



Addenbrooke Classical Academy

Athletic Program Handbook

2020-2021 School Year

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SECTION 1 - ATHLETIC PROGRAM INFORMATION

Since our school's inception in 2013 athletics and activities have been a central part of our campus life. Addenbrooke has offered boys and girls basketball and girls volleyball every year since our school opened. We have competed as members of the All-City Urban Charter League the past several years and have won multiple league championships in that league. As we have grown we have added new sports like soccer, flag football, and most recently we added cross country. As we continue growing we look forward to strengthening the programs we already offer and continuing to add more opportunities for our students to get involved. We believe that athletics and activities play a crucial role in developing the whole person. We believe that participation in athletics, music, and leadership provides students with balance and a wealth of opportunities to develop important life skills.

For the 2020-2021 school year our high school athletic program will for the first time in its history be a full member of CHSAA and eligible to participate in the postseason. We are members of the Confluence League for all sports at the high school level. We are also currently members of the DSST Middle School Athletic League and enjoy a full slate of league games plus a postseason tournament.

School Staff

Chris Kuetemeyer, Board President

Charles Wright, Executive Director

Jason Cross, Secondary Principal

Casey Behrendt, Director of Finance & Operations

Athletic Staff

Matt Cantrell, Athletic Director - mcantrell@addenbrooke.org

Linda Sherrill, Booster Club President - lherrill@addenbrooke.org

High School Coaching Staff

Fall Sports

TBA, Boys Soccer -

Tara Hatfield, Girls Volleyball - thatfield11@gmail.com

Greg Chavez, Cross Country - gregorychavez@yahoo.com

Winter Sports

Joel Pavelis, Boys Basketball - jjpavelis@gmail.com

Matt Cantrell, Girls Basketball - mcantrell@addenbrooke.org

Spring Sports

Jason Bolt, Girls Soccer - jbolt@addenbrooke.org

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Middle School Coaching Staff

Fall Sports

Justin Hagen, Boys Soccer - jhagen@addenbrooke.org

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Greg Chavez, Cross Country - gregorychavez@yahoo.com

Winter Sports

Nick Jezierny, Boys Basketball - nmj3990@gmail.com

Afriye Phillips, Girls Basketball - coachphillipsbasketball@gmail.com

Spring Sports

Marty Topping, Girls Soccer - marty-topping@comcast.net

Matt Cantrell, Flag Football - mcantrell@addenbrooke.org

SECTION 2 - ATHLETIC PROGRAM PURPOSE, PHILOSOPHY, and OBJECTIVES

Athletic Program Purpose

To help boys and girls become men and women of empathy and integrity who will lead, be responsible, and change the world for good.

Athletic Program Philosophy

The athletic program is an important part of the overall school academic program. The athletic program helps to support the accomplishment of the school vision through an intentional focus on character development while in the pursuit of excellence. Student-athletes are held to a standard of success for continued participation on athletic teams. Student-athletes are challenged to set goals, build teamwork abilities, and develop healthy habits. Through the platform of sports our teacher-coaches teach and model the following:

- Giving one's very best to whatever one sets out to do.
- Serving those around you and the larger community.
- Developing quality relationships with teammates, coaches, and opposing teams.
- Creating a sense of strong school pride and unity.
- Fostering good sportsmanship in balance with a competitive spirit.
- Establishing strong character exemplified by the traits of empathy, integrity, justice, responsibility, self-sacrifice, and self-discipline.
- Participating in sports and physical activity for optimal physical and mental well-being over one's entire lifetime.

Athletic Program Objectives

1. Support the overall mission and vision of the school.
2. Pursue excellence on and off the field/court.
3. Provide an opportunity for each student-athlete to grow and develop their character.
4. Provide an opportunity for each student-athlete to establish and maintain habits of good physical fitness and overall health in their life.
5. Grow and encourage school and community spirit for each of our athletic teams.
6. Establish a safe and inclusive environment where student-athletes can have fun and be themselves.
7. Make safety a priority through clear policies and training for coaches and athletes.

