



2018-2019 Student Athlete Handbook

RayeLynn McCabe
Principal

James Roe
Athletic Director

STUDENT ATHLETE HANDBOOK

This handbook has been compiled from existing rules that are a part of the TCHS Student Handbook.

Each student-athlete and parent/guardian must sign the back page of this handbook and return before participation.

You can read this entire Handbook and Student/Parent Athletic Acknowledgement Form. Please read, sign and return.

For more information contact the Athletic Director.



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I. Tuba City High School Athletic Mission Statement

The mission of the Tuba City High School Athletics Department is to provide an athletic program that can extend the learning experience beyond the classroom. The TCHS athletic program strives to develop students socially, mentally and athletically; encourage leadership, responsibility, teamwork and sportsmanship. The interaction between individuals on the fields of sport teaches students the value of teamwork and the proper competitive spirit. Sportsmanship and fair play are developed in an atmosphere of mutual respect.

II. Athletics Philosophy – Tuba City High School

It is indeed an honor and a privilege to participate in high school sports. You are developing your athletic ability as well as your leadership skills. Each student-athlete is expected to act in a dignified and mature fashion. You will learn to win with class, and lose with dignity. You will come to respect your peers and your coaches. Remember that your actions do not only affect you, they can have a major impact on your entire team, the TCHS community and the entire Town of Tuba City.

Objectives

- a. Promote academic excellence in the classroom.
- b. Recognize and promote good sportsmanship, ethics, teamwork and the value of competing, win or lose.
- c. Encourage coaches and student athletes to be leaders, role models and persons of character.
- d. Student athletes will be required to demonstrate time management skills necessary for successful participation (e.g. paperwork, on time for busses and games).
- e. We encourage positive decision making as student athletes will be held accountable for decisions that impact their individual or team performance.

Beliefs

We believe student athletes are accountable for leading a healthy lifestyle both in and out of season. We believe that athletes are role models and representatives of our school community are inherently held to high expectations.

We believe winning is an attitude resulting from optimum preparation, concentrated effort and a deep commitment to excel.

We believe sacrifice is part of balancing extracurricular activities.

We believe morale, satisfaction, and performance are enhanced when athletes work together as a team.

We believe open communication and mutual respect among coaches, parents, and athletes provide the foundation of a successful athletic program.

We believe positive parent support and involvement enhance student growth and program quality.

• We believe that TCHS athletes make a strong contribution to the public image of our high school program. All those involved should accept the outcomes of the games or situations.

III. Athletic Philosophy – AIA Mission Statement- Create and sustain an ethical culture through activities that encourages maximum student participation by providing AIA member schools with an even playing field to ensure fair and equitable competition in interscholastic activities.

Philosophy Interscholastic activities are beneficial to the total education program.

- Committed to the inclusion of equitable interscholastic opportunities for both boys and girls in all Arizona high schools.
- There is a need to maintain a proper balance between the academic programs and extracurricular activities of the member schools.

AIA Constitution and bylaws may be found on aiaonline.org.



IV. Participation Rules & Guidelines

A. Tryouts & Team Sizes

An unlimited participation policy will be used whenever possible. There are factors, however, which necessitate the size of the team to be limited in order to maintain a high level of safety, coaching, playing time and practice time. The following will be considered reasons to limit the size of the team:

- Available time and facility (e.g. most indoor sports)
- An exceptionally large number of students trying out for a sport (e.g. 60 candidates for basketball)
- Safety factors (e.g. ratio of students to coaches)

The approximate size of the squad will be announced at the first tryout. Whenever possible, no cuts will be made until after three tryout sessions. A senior, who has participated in the same sport for three years, at any level, normally will be continued as a team member if space permits. The coach, however, makes the final decision.

B. Varsity - JV - Freshman Teams

Varsity: Our finest athletes in terms of ability and attitude are chosen to represent TCHS competition. At this level:

➤ Varsity athletes are expected to make a full and sincere commitment to the team. We ask parents to be mindful not to schedule appointments that conflict with practice and games. It is essential to the success of the team and to the development of our student-athletes that they commit fully to the team experience and are in attendance daily.

