLY TO TCA HIGH SCHOOL ATHLETICS. IT DOES NOT APPLY TO JUNIOR HIGH ATHLETICS.**

****THIS HANDBOOK AND ITS POLICIES AND PROCEDURES ONLY APPLY TO TCA HIGH SCHOOL ATHLETICS. IT DOES NOT APPLY TO OTHER HIGH SCHOOL ACTIVITIES (BAND, CHOIR, THEATER).**

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ACADEMY SCHOOL DISTRICT 20 MISSION STATEMENT

The mission of Academy School District 20, dedicated to national and international standards of excellence, is to educate every student through a comprehensive and academically challenging curriculum taught in a safe and nurturing environment. We challenge students to pursue dreams, succeed with integrity, and contribute meaningfully to a diverse society.

PHILOSOPHY OF TCA ATHLETICS

The Classical Academy exists to assist parents in their mission to develop exemplary citizens equipped with analytical thinking skills, virtuous character, and a passion for learning, all built upon a solid foundation of knowledge.

Participation in The Classical Academy (TCA) athletics is a privilege and a responsibility. This handbook provides student-athletes and parents with the information to make the athletic experience a rewarding one for all involved. Please take the time to familiarize yourself with the rules and regulations of the program. In addition, each student-athlete is responsible for adherence to the rules and regulations of the TCA Student Handbook found at www.tcatitans.org, and the rules of the Colorado High School Activities Association (CHSAA), www.chsaanow.com.

The TCA Athletics Department supports the mission of the school and exists to assist parents in developing exemplary citizens. Participation in athletics **is a privilege** that provides student-athletes further opportunity to develop into exceptional young men and women. It is our desire at TCA to provide our student-athletes with the best experience possible, and the opportunity to continue to develop their mind, body and spirit. The TCA Athletics Department is committed to provide a superior program of student athletics that includes appropriate athletics for every participant. TCA Athletics aims to:

1. Provide an opportunity for students to experience success in athletics.
2. Provide an opportunity for students to manage their time effectively.
3. Create a desire in students to succeed and excel.

4. Teach students to practice self-discipline and emotional maturity by learning to make decisions under pressure.
5. Facilitate social competency and teach students to operate within a set of rules, thus gaining a respect for the rights of others.
6. Provide an opportunity for students to develop their physical skills in a safe and structured environment.
7. Model, teach, and developing leadership skills in students.
8. Create the desire and culture for good citizenship in the school and in the community.

INTERSCHOLASTIC ATHLETIC OPPORTUNITIES

Current high school athletic offerings include:

Fall

Cheer, Cross Country, Football, Mens' Golf, Mens' Soccer, Womens' Softball, Womens' Volleyball

Winter

Mens' and Womens' Basketball, Cheer, Wrestling

Spring

Baseball, Womens' Golf, Womens' Soccer, Mens' and Womens' Track & Field

TCA offers several sports for our student-athletes at a variety of levels. The Colorado High School Activities Association (CHSAA) governs all sports at TCA. Whenever TCA does not offer a sport, District 20 will have an opportunity for student-athletes to participate at one of the other district high schools. A visit to the Athletic Director and the District 20 office will be necessary for assignment to another school.

TCA COLLEGE PATHWAYS STUDENT-ATHLETE POLICIES

The most current and correct information regarding policies related to TCA College Pathways student-athletes can be found on the TCA website: <https://co50010872.schoolwires.net/Page/1254>

ADMISSION TO ATHLETIC EVENTS (Home Regular Season Events Only) (Post Season Prices Set by CHSAA)

Ticket Prices are:

\$6.00: Adult

\$4.00: K-12 Student

\$4.00: Senior (55+)

Free: TCA Student with ID, TCA Alumni

Opponents may charge admission at their discretion at any sporting event at any level.