SECTION 3 - SPORTSMANSHIP EXPECTATIONS

Addenbrooke Classical Academy is committed to the principles of good sportsmanship. We believe that all student-athletes, coaches, and spectators should strive to represent the very best spirit and tradition of education-based athletics. Good sportsmanship is the cornerstone of a quality athletic program.

The following are our expectations:

COACHES:

1. Exemplify high moral character, behavior, and leadership.
2. Be a positive role model for all involved,
3. Respect the judgment of contest officials. Abide by the rules of the contest and display no negative behavior.
4. Discipline those on the team who do not abide by sportsmanship standards.
5. Treats own players and opponents with respect.
6. Inspires in the athlete's love for the game and desire to compete fairly.
7. Knows he/she is a teacher and understands the athletic arena is a classroom.

STUDENT-ATHLETES:

1. Accept seriously the responsibility and privilege of representing your school and community.
2. Treat opponents with respect.
3. Display modesty in victory and graciousness in defeat.
4. Play hard, but play within the rules.
5. Exercise self-control at all times, setting an example for others to follow.
6. Respects officials and accepts their decisions without gesture or argument.

PARENTS AND SPECTATORS:

1. Realize that your attendance at athletic events is to show support for the individuals/teams involved.
2. Should know and understand the rules of the contest.
3. Respect the integrity and judgment of sports officials
4. Appreciate the skills of all athletes participating.
5. Appreciate good plays no matter who makes them.
6. Show compassion for an injured player
7. Do not heckle, jeer or distract players. Do not use profane and obnoxious language and behavior. Do not get into chants against or negative exchanges with opposing fans.
8. Respect the property of others and the authority of those who administer the athletic contest.
9. Censure those around you whose behavior is unbecoming and failing to adhere to these expectations.
10. Leave the venue respectfully and accept the outcome of the game.

SPIRIT GROUPS:

1. Stimulate positive crowd responses and use only positive cheers and praise without antagonizing or demeaning opponents.
2. Treat opposing teams, spirit groups, and fans with respect.
3. Know the rules and strategies of the contest in order to cheer at proper times.
4. Maintain enthusiasm and composure, and always serve as role models.

Sportsmanship Motto

Be Loud - Be Proud - Be Positive

RESOURCES:

<https://chsaanow.com/activities/sportsmanship/>

<https://nfhslearn.com/courses/61130/sportsmanship>

<https://nfhslearn.com/courses/61166/teaching-and-modeling-behavior>

<https://nfhslearn.com/courses/18000/positive-sport-parenting>

<https://www.positivecoach.org/>

<https://insideoutinitiative.org/>

SECTION 4 - CODE OF CONDUCT

STUDENT-ATHLETE CODE OF CONDUCT

- I accept responsibility for my behavior on and off the field. I understand that what I do and say affects my teammates, my school, and other people either positively or negatively.
- I lead courageously and live with integrity by speaking up against injustice and on behalf of others when it is hard or unpopular.
- I act with respect toward myself and the people and things around me, including my parents, my coaches, my teammates, my teachers, my opponents, and the spectators.
- I do not put people in boxes according to their race, sex, religion, neighborhood, sexual orientation, or abilities. I judge people by the content of their character.
- I act with empathy. I try to understand what is going on in the hearts and minds of others and what is causing those feeling so that I can be supportive and encouraging. I ask, “How can I help you?”
- I serve as a role model at all times by talking politely and acting courteously toward coaches, teammates, opponents, officials, and spectators. I understand that it is a privilege to represent my family, school, and community as a student-athlete
- I give 100 percent effort to practices, games, and events. I understand that this effort demonstrates my commitment to the team and my respect for my coaches and teammates.
- I display good sportsmanship. I acknowledge and applaud the efforts of others. I encourage my teammates with positive statements. I refrain from boasting to my teammates and “trash-talking” to members of other teams. I accept defeat graciously by congratulating my opponents on a game well played.