➤ The playing time and other strategic decisions for Varsity Athletes and are determined solely by the coaching staff. Thus there will be contests in which some athletes do not play.

Junior Varsity and Freshman: Junior Varsity and freshman teams are geared toward learning and improving the fundamental skills needed in order to play at a more competitive level.

➤ At this developmental stage, coaches attempt to give all student-athletes adequate playing time, but they also take into account commitment, attitude, effort, and game situations.

➤ At the Junior Varsity level, playing time may not be equal.

➤ At the freshman level, every effort will be made to provide equitable playing time. This equality is for the season as a whole as it may not occur game to game.

➤ The success of the JV and freshman programs should not be defined by its record, but by individual and team improvement throughout the season.

➤ Student attendance and effort at practices may affect playing time.

C. Student Requirements

Attain a grade of C- or better in at least 4 classes during the last marking period preceding the particular sport. A student cannot at any time represent a school unless that student is taking at least 4 classes.

Grade checks will be conducted every three weeks by the Athletic Department throughout the year for athletes participating in a sport. Coaches will notify students if they have a D or F that they are ineligible until grade is brought up to a C before the student athlete may resume playing.

Student Athletes are required to attend re-teach every Monday and Wednesday after school. Coaches will not let the students practice unless the student brings a pass from the teacher. Students may attend extra tutoring as needed and must communicate with the coaches. Students will be placed on an academic success plan by the coaches to assist the student in regaining academic eligibility.

- Meet AIA academic, age, transfer, and consecutive semester eligibility criteria as well as regulations established by leagues in which we participate. Please refer to aiaonline.org.
- Submit parental permission.
- A new physical must be completed and submitted prior to beginning practice each calendar year.
- Settle all school accounts of previously issued clothing, books and supplies, which must either be returned or paid for.

V. Participation Expectations for Students, Parents, Coaches

A. Expectations of Student Athletes - General

- Student-athletes are expected to attend all scheduled practices and games unless excused, in advance, by the coach. Any athlete excused by the coach should bring a written reason for the absence to the coach when returning to practice. Excessive absence will result in dismissal from the team.
- With approval by Administration, coaches may have individual rules for their teams. These rules are in addition to the existing athletic code.
- Hazing is prohibited on any team. The attached M.G.L. at the end of this handbook as well as the "What Do I Need To Know About Hazing" are important for all student- athletes to read, understand and comply with.
- Any athlete suspended for violation of athletic rules or individual team rules is not eligible for a letter or any other athletic award.
- Any athlete suspended for an alcohol/controlled substance violation will be ineligible for all- star teams.
- Coaches will set the standards for dress to and from the event.
- A student may not drop out from a sport to try out for another sport after the first week of practice, unless the coach has cut him/her from a squad (for reasons other than eligibility or disciplinary reasons).
- An academically ineligible student may not be involved in or participate in any team activity without prior permission from the coach, athletic director and principal. This includes practices, team bus, transportation, etc.
- Players are not allowed in any part of the building except the gym, locker rooms or accompanying corridors. Athletes are not allowed to roam the school once the coach has left and practice has ended. Once the coach has cleared the locker room all players are expected to leave via the doors by the gym. Any rough housing that occurs after practice between student- athletes will lead to disciplinary action. Students should plan accordingly for access to their school lockers before practice.
- No spikes or cleats will be worn in the building.
- If a student-athlete loses a piece of equipment that has been issued to him/her, they must pay for that piece, prior to having another one issued.
- Students may participate in only one organized high school sport per season. They also may not take part in an intramural program while they are participating on a team.
- Students who are managers or work in some capacity for a team, other than as a player, are expected to adhere to all rules established by participants.

- Cheerleaders, as student-athletes, are expected to adhere to all athletic regulations.
- Any questions that the student may have should be taken to the Athletic Director for explanation or clarification. The student will always have the right to due process as outlined in the TCHS Handbook under the Students' Rights and Privileges section.