GENERAL ATHLETIC POLICIES AND PROCEDURES

REGISTRATION

The most current and correct information regarding sports registration procedures can be found on the TCA Activities website: <https://co50010872.schoolwires.net/Page/1254>

Student-athletes will not be able to practice for at least 24 hours after their registration is submitted to allow for verification and approval online by the TCA Athletics Department. **Coaches cannot register an athlete for a sport.**

Late Registration Fee: If a student registers after the activity registration deadline, a \$25 late fee will be assessed to their IC account.

PHYSICALS

Every year **ALL** student-athletes who participate in sports are required by CHSAA to have a current physical exam on file. All physicals are good for 365 days. **No student-athlete will be allowed to register or participate if their physical expires BEFORE the sports season ends.** It is strongly encouraged for student-athletes to obtain their physical in June or July so it will be good for the entire school year.

ATHLETIC FEES

Each sport has its own athletic fee. This fee is not due until the student-athlete has made a team. Fees will be uploaded to the student-athlete's Infinite Campus account and payment will be made through that portal. Athletic fees must be paid before the first competition.

REFUNDS

Full Refund: if a student-athlete drops **BEFORE** the first scheduled contest.

Partial Refund: if student-athlete drops **AFTER** the first scheduled contest, **\$25 Administration Fee** will still be assessed.

No Refund: if ½ of the regular competitive season has already been played.

Athletic Director can override policy based on special circumstances.

ELIGIBILITY

All student-athletes representing TCA must satisfy all eligibility requirements set forth by the Colorado High School Activities Association (CHSAA) **and** TCA.

CHSAA requires that student-athletes meet the following requirements for eligibility in any sanctioned activity:

- Must not be 19 prior to August 1st of his/her senior year. (CHSAA 1760.1)

- Must not have had more than eight (8) semesters of high school participation. (CHSAA 1770.1)
- TCA is considered a Plan B school by CHSAA; this means that student-athletes other than 1st semester freshmen must have passed at least 5 classes the previous semester to be eligible.

TCA believes that student-athletes should be students first and athletes second; therefore, TCA High School seeks to assist student-athletes in their academic studies while still participating in their sport. Grades are checked on Wednesday using Infinite Campus (IC). Eligibility is based on the student-athlete's grade up to that check. The eligibility or ineligibility period of each student-athlete runs from Monday to Sunday following each grade check.

TCA uses a point system where a D grade in any subject is worth 1 point. An F is worth 2 points. A student-athlete accumulating 3 points (or more) is ineligible for the coming week. On Friday afternoon of each week, student-athlete eligibility is final.

There is an appeal process where a student-athlete may discuss their grade with a teacher to assure that all eligible grading is complete. The appeal form must be completed, signed, and turned in to the TCA Athletics Department by 12:00pm on Friday or the student-athlete's eligibility for the following week will be final.

Only the TCA Athletics Department and/or TCA High School Administration may declare a student-athlete eligible for participation in scrimmages or contests. All student-athlete appeal forms must be signed by either the Athletic Director or Principal.

Ineligible student-athletes cannot ride with the team to away games and cannot suit out in uniform or warmup with the team at home or away games. **Coaches may impose stricter standards according to their individual program policies or on a case-by-case basis.**

ATHLETIC EQUIPMENT

Student-athletes are responsible for all individual and team equipment issued to them during the season. The student-athlete will be financially responsible for any damaged or missing equipment.

1. Athletic uniforms are to be worn at school-sponsored events only, unless designated by the coach.
2. Student-athletes in possession of uniforms and/or equipment not officially issued to them will be subject to suspension and possible dismissal from the team.
3. All issued items must be returned to the head coach and TCA Athletics Department prior to the presentation of any athletic award.
4. No athletic equipment will be issued to any student-athlete with an outstanding financial obligation for lost or damaged equipment. Student-athletes who have not returned or paid for lost or damaged equipment will be referred to TCA Administration.
5. Student-athletes should inspect their equipment on a daily basis. Each coach will instruct team members on the proper use and care of individual and team equipment. Student-athletes should notify the coach immediately of any deficiency.
6. Uniforms must be cleaned prior to every contest.

