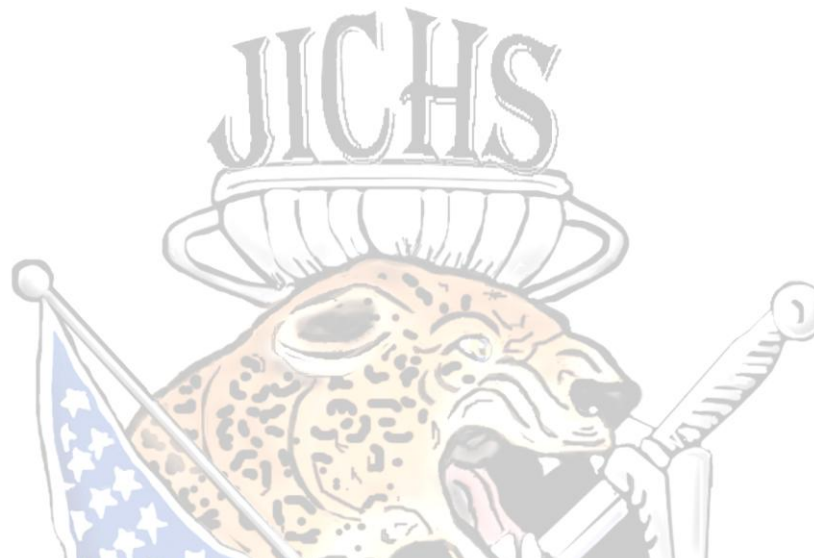


11/2/2010



JCHS

JAMES IRWIN CHARTER HIGH SCHOOL ATHLETIC HANDBOOK



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Colorado Springs, Colorado 80916
Phone:(719)302-9024 Fax:(719)576-8071

Fall/Winter/Spring 2010-11 Sports Information

Upcoming Meetings/ Start Dates

Wed. August 4 – Fall Parent Meeting

5:30 pm HS Café

Thurs. Nov. 4 – Winter Parent Meeting

6:30 pm HS Café

Thurs. Feb. 10 – Spring Parent Meeting

6:30 pm HS Café

Aug. 16 Practice begins for Fall

Nov. 12 Practice begins for Winter

Feb. 28 Practice begins for Spring

Athletic Packet and Sports Fees must be turned into athletic office prior to participation

****BEFORE** tryouts/participation in any athletic program, all interested athletes **MUST** complete an athletic registration packet which also includes a current physical. **BEFORE the first game**, the \$85 sports fee must be paid. The transportation fee (up to \$100) must be paid by the end of the season. Coaches are **NOT** permitted to accept any paperwork or fees.**

Athletic Registration Packet must include:

- ▶ Current physical (valid for 1 year only)
- ▶ Emergency Consent & Signature Page
- ▶ Volunteer Driver Form (if needed)

Athletic Refund Policy

Full Refund:

- * If cut by the coach before the first scheduled contest.
- * If athlete voluntarily drops before first scheduled contest. **Athletic Office must be notified immediately or refund is forfeited.**

Half Refund:

If injured before the mid-point of the competitive season and remains with the squad. **Athletic Office must be notified immediately or refund is forfeited.**

No Refund:

- * If cut because of disciplinary action.
- * If athlete quits voluntarily after first scheduled contest.

Try-out Refund:

Athletic fees will be refunded for those sports that post a limited roster, after the roster has been determined. This will take place before the 1st competition. Athletes who are not on the roster must come to the Athletic Office to notify of refund.

Uniform Turn In Policy:

A \$1.00/day fee will be charged to an athlete who does not turn in their uniform/equipment on the team's turn in date.

REMEMBER!
Playing sports at our school is a
PRIVILEGE not a RIGHT!