Because I represent my family, my school, my team, and my community, I abide by the policies, rules, and guidelines of the school, team, and coaches.

Athlete Signature: _____ Date: _____

PARENT/GUARDIAN CODE OF CONDUCT

- Understand and endorse the purpose of our program: *to help boys and girls become men and women of empathy and integrity who will lead, be responsible, and change the world for good.*
- Support coaches by applauding behavior in your child and his or her teammates that demonstrate characteristics of empathy, integrity, sacrifice, and responsibility.
- Acknowledge and appreciate players' growth toward maturity and their effort toward establishing stronger relationships with teammates, coaches, and themselves
- Affirm your child and his or her teammates when good character, healthy sportsmanship, and other-centered behavior are displayed. Do not affirm only your child's athletic performance or a victory.
- Serve as role models for our athletes, talking politely and acting courteously towards coaches, officials, other parents, visiting team parents, and spectators.
- Model good sportsmanship. Acknowledge and applaud the efforts of our teams as well as our opponents. Accept defeat graciously by congratulating the members of the opposing team on a game well played. Support the team regardless of how much or how little your son or daughter plays or what the win-loss record is.
- Encourage your child and his or her teammates with positive statements, even when they make mistakes.
- Refrain from boasting about your child's accomplishments
- When problems or questions arise, please have your son or daughter present the problem to their coach. We want players to develop self-advocacy and responsibility. Please don't intervene on their behalf as you are stunting their growth as a person. After meeting with the coach, if the issue requires more clarity, please contact the athletic director.

Because I am a parent with the power and platform to make a positive difference in the life of every player, I commit to this code of conduct. When failing to live up to these standards, I will allow for accountability and take responsibility for my actions.

Athletes Name: _____ Sport(s): _____

Parent Signature: _____

Date: _____

COACHES CODE OF CONDUCT

- The purpose of our coaching is to help students become men and women of empathy and integrity who will lead, be responsible, and change the world for good.
- Be mindful to never shame a player, but to correct him/her in an uplifting way. Affirmation!
- Believe in every player.
- Protect our players. Be big enough to build up, not tear down. Our students are getting attacked from many places that we don't often see and of which we are not aware.
- Remember our job is to put our players in a position where they can develop to their fullest potential through proper teaching and nurturing.
- Each player is part of our family, deserves every chance to succeed, and deserves the utmost respect.
- Coaches can disagree in meetings or in private but never in front of players or anyone else outside of the team.
- Our players are student-athletes and we are teacher-coaches. We hold ourselves accountable as teachers of young men and women and the lessons they need in order to navigate life.
- If you do not know, say so, and get appropriate information. Don't bluff our kids! They know the difference.
- Remember that parents are our partners. We strive to work with each family in helping their sons and/or daughters to succeed.
- Love your players and the other coaches. Express affirmation readily.
- No profanity!
- Know the difference between shaming and coaching. No screaming, shaming, swearing, or sarcasm.
- Don't be afraid to apologize! We all make mistakes. When mistakes are made publicly, apologize publicly; when mistakes are made personally, apologize personally.
- We are nurturing successful people not just successful athletes.
- Treat all opposing coaches and their teams with honor true competitors deserve.
- Respect all referees, officials, and timekeepers. They are imperfect and trying their best just as we are.
- Regardless of our wins and losses, we will be successful if we carry out the above items.

Because I am a role model who has the power, position, and platform to make a positive difference in the lives of my players, I commit to this code of conduct. When failing to live up to our standards I will allow for accountability and take responsibility for my actions.