7. Student-athletes are expected to keep the locker rooms and playing areas clean. This includes home and away locker rooms and playing areas.

ATHLETIC LOCKERS

Each Student-athlete that practices at TCA High School may be assigned a locker by the coach. Student-athletes are responsible for the security of their locker. The school will not be responsible for equipment or personal items left in an unsecured locker or in the open in the locker room. Most lockers are day use only unless assigned by the coach.

ATTENDANCE AT SCHOOL AND GAME/PRACTICE PARTICIPATION

Student-athletes are expected to be in class every day regardless of whether it is a practice day or a day of contest. TCA High School believes that student-athletes are students first; therefore, TCA High School seeks to assist student-athletes in their academic progress and the expectation for all student-athletes to be successful. A student-athlete's attendance at school is optimal for academic success. Student-athletes should notify coaches prior to a school absence. The TCA Athletics Department policy for absences mirrors the student handbook at TCA. These policies can be found on the TCA website at www.tcatitans.org.

Student-athletes are expected to attend all scheduled competitions and practices during the course of the entire season (including tournament competition after the regular season has ended). Exceptions may be granted by coaches and may include school activities, medical/dental appointments, family emergency, religious obligations, and tutorial assistance.

Coaches may suspend student-athletes from competition for unexcused absences and dismiss student-athletes from teams for repeated offenses of this rule. Student-athletes who miss practices or games due to family outings, holidays, vacations, jobs, or participation in extra-curricular activities other than athletics risk losing their position in the team line-up and may not receive letter awards. A warning will be first submitted to the student-athlete and parent(s) informing them of the infraction. If this lack of respect and dedication continues, a coach may dismiss the student-athlete from the team if, in their opinion, there have been excessive misses for these reasons.

CONFLICTS WITH ACTIVITY PARTICIPATION

When conflicts between sports and activities arise for a student-athlete, it is important that the student-athlete notify both the coach and activity sponsor as soon as possible so they have the opportunity to determine if the scheduling conflict can be avoided. When a performance/game conflicts with a practice/rehearsal, the performance/game should always take precedence over the practice/rehearsal. If the conflict is between a performance and a game and the coach and activity sponsor cannot work out a compromise, the student-athlete must make a choice that reflects their best judgment. If the performance is co-curricular, TCA Administration may be included in the decision.

For student-athletes who have a job, school-related functions always take priority over work.

CUTTING AND TEAM SELECTION

In light of realistic constraints of facilities, personnel, equipment and team sizes, not all student-athletes will be able to participate at all times. TCA will always try to run a program without cuts. Therefore, a fair system of tryouts will be utilized to assure equitable opportunity for each student-athlete to secure a place on an athletic team.

1. All student-athletes will have the opportunity to make the varsity team. However, since varsity is the most competitive team, only those athletes who (in the opinion of the coach) possess the necessary skills, physical preparation, safe play, attitude, sportsmanship, desire, and commitment shall be selected for that privilege.
2. Each coach shall provide a specific set of guidelines upon which he/she and other coaches shall equitably evaluate each student-athlete for inclusion at the various team levels. Those guidelines will be provided at the beginning of tryouts.
3. Tryouts for any given sport shall be based on specific criteria set forth by the coach and the duration for tryouts shall vary according to the nature of the sport, number of student-athletes participating, and the number of team levels available for each sport.
4. The student-athlete should attend **all** scheduled practices and team meetings to be seriously considered for any team level. Exceptions include only: serious illness, religious observances, death in the family, transfer into the district, injury, or those involved in another/previous sports season.
5. Tryouts for any athletic team should be closed by the first athletic competition/contest in which that team participates (including preseason tournaments). Exceptions include only: student-athletes still participating in another sports season, new student-athletes moving into the district/school, serious illness requiring a physician's written statement, injury, or death in the family.
6. Selection of student-athletes for various team levels within a sport shall be at the discretion of the coaches.