B. Expectations of Student Athletes - Away Contests

- All team members are expected to ride to and from a sporting event on the bus provided for them. Exceptions must be approved by the administration during school hours prior to the game. A note from the parent(s) must state the reason for the request. Notes will only be approved for extenuating circumstances such as injuries requiring medical attention, funerals, family emergencies and other circumstances deemed appropriate by the administration.
- Our intent is to make it clear that time on the bus to and from games is often an important part of our coaching time with students. Coaches will make announcements, review strategy, energize students for continued dedication, etc. We feel strongly that our students must be part of those experiences.
- There will be no stops on the trips back from contests, unless permission has been granted by the school administration.
- When at another school or athletic venue, each member of a Tuba City High School team will act in a way that represents the character, maturity and discipline that is at the core of our athletic mission statement.

C. Expectations of Parents

- Parents are encouraged to disclose information regarding their students' learning, social or emotional differences or disabilities to the coach prior to try outs and participation.
 - Parents should, whenever possible, limit appointments and other obligations that conflict with an athletic programs practice and competition schedules.
 - Parents should encourage students to always travel on a team bus.
 - Parents should reinforce the TCHS Athletic Handbook Philosophies, Objectives and Beliefs outlined in Section II of this Handbook.
 - Parents should maintain a level of grace throughout an event regardless of the participant's performance, the officiating, the coaching decisions and the outcome.
- Parents should help their student athlete with time management to maintain a balance between school and athletics.

D. Expectations of Coaches

- Full disclosure of injuries to parents, trainer, and school nurse
 - Coaches will have open communication with administration, teachers, parents and students.
- Coaches will have a mandatory parent meeting at the beginning of the season and schedule meetings throughout the season to keep parents involved.
- Setting expectations for athletes and their respective programs.
 - Scheduling and sharing schedules of practices, games and events in as much advance as reasonable given availability of space, weather and unforeseeable circumstances.
 - Encourage student-athletes to access extra help when needed and support that athletes are students first. Coaches will assist students with time management skills to assist students in maintaining academic eligibility. An academic success plan will issued to students not meeting the academic eligibility requirements by the coach to assist in regaining eligibility.

VI. Conduct Requirements

A. In-school Conduct

While athletics take place, for the most part, after school hours, it is still imperative that a student-athlete remember that his/her main priority is to be the best student they can possibly be. Student-athletes are seen as leaders in the school community and should act in a way that represents not only themselves, but also the team and school, which they represent. It is imperative that both student-athletes and their parents are aware of the following rules:

- Student-athletes must be in school by 7:45 AM (which is the start of the school day). To participate in practice or a game that day. If the game is held over the weekend, then that student must be in by 7:45 AM on Friday morning. If a student is absent on Friday they will not be allowed to play over the weekend.
- Student-athletes will not be allowed to participate in practice or a game that day if he/she is dismissed from school, [unless student-athlete returns with a note such as doctor/dentist/legal}.
- Only the Athletic Director or Administrator can consider any exceptions to the above rules.
- If a student is suspended from school for any reason, he/she will be ineligible to participate in sports from the end of school on the day the suspension is given until the day he/she returns to school from their suspension. This includes contests, practices during the weekend if a student is to return to school the following week.

- If a teacher or the main office issues a detention to a student-athlete, serving that detention takes precedence over any practice or game.

- Students are excused for being late to practice if they have been receiving extra help from a teacher, the National Honor Society peer tutoring program or are making up work. Each student should bring a note from the teacher/ tutor to his/her coach.

- No student will be required to attend practice on Sundays or religious holy days.

B. Alcohol/Controlled Substance/Tobacco

All athletes are governed by the Tuba City High School and AIA controlled substance rule. The use, possession, or sale/distribution of alcoholic beverages, tobacco products (including e-cigarettes and vaporizers) or controlled substances is forbidden by school policy, the AIA, and state law. Students in the presence of others who are using, selling, distributing, or in open possession of these substances will be subject to disciplinary action up to and including the full application of this policy. Consequences for violating the alcohol/controlled substance policy are listed in the TCHS Handbook. From the earliest fall practice date, to the conclusion of the academic year or final athletic event (whichever is latest), a student shall **not**, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product(including e-cigarettes and vaporizers); marijuana; steroids; or any controlled substance. This policy includes products such as “NA or near beer”. It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student’s own use by his/her doctor.

