

# Welcome to the Cougar Family



## 2023 – 2024

### CALDWELL HIGH SCHOOL

Player and Parent  
Activity/Athletic Manual

#### **CHS Activities Mission:**

*Caldwell School District values the pursuit of excellence through personal development and teamwork, ethical and responsible behavior on the field and off, adherence to the spirit of rules as well as to their letter, leadership and strength of character, and sportsmanship. CSD Activities instill habits, which will lead students to better and healthier lives.*

**To the Student Athlete & Parent/Guardian**

This packet is designed to inform participants and parents of the Caldwell School District activity policies.

***The following forms must be on file with the Activity/Athletic Director before student athletes are allowed to participate.***

**Physical -**

The IHSA requires that participants have a new physical form on file prior to the first day of practice in the 9th and 11th grades. Sophomores or Seniors who received a physical the previous year AND the physical is on file at CHS, will not require a new physical. This physical must be completed on or after May 1 of the preceding school year.

**Consent/Emergency Form -**

This combination consent/emergency form must be turned in by all athletes *before* they will be allowed to practice/play.

**Concussion Acknowledgement Form -**

This combination consent/emergency form must be turned in by all athletes *before* they will be allowed to practice/play.

**Interim Questionnaire Form -**

This form provides us with a brief medical history for each athlete to assist coaches and physicians.

**Covid Waiver Form**

◇ **Transfer students**

**(New to CHS within the last calendar year) must report to the Activity/Athletic Director *before* they participate at any level. Transfer papers must be completed and filed before that student will become eligible to participate. If there are questions, please contact the Athletic Director. (See Policy 3030 Part-Time Attendance/Dual Enrollment)**

◇ **Activity cards -**

Athletes are required to purchase an activity card before the first athletic contest.

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## **Caldwell High School**

3401 S Indiana Ave  
Caldwell, ID 83605  
Phone 208.455.3304  
Fax 208.455.3256

### ***ADMINISTRATION***

Principal: Anita Wilson - [awilson@caldwellschools.org](mailto:awilson@caldwellschools.org)  
Vice Principal: Jared Wang – [jwang@caldwellschools.org](mailto:jwang@caldwellschools.org)  
Vice Principal: Chantel Kelly - [ckelly@caldwellschools.org](mailto:ckelly@caldwellschools.org)  
Dean of Students: Stephanie Archuleta – [sarchuleta@caldwellschools.org](mailto:sarchuleta@caldwellschools.org)  
Activities/Athletics Director: Jon Hallock - [jhallock@caldwellschools.org](mailto:jhallock@caldwellschools.org)

### ***Colors***

Royal Blue and Gold

### ***Mascot***

Cougar

## **CALDWELL COACHES EXPECTATIONS**

To be a model of athletic/activity achievement in the State of Idaho by:

1. Presenting a positive image of school athletics and activities by all participants including players, coaches, administrators, trustees and parents.
2. Striving for excellence that will produce quality teams and nurture sportsmanship and personal growth for the student.
3. Providing an environment where students develop athletic and life time skills including but not limited to:
  - Development of team play that encourages loyalty, cooperation, accountability, honesty and commitment.
  - Leadership that stresses discipline, self-motivation, trust, excellence, and the ideal of good sportsmanship.
  - Emphasizing programs for the entire student body, faculty and community that will generate a feeling of unity.
  - Providing an opportunity for achievement of individual goals as set by the participant.
  - Developing an appreciation for activities that promote life-long participation and a healthy lifestyle.
  - Developing high standards of fairness and honesty.
  - Nurturing self-discipline, emotional maturity, and proper social behavior while learning to make decisions under pressure.
  - Creating an environment that allows participants to reach full personal potential while achieving their personal goals and objectives.

## **POSITIVE SPORTS PARENTING**

A parent's "Coaching Job" is the toughest one of all and takes a lot of effort.

Sometimes in your desire to help your child, best intentions can end up being counterproductive. Applying the Rules of Parents will go a long way towards fostering an environment your child can use to enjoy and excel in their sport.

1. Make sure your child knows win or lose that you love them, you appreciate their efforts and **you are not disappointed in them.**
2. **Try your best to be completely honest about your child's athletic capability, competitive attitude, sportsmanship and actual skill level.**
3. **Be helpful but do not "coach"** on the way to the track, diamond or court...on the way home...at breakfast...and so on.
4. Teach them to **enjoy the thrills of competition**, trying, working, improving their skills and attitudes...taking the physical bumps and coming back for more.
5. Try not to relive your athletic life through your child in a way that creates pressure. Remember, you fumbled too; you lost as well as won; you were frightened; you backed off at times; and you were not always heroic. **Don't pressure them because of your pride.**
6. **Don't compete with the coach.** The young athlete often comes home and chats about 'coach says this, coach says that.' This is often hard to take, especially for a father or mother who has had some sports experience.
7. **Don't compare** the skill, courage or attitudes of your child with that of other members of the squad or team, at least not in front of them.
8. You should get to know the coach, so that you can be assured that his or her philosophy, attitudes, ethics and knowledge are a **good influence** on your child.
9. Remember that children tend to exaggerate both when praised and when criticized. **Temper your reactions** to their tales of woe or heroics they bring home.
10. Make a point of **understanding courage**, and the fact that it is relative. Explain to your youngster that courage does not mean an absence of fear but means doing something in spite of fear or discomfort.
11. **Never approach a coach on game day to talk about your child, before, during or after a contest.**

## **CHS PARENTS INVOLVEMENT WITH ACTIVITIES**

1. Parents/legal guardians are encouraged to attend and support all school activities.
2. Parents/legal guardians and all community supporters are expected to be positive role models by demonstrating good sportsmanship and personal leadership.
3. Parents/legal guardians shall encourage their children to honor their commitments and not condone quitting a season before its completion.
4. When an audience is needed for a coach/supervisor, director or school administrator to address any concern regarding a student participant, each student will be represented on an individual basis. One complaint for an entire group or activity will not be addressed as a mass.
5. If patrons, parent, students and employees have concerns that need to be expressed, to maintain continuity and to best resolve issues of concern, the following District protocol is to be followed:
  - A. The first step is to take the concern to the assistant/head coach of the specific sport at the appropriate level. It is the goal of the district to resolve the issue at this level.
  - B. If there is still a concern, it will be taken to the building activity director.
  - C. If the concern persists, it will be taken to the building principal.
  - D. If the concern still has not been resolved to the satisfaction of all concerned, then it will be taken to the Superintendent.
  - E. If the interested party still feels the concern has not been properly resolved, then he/she may appeal to the Board of Trustees as outlined in Board Procedures 1500P.

## **CALDWELL SCHOOL DISTRICT ACTIVITIES CODE**

Students of the Caldwell School District, who wish to participate in interscholastic activities, must adhere to the Idaho High School Activities Association (I.H.S.A.A.) rules and regulations; local city ordinances and the laws of the State of Idaho; and this district's policies.

Interscholastic activities and competitions are recognized as a vital part of the total school program. Expenditure of school district funds in accordance with the district's expenditure and budgetary regulations is authorized for the support of these activities. The district will maintain membership in the IHSAA for the appropriate grade levels.

(District Policies 571-572)

**All student participants in a sponsored IHSAA activity are required to purchase a school activity card.**

Students are required to have parental permission to join any athletic team.

### **PARTICIPATION STANDARDS 2023-2024**

**These standards shall be in effect during the academic school year, whether the student is currently participating in an activity or out of season.**

All activities governed by the Idaho High School Activities Association are covered by these standards. These standards apply to all grade 9 – 12 students in the Caldwell School District.

Activities will be open to all students (subject to tryouts, when applicable) and administered according to the following standards:

1. The building principal/designee of each school shall certify the eligibility of all participants in accordance to the participation requirements stated herein. This includes home schooled, charter, and dual enrolled students.

#### **2. Activities Academic Minimum Requirements**

- A. Students who wish to participate in high school activities will be subject to eligibility requirements:
  - i. Students must be enrolled full-time and on track for graduation.
  - ii. Students must be in good academic standing and have passed all their classes from the last completed semester.
  - iii. All grades will be checked from the last completed semester prior to



the season of competition.

1. It is the responsibility of the non-traditional student to provide the AD with transcripts from his or her charter school.
- iv. During the current season, the student must be passing all their classes.
  1. If they are failing any class, they will be placed on Academic Probation.
- v. Any student on Academic Probation (see *Definitions*), who fails to meet the requirements of that Probation, will become Academically Ineligible.
- vi. Students participating with a cumulative GPA below 2.0 must have an Academic Improvement Plan in place (see *Definitions*).
- vii. Students falling below the minimum standard will become Academically Ineligible (see *Definitions*).
- viii. Students are required to maintain regular attendance as per Board Policy #3050
  1. Students accumulating excessive absences will be placed on Attendance Probation (see *Definitions*).

### **Definitions:**

**Academic Probation** -- If a student is failing (grade of an F) any class during the season, he/she shall be on Academic Probation for one week. During the probation period, the student will still be able to practice and compete or participate in the chosen activity. Within the week of probation, the student will need to improve their grade to passing. If after the week of probation and the grade has not improved to passing, the student will become Academically Ineligible.

**Academically Ineligible** – Any student who is not passing all their courses will be academically ineligible. Academically ineligible students will not participate in competitive contests (Home or Away), events, or conferences within their chosen activities. Grades will continue to be monitored weekly.

**Attendance Probation and Ineligibility** -- Should a student accumulate six (6) unexcused absences in a class, they will be placed on Attendance Probation. If they accumulate one more unexcused absence (For a total of seven (7)) they will be ineligible for competition for five (5) continuous days. If the student makes it past the 5 days, they will be eligible unless they accumulate another unexcused absence in the same class. Each time they have an unexcused absence in the same class they are on probation for, they will be ineligible for five (5) continuous days.

**Academic Improvement Plan** – Students participating with a cumulative GPA below 2.0 must have an Academic Improvement Plan in place. The student will be required to attend

Tutoring classes until there is verification that the student demonstrates sustainable improvement in each of his/her classes. It is up to the coach/advisor of the student/athlete as to whether to have them practice or not. However, the student/athlete will not be allowed to compete or participate in their chosen activity until they are academically eligible.

Tutoring may be provided in the following ways:

- 1) The classroom teacher is willing to provide tutoring in their particular class.
- 2) Study tables led by coaches/advisors.
- 3) Student peer-tutors with approved supervision.
- 4) Student may attend school-wide extra help sessions.
- 5) Any other tutoring approved by the principal or designee.

**Appeal Process** – Students who are deemed academically ineligible are able to appeal with the Activity/Athletic Director and Building Administrator. During the appeal, the student must have a written explanation for what resulted in them being ineligible, what steps they are taking to remedy the situation and what they are doing during the current semester to prevent ineligibility again.

- **If the student is granted eligibility, they will not have the academic probation period during that upcoming or continuing season.** If at any point a grade check is done and the student has an F in any class they will be ineligible immediately. Once they improve the class to passing, they will need to have a meeting with the Activity/Athletic Director, Coach, and Building Administrator to discuss how they will move forward with the season and whether they will be eligible moving forward.

**Full Time Student** – Students enrolled full-time means that the student is on target to graduate based on the Idaho State Board of Education graduation requirements. Students must also be attending at least five (5) classes each day.

### **Grade Checks:**

Eligibility for participation in fall activities will be based on the student's previous semester GPA (Spring Semester from previous year). Coaches/advisors will check weekly as needed and will require a progress report after the first four weeks. Students with an F will be placed on academic probation (see *Definitions*).

Eligibility for participation in winter activities will be based on the student's previous semester GPA (Spring Semester from previous year). Another eligibility check will be completed at the conclusion of the current semester (First Semester Grades).

Eligibility for participation in spring activities will be based on the student's previous semester GPA. (First Semester Grades).

## School Day Extra-Curricular Activities

As per Board Policy #572, Section 2.4:

*“To participate during the school day in extra-curricular activities a student must first demonstrate that they have satisfied the primary intent of school and are performing satisfactorily in the specific classes they will miss. A student will be declared eligible to participate during the school day in extra-curricular activities on a course (classroom) by course basis for those courses (classes) that he/she will miss. For any class, or portion of a class, missed during the school day for an extra-curricular activity, the student must demonstrate that he/she is currently passing the class with a grade of “C” or better and has no unresolved behavioral referrals. The grade must be determined three (3) days before the trip. As an example, if the trip leaves at 2:30 p.m. on Thursday the grade must be reported by 2:30 p.m. on Monday. If it cannot be demonstrated that the student is satisfactorily passing his/her class and demonstrating proper deportment, he/she will be declared ineligible and will not be allowed to participate or attend during the school day in the extracurricular event until the student is receiving a “C” and/or has resolved any behavioral referrals.”*

### **SCHOOL ATTENDANCE REQUIREMENTS**

1. Each student participant will attend school the **entire school day**.
  - a. Failure to attend the entire school day will result in being ineligible for that day’s practice or event.
2. Should a student accumulate six (6) unexcused absences in a class, they will be placed on Attendance Probation (see *Definitions*).
3. See Board Policy #3050 Attendance

### **DRUGS - ALCOHOLIC BEVERAGES - TOBACCO PRODUCTS**

Use or possession of alcoholic beverages, tobacco products, and/or illicit drugs, paraphernalia is prohibited. See Board Policy #579.

## **OTHER PARTICIPATION REQUIREMENTS**

### **Travel Expectations:**

1. The following travel policy applies to co-curricular and extracurricular activities:
  - A. School District approved transportation must be used.
  - B. Any out-of-state or overnight transportation must have prior approval by the Board of Trustees in accordance to Board Policy #2550.
  - C. Students/athletes must travel to and from contests in transportation provided by the school. The exceptions are:
    - Injury to a participant which would require alternate transportation.
    - Arrangements between the participant's parent/guardian and the coach for the student participant to return with his/her parent/guardian.
    - Participants are NOT allowed to ride with friends or family members other than a parent or guardian.
    - Golf meets/practice is held off campus and participants are responsible for travel to and from facilities. District transportation will not be provided.

### **Behavioral Expectations**

1. Notwithstanding any other district policy violation, any civil or criminal law infraction or conduct by a student/athlete, which is determined to be detrimental to the activity program, school, or district, will result in a conference with the parent/guardian and student/athlete, as well as the head coach/advisor and the building athletic/activities director. Consequences may include suspension or expulsion from the activity or future activities.
2. If a violation and/or disciplinary action involves suspension from school, the student/athlete shall not participate in practice or contests during the time of suspension. The student/athlete may be subject to suspension or expulsion from the activities/team for the remainder of the season.
3. Theft or malicious destruction of any school or individual equipment or property will not be tolerated. Participants found to be responsible for the

theft or malicious destruction of school property will be suspended from the team. A decision regarding further competition will be made by the building athletic/activities director, and the designated building administrator.

4. In activities where the season is not dictated by the IHSAA (i.e. speech, debate, music, drama, etc.), the building principal, building athletic/activities director and team head coach/advisor will define the season.
5. The rules and regulations in this Activities Manual shall apply to any violation on or off the school premises during the season of participation.
6. Additional team rules and regulations recommended by the team head coach/advisor must be approved in writing by the building principal and building athletic/activities director.
7. As per Board Policy #572, Section 3.2:  
*“Under no circumstances will a student who is currently suspended or in in-house suspension (even if the suspension does not affect the course that will be missed) and has not spent one (1) full attendance day back in school, be considered eligible to participate in or attend the extra- curricular event. Such ineligibility will not be overruled by the above stated exception.”*