Signature: _____ Date: _____

SECTION 5 - COMMUNICATION EXPECTATIONS

Please use the following progression when addressing concerns:

1. Encourage your son or daughter to develop self-advocacy and talk to their coach and/or other players themselves. Please **DO** mentor them on how to have difficult conversations but please allow them to develop those skills themselves through practice.
2. If the issue is not being addressed despite student efforts or if you have concerns about the physical or mental treatment of your son or daughter please schedule a private conversation with the individuals involved.
 - a. Concerns shouldn't be addressed immediately after a competition or practice. Please use the 24-hour rule as it helps to de-escalate the conversation and allow both parties to have a reasonable conversation.
 - b. Please avoid negative talk on the sidelines or on the way home after games or practices. This can undermine the role of the teacher-coach and harm the learning experience for your son or daughter.
3. If after following the above progression you still have concerns please schedule an appointment to meet with the athletic director. Any issue involving the integrity of the athletic program or the safety/well-being of student-athletes may be brought directly to the athletic director.
4. If the athletic director is not responsive to your concerns please then communicate with the secondary principal.

The following things will not be tolerated in communication:

- Profanity
- Confrontations immediately following competition or practice
- Comments that publicly disparage or criticize another person.

SECTION 6 - TEAM SELECTION AND LEVELS BREAKDOWN

MIDDLE SCHOOL (6th - 8th Grade)

At the middle school level learning the fundamentals of the sport and understanding how to play the sport is the focus. The goal is to provide participation and training opportunities so the student-athletes are prepared for the demands of high school athletics. A team member is **NOT** guaranteed playing time.

JUNIOR VARSITY (9th - 11th Grade)

Skill development, participation, and training athletes for the Varsity level are the primary objectives of Junior Varsity sports. Playing time increases by contributing to team goals. Being a member of a junior varsity team does **NOT** guarantee playing time.

VARSITY (9th - 12th Grade)

Selection to a varsity team is based on ability, attitude, effort, knowledge of fundamentals and commitment. The goal of varsity teams is to compete for league, district, regional, and state championships while maintaining the highest ideals of education-based athletics. Players earn the privilege to play. The best players play as much as necessary to help the team. A team member may play every minute or sit on the bench the entire game depending on competitive circumstances. Participation on the varsity team does **NOT** guarantee playing time.

CRITERIA FOR TEAM SELECTION

The number of students permitted on some teams and in some sports may be limited due to allowable roster sizes, coach availability, and facility schedules. For these teams, a tryout will be conducted and cuts may be made. At the tryout, all student-athletes will be afforded an opportunity to showcase their talents and earn a spot on the roster. The basis for team selection will be at the sole discretion of the coach. Coaches will utilize a clear and concise rubric for the tryout period. The tryout rubric criteria will include but is not limited to, the following indicators:

- Demonstration of positive behavior, attitude, and academic performance.
- Demonstration of good sportsmanship and teamwork.
- Demonstration of physical fitness.
- Demonstration of required skills (sport-specific skills testing).

ATTENDANCE POLICY

Student-athletes of all sports/activities are required to attend all scheduled practices and meetings during the established sports/activity season. If circumstances arise whereby the student cannot attend a practice or meeting, the validity of the reason will be adjudged by the individual coach. In all cases, however, the coach must be notified, prior to the practice or meeting missed, by personal contact, phone call, or written statement from the parent or guardian.

It is expected that athletes will attend a full and normal class schedule on the day of an event. Exceptions to this rule would be an excused absence or a family emergency. If absent for an unexcused reason on the day of an athletic event students will be prohibited from participating.

TRYING OUT FOR ANOTHER SPORT

If an athlete is eliminated from one sport, he/she is eligible to participate in another sport during that season at the discretion of the coaches. An athlete faced with this situation would be encouraged to go out for another sport unless eliminated because of disciplinary reasons or eligibility infractions.

DROPPING OUT OF A SPORT

Any student may drop out of a sport if it is done in the proper way. First, the student must make the reasons known to the coach. Secondly, the athlete must return all equipment and clear all financial responsibility with the school. *Refunds of participation fees will not be issued.*

DUAL AND MULTI-SPORT PARTICIPATION

Each student is encouraged to participate in as many different sports during each school year as possible. The students and their parents should determine the choice of sports. Coaches will be encouraged to allow students to participate in multiple sports seasons with priority being given to the in-season sport when applicable.