VII. Physical Well-being of Athletes

A. General

☑ TCHS does not want to have any athlete who is injured or impaired participating in practice or games. If a student-athlete has been referred to a doctor or has gone to see one on his own, they will not be allowed to participate until the doctor clears that person in writing.

- ☐ Parents are encouraged to disclose information regarding their students learning, social or emotional differences or disabilities to the coach prior to try outs and participation.
- ☐ If during the course of a game or practice, the athletic trainer, EMT, or physician deems an athlete unfit to continue, then that player will not be allowed to continue. Coaches, parents or players cannot overrule a decision made by any of the aforementioned people.
- ☐ Student-athletes visiting the training room prior to practice or a game should only stay as long as is needed to treat his/her injury. The training room is not a hangout.

B. Concussions

A: ARS §15-341 (A) (24) (b) (SB 1521) mandates that schools provide concussion education information to students, parents and coaches. The Brainbook concussion course was approved by the AIA Executive Board on August 15, 2011 as the concussion educational component to this new law.

Brain book course is required for all incoming freshman and transfer students. The course can be found on aiaonline.org .

C. TCHS Public School's Concussion Protocol

- Student sustains head injury.
- Physician evaluates student (ER, ImPACT Clinic, private physician).
- Coach/school nurse completes accident report if injury is school related.
- Physician instructs parent/student on Color Stage (see next page) at time of injury evaluation.
- School nurse receives notification (Report of Head Injury during Sports Season form) of concussion and Color Stage protocol from physician/parent.
- School nurse notifies guidance department and teachers/coaching staff of injury and Color Stage.
- Coach insures athlete adheres to Color Stage protocol.
- Teachers modify work using the Academic Expectations during Post Concussion Recovery guide.
- Teachers and students maintain open dialogue regarding work expectations.
- Teachers maintain e-mail communication with parent.
- Physician orders post-concussion testing as appropriate.
- Physician notifies school nurse of all Color Stage progression.
- School Nurse notifies all of Color Stage progression, recovery and return- to-play.

HeadSmart Post Concussion Color Stages of Recovery

Red Stage

- Students typically do not attend school
- Strict limits on screen time/use of electronics/reading
- Parent/guardian: Inform school of injury and request a Team Captain
- No sports/rough housing
- REST

Orange Stage

- Attend school half to full days
- REST at home
- Continue limits on screen time/use of electronics/reading
- Avoid school bus and heavy backpacks
- Work with school Team Captain regarding school accommodations
- No tests in school
- No sports, band, chorus, PE •REST

Yellow Stage

- Attend school full-time if possible
- Work with your teachers regarding homework deadlines ("self advocate")
- See school nurse for pain management or if rest is needed
- Limit one quiz/test per day — consider un-timed testing
- Work in 15 minute blocks, complete as much homework as possible
- No sports
- Decide with your team about band, chorus, PE

Green Stage

- Attend school full-time
- Self-advocate at school (staggered due dates for assignments, tutor if needed)
- Resume your normal activities
- Resume sports once school work is back on track and symptom free and cleared by a physician

VIII. Captain Selection Process

The selection of a team captain is an important event. There are many criteria that go into defining a captain of a high school sports team. Captains must be student athletes that the rest of their team, the adults in the school community and the community at large will respect and support. Captains in turn must respect and support their teammates at all times. Captains or leaders must never put themselves above the team. Captains must understand that they are subject to the same rules and consequences as every other member of the team.