### **COVID Assumption of Risk**

Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19. The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people. Caldwell School District has put in place protective measures to reduce the spread of COVID-19; however, CSD cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending activities on the campuses of CSD could increase your risk and your child(ren)’s risk of contracting COVID-19. By signing the CHS Consent Form , I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my

child(ren) and I may be exposed to or infected by COVID-19 by attending activities on CSD campuses and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 while on CSD campuses may result from the actions, omissions, or negligence of myself and others, including, but not limited to, CSD employees, classified staff, coaches, volunteers, and program participants and their families. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)'s attendance in activities or participation in CSD programming ("Claims"). On my behalf, and on behalf of my children, I hereby release, covenant not to sue, discharge, and hold harmless the CSD, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of the CSD, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any CSD activity. The safety of our employees, students, families and visitors remains the CSD's priority. Your participation is important to help us take precautionary measures to protect you, your child(ren) and everyone on campus.

## **Athletic Insurance**

The District does not insure the individual athlete against injury. All athletes planning to participate in any sport are recommended to carry acceptable insurance protection or file a waiver signed by the student's/athlete's parent or guardian.



## **SPORTSMANSHIP**

All schools and athletic programs will comply with the Caldwell School District policies and with the Idaho High School Activities Association (I.H.S.A.A.) sportsmanship guidelines manual. Sportsmanship, as defined by the I.H.S.A.A., is those qualities of behavior which are characterized by generosity and genuine concern for others. Furthermore, awareness is expected of the impact of an individual's influence on others' behavior as well. Coaches, administration, athletes, and spectators will exhibit sportsmanship.

## **HAZING PROHIBITION POLICY (Board Policy #3295/3295P)**

Caldwell School District seeks to promote a safe environment where students may participate in a variety of extracurricular activities without compromising their health, safety, or welfare. Membership in groups and other organizations sponsored by the District is intended to provide students with athletic, social, intellectual, leadership, and service opportunities to complement the academic program. The educational purpose of sponsoring such organizations is compromised by hazing activities of any nature, as such activities are harmful to students. Students and staff are prohibited from engaging in any hazing activity, on or off school premises.

### **DEFINITION**

Hazing is defined as any act by person, whether individually or in concert with others, against a student as a condition of attaining membership, or any office or status, in connection with any district-sponsored group or organization, when such act is intended, or is reasonably expected to have the effect of humiliating, embarrassing, intimidating, or demeaning a student, or endangering the mental or physical health of a student. Hazing also includes soliciting, directing, aiding, or otherwise participating actively or passively in such acts. Hazing occurs

regardless of the consent or willingness of a student to participate in the activity.

## PROHIBITIONS

No student or staff member shall ever require, encourage, authorize or permit a student to be subjected to any of the following:

- Total or substantial nudity
- Compelled ingestion of any substance
- Wearing or carrying of any obscene or physically burdensome article
- Physical assaults upon a student or offensive physical contact
- Participation by a student in excessive number of calisthenics, or other physical contests
- Transportation and abandonment
- Confinement of a student to unreasonably small, unventilated, unsanitary, or unlighted areas
- Sleep deprivation
- Assignment of pranks to be performed by a student
- Any activity undertaken for the purpose of causing ridicule or humiliation of a student

## EXCEPTIONS

Hazing does not include customary athletic events or similar contests or competitions, and is limited to those actions taken and situations created in connection with initiation into or affiliation with any group or organization.

## REPORTING REQUIREMENTS

Preventing hazing is the responsibility of every student and staff member of the District. All staff members and students who become aware of hazing activities are required to immediately report such incidents to the building principal. The building principal/designee will investigate and determine whether hazing has occurred. If hazing has occurred, appropriate disciplinary action will be taken against the students and/or staff members involved. Additionally, any staff member or student who violates this policy will be referred to the local law enforcement agency for prosecution.

## **I.H.S.A.A. OUTSIDE COMPETITION RULES**

**8-11-1** Outside competition is defined as a student who competes in organized, non-school contests or events, including practice, after the starting date of the high school season in that sport, except as provided in Rule 12.

**8-11-2** Violation of this rule will result in the following:



- a. The student will be ineligible for the next regularly scheduled contest plus an additional regularly scheduled contest per infraction. Regularly scheduled contests include: season contest, district and state.
- b. Infractions will be reported to the IHSAA District Board of Control, who may levy additional fines or penalties.

**8-11-3** A second violation during the four years of eligibility by that student of the outside competition rule will result in the following:

- a. The student will be ineligible for the school team for the remainder of that sports season.
- b. Additional assessments may be possible.

### **CONCUSSION: RETURN TO PLAY GUIDELINES**

The following guidelines are to be followed for any student athlete who has sustained a concussion:

1. Complete symptom checklist, repeat cognitive screen and compare to baseline
2. Education for student/parents regarding precautions and need for rest (physical and mental)
3. Education regarding need for continued medical care if symptoms worsen or neurological status declines rapidly
4. Must be symptom free for 24 hours prior to performing physical activity
5. Stages of return to play are as follows:
  - a. Rest, no activity until symptom free for 24 hours
  - b. Stationary bicycle
  - c. Running/light aerobic activity
  - d. Non-contact drills during practice
  - e. Full contact practice
  - f. Game play

\*\*\*\*Students must be symptom free for 24 hours before advancing to the next stage of return to play. If a student has symptoms with any of the above stages, they return to the rest stage until symptom free and then begin the stages again.

## **Athletic Department use of Social Media**

The Caldwell School District's Athletics/Activities Department utilizes several forms of social media to promote and recognize our students for their achievements in extra-curricular activities. Information and schedules can be found on the following:

1. [www.caldwellcougars.org](http://www.caldwellcougars.org)
  - a. The official Athletic Department web page
2. On Twitter @Caldwell\_AD
3. On Instagram @Caldwell AD
4. On Facebook @ homeoftheblueandgold
5. [www.schedulestar.com](http://www.schedulestar.com)
  - a. All athletic schedules posted. Registration on site is required.
6. [www.caldwellschools.org](http://www.caldwellschools.org)
  - a. The official home page of the Caldwell School District.
7. Some Teams/Activities have specific accounts with Facebook and Twitter. Please ask your Coach/Advisor for details.

## 2023 - 2024 ACTIVITIES ADMISSION

All proceeds sponsor CHS Athletics

Adults – General Admission	\$6.00
Away Students <b>without</b> Activity Card	\$6.00
Caldwell Student <b>without</b> Activity Card	\$4.00
Away Student <b>with</b> Activity Card	\$4.00
Middle School Students <b>w/ ID</b>	\$4.00
Elementary School Students	\$3.00
Senior Citizens Admission	\$3.00
Preschool & Under	Free
Caldwell High School Student <b>with</b> Activity Card	Free
CSD Employee (with school I.D.)	Free

### Season Passes:

Individual: \$100

Grandparent: \$15

Family (4 = 2 Adults and 2 Children) = \$275

Family (8 = 4 Adults and 4 Children) = \$475

# SPORTSMANSHIP

## Gain an understanding and appreciation for the rules

The spirit of good sportsmanship depends on complying to a rule's intent as well as with the letter of the rule.

## Exercise representative behavior

The true value of interscholastic competition relies upon everyone exhibiting behavior which is representative of a sound value base. Your behavior influences others.

## Recognize and appreciate skilled performances, regardless of affiliation

This not only represents good sportsmanship but reflects a true awareness of the game by recognizing and acknowledging quality.

## Display respect for officials

The officials of any contest are impartial arbitrators who are trained and who perform to the best of their ability. The rule of good sportsmanship is to accept and abide by the decision made. This value is critical for students to learn for later application in life.

## Display respect for your opponent

Opponents are guests and should be treated cordially, provided with the best accommodations, and accorded respect at all times. Be a positive representative of your school, team, and family.

## Display pride in your actions

Never allow your ego to interfere with good judgment or your responsibility as a school representative. Regardless of whether you are an adult, student, player, coach, or official, this value is paramount since it suggests that you care about yourself and how you are perceived by others

# SPORTSMANSHIP RESPECT – INTEGRITY – ETHICS