

Sargent School District RE-33J Coaches' Handbook



**“Home of the FARMERS”
2026-2027**

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Mission Statement

The mission of the Sargent School District RE-33J Athletic Program is to provide a comprehensive, inclusive, and educational environment where student-athletes develop not only their athletic abilities, but also their character, leadership, sportsmanship, and commitment to teamwork. In accordance with the rules, regulations, and expectations of the Colorado High School Activities Association (CHSAA), the district is committed to upholding the highest standards of integrity, fairness, respect, and excellence in all aspects of interscholastic athletics.

This Coaches' Handbook serves as a resource and guiding document for all coaches within the Sargent School District athletic program. It establishes expectations, procedures, and responsibilities while supporting coaches in their roles as educators, mentors, and leaders. Because every situation cannot be anticipated within a handbook, coaches are encouraged to maintain open communication with the Athletic Director regarding unique circumstances, questions, or concerns to ensure consistency and informed decision-making.

Our mission is to provide every student-athlete with opportunities to learn, compete, and grow in a positive and supportive environment, regardless of experience or skill level. Through intentional coaching, meaningful relationships, and a commitment to inclusion, we strive to foster personal growth, skill development, accountability, resilience, and a strong sense of school pride and community.

Ultimately, the Sargent School District athletic program seeks to enrich the educational experience by developing confident, responsible, and respectful young adults who demonstrate integrity, perseverance, and good sportsmanship both in competition and throughout their lives.

Athletic Philosophy

At Sargent School District RE-33J, we believe that participation in extracurricular activities, particularly interscholastic athletics, is an integral part of a student's educational experience.

Athletics provide opportunities for learning that extend beyond the classroom by promoting personal growth, character development, teamwork, leadership, responsibility, and perseverance. Participation in athletics is a privilege that carries with it the responsibility to represent oneself, one's team, one's school, and one's community with integrity and respect.

Our athletic program is founded on the belief that success is measured not only by wins and losses, but by the development of student-athletes who demonstrate strong character, ethical decision-making, self-discipline, resilience, and sportsmanship. Coaches are educators who play a critical role in teaching life lessons, fostering positive relationships, and creating an environment where every student-athlete is challenged to reach their full potential both on and off the field of play.

We believe that a successful athletic program is built through a collaborative partnership among student-athletes, coaches, parents/guardians, school staff, administrators, officials, and community members. Mutual respect, open communication, accountability, and a shared commitment to educational values create a positive culture in which student-athletes can thrive.

The Sargent School District RE-33J Athletic Program is committed to providing safe, equitable, and inclusive opportunities for all student-athletes. We strive to develop individuals who compete with passion, humility, and respect while demonstrating leadership, responsibility, and pride in representing Sargent School District. Through these experiences, student-athletes gain skills, values, and relationships that prepare them for success in school, their communities, and throughout their lives.

CHSAA Rules & Regulations

Interscholastic athletic and activity programs in Colorado are governed by The Colorado High School Activities Association (CHSAA). CHSAA oversees and administers all athletic and activity programs and rules as approved by the state. Individuals directly involved with interscholastic programs will receive access to the CHSAA Handbook (available online), Seasonal Bulletin (available online), and sport-specific Rule Book(s). Coaches are expected to thoroughly familiarize themselves with the contents of each resource.

Coaches are required to be familiar with and adhere to all CHSAA guidelines and regulations. If a coach is uncertain about a specific rule, they must contact the Athletic Director for clarification. Coaches should not interpret CHSAA rules independently. The Athletic Director is responsible for all communications with CHSAA and will provide timely updates and guidance to coaches on a regular basis and in response to specific questions or issues.

It is important to note that all coaches, regardless of their role or compensation, are required to complete all CHSAA required courses and sport specific rules videos in their sport annually, prior to the start of the first day of official practice. This requirement ensures that coaches stay up-to-date with the latest rules and regulations governing their sport. For a complete list of CHSAA Bylaws, visit their website at <https://chsaanow.com/>.

League Affiliation

Sargent School District Re-33J is a member of the 1A/2A/3A Southern Peaks League (SPL) as a 1A classification school. The SPL operates within the guidelines established by the Colorado High School Activities Association (CHSAA), including all rules and regulations.

Coaches should note that league alignments and classifications are subject to periodic review and changes by CHSAA. All coaches are expected to familiarize themselves with the SPL Constitution and By-Laws, which will be distributed at the beginning of each school year. These documents, along with CHSAA regulations, govern the league's operations and competitions.

Selection & Appointment of Coaches

Coaching assignments at Sargent School District RE-33J are made on an annual basis. The selection process aims to identify the most qualified candidates to lead Sargent's athletic programs and provide a positive experience for student-athletes.

CHSAA and Sargent School District RE-33J guidelines will be followed for hiring coaches.