Division of Skill – The exact make-up of teams is at the discretion of the head coach and may differ from sport to sport.

C-Squad teams are available for freshman student-athletes (primarily). The focus is on skill development regarding both team and individual skills. Student-athletes earn the privilege to play increasing amounts of time. At the discretion of the coach, student-athletes who have not attended practice consistently or whose efforts in practice do not contribute to the team dynamic may not receive playing time.

Junior Varsity teams are an advanced developmental program available for student-athletes in grades 9-11 (primarily). Skills taught and developed at this level will prepare the student-athletes for varsity competition. Junior Varsity student-athletes earn the privilege to play in each contest. Team membership does not guarantee more than limited game time.

Varsity teams are the highest level of teams at TCA. Freshman through seniors can be on this team if the head coach of the sport desires. At the Varsity level, team membership is based on fitness, ability, attitude, consistent effort, knowledge of fundamentals, and commitment. A student-athlete earns the privilege to make the team and play. The best student-athletes (at the coach's

discretion) play as much as required in an attempt to achieve competitive excellence and win the contest. A valued team member in good standing may play every minute of a contest or none at all.

At the discretion of the coach, student-athletes at any level who have not attended practice consistently or whose effort in practice does not contribute to the team dynamic may not receive playing time.

ELECTRONIC MEDIA AND WEBSITES

The Classical Academy and the TCA Athletic Department have policies on underage drinking, hazing, and inappropriate behavior. A student-athlete's decision to post items on internet media (such as Twitter, Instagram, Facebook, Snapchat, etc.) is a personal one; however, the TCA Athletic Department and individual team policies should serve as a filter for what you decide to put online. Student-athletes must remember that they represent TCA High School at all times. Do not post pictures, comments, or information on websites that would/could embarrass you, your team, or TCA. The use of text messaging may also pose a violation of school and team policies if it is harassing, threatening, or involves violations of school/team rules.

Media Release

HAZING

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 that student or to any third party in order for the student to be initiated into or affiliated with an athletic team. 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 participation in physically dangerous activities.
2. Any activity involving the consumption of alcohol, drugs, tobacco products, or any other food, liquid, or 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 levels of embarrassment, shame, or humiliation or which creates a hostile, abusive, and intimidating environment for the student.
5. Any activity involving any violation of federal, state, or local law or any violation of school district policies and regulations.

Hazing perpetrators are subject to appropriate disciplinary action including, but not limited to, expulsion from the team. **Report any incident of hazing or bullying to someone.** School counselors, teachers, administrators, coaches, or athletic directors are good people to talk to if parents or student-athletes feel that there have been occurrences of hazing or bullying.

TCA DISCIPLINE POLICIES AND ATHLETICS

Any student-athlete who has been suspended will not be permitted on or around school grounds, nor allowed to attend or participate in co-curricular activities while on suspension. Student-athletes that

are suspended will not be able to practice or play in competitions/contests during the term of their suspension. Student-athletes may lose additional playing time or position on their team due to the absences during their suspension. In some instances, the student-athlete may be removed from the team.

PARENT/COACH COMMUNICATION

Parents and coaches are important role models for student-athletes. They both provide necessary guidance to young adults in their development and their understanding of the world in which they will live and work in as adults. When parents and coaches understand and respect each other, they can work together to benefit children. You have a right as a parent to understand the commitment, expectations, and responsibilities that accompany participation in TCA Athletics. Clear communication between parents and coaches facilitates this understanding. Listed below are a number of steps to enhance parent/coach communication. It is important also to remember that the first link in the communication network is the one established between coach and student-athlete. Parents should encourage their student-athlete to exercise the opportunity to speak directly with the coach about any topic, preferably before a parent/coach conversation is scheduled.