A student may participate in two sports during the same season provided the parents, coaches and school athletic director approve. Requirements for dual participation include the following:

- A meeting will be held with the athlete, parents, coaches and athletic director prior to the first contest.
- The athlete must choose a primary sport. All parties will sign a written agreement, which includes specific information regarding practices and priority of contests during the regular and postseasons.
- The athlete must practice nine days in each contact sport before participating in a contest. If a conflict arises, the school athletic director will intervene and make a determination, which will be binding.

SECTION 7 - ELIGIBILITY

The Colorado High School Activities Association (CHSAA) sets minimum standards for athletics eligibility. Individual schools may choose to enforce a stricter standard if desired. The CHSAA standards may be reviewed by going to <https://chsaanow.com/tools/bylaws/>

REGISTRATION:

If a student-athlete wants to participate in athletics at Addenbrooke they must complete the following requirements before their first athletic contact in tryouts, practices, scrimmages, or games:

1. Go to www.addenbrookemustangs.org and click on the “Register” tab.
 - a. High School Athletes must complete the following:
 - i. Upload a completed CHSAA Physical History and Examination Form from within the last 365 days of participation.
 - ii. Upload a current medical emergency card.
 - iii. Upload a signed CHSAA Parent Permit for Athletic Participation Form
 - iv. Upload a signed CHSAA Bylaws Student and Parent Information Form
 - v. Parent and Student must complete a one-time account creation to www.PlanetHS.com
 - vi. Sign all required waivers.
 - b. Middle School Athletes must complete the following:
 - i. Upload a current sports physical from the last 365 days of participation.
 - ii. Upload a current medical emergency card.
 - iii. Upload a signed JeffCo Schools Participation Contract
 - iv. Sign all required waivers.
2. Contact the head coach of your team and inquire about schedule and expectations for tryouts and the upcoming season.
3. Contact the athletic director and make sure paperwork has been received and processed prior to first contact.

PARTICIPATION FEE:

There will be a mandatory participation fee for all student-athletes in the 2020-2021 school year. This \$75.00 fee (PER SPORT) will primarily go towards covering the cost of transporting students to away games in district/charter buses. The fee will also help to offset some of the costs with equipment/uniforms and officials.

Payment must be made before students can be placed on a final team roster. Payments can be made directly to the school office by cash, check, or credit card. Credit card payments can be made over the phone as well, 303-989-1336 Ext. 138

Please select all sports you are interested in trying out for. You will only need to pay a fee for the sports that choose to participate in and you are selected onto the team for.

ACADEMICS:

*Please Refer to CHSAA Constitutions and Bylaws, Article 17, p. 37
for State Regulations on Eligibility*

<https://chsaanow.com/tools/bylaws/>

1. All athletes must be enrolled students of Addenbrooke Classical Academy.
 - a. Exception #1 - Home school students who meet statutory requirements may be eligible to participate provided they meet all other requirements for eligibility and can provide documentation of adherence to school policies.
2. All athletes must represent the school's ideals in matters of citizenship, conduct, and sportsmanship.
3. During the season of participation, athletes must be enrolled in a minimum of 2.5 academic units per semester and must pass a minimum of 2.5 academic units (Plan B).
 - a. *Any credit accepted by the school, placed on the student's transcript and used toward meeting graduation requirements may be used. Including correspondence course credit, vocational school credit, college/university credit, online course credit, work-study credit, and special education credit.*
 - b. At Addenbrooke, this looks like **taking and passing a minimum of 5 classes on campus, or a total of 3 Early College classes, or some combination of both.**

At Addenbrooke, we believe in supporting our student-athletes academic success and have put in place an additional Stricter Standard of Eligibility in line with CHSAA Bylaws Article 1720 (p. 42). **It is our policy that all student-athletes must maintain an in progress minimum grade of 70% in all but one of their classes and may not have any grade below 60%.**

Periodic in progress grade checks will be conducted on a weekly basis to determine ongoing eligibility. At Addenbrooke, we will pull grade reports at 9 am on Monday mornings. Suspensions will go into effect on Wednesday morning at 8 am and last for one full week. You may not regain eligibility during the period of your suspension. However, you may turn in a grade correction form to the register prior to the Wednesday at 8 am deadline to have your suspension rescinded. The grade correction form must be signed by a parent/guardian and the corresponding teacher(s).