A. Selection Protocol

- Selection Process is under the direction of the head coach. Any exceptions to this process must be approved by the Principal and the Director of Athletics prior to the selection of captains
- Nominations must come from current team members
- Verification of qualifications/eligibility by head coach and assistant principal
- Vote by secret ballot of current team members
- Each team shall have at least two and not more than four captains

B. Qualifications/Eligibility

- Overall grade point average must be 2.5 or higher
- Attendance and tardy record of 90% or better
- Must have lettered or had significant playing time in the sport the previous year
- A record of no major disciplinary actions or expulsions from school
- Must have demonstrated a commitment to the sport, attends all practices on time and leads by example.

C. Selection Time Line

- At least one week after pre-season practice has begun
- Captains are selected each year

IX. Anti-Hazing Law

What is HAZING?

- Any conduct or initiation into a student organization which willfully or recklessly endangers the physical/mental health a student.
- Examples include beating, forced consumption of food, alcohol or drugs or any other brutal treatment that is likely to adversely affect the physical health/safety of another student.
- The victim's consent cannot be used as defense to escape from prosecution of the law.

What if I know someone who is being hazed by his teammates?

• Report it immediately to Coach, Teacher, and Athletic Director, Dean of Students, Administration or a parent.

What can happen to those who haze another student?

• Discipline will be administered according to the Student Handbook adopted by the TCUSD Governing School Board. This may be found on page 29 of the TCHS Student Handbook.

3A North/AIA Parent/Guardian/Family Code of Conduct

An important mission of the interscholastic athletics program is to teach and reinforce values relating to sportsmanship, competition and fair play. It is expected that team personnel, parents, guardians, and spectators respect this mission by exhibiting appropriate behavior at athletic events. Students whose parent/guardian is determined to be in violation of the following conduct codes will be immediately subject to disciplinary action:

- A. I will respect the coaching staff and their decisions, understanding this is competitive athletics.
- B. I will not enter the field of play/competition, scrimmage or practice unless otherwise asked to do so by the coach.
- C. I will not verbally or physically abuse, confront, taunt, harass or demean a coach, student-athlete, opposing student-athlete or coach, referee or official at any time in person or online.
- D. If I have questions regarding playing time or position, I understand there must be a 24 hour period of time after any competition before talking to the coach.
- E. I understand parents/guardians cannot coach their child or other student-athletes from the sideline or anywhere else during scrimmages, practices, or games.
- F. I will make every effort to allow my child to attend all practices, competitions, and team functions.
- G. I will follow the “chain of command” to lodge a complaint, beginning with the coach.
 - Student-athletes initiate contact with their coach.
 - If the player – coach meeting doesn’t resolve the issue, a meeting will be scheduled with the parent(s)/guardian(s), player, coach and Athletic Director.
 - All decisions will be made in the best interest of the team and students first.

Upon a first offense, a written letter of warning will be issued. A second offense will result in the parent/guardian being banned from all remaining athletic events for the school year. A third offense will result in the student’s immediate removal from the team.

Student/Parent Athletics Acknowledgement Form

Date: _____

THE STUDENT ATHLETE HANDBOOK CAN BE FOUND ON THE TUBA CITY PUBLIC SCHOOLS WEBSITE:

Please List: Fall Sport _____

Winter Sport _____

Spring Sport _____

Grade (Circle One) 9th 10th 11th 12th

PLEASE READ THE HANDBOOK ONLINE AND SIGN THIS SHEET ACKNOWLEDGING IT HAS BEEN READ. IF YOU WOULD LIKE A HARD COPY OF THIS HANDBOOK, ONE CAN BE OBTAINED IN THE PRINCIPALS OFFICE.

STUDENT/PARENT ACKNOWLEDGEMENT

I/we have read the entire Student Athletic Handbook. I/we understand the expectations that Tuba City High School and the AIA has for all student-athletes and will do my/our best to see that these standards are met. I/we are cognizant of all consequences for any violation of the Student Athlete Handbook.

Signature of Student Date

Signature of Parent/Guardian Date

MEDICAL WAIVER

If my son/daughter is injured while at practice or a game and I am not present, nor can be reached to approve of medical action, I hereby give permission for a Certified Athletic Trainer, EMT, Nurse and/or Medical Doctor to administer the necessary medical attention.

Signature of Parent/Guardian Date