All Sargent Middle & High School level coaches will be selected through an interview process with the Sargent School District RE-33J hiring committee. At the High School level, non-CDE certified coaches (those without a teaching certificate) must complete the CHSAA-approved coaching certification program. All coaches must annually watch the CHSAA-approved rules

clinic in their sport prior to the first interscholastic contest. All coaches are required to attend meetings, functions, and classes associated with their coaching appointment.

Coaches serve as at-will employees and may be terminated by the school at any time during their employment, with or without cause. Coaching positions and salaries are listed on the Extra Duty Salary Schedule, which can be found on the Sargent School District RE-33J website at <https://www.sargent.k12.co.us/>.

Coach Evaluation Process

Sargent School District RE-33J is committed to the development and growth of its coaching staff. The Athletic Director is dedicated to supporting coaches in reaching their individual and collective potential, and the evaluation process is a key part of providing these opportunities.

Coaches will be evaluated at the end of each season based on practice evaluations, game evaluations, and adherence to the rules and procedures of Sargent School District RE-33J and CHSAA. Each coach will receive at least one in-season evaluation every season, conducted during an entire practice. In addition, the Athletic Director will conduct informal evaluations by observing practices for shorter periods of time. Coaches are required to have a written daily practice plan available at all practices.

Throughout the season, coaches will also be evaluated in game settings multiple times. Evaluations will consider all aspects of professionalism, both in public and private settings, as well as coaching abilities during games/competitions/meets. Any positive or negative observations from both formal and informal evaluations will be documented, reviewed with the coach, and included in the final evaluation.

All Middle & High School Head Coaches will be evaluated by the Athletic Director. Assistant coaches will be evaluated by the Head Coach of their respective sport program. High School Head Coaches will not evaluate Middle School Coaches, but may attend Middle School practices and games and are encouraged to have open dialogue with Middle School Coaches to ensure program alignment.

A copy of the Coaching Evaluation Form can be found at the end of this document in the Appendix.

Remediation & Termination

If a coach's performance does not meet established guidelines, the Athletic Director will meet with the coach to discuss concerns and determine the next appropriate steps. When appropriate, the Athletic Director will develop a formal remediation or professional development plan to address identified performance deficiencies and support the coach's continued growth. This plan will clearly outline the areas of concern and identify the corrective actions the coach is expected to take, along with a timeline for improvement.

The goal of the remediation plan is to support the coach's professional development and provide a structured opportunity for improvement. Progress will be monitored, and regular follow-up

meetings will be scheduled to assess growth and offer additional support as needed.

For serious infractions, as determined by the Athletic Director and Principal, immediate termination may occur. Termination may also result if the coach does not demonstrate sufficient improvement in the identified areas within the established timeframe.

Coaching Requirements

As an employee of Sargent School RE-33J, coaches serve as teachers and role models for their athletes. The foundation of a quality program lies in preparedness, accurate record-keeping, and a clear understanding of what it means to be a student-athlete. While the school doesn't solely equate program quality with win-loss records, it values hard work, genuine care for athletes both in and out of sports, and clear behavioral expectations. The below responsibilities ensure a consistent, transparent, and supportive environment for student-athletes, fostering their growth both in sports and as individuals.

- Consistently applying standards and rules, from CHSAA, the Athletic & Activities Handbook and their own individual sport's handbook, which enables athletes to make appropriate choices and understand consequences.
- Distribute individual sport's handbooks to students and parents at the 1st parent/guardian meeting of the season.
- Submit initial versions of these documents to the Athletic Director for review at least 2 weeks prior to distribution.
- Notify the Athletic Director if no changes are made in subsequent seasons, or resubmit for review if changes occur.
- Email (CC the Athletic Director) or send out using the Band App weekly to all parents/guardians and athletes updates and changes.
- Attend all team-related events during their contract period, including meetings, practices, and games.
- Coordinate absences for legitimate reasons with the Athletic Director (head coach) or Athletic Director and Head Coach (assistant coaches and volunteers).
- Participate in all postseason competitions for their programs, regardless of coaching level.
- Daily practice plans will be developed and written out for each practice session and be communicated clearly to athletes. Plans should include objectives of the practice, organized drills, team play/scrimmaging, and conditioning (integrated into practice). Plans should be evaluated and adjusted for subsequent sessions.
- Attendance Records are required to maintain accurate records of attendance, including punctuality, and these records should be used to make playing time decisions. These records also provide documentation for CHSAA eligibility purposes.
- Coaches are expected to have mental preparation for coaching and approach each practice and competition with enthusiasm and positivity. It is important to be aware of your body language and facial expressions and model the behavior you expect from your athletes.