James Irwin Charter Schools
5525 Astrozon Blvd
Colorado Springs, CO 80916

HS/MS Athletic Director- Mike Prusinowski
Assistant AD – Becky Gulledge
Office – 302-9024
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Athletic Handbook

Welcome to the James Irwin Charter High School (JICHHS) athletics program. This handbook will let you know what information, forms, and other guidelines are necessary to try out for the sports teams. This booklet contains information that you can refer to during the season so keep it handy.

REQUIRED MATERIALS

All athletes must provide all of the information shown in the checklist below. Please complete the checklist and turn in all the forms to the Athletic Dept. no later than the first practice date as listed in the IMPORTANT DATES section of the handbook.

- A physical must be completed and signed by a physician. **Participation is not allowed without it.** A physical is valid for one calendar year and must be valid throughout the entire season to participate.
- The following forms must be signed by a parent or guardian and on file before athlete can compete:
 - Current Physical Form
 - Emergency Consent/Signature Page
 - Volunteer Driver Information – if applicable
- The JICHHS Sports Fee of \$85 must be paid prior to participation or a payment plan schedule contract must be arranged with the Athletic Office staff and a transportation fee (up to \$100) must be paid by the end of the season.

ATHLETIC DEPARTMENT GUIDELINES

1. Participation in athletics is a privilege, not a right. Athletes are expected to conduct themselves at all times, both in and out of school, in a manner which will not embarrass or bring discredit to themselves, their team, or JICHHS. Conduct unbecoming to a JICHHS athlete may result in suspension from the team.
2. Suspensions from individual games will be at the sole discretion of the sport's head coach. Suspension from multiple games and dismissals from the team will be approved by the AD and the Principal.
3. Use or possession of alcohol or other illegal drugs at school, in a school vehicle, during or prior to school activities, or observed by a member of the coaching staff, administrative staff, or faculty member "in-season" will result in suspension from the team for the remainder of the season. Further participation in athletics will be at the discretion of the principal, AD and head coach in each sport.
4. Use or possession of any tobacco product will result in a minimum of a one game suspension and a maximum of dismissal from the team for the remainder of the season depending on circumstances.

5. Any athlete, on out-of-school suspension, during his/her sport season may not practice or participate in any competitions during the suspension. Second offense during the sport season will result in the athlete being suspended from the team for a minimum of one game.
6. Any athlete not attending school on any given day may not practice or compete on that day. The AD will determine exceptions.
7. Athletes who are absent because of dental or physician examinations or treatments may play or practice upon their return.
8. Any athlete who owes fees for any previous school year will not be allowed to participate until the fees have been cleared.
9. Specific rules and regulations governing each sport will be given to each athlete by the head coach. A copy of these rules will be on file in the AD's office.
10. Any action or omission on an athlete's part, which could require disciplinary action not specifically covered in either the athletic discipline policy or the individual team's rules, will be resolved jointly by the head coach and the AD. Repeated violations of the athletic discipline policy may result in permanent suspension from athletics.
11. All discipline issues are dealt with by the coaches and the AD.

ATTENDANCE POLICY

Every athlete must be in school for more than half their classes to be eligible to play in a game that day. (For example: a student who has a full 8 period schedule must be here before 4th period, but should a student only be in school through 6th period, that student would have to be here before 3rd period.) The only exceptions would be a doctor's appointment that had to be scheduled during the day (the student should be in class all possible hours around the appointment) and a major family emergency such as a funeral. Any student that comes in after the listed times will not be eligible to play that afternoon.

CONTACT INFORMATION

If you have any questions or other needs, feel free to contact the AD with the information below, or call your coach.

Mike Prusinowski

Activities Director
302-9024-Work
258-0263-Cell
mike.prusinowski@jamesirwin.org

Becky Gullede

Assistant Activities Director
302-9024 – Work
becky.gullede@jamesirwin.org

ELIGIBILITY

Athletes must meet both JICHS and CHSAA standards to be eligible to participate.