Communication a parent might expect from a coach:

1. Philosophy of the coach.
2. Locations and times of practices and contests.
3. Expectations the coach has of the team and the student-athletes.
4. Team requirements.
5. Team disciplinary action that results in the denial of a student-athlete's participation
6. What role parents may play in helping the coach or team (i.e. scorekeeper, help with awards program, etc.).

Communication a coach might expect from a parent:

1. Concerns expressed directly to the coach.
2. Notification of any scheduling conflicts well in advance.
3. Specific concerns regarding a coach's philosophy or expectations.

Procedure to set up a Parent/Coach Conference:

There are situations that may require a conference between the coach and the parent. Please do not attempt to contact a coach before or after a practice or game. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution. Please wait **24 hours** before contacting the coach. When these conferences are necessary, call to set up an appointment with the coach. Contact information for each coach should be available at the pre-season meeting.

Often it is difficult to accept a student-athlete's lack of playing time. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all student-athletes involved. Certain things can and should be discussed with the coach. Other things must be left to the discretion of the coach.

Appropriate concerns to discuss with a coach:

1. The emotional and skill development of the student-athlete.
2. Ways that the student-athlete might be able to improve.
3. Concerns about the student-athlete's behavior with the team on and off the field.

4. The future of the student-athlete's play at the next level.

Inappropriate concerns to discuss with a coach:

1. Student-athlete's playing time.
2. Team strategy.
3. Organization and administration of the team and program.
4. Other student-athletes and parents.

The Next Step:

If a meeting with the coach did not provide a satisfactory resolution, call, and set up an appointment with the Athletic Director. At this meeting, the appropriate next step can be determined. **Parents must speak with and have a conference with the coach FIRST. An appointment with the Athletic Director will not be made until this first step is taken.**

PROGRAM POLICIES

Every coach should present a list of policies to parents and student-athletes. These policies should contain information that will answer questions for parents and student-athletes about the program and its expectations.

The policies should include the following information:

- A brief outline of the coach's philosophy about athletics, student-athlete development, and the program in general
- Expectations of the student-athletes as students, team members, and individuals
- Practice policies
- Training rules
- Eligibility expectations (especially if they are stricter than TCA and CHSAA policies)
- Lettering policies
- Travel policies and expectations
- Dress requirements (if any)
- Sportsmanship expectations
- How/when to contact coaches

SPORTSMANSHIP

Academy School District 20 and The Classical Academy recognize the role of administration, faculty, coaches, parents, student-athletes, students, and fans in promoting sportsmanship within our community.

- We will educate, promote, and recognize positive sporting behavior within our athletic programs.
- We challenge our community to communicate their support of this mission through showing respect for all participants, officials, and spectators. We commit to the demonstration of self-control and positive school spirit at all sporting events.

TCA PARENT, STUDENT-ATHLETE, COACH, & FAN GAME CONDUCT

PARENT

1. Always show respect for the opponent.
2. Show respect for the officials.
3. Know, understand, and appreciate the rules of the contest.
4. Always maintain self-control.
5. Recognize and appreciate skill in performance regardless of affiliation.

STUDENT-ATHLETE

1. Seriously accept the responsibility and privilege of representing your school and community; always display positive public actions.
2. Treat opponents with the respect that is due them as guests and fellow student-athletes.
3. Exercise self-control always, accepting decisions and abiding by them.
4. Accept both victory and defeat with pride and compassion, never boastful or bitter.
5. Live up to the high standards of sportsmanship set for you by your coaches and help your teammates maintain these standards.

COACH

1. Always set a good example for student-athletes, parents, and fans to follow, exemplifying the highest moral and ethical behavior.
2. Teach good sportsmanship and establish high standards for the student-athletes, parents, and fans.
3. Develop and enforce penalties for student-athletes who do not abide by sportsmanship standards.
4. Treat opposing coaches, student-athletes, parents, and fans with respect. Shake hands with officials and opposing coaches.
5. Teach the value of honest effort in conforming to the spirit as well as the letter of the rules.
6. Model good sportsmanship by respecting the officials and their job.