- Coaches are expected to manage team information (including stats) and be prepared to answer questions confidently and patiently. Coaches need to clearly communicate goals and objectives to athletes and maintain organized records of critical information.
 - Sargent School District RE-33J is committed to celebrating the achievements of its athletic teams through strategic publicity efforts. All publicity submissions must be channeled through the Athletic Director, who will review and distribute materials appropriately. Coaches are prohibited from directly submitting publicity items to media agencies or internal Sargent Staff responsible for communications.
 - Internal publicity opportunities include the Sargent Booster Club, School District social media platform posts, morning announcements, and Principal's staff memos. Coaches and athletes may engage with news agencies for interviews immediately before or after sporting events, discussing only the specific event. For all other interview requests, prior submission and approval from school administration is mandatory.
 - Throughout any publicity event, coaches and athletes are expected to represent Sargent School District RE-33J positively, embodying the district's values of excellence, integrity, and sportsmanship. The goal is to highlight team and school achievements while maintaining professional and respectful communication.
- Team Photos will be arranged by the Athletic Director.

As required by CHSAA, all Sargent Middle & High School Coaches must:

- Hold current First Aid, CPR and AED certification
- Pass the CHSAA Coaches Test (1st Year Coaches must pass the 1st Year Coaches test from CHSAA)
- Every other year complete the free on-line NFHS “Student Mental Health and Suicide Prevention” course or a school/district organized mental health class/course
- Watch annually the CHSAA-approved rules clinic in their sport prior to the first interscholastic contest
- Be fingerprinted for the purpose of background checks
- Complete the NFHS and CHSAA Concussion Course annually
- Complete the CHSAA Coaching Education Class (for all High School Head coaches who are not CDE-certified teachers)
- Complete Mandatory Reporter Training annually
- Obtain Small Vehicle Certification
- Meet the requirements put forth in Article 1620 & 1630 of the CHSAA by-laws which states as follows:

1620.	REGISTRATION/REQUIREMENTS OF COACHES AND SPONSORS OF INTERSCHOLASTIC ACTIVITIES AND ATHLETICS
1620.1	Each year, by the first competitive date of each sports season, all member school athletic/activity directors must enter all of their athletic coaches and activity sponsors (music, speech, student leadership, etc.), regardless of level, rank, or pay, into the CHSAA Coach Registration platform. All first-year athletic coaches and activity sponsors, regardless of level, rank, or pay, must complete the CHSAA 1 st Year Coaches Course.
1620.2	All member school athletic coaches and activity sponsors (hereafter referred to as "coaches") of interscholastic activity programs who assume full responsibility for students

under their direction at any level (varsity, junior varsity, etc.) shall be a coach registered with the CHSAA: A registered coach is a coach who is: a) a coach who has completed the CHSAA 1st Year Coaches Course, or b) a CHSAA-certified coach whose certification is on file with the CHSAA.

NOTE: Coaches who have not coached a CHSAA-sanctioned activity at a member school anytime within the last three years, regardless of CDE-licensure or not, are required to complete the 1st Year Coaches Course.

1620.3 All member school Directors of Athletics and coaches of interscholastic athletic and activity programs shall:

- a. Annually pass the CHSAA Bylaws Test.
- b. Hold a current certification in first aid, CPR and AED.
- c. Every other year complete the free on-line NFHS "Student Mental Health and Suicide Prevention" course or a school/district organized mental health class/course.

NOTE: A non-school employee may serve as the adult supervisor of students/athletes when appointed by a school administrator. These individuals may provide transportation to and from the activity and be responsible for the supervision of these student participants as approved by the school administration in areas where no coaching/directing takes place.

Q1: Does the CPR/AED certification requirement need to include an in-person component?

A1: Yes. While the educational and practical portions of the CPR/AED course may be completed online, the skills-based and hands-on component should be completed in person. Therefore, a hybrid course that includes online instruction along with an in-person skills assessment is acceptable and meets the requirement.

1620.4 Each coach shall be responsible for the contents of the CHSAA Constitution and Bylaws and the pre-season and playoff bulletins. Coaches whose programs are in violation of CHSAA policies or Bylaws shall be subject to appropriate penalties from reprimand to restriction.

1620.5 All athletic coaches must annually complete a concussion training:

- a. First year coaches must complete the online NFHS Concussion Course or a school/district organized sports medicine review that includes a head trauma/concussion component and emergency evacuation procedures.
- b. Returning coaches must complete the previous item or they can complete a CHSAA-approved concussion refresher course available through the coaches' registration platform.

	Sport Specific Rules Video	CHSAA Bylaws Test	Concussion Course	Mental Health and Suicide Course	First Aid, CPR & AED Certification	1st Year Coaches Test
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1620.6 PENALTY FOR USE OF NON-QUALIFIED COACHES — A school using a coach who does not meet the requirements listed in 1620.2; 1620.3; 1620.5 shall be subject to penalties, to be determined by the Commissioner, which may include forfeiture, restriction, suspension of membership or other appropriate penalties.

Q1: Who is required to complete the CHSAA 1st Year Coaches Course? Are CDE licensed teachers required to take this test?

A1: All first-year coaches who have never coached at any level for a CHSAA member high school are required to complete this requirement. Yes, this requirement also applies to CDE licensed teachers who are coaching at the high school level for the first time.

Q2: Does a coach, who completes the 1st Year Coaches Course, quits coaching after 3 years, and then wants to come back and coach, have to take the 1st Year Course again?