JICHS Eligibility Standards

- Participation in activities is a privilege, not a right. All athletes must maintain proper academic standing in order to be eligible. The minimum academic requirement at JICHS is to maintain a 2.0 grade point average and not be failing any courses.
- Grades are tracked on Thursday of each week by the Activities Director. A student found to be ineligible for academic reasons will be unable to play in games and cannot be dismissed early according to the guidelines below. If a student is found ineligible, he/she will be ineligible beginning that Friday through the following Thursday and will be eligible to play again the following Friday if grades permit.
- The policy when a student is found ineligible is as follows:
 - Week 1 – The student attends practices, but cannot play games.
 - Week 2 – The student goes to half the practices but no games.
 - Week 3 – The student goes to no practices or games.
 - Week 4 – The student is dismissed from the team.
 - If the student has random ineligible weeks, the teachers, coach and AD will work on study skills and help the athlete find a way to keep his/her grades up.
- In addition, CHSAA has the following guideline for eligibility at the end of each semester: “Students who have not met the academic requirements at the close of a semester may regain academic eligibility on the 6th Thursday following Labor Day for the first semester and on the Friday immediately prior to March 10th for the second semester.”
- All athletes must maintain good citizenship, conduct, and sportsmanship. Any athlete receiving a Judicial Committee ruling of “Disciplinary Restriction” will be ineligible to participate in games and cannot be dismissed early from school for the period of the restriction.

Colorado High School Activities Association Standards

- The Colorado High School Activities Association (CHSAA) requires that all activities participants be enrolled for a minimum of five (5) credited courses. Students enrolled at local universities may use that enrollment to fulfill the five-course requirement. The student may not participate in the upcoming school year if he/she reaches the 19th birthday prior to August 1 of that school year.
- Any student who has completed eight (8) semesters is ineligible for high school athletics. A student may complete a sport begun during his or her eighth semester.

CONSEQUENCES

Rule violations may result in a variety of disciplinary actions ranging from simple running at practice to suspension from part or all of a game or games. Multiple or extreme violations may result in dismissal from the team. Other measures, including school discipline, may be taken when appropriate.

IMPORTANT DATES

Fall 2010

First Practice - Monday, August 16

First Scrimmage Date - Thursday, August 26

First Game Date - Thursday, September 2

Winter 2010

First Practice - Friday, November 12

First Scrimmage Date - Thursday, November 18

First Game Date - Wednesday, December 1

Spring 2011

First Practice - Monday, February 28

First Scrimmage Date - Saturday, March 5

First Game Date - Thursday, March 10

LATE GAME/PICK UP POLICY

In the event that an athlete is ill or has an appointment, they **MUST** attend **MORE** than half the class periods before they are dismissed that day to participate in practice and/or a game.

The following rules apply to away games:

1. If a team returns TO THE SCHOOL before 11:30 p.m., the athlete is NOT excused from class the following day.
2. If a team returns TO THE SCHOOL after 11:30 p.m., the athlete IS excused from first period.
3. If weather is an issue, the coach, along with the athletic director, will let the athletes know if there will be a change in the policy for that game only.

Please note that JICHS attendance policy states the following:

“A note from the parent explaining a student’s absence does not necessarily excuse that student. In all cases administration reserves the right to determine whether or not an absence is excused.”

Many athletic and extra-curricular activities occur after regular school hours. There is always an official start time and end time for these events. The school will provide adult supervision for all students involved in the specific activity during the scheduled time frame using teachers, coaches, or chaperones.

Due to safety concerns, students should not be on school grounds without parental supervision outside the scheduled event time frame. Students should never be dropped off until supervision is available and should always be picked up within 30 minutes after an event has ended in order to be respectful of the supervisor of the event.

It is the joint responsibility of both the parent and student to make the necessary arrangements for drop off and pick up within the event time frame.

Ongoing abuse of this policy could result in restricting the James Irwin student from participating in afterhours activities.