4. Athletes must have also been eligible per item 3) at the close of the previous semester. Failure to pass at least 2.5 academic units would result in your ineligibility for the following semester.
 - a. Students do have an opportunity to regain eligibility within the semester if they can meet the standard by the set CHSAA deadline. See CHSAA Bylaws (p. 39)

DROPPING OUT --A student who drops out of school after having been enrolled and in attendance fifteen days will not be eligible the following semester of his/her attendance. If the student attends fifteen days or more during the semester, he/she must complete the required number of credits for the whole of that semester to be considered for eligibility during the next semester.

SUSPENSIONS -- A student is ruled ineligible to participate in practice or games while on school suspension. Upon return to regular status on-campus students may still have additional time where they are prohibited from participating in practices and/or games based off of violations of athletic policy and/or team rules.

EXPULSIONS -- A student who would be ineligible in any school because of expulsion, denial of admission or negotiated withdrawal may not become eligible for competition at any level by transferring. The period of ineligibility is determined by the school at which the ineligibility occurred. A transfer at the beginning of the school year does not decrease or eliminate the period of ineligibility caused by the expulsion. A student may not transfer schools to avoid expulsion time periods.

MAKE UP WORK -- No makeup work shall be permitted after the close of the semester and/or the designated periodic eligibility check for the purpose of becoming eligible; and a "condition" shall, for purposes of determining eligibility, count as a failure.

HARDSHIPS -- A student failing to complete work during the normal semester because of a manifest hardship (injury - illness, or other circumstances beyond his control) may be permitted, at the discretion of his/her high school principal, to make up the work within a reasonable time following the student's recovery. A "reasonable time" in most cases would be a like number of days that the student was absent from school. Prior notification must be filed with CHSAA.

SUMMER SCHOOL -- Summer school or its equivalent credit accepted by the school toward graduation may be used to replace any Carnegie units or the equivalent of credit failed if completed by the Thursday prior to Labor Day. Credits made up through summer school must be in the same curricular area and be accepted to meet the graduation requirements of classes previously failed. Written notification of a student(s) regaining eligibility through summer school must be included with the first-semester eligibility report.

REGAINING ELIGIBILITY -- Students who have not met the academic requirements at the close of a semester may regain academic eligibility following a period of time (See current CHSAA Bylaws for dates) at which time the student must successfully meet the general academic eligibility standard.

BEHAVIOR:

SUBSTANCE USE -- The use (lighting, chewing, smoking, inhaling, vaporizing, ingesting, injecting or application) or possession of drug paraphernalia, alcohol or any product that contains or is derived from tobacco, nicotine or steroids and is intended to be ingested, inhaled or applied to the skin of an individual will not be tolerated, regardless of quantity. The following represent minimum sanctions for violation of this rule and shall be served at the first possible contest following the infraction. In cases of greater severity, the responsible administrator may increase the sanction up to and including suspension from school and from all interscholastic participation.

Observance of all training rules involving the use or possession of tobacco, alcohol, or drug paraphernalia, drugs, including steroids, is a responsibility of the participant.

- a. The first violation for sports with 11 or fewer contests will be a one contest suspension and for sports with more than 11 contests, the sanction will be a two-contest suspension.
- b. A second violation occurring at any time during a student's attendance in the Jefferson County Schools will result in a suspension from twice as many contests as are provided for the first violation. Where drugs, tobacco or alcohol are involved in both violations, the student must demonstrate evidence of participation in an alcohol or drug treatment program prior to returning to competition.
- c. A third and any subsequent violation occurring at any time during a student's attendance in the Jefferson County Schools will result in suspension from all interscholastic athletics for one full year from the occurrence date.