CHEERLEADERS

1. Help develop a reputation of good sportsmanship for your team, school, and community.
2. Stimulate desired crowd response using only positive cheers, signs, and praise without antagonizing or demeaning opponents.
3. Treat visiting cheerleaders and fans with respect.
4. Give encouragement to your team and recognize outstanding performance, regardless of team affiliation.
5. Maintain enthusiasm and composure, serving as a role model.

STUDENT FANS

1. Realize that a ticket is a privilege to observe a contest and support your team. It is not a license to verbally assault others.
2. Be a role model and positively support your team in every manner possible, including content of cheers and signs.
3. Recognize and acknowledge good performance by student-athletes on either team.
4. Give support to those participating in, conducting, and/or officiating the event.

5. Learn the rules of the sport so that you can fully appreciate and respect the performance, judgment, and strategy of the team and coach.

SPECTATORS

1. At events, be a positive role model through your own actions and by censuring those around you whose behavior is unbecoming.
2. Remember that you are at a contest to support and cheer for your team and to enjoy the skill and competition, not to intimidate or ridicule the other team and its fans.
3. Remember that school athletics are learning experiences for students and mistakes are sometimes made. Praise student-athletes in their attempt to improve themselves as students, as athletes, and as people as you would praise a student working in the classroom.
4. Learn the rules of the game, so that you may understand and appreciate why certain situations take place. Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student-athlete and admire their willingness to participate in full view of the public.
5. Show respect for the opposing student-athletes, coaches, spectators, and support groups. Treat them as you would treat a guest in your own home.

ADMINISTRATION

1. Develop a plan for teaching and promoting the ideals and fundamentals of good sportsmanship within the school.
2. Provide appropriate supervisory personnel for each athletic event.
3. Be sure parents thoroughly understand what the school expects of its student-athletes and fans.
4. Recognize exemplary behavior and actively discourage undesirable conduct by student-athletes, coaches, parents, and fans.
5. Recommend for employment athletic coaches who are concerned primarily with educational objectives and the well-being of the student-athletes.

Acceptable Behavior:

1. Applause during introduction of student-athletes, coaches, and officials.
2. Shake hands with student-athletes and coaches at the end of the contest regardless of the outcome.
3. Accept all decisions of officials.
4. Positive cheers that encourage your team.
5. Encourage surrounding people to display only sportsmanlike conduct.

Unacceptable Behavior:

1. Disrespectful or derogatory yells, chants, songs, or gestures.
2. Booing or taunting an official, coach, student-athletes, or cheerleader.
3. Refusing to shake hands or give recognition for good performances.
4. Blaming loss of a game on officials, coaches, or student-athletes.
5. Use of profanity or displays of anger that draw attention away from the game.

ATHLETIC TRAINER POLICIES

The safety and welfare of the student-athletes is of prime importance. TCA High School emphasizes that it is the responsibility of coaches to provide adequate instruction and to protect their student-athletes as much as possible and for student-athletes to report injuries when they occur to the coach and athletic trainer. The current policies are found at http://tcatitans.org/activities/athletic_training/.

Consent to Treat:

“...the athlete and parent/legal guardian, in the event of a medical situation in which the parent/legal guardian cannot be reached, grant permission to the school or administrator in charge, to secure proper medical treatment for the athlete. Proper treatment may include, but is not limited to first aid, assessment by a district athletic trainer, referral to a medical provider, ambulance transport, hospitalization and/or surgery.

Furthermore, the athlete and parent/legal guardian understand and agree that Certified Athletic Trainers employed by Academy District 20 will interact with student-athletes regarding injury prevention; clinical evaluation and diagnosis; immediate and emergency care; treatment and rehabilitation; organization and professional health and well-being; and are qualified to do so by holding the designation of ATC (Certified Athletic Trainer).