LETTERING

- Only varsity players are eligible to letter.
- A player must remain a member of the team, in good standing, for the entire season. Any player who quits the team or who is otherwise removed from the team at any point during the season will not be eligible to receive a letter.
- A player must play in at least 60% of the possible games during the course of the season in order to letter. Exceptions to this rule may occur and the sole discretion of whether to award a letter in such instances will rest with the head coach with input and guidance from the AD.
- Players may be disqualified from lettering for failure to meet team standards of discipline, practice attendance, etc., even if the minimum playing requirements have already been met. Any player missing matches or practices (unexcused) will generally be ineligible to receive a varsity letter. Prior approval is generally required for an absence to be excused.

PARENT CODE OF CONDUCT

- 1) I will remember that the student athlete plays a sport for fun, and it is for them, not their parent(s).
- 2) I will respect the officials, school staff, and their authority during the games, and I will never question, discuss, or confront any of them at the athletic venues.
- 3) I (and any guests) will be positive role models for the student athlete by demonstrating good sportsmanship by respecting all players, coaches, officials, school staff, and other spectators at any athletic event.
- 4) I (and any guests) will not engage in anything considered to be of poor sportsmanship (i.e. profane speech, taunting, rude gestures, etc.).
- 5) I will always promote the growth and well being of the student athlete ahead of my own desires for my child.
- 6) I will always seek to show the student athlete that, win or lose, doing his/her best is what matters in the end.
- 7) I will remember that even in athletic competition, I, along with the student athlete, am a representative of JICHS and should exhibit the five pillars of character upon which our school was founded.

► I understand that any violation of this conduct code will be grounds for dismissal or permanent expulsion from any JICHS athletic events.

SCHEDULES - PRINTED AND ON THE WEBSITE

All players will receive practice and match schedules prior to tryouts. Players are expected to attend all matches and practices, so personal schedules should be set accordingly.

Every effort is made to play all matches as scheduled. At times, though, we are at the mercy of the weather, officials, other schools, or gym availability. Matches can be rescheduled at any time. Coaches and athletes need to be prepared to adjust personal schedules as necessary to accommodate the team.

All schedule changes will be posted to the website at www.jamesirwin.org

SEASON PASSES

Passes will be offered each season (Fall – girls volleyball and boys soccer; Winter – boys and girls basketball; Spring – girls soccer) that will allow the immediate family members of the household entrance into all home games at James Irwin Charter High School during that season. However, CHSAA will not accept these passes for any state playoff game that we may host. The normal cost to get into a home game is \$5 per adult and \$3 per senior/non-JI student. The cost for the season passes will be as follows:

Fall - \$50 per family Winter - \$50 per family Spring - \$30 per family
Year Long Family Pass - \$100

STUDENT/ATHLETE CODE OF CONDUCT

The Athletic Code of Conduct is a commitment by the athlete to exercise good judgment in all affairs, to represent self, school, family and community in the most positive manner at all times and to encourage others to share these ideals. The code of conduct shall be in effect for the entire school year and all subsequent high school years, to include fall athletic practice in August. It is also in effect when an athlete is taking part with any school-sponsored event, regardless of the time of year or circumstance of participation.

Involvement in JICHS Athletics and Activities is an honor and a privilege. As a member of a school team or organization, your behavior on campus, in the community, and at other schools reflects on not only yourself, but your program and the school as well. To

maintain this privilege, students are expected to respect people and property, be in regular school attendance, and follow all school rules. Failure to follow these guidelines could result in suspension from the athletic program.