STUDENT CONDUCT -- Participants are expected to conduct themselves in a commendable manner at all times in the school, the classroom, during interscholastic activities, and toward opponents, officials and spectators. The use of profane language is not acceptable and will not be tolerated. **There will be "zero tolerance" for assault upon, hazing, disorderly conduct toward, harassment of, intimidation of, discrimination against, or any criminal offense against another student or damage of property of another student.** Any behavior, on or off school property, which is detrimental to the welfare or safety of others will not be permitted.

- a. Violation of these expectations may result in game suspensions, code of conduct penalties, and/or removal from the team at the discretion of school administration.

SPORTSMANSHIP VIOLATIONS -- Any athlete participating in an athletic event who flagrantly violates the rules of good sportsmanship should be removed from the game immediately by the coach regardless of the action taken by the game officials. The school administrators of the two schools involved and the District Director of Athletics have the responsibility to determine if further disciplinary measures are warranted.

- a. Any player who has been disqualified from a match or contest for committing any unsportsmanlike act shall be disqualified for the remainder of that match or contest. In addition, the player shall be ineligible for the next regularly scheduled match or contest of the same level (sophomore, junior varsity or varsity). The number of matches, meets or contests for which the participant has been declared ineligible will decrease the stated maximum allowable matches, meets or contests in each sport for the disqualified participant.
 - i. If such ejection occurs in the final match or contest of the season, then that player shall be ineligible for the first match or contest of the next season of sport that player elects to play. In satisfying the penalty the player must sit out a game in a sport in which he/she competes for the entire season.
- b. Any player ejected from a second match or contest during the same season shall be ineligible for the next two matches or contests of the same level.

- c. Any player ejected from a third match or contest during the same season shall be subject to a penalty determined by the Commissioner.
- d. These represent minimum sanctions for violation of this rule. In cases of greater severity, the responsible administrator may increase the sanction up to and including suspension from all interscholastic participation.
- e. The athlete may not take part in any other games or contests at any level during the suspension time.
- f. Any athlete who has been disqualified for unsportsmanlike behavior or because he/she is ineligible may not dress out or sit on the team bench during the period of suspension.

GENERAL RULES:

- 1. A student is ineligible to enter interscholastic athletic competition if they are 19 years of age prior to August 1st of the year of their participation.
- 2. Any student who has attended more than eight semesters (in grades 9 through 12) is ineligible for high school athletics, except a student otherwise eligible may complete a season's participation in a winter sport begun in his eighth semester.
- 3. No high school student shall play more than four seasons in one sport.
- 4. Any athlete certified to compete in athletics must be an amateur i.e. not receiving compensation for playing a sport

TRANSFER STUDENTS:

If a student is new to the school as a 10th, 11th or 12th grader then it is required that she/he meet with the school's Athletic Director prior to participating in tryouts, practices, or games in order to establish eligibility as a transfer student. Paperwork from the prior school must be collected along with paperwork from the current school and these items must be sent to the CHSAA office and approved prior to the student's participation.

State statutes allow for students not attending a particular high school, whose home school (charter or otherwise) does not offer athletics or does not offer certain sports for which the student wishes to participate, to participate at a school offering such sports in the student's district of attendance or district of residence. The student is required to meet with the participating school's Athletic Director in order to establish eligibility at the school for which she/he wishes to participate.

SECTION 8 - AWARDS

The Colorado High School Activities Association (CHSAA) and JeffCo School District Athletics Board have established standards for athletic awards. Where applicable those guidelines are listed below. Additionally, award criteria specific to Addenbrooke is listed below.