Injured athletes that have been evaluated and/or treated by a physician must submit written clearance from that physician to the Athletic Trainer or coach prior to the athlete being permitted to resume activity. In circumstances where an athlete has been removed from play because of a suspected head injury or concussion, the athlete will not be permitted to return to play until the athlete is evaluated by a healthcare provider, receives medical clearance and written authorization from that provider. This Authorization shall remain in effect for the current school year.”

HEALTH INFORMATION FOR PARENTS OF SCHOOL-AGED ATHLETES

- **IT IS THE PARENT’S RESPONSIBILITY TO NOTIFY THE COACH AND/OR ATHLETIC TRAINER OF ANY HEALTH CONDITIONS OF THEIR STUDENT-ATHLETE.** Please notify the student-athlete’s coach or the athletic trainer immediately if a student-athlete has the following health conditions: diabetes, seizure disorder, heart condition, severe allergies requiring an Epi-pen (bee sting or severe food allergy), asthma.
- **All student-athletes should provide their own water bottle** for both practices and games. It should be taken home daily and washed. Do not share water bottles due to risk of meningitis, mononucleosis, strep infections.
- **Head injuries and concussions** are serious health concerns. Please consult the student-athlete’s physician and athletic trainer after a head injury.
- **Nutritional or dietary supplements (those that claim to build muscles, improve physical performance, reduce stress, and induce sleep)** may be dangerous to a student-athlete’s health. They also may not be approved through the FDA. Please be informed of what a student-athlete is taking. These supplements have been known to cause life-threatening reactions. They also can interact with other medications.

- **A student-athlete should not be in school or participate in their sport if they are ill.** Symptoms can include but are not limited to fever, productive cough, vomiting/diarrhea, undiagnosed skin rash, or any contagious illness.
- **Contagious Diseases:** student-athletes who have been diagnosed with strep throat or conjunctivitis (pink eye) require antibiotics for treatment and are considered contagious for 24 hours until on antibiotics. Skin rashes such as impetigo (strep infection) or ringworm (fungus) are also contagious. Please ensure that student-athletes are properly diagnosed and treated before returning to practices and games.

Ways to Prevent Illness and Spread of Infection:

1. Practice clothes should be taken home regularly and washed.
2. Student-athletes should provide their own towels for practices and games.
3. Student-athletes should not share water bottles and should carry their own.
4. Remind student-athletes to avoid contact with other people's blood to protect themselves.
5. Report any contagious disease and keep a student-athlete at home if ill.

TRANSPORTATION

Transportation to athletic activities will fit into three categories:

ROUND TRIP transportation - is for out-of-town trips and for most football games due to equipment. Parents may transport their own student-athlete back from a scheduled round trip so long as the coach has been notified in writing (Release Form, email, text) before the bus leaves to travel back to TCA. Release Forms are available on the TCA Activities website. Coaches will not leave the event until all student-athletes have left the competition with an appropriate ride home.

ONE WAY transportation - is for trips in or around the Colorado Springs Metro area. The Athletic Director can approve round trips on some of these trips.

CARPOOL transportation - When no transportation is provided to an event; the coach will let the student-athletes know when to arrive at the practice/game destination and it is up to the student-athletes and their families to get there on time. **The TCA Athletics Department discourages student-athletes from driving other student-athletes to any athletic event.** Parents are the final authority in this matter.

DRESS-UP DAY POLICY

Dress-Up Days are a privilege to be used with discretion by coaches. Dress-Up Days are permitted on the day of the event or the Friday before a weekend event. This privilege may be revoked by the TCA High School Administration if student-athletes are found to be in non-compliance with the guidelines below.

Procedures for Coaches:

- Coaches may designate and sponsor a Dress-Up Day
- Coaches will communicate this to all team members (examples = JV soccer student-athletes, all Varsity football student-athletes, etc.)

- Dress-Up Days must be approved by the TCA High School Administration ahead of time. Please email Principal Sean Shields (sshields@asd20.org), AP Gary Arrasmith (garrasmith@asd20.org), and AP Justin Carpenter (jcarpenter@asd20.org) by noon the day before the anticipated Dress-Up Day to allow enough time to get a reply BEFORE a coach can announcement the Dress-Up Day to the team.

Guidelines for Student-Athletes:

On approved Dress-Up Days, student-athletes may dress up (not down) from typical dress code standards as follows:

- Boys - Dressing up would include the following: dress slacks, dress shirts, ties, sweaters, sports coats, suits, belts, dark socks, dress shoes.
- Girls - Dressing up would include the following: modest dress slacks, blouses, skirts or dresses (proper length and not contouring/tight), suits, sweaters, belts, and dress shoes/sandals. Spaghetti straps, strapless, or sleeveless dresses are not allowed for girls.
- Note: Denim is never considered dressing up.

Team Wear Days are also a privilege and based on the coach's discretion. Student-athletes may wear team jerseys, warm-up tops, or team T-shirts along with TCA dress code pants/shorts/skirts (no jeans). As with Dress-Up Days, Team Wear Days are permitted on the day of the event or the Friday before a weekend event. Team Wear Days can take place without TCA High School Administration approval, but procedures and guidelines must be followed, or the privilege may be revoked. See the TCA Student Handbook for TCA dress code guidelines for pants/shorts/skirts and general uniform guidance.

AWARDS AND LETTERING

Coaches determine the lettering policy for their sports and will communicate the list of award winners to the TCA Athletics Department. The school will provide awards to the coach for each student-athlete at the completion of each season. Letters are awarded to student-athletes who have met program requirements and are in good standing with their respective coaches. Coaches have the right to deny letter-winner status based on behavior or violating team/school policy.

SPORTS PARENTS

WHY SHOULD YOUR CHILD BE INVOLVED IN ATHLETICS?

Results from a US Department of Education Center for Educational Statistics study of 18,500 students found that those who participated in athletics generally had higher grade point averages than those who did not. Similarly, a 1996 study concluded that student-athletes had fewer discipline problems, were less likely to drop out, were better prepared for post-secondary education and had a higher sense of self-worth than non-athletes.

[Athletics & Achievement, Report of the commission on High School Athletics in an Era of Reform, National Association of State Boards of Education. 2004]

92% of student-athletes believe participating in sports helps them to be a better person.

97% of student-athletes say the main reason they play sports is because it is fun and exciting.

["The Athletes Speak Survey 2002-2004," a survey of pilot projects conducted by the national Center for Student Aspirations involving Maine and Massachusetts student-athletes]

GOALS AND PURPOSE

“GOALS have a beginning and an end.
PURPOSE does not.
Our PURPOSE is what we live for.”
-Tony Dungy

What do we specifically want our student-athletes to acquire through their participation in sports?

- Self-confidence
- Risk-taking
- Self-motivation
- Responsibility
- Self-Discipline
- Flexibility
- Ability to work with others
- Courage
- Commitment
- Focus
- Persistence

HOW TO BE A GOOD SPORTS PARENT

Fixing the crisis in kids’ sports begins at home. Here are some tips from “Sports Done Right” to get parents started:

- Encourage your student-athlete, regardless of their degree of success or level of skill.
- Ensure a balance in your student-athlete’s life, encouraging participation in multiple sports and activities while placing academics first.
- Emphasize enjoyment, development of skills, and team play as the cornerstones of your student-athlete’s early sports experiences while reserving serious competition for the varsity level.
- Leave coaching to coaches and avoid placing too much pressure on your student-athlete about playing time and performance.
- Be realistic about your student-athlete’s future in sports, recognizing that only a select few earn a college scholarship, compete in the Olympics, or sign a professional contract.
- Be there when your student-athlete looks to the sidelines for a positive role model.