TEAM RULES

- All players must have 9 practices before they are allowed to compete in the fall season (5 practices for winter and spring seasons and softball.) This is a CHSAA Rule.
- Punctuality—Players will be on time to all team functions. Remember—3:46 P.M. is late for a 3:45 P.M. practice.
- Attendance—Players are expected to have 100% attendance at practices and other team functions. A sports team cannot function properly if all members are not present. Emergencies and major illnesses should be communicated to the coach or the AD (mike.prusinowski@jamesirwin.org) that day (302-9024). Remember colds, headaches, stomach aches, and allergies are inconveniences, not major illnesses. Exceptional needs will be evaluated on a case-by-case basis and must be approved in advance. Please plan ahead so that conflicts will not arise.
- Grades—Players are students first. You are expected to maintain a positive academic standing at all times and to ask for help when needed.
- Behavior—Players are expected to conform to all state, local, community, district, school, and team laws, rules, policies, and standards. That includes showing proper respect to coaches, officials and parents.
- Practice attire – All players are expected to wear a properly fitting t-shirt of their own to all practices unless a school issued practice jersey is issued. Modesty is the key principle. No tank tops, spaghetti straps, low cut tops or t-shirts with the sleeves removed are permitted. Although the spandex bottoms are part of the volleyball uniform, shorts or sweat pants are required to be worn at all times when not participating in practice or a game.

TRAVEL POLICY

All team members, including injured athletes, are expected to travel to all away matches. An away game is any game played at another school. Buses will be used to travel to games outside the county. All team members are required to ride to the games on the bus to help build team spirit. Athletes can ride home with their parents after a game after notifying the coach. Carpooling is encouraged to in-county games. All drivers must have insurance info on file in AD office.

Athletes and managers must have the Emergency Consent/Signature Page signed and on file in the Sports Office to be eligible to travel with the team.

TRYOUT POLICY

All players must have a physical on file before tryout date

- Players should attend all tryout dates
- Tryouts will last from three to five days; all coaches on staff will evaluate players. The decisions of the head coach on team selections will be final.
- Players who make a team will be named to either the junior varsity or varsity teams after the completion of tryouts. Seniors with prior experience are ineligible to play on the junior varsity team without applying for a waiver from the Tri-Peaks League.

UNIFORMS

Uniforms issued to players are on loan and a uniform agreement is signed by each athlete. All equipment is expected to be returned, clean and in good condition, at the end of the season and given **directly** to Mr. Prusinowski or Mrs. Gulledge. Items that are lost or destroyed must be replaced.

WEIGHT ROOM POLICY

PARTICIPATION IN WEIGHT ROOM ACTIVITIES INCLUDES A RISK OF INJURY WHICH MAY RANGE IN SEVERITY FROM MINOR TO LONG TERM CATASTROPHIC INJURY.

Although serious injuries are not common in supervised settings, it is impossible to eliminate this risk. Therefore, students must obey all safety rules and report any problems to their coach or person on staff in the weight room.

By signing this Release Form, we acknowledge that we have read and understood this warning. **We agree to hold the James Irwin Schools and staff harmless and release them from liability in the event of injury to my student.**

PARENTS OR STUDENTS WHO DO NOT WISH TO ACCEPT THE RISKS DESCRIBED IN THIS WARNING SHOULD NOT SIGN THE RELEASE FORM.

WHO PLAYS

It is the coach's responsibility to put the best team on the court. That is mandated by the AD. **The result is that all players will not play in all matches.**

The varsity team is designed to be the most competitive team we can put out there. The JV team is developmental, but there is still no guarantee of play time in each game for every player.

Address all playing time issues with the AD, not the coaches.

If there are any other disagreements with decisions that are made by the coach, we want you to wait at least one day to allow both sides to be able to handle them without emotions being involved.

NCAA INITIAL ELIGIBILITY CLEARINGHOUSE INFORMATION

College-bound student athletes (those who wish to play sports in college) must receive academic clearance from the NCAA Clearinghouse to establish eligibility. It is recommended that athletes and parents (even underclassmen) peruse the following web sites and take any appropriate actions. Also, the NCAA recommends early registration with the Clearinghouse. Our Activities Director or Mrs. Williams, the guidance department, or the NCAA can address any questions you might have.

The two web sites that will provide necessary information

are: www.ncaaclearinghouse.net and www.ncaa.org.