GENERAL GUIDELINES:

- No awards of any kind other than awards by the school, the association, or a group approved by the school or association and limited in value to \$50, shall be made to participants in any inter-school activity.
- If unapproved awards are offered and accepted by the participants, such participants shall jeopardize their eligibility to represent their school in any inter-school activity; and, further, such acceptance shall jeopardize standing of the school in the Association and may result in the suspension of the school.
- The state rules on citizenship, scholarship, and attendance are to be followed and included in award criteria.
- The decision of giving an athletic award to a player, once the sport guidelines have been met, shall be subject to the approval of the coaches. These names are then submitted to the athletic director for final approval.
- If awards are given to the athlete by the school, the coaches and the school administration reserve the right to pick up the award for violation of county or school athletic policies.

LETTERS:

- Only one athletic letter may be given to a participant during his/her high school career. The first time a student letter in each sport or activity they will receive a pin. Each year after that, if a letter is earned a service bar may be awarded.
- Service Award: A senior girl or boy who has completed two or more years of participation in any sport may be recommended by the coach for a varsity letter. A coach, under unusual circumstances, may recommend for a senior who has not completed two years of participation to receive a varsity letter.
- Hardship Award: Any girl or boy who is injured or ill and who, in the opinion of the coach, would have earned an award had the injury or illness not occurred, may be considered for an athletic letter. A coach may also recommend an award if an athlete is forced to discontinue competition and has not earned a letter because of illness, injury, or a death in the family.
- Managers Award: In order to letter, a girl or boy must manage two years in the same sport or manage one year in two sports. The service award also applies to managers.
- Athletic Trainer Award: The student must have a basic first aid card, log 175 hours, and fulfill attendance and other athletic and academic requirements of that sport. CPR certification is also recommended for consideration of this award.

LETTER GUIDELINES

BASKETBALL

- An athlete shall play in half of the total quarters of all varsity games played.
- Quarters played in state playoff games may be counted in the foregoing minimum.

CROSS COUNTRY

- An athlete must earn at least 5 points to earn a letter.
- An athlete placing in the upper 25% of the conference or upper 50% of the state meet automatically earns a letter (Varsity Runners Only)
- Additional points may be earned by participation in any varsity meet:
 - 5 points for a 1st place finish
 - 4 points for a 2nd place finish
 - 3 points for 3rd place finish
 - 2 points for a top 10 finish
 - 1 point for counting as a top 5 runner for the team score.
 - 1 point for breaking 18:00 (boys) and 21:00 (girls) (**ONE TIME ONLY**)

SOCCER

- An athlete shall play in a minimum of half of the varsity halves played on the schedule.
- Halves played in state playoff games may be counted in the foregoing minimum.

TRACK

- An athlete shall earn at least 11 points during the season by placing in the top six at varsity meets or by placing in the top nine at the state meet.
- Each member of a relay team receives points by taking the points awarded for each relay race and dividing by two, with five (5) points being the maximum possible for any one race.

VOLLEYBALL

- An athlete shall play in at least half of all varsity sets during the season. Clarification: Sets are not to be confused with matches.
- An athlete who represents his/her school in the state tournament may be recommended for a letter.

ALL STATE SELECTION

- In team sports an athlete must be declared or recognized as a first, second or honorable mention place, or All State athlete or All Colorado by commercial news media.
- In individual sports the following athletes will be recognized: Cross Country, top 7; Golf, top 5; Gymnastics, top 5 per event plus top 5 all arounders; Skiing, top 3 per event; Swimming, top 3 per event; Tennis, top 5 in #1 singles, 1st place in #2 and #3 singles, 1st place in #1, #2, #3 and #4 doubles; Track, top 3 per event; Wrestling, top 3 per weight.
- Athletes may also be recognized when named 1st team by commercial news media. Coaches may participate in any media All Conference, All Metro or All State selections

ACADEMIC ATHLETIC HONOR ROLL

- Criteria: Athlete must be a ninth through twelfth grade, letter winner with a cumulative GPA of 3.50 or higher. The GPA for a qualifying freshman is based on the first semester grading period of their freshman year.