A2: No, any coach who has a 3-year lapse does not need to take the 1st Year Coaching Course again. If they have a 4 or more year lapse, they DO have to take the 1st Year Coaching Course again.

Q3: What must a coach who is coaching at a CHSAA member school for the first time do in order to be registered and in compliance with CHSAA Bylaws (regardless of level and rank)? What does a veteran CHSAA coach have to do to be registered and in compliance?

A3: A first year coach will need to complete the CHSAA Bylaws test, 1st Year Coaches Course, First Aid/CPR/AED course, concussion course, and any additional state law requirements. Any veteran coach must complete the CHSAA Bylaws test, first aid/CPR course, annual concussion course, and any additional state law requirements.

1630

ASSISTANT COACHES

All assistant coaches shall be under contract with the district in which they are coaching. It is recognized that assistant coaches may at times during game and practice situations assume a supervisory role with one or more student participants.

1640.

OUTSIDE PAYMENTS

1640.1 Each coach/director shall be under contract to the school district in which they coach/direct, and may be employed solely as a coach/director. Coaches/Directors shall not receive any pay or other remuneration for coaching/directing, other than the stipulated contract salary or pay scale agreed to by the Board of Education.

1640.11 SOURCE OF SALARIES — All salaries or remuneration for the fulfillment of the school district coaching/director contract must come as direct payment from the employing school district or private school governing body. Acceptance of additional pay or any other remuneration either in money or merchandise from any organization or group outside of the school itself is a violation of this regulation. Recognized outside groups such as "booster" groups may make a donation to the school's or district's general activities fund, but may not specify any monies to be utilized for the payment of salaries for Advisor A, Coach B, etc. This regulation, on the other hand, does not prevent school employees from receiving gifts or awards of no intrinsic value.

Q1: Can an outside group (i.e., Booster Club) help fund a specific school/athletic program?

A1: Yes.

Q2: Can a Booster Club pay a coach directly for their coach's salary?

A2: No, funds must be given to the school administration for distribution.

1640.12 BOOSTER CLUBS – Booster clubs, athletic/activity foundations, or similar named outside organizations may be formed for the purpose of providing additional financial assistance to specific teams or general athletic/activity programs.

Any benefits provided by the outside organizations, which can include monetary contributions, facility improvements, equipment, transportation, awards, additional team support, etc., are subject to applicable State/Federal Regulations.

All booster club or similar donations to sport specific teams or general athletic/activity funds by outside organizations must be approved by school and/or district administration.

Each member school is responsible for the activities of its booster club(s) and any violations and penalties that result from lack of oversight.

1640.13 OTHER PAYMENTS – Personal contributions can be made to the school's athletic department for consideration of all student-athlete's needs. Donations or payments made by school personnel to an outside agency on behalf of individual school players or teams is deemed to be an illegal inducement and is prohibited.

1640.14 PENALTY FOR VIOLATIONS OF BOOSTER CLUB REGULATIONS – A school using a coach/director who does not meet the requirements listed in Bylaw 1640 shall be subject to penalties, to be determined by the Commissioner, which may

include forfeiture, restriction, probation, suspension of membership or other appropriate penalties.

- 1640.15 All coaches registered with the Colorado High School Activities Association (CHSAA) are considered employees or contracted personnel of the respective school district/institution that hires them. Coaches are not employees, agents, or contractors of CHSAA under any circumstances.

The hiring, evaluation, and management of all coaches is the sole responsibility of the employing school district. All personnel-related matters, including discipline, performance management, and employment decisions, fall under the jurisdiction of the school district, in accordance with its personnel policies and procedures.

1650. COACHES REQUIRED TO ATTEND RULES MEETINGS

- 1650.1 All coaches shall attend/watch annually a CHSAA approved rules clinic in their sport prior to the start of the first interscholastic contest.

Penalty: Coach placed on probation for first offense; restriction for subsequent offenses.

Q1: Are all coaches (regardless of rank) required to watch CHSAA approved rules clinics?

A1: Yes. A coach will be placed on probation for their first offense unless they have attended/watched at least one rules interpretation clinic recognized by the CHSAA in their sport(s) prior to the start of the current season.

Q2: What happens when a coach violates rule 1650.1?

A2: On the first violation, the coach will be put on probation. If a second violation occurs, the coach will be put on restriction.

Code of Conduct

It is the coach's responsibility to control themselves and their players at all times. The expectation of Sargent Middle and High School is that the coach is the teacher and role model for mature behavior. Athletes are to behave appropriately at all times as representatives of Sargent School District RE-33J.

Coaches must maintain a professional coach-to-player relationship in all interactions and communications with students including but not limited to: in person, on the phone, email, texting, social media, etc. Coaches must not favor or give the perception of favoritism to any athlete or group of athletes. Such perceptions can be created by spending additional time with an athlete, having an increased level of familiarity with an athlete, and/or providing favors, gifts, or unearned privileges to an athlete.

Sargent Middle & High School set high standards for its coaches, emphasizing not only athletic achievement but also the holistic development and well-being of student-athletes. The following are expectations all coaching staff in their roles as educators, mentors, and leaders will adhere to:

Put Your Athletes First

Coaches are expected to prioritize the growth, safety, and long-term success of student-athletes **ABOVE** winning. Every decision should reflect the best interests of the students, fostering positive experiences regardless of wins or losses.

Serve as a Role Model for Loyalty, Honesty, and Integrity

Coaches must exemplify mature, ethical behavior at all times, both on and off the field. The influence of a coach extends far beyond athletics, shaping the character and values of their athletes. Coaches are expected to maintain professional boundaries, treat all athletes with dignity and respect, and avoid any conduct that could be perceived as favoritism or inappropriateness.

Create Positive Life Experiences

Coaching should be about more than competition. Coaches are expected to ensure that participation in athletics is a rewarding, enjoyable, and memorable experience for all students, contributing to their overall development as a person.

Be Organized, Efficient, and Timely

Effective organization and time management are crucial. Coaches should plan practices, communicate schedules, and manage team logistics to provide stability and structure for athletes, parents, coaching staff, and the community.

Lead Your Program with Vision

Great coaches not only manage details but also inspire their teams with a clear vision for growth and success. Leadership involves setting goals, fostering teamwork, and motivating athletes to reach their potential.

Be a Positive Force in the School and Community

Coaches represent Sargent School District RE-33J both on and off the field of play. Therefore, they are expected to contribute positively to the broader school environment and the community at large. Engagement beyond athletics models a well-rounded approach to education and citizenship.

Uphold Defensible Standards

Coaches must always act in ways that can be professionally and ethically defended. Decisions should be guided by safety, common sense, fairness, and the best interests of students, ensuring administrators can confidently support the coach's actions.

The following Code of Conduct shall apply to **ALL** coaches while they are employees of Sargent School District RE-33J:

- Sargent School has a Zero-Tolerance Policy for any unwarranted sexual harassment or conduct. Coaches will read, understand, and adhere to the policy set forth in this

Handbook, to include their responsibilities as mandatory reporters.

Mandatory Reporter Information:

- In Colorado, mandatory reporters are individuals from specific professions who are legally required to report suspected child abuse or neglect. This includes a wide range of professionals, such as healthcare providers, educators, social workers, and law enforcement officers. They must report when they have reasonable cause to believe a child has been abused or neglected, or is in a situation that could lead to it.

Who are the Mandatory Reporters?

Colorado law identifies a broad range of professions as mandatory reporters, including but not limited to:

- **Healthcare Professionals:** Physicians, surgeons, nurses, dentists, chiropractors, pharmacists, and others involved in patient care.
- **Educators:** School officials and employees at both public and private schools.
- **Social Workers:** Including those working in licensed or certified facilities or agencies.
- **Mental Health Professionals:** Psychologists, counselors, and therapists.
- **First Responders:** Law enforcement officers, firefighters, and emergency medical providers.
- **Other Professionals:** Clergy members, commercial film and photographic print processors, and victim's advocates.

What Triggers the Duty to Report?

Mandatory reporters must report when they have reasonable cause to believe that a child has experienced or is at risk of experiencing abuse or neglect. This includes situations they observe directly or are told about within the scope of their professional capacity.

Important Considerations:

Timeframe:

Reports should be made as soon as possible, typically within 24 hours of receiving the information.

Confidentiality:

Reports and related information are generally confidential and not considered public information.

False Reporting:

Knowingly making a false report is illegal and can result in penalties.

Immunity:

Good faith reporters, even if the report is later determined to be unfounded, are generally protected from liability.

Reporting Outside Professional Capacity:

While mandatory reporters may report suspected abuse or neglect observed outside their professional role, they are not legally required to do so in Colorado.

Where to Report:

In cases of emergency, call 911. Otherwise, reports can be made to the Colorado Child Abuse and Neglect Hotline at 1-844-CO-4-KIDS, according to the Colorado Department of Human Services.

Additional Information:

- Colorado has a Mandatory Reporting Task Force that is working to analyze and improve the state's mandatory reporting system according to the Child Protection Ombudsman of Colorado.
- The Child Welfare Training System offers online training for mandatory reporters.
- There is a database that can help you determine if you are a mandatory reporter.
- There will be no inappropriate contact with athletes (e.g. hugging, shoulder rubbing, patting butts, physical intimidation).
- Coaches will treat all athletes with dignity and respect. Hazing, bullying, profanity, sarcasm, ridicule, and other emotionally harmful behavior will be dealt with severely.
- Coaches will ensure all athlete-to-athlete interactions are appropriate. Coaches are responsible for recognizing and immediately addressing concerns. In all cases, notification to the Athletic Director will be made.
- Coaches will not use “pet” names for kids (e.g. honey, sweetie).
- There will be no unsupervised team parties. Coaches should ensure adequate chaperones for all team events.
- Coaches will not give rides to any students/players for any reason without parent/guardian consent.
- Coaches will not host any team sleepover parties or attend any team sleepover parties.
- Coaches will never drink or be under the influence of alcohol in the presence of any of the players at any events (social or sporting).
- Coaches will not text or email individual athletes on their team. Coaches must use the school-approved third-party communication platform for team-wide messages (Band App ). Direct one-on-one electronic communication with individual athletes is prohibited. All communications should include parents/guardians and Athletic Director and be related to team activities or academics. Personal cell phones should not be used for contacting athletes.
- Coaches will not interact on social media (e.g. Facebook, Instagram, X (formerly Twitter), Snapchat, TikTok, BeReal, etc.) with any students/players or parents/guardians.
- Coaches should be mindful of the academic rigor associated with Sargent School District RE-33J Educational Expectations and use good judgment in providing grace to athletes when warranted. Remember: Student FIRST, Athlete SECOND. Address any questions to the Athletic Director.

- Coaches will not behave in any other way that would bring dishonor and discredit upon themselves, their team, or Sargent School District RE-33J.

Professional Appearance & Conduct

Coaches at Sargent School District RE-33J are expected to maintain the highest standards of professional appearance and conduct, serving as role models for student-athletes both on and off the field.

Coach Appearance Guidelines:

Dress must be neat, professional, and appropriate for all coaching contexts.

Clothing should reflect the dignity of the coaching position. Appearance should demonstrate respect for the athletic program, school, and community.

Student-Athlete Dress Code:

Athletes must adhere to the following appearance standards during practices, competitions, and on campus to ensure that student-athletes represent Sargent School District RE-33J with dignity, respect, and professionalism.

Athletic Attire Restrictions:

Sports bras are not to be worn as standalone tops. Midriff-exposing tops are prohibited. No spaghetti straps or excessively short shorts and all students must wear shirts during practices and training. “Shirts vs. skins” is not allowed at any time.

General Appearance Expectations:

Athletes must dress appropriately in school buildings and on campus. Clothing should be clean, in good condition, and align with the school dress code.

Team-issued apparel should be worn with pride and respect.

Coaches Sportsmanship Expectations & Penalties

Coaches representing Sargent School District are expected to demonstrate respect for athletes, opponents, officials, spectators, and staff before, during, and after all contests. Coaches are expected to model positive sportsmanship and represent the district in a professional manner at all times. Coaches must also follow and adhere to all expectations outlined in district policies, CHSAA & NFHS regulations, and their approved sport-specific handbook.

Any coach who receives a sport-related unsportsmanlike penalty (including but not limited to unsportsmanlike conduct flags, technical fouls, red cards, misconduct penalties, team point deductions, disqualifications, ejections, or similar sanctions) or whose conduct is deemed unsportsmanlike by the Athletic Director will be subject to the following progressive disciplinary procedures:

First Offense

- Meeting with the Athletic Director and/or Principal.
- Completion of the NFHS Sportsmanship Course before the next contest.
- Failure to complete the course before the next contest will result in the coach being withheld from coaching duties until completed.

Second Offense

- Development of a Sportsmanship Improvement Plan with the Athletic Director.

Third Offense

- May recommend for non-renewal and/or removal from coaching duties for the remainder of the season.
- Requirement of Professional Development based on the area of concern may be included.

Additional Provisions

Chain of Command

All coaches, parents, and athletes are expected to follow the district's established chain of command when addressing concerns, which are listed here:

Lines of Communication Protocol

Concerns should be addressed in the following order:

1. Student-athlete speaks with coach
2. Student/athlete **AND** parent/guardian speaks with athletic director **AND** coach
3. Student/athlete **AND** parent/guardian speaks with athletic director **AND** coach **AND** principal
4. Student/athlete **AND** parent/guardian speaks with athletic director **AND** coach **AND** principal **AND** superintendent

24 Hour Rule

Parents/guardians **MUST** wait **24 HOURS** after a contest before approaching coaches. This practice encourages direct athlete-coach communication, respectful, constructive dialogue, and trust in the coach's judgment while remaining open-minded.

Administrative Penalties

Administrative violations that are not sportsmanship-related are generally excluded from this policy. Examples include bookkeeping errors, lineup card mistakes, roster reporting errors, clerical scoring issues, or similar administrative infractions. Repeated administrative issues (more than one occasion throughout the season) will be addressed separately by the Athletic Director.

Bench Personnel and Indirect Penalties

Penalties assessed to assistant coaches, team personnel, or bench participants will be reviewed by the Head Coach and Athletic Director together to determine whether this policy applies to the coach, athlete, or another individual involved.

Corrective Action

At any stage of this process, the Athletic Director may require meetings with the coach, officials' representatives, league personnel, and/or CHSAA staff to review expectations and build a plan to improve sportsmanship.

Warnings

Warnings that do not carry an unsportsmanlike penalty—such as sideline warnings, bench warnings, yellow-card warnings, misconduct warnings, delay-of-game warnings, or sport-specific equivalents—are generally not subject to this policy unless a repeated pattern of behavior exists (more than one occasion throughout the season).

CHSAA/NFHS Penalties

Any coach ejected or disqualified from a contest remains subject to all applicable CHSAA & NFHS bylaws and penalties, depending on the sport, which may exceed the consequences outlined in this policy.

In the event of a conflict between this policy, a sport-specific handbook, district policy, CHSAA bylaws, NFHS rules, CDE requirements, or applicable law, the controlling authority shall be followed.

Coach Ejections:

Below is listed the requirements for returning to coaching by CHSAA Bylaw 2210 through 2210.5.

2210.		COACH EJECTION
2210.1	A coach ejected from a contest for committing an unsportsmanlike act shall be suspended from coaching for 10 percent of the season's regularly scheduled matches or contests of the same level. Standard mathematical rounding rules apply. They may not coach in any other contest at any level during this time.	
2210.2	A coach ejected from a game is automatically placed on probation according to policies established by the Board of Directors (For necessary action by the school administration, see Bylaw 2420.11).	
2210.21	A coach ejected from a game is required to complete the following courses offered on-line by the National Federation of State High School Associations (NFHS): Sportsmanship; and, Teaching and Modeling Behavior. These courses shall be completed before the coach can resume their coaching duties at any level.	
2210.3	A coach ejected from a second contest during the same season shall be suspended from coaching for 20 percent of the season's contests of the same level. Standard mathematical rounding rules apply.	

10% or 20% Suspension by Sport			
Sport	Classes	10%	20%
Cross Country	All	1	2
Field Hockey	All	2	3
Flag Football	All	2	3
Football	A6, A8, 1A, 2A	1	2
	3A, 4A, 5A	1	2
Boys' Golf	All	1	2
Gymnastics	All	1	2

Boys Soccer	All	2	3
Girls' Softball	All	2	5
Spirit	All	1	2
Boys' Tennis	All	1	2
Volleyball	All	2	5
Basketball	1A, 2A, 3A	2	4
	4A, 5A, 6A	2	5
Ice Hockey	All	2	4
Skiing	All	1	1
Girls' Swimming	All	1	2
Wrestling	All	2	4
Baseball	1A	2	4
	2A, 3A, 4A, 5A	2	5
Girls' Golf	All	1	2
Lacrosse	All	2	3
Girls Soccer	All	2	3
Boys' Swimming	All	1	2
Girls' Tennis	All	1	2
Track & Field	All	1	2

2210.4 A coach ejected from two contests during a five-year period shall be required to appear at a hearing before the Commissioner or their designee and shall be subject to a penalty to be determined by the Commissioner.

2210.5 A coach ejected from three contests in a five-year period shall be placed on restriction.

Q1: Can a coach who has been ejected (or is currently serving a suspension) be in the stands or in the facility?

A1: No. The coach cannot watch the game in person and must immediately leave the playing area once ejected.

Q2: A basketball coach is ejected because of three indirect technical fouls charged to bench personnel. Must they sit out two games?

A2: Yes. As he/she is responsible for the conduct of their assistant coaches and players, he/she shall be placed on administrative probation.

Q3: If a coach is ejected from a contest and no credentialed person from that school is present to assume supervisory responsibilities, what is the status of the contest?

A3: The contest shall be forfeited.

Q4: If a coach is ejected from the final game of the season, must he/she sit out the next two games of the next season?

A4: Yes.

Q5: If a coach is ejected from contests in more than one sport (or the same sport, different genders), do the penalties in 2210.4 and 2210.5 apply?

A5: Yes.

Q6: If the varsity coach, sitting on the JV bench, is ejected, may he/she coach in the next varsity contest?

A6: No. To do so, will result in forfeiture of the varsity contest.

Sunday Contact Rule

Coaches must fully understand and abide by the CHSAA Sunday Contact Bylaw 2310.5 which states:

2310.5 SUNDAY CONTACT — No high school interscholastic contests, practices for interscholastic contests, camps, nor association between participants and coaches/directors of any CHSAA sanctioned sport/activity from the student's school shall take place on Sundays during the competitive high school season (start of official practice through the state tournament). The Commissioner may, when deemed advisable, allow postponed state-level events to be played on Sunday. Teams playing on Monday in district, regional or in a state-culminating event will be exempt from this rule.

EXCEPTION 1 – During the formal sports season a coach may have contact with his or her team on Sunday for a social, academic or service related activity that is strictly voluntary. The contact must be a voluntary, non-competitive/non-participatory activity.

EXCEPTION 2 – During the school year, schools may petition the Commissioner for a waiver of the Sunday Contact Rule based upon religious, cultural, or educationally based events (non-athletic).

EXCEPTION 3 - During the formal competitive sports season, a coach may have contact with his or her team on Sunday in ice hockey for on-ice interscholastic practices that are

strictly voluntary. At no time may a team have more than six days of athletic contact during any one week.

EXCEPTION 4 - During the formal competitive sports season, a coach may have contact with his or her team on Sunday for alpine skiing for interscholastic practices at a race venue only. Practices must be strictly voluntary and at no time may a team have more than six days of athletic contact during any one week.

Q1: Following the completion of the volleyball sports season, may a coach and a senior or underclassman player participate together in practice or competition on a Sunday?

A1: Yes.

Q2: Does this exception include NFHS sanctioned tournaments such as the Las Vegas shoot-out, Penn State Relays, Rocky Mountain Wrestling Championships, etc.?

A2: No. The exception applies to designated "National Championships" with NFHS sponsorship.

Q3: A high school soccer coach also coaches a non-school team outside of the high school season. The team contains members of the high school team. May the non-school team compete or practice on a Sunday during the school year while the coach is present?

A3: Yes.

Q4: If a school competes in a contest on Saturday and the length of the trip extends through Sunday, may coaches travel with their teams?

A4: Yes, providing there is no practice.

Q5: When may a coach have contact with an athlete on Sundays during the competitive sport season?

A5: (1) Post-season picnics/banquets; (2) public gatherings; (3) travel required by Saturday or Monday competition; (4) attendance by coach/parent at own child's contests; (5) chance encounter; (6) when the coach is acting in the capacity as a contest official, umpire, or referee at a competition where an athlete from their school team may be competing completely independent from any connection with the coach.

Q6: May a freshman coach who has had minimal, or no, contact with the varsity volleyball team members during the season have contact with those players on Sunday (a) during the season; and (b) following the season?

A6: (a) No. (b) Yes. The Sunday Contact Rule applies to all coaches, at all levels, on the staff at an institution. In this case, the freshman coach, like the sophomore, junior varsity and other assistants, is prohibited from contact with players for that school during the competitive sports season on Sunday.

Q7: If district, regional or state play is rescheduled from a Friday or Saturday playoff date to a Monday due to poor weather, will practice be permissible on a Sunday?

A7: Yes. If any rescheduled district, regional or state event occurs on Monday due to poor weather or any other circumstance that forces a reschedule, the Sunday Contact Rule will be exempt.

Q8: What type of social media contact is allowed on Sunday during the competitive season?

A8: Contact on Sundays will be permitted via social media such as "X" (Twitter), Facebook, etc., and email so long as it is done in a public way and not direct communication with an individual athlete, or a call-to-action of any kind. A call to action would be a request for that recipient to follow through on a request on a Sunday. (i.e., view a posted game film, etc.) Private communication, such as direct messages, are not permitted. Group texts to teams on Sundays which include administrators are permitted, but text messages to individual athletes are not. Districts may impose stricter policies.

Practice Supervision & Scheduling Guidelines

A certified coach — defined as an individual who has completed all CHSAA and Sargent School District RE-33J coaching requirements — must be present at all practices.

Practice Scheduling

- High school coaches are expected to conduct practices at least five days per week, with each session lasting a minimum of 1 ½ hours.
- Any changes or cancellations to scheduled practices must be communicated to the Athletic Director, as well as parents/guardians and athletes as soon as possible.
- Coaches are required to notify parents/guardians and athletes immediately if a practice is canceled.

Sport-Specific Procedures

- Coaches of all sports must submit their practice schedule to the Athletic Director no later than the 1st day of Official Practice.

Inclement Weather (Snow Days)

- Practices on snow days require prior approval from the Athletic Director.
- If approved, such practices may only be held in the afternoon or early evening.

Supervision & Safety Protocols

The Head Coach and Assistant Coaches are responsible for the supervision of all players and managers at all times, in accordance with CHSAA and Sargent School District RE-33J guidelines. Effective supervision must be maintained during all practices, games, tournaments, and team travel.

Coaches are required to routinely inspect all playing facilities and equipment to ensure safety and proper function. Any concerns or hazards must be reported immediately to the Athletic Director.

Athlete Supervision Before & After Activities:

- Athletes must not be left unsupervised at any time before, during, or after team activities.
- Coaches are responsible for ensuring that all athletes have been picked up before leaving the facility.
- Practices should conclude on time to facilitate prompt student pick-up by parents/guardians.

Communication, Social Media, & Online Guidelines

Only Sargent organization email accounts or the third party communication platform (Band App ) will be used in all communications with parents/guardians and athletes. The Athletic Director will be copied/included on all communications. **NEVER** send direct electronic communication to an athlete without the parent/guardian and Athletic Director included on the communication thread.

Coaches can create a safe and supportive online environment that enhances the overall experience for student-athletes while upholding the standards of Sargent School District Re-33J Athletic Programs. To ensure a positive and professional online environment, adhere to the following guidelines:

Establish Boundaries:

Maintain clear boundaries between yourself and your athletes on social media. Do not accept friend requests or follow athletes under the age of 18. Communication should be kept professional and limited to team-related matters.

Use Approved Communication Platforms:

Coaches must utilize the school-approved third-party communication platform for team communications. Avoid using personal social media accounts for direct communication with athletes.

Promote Positive Content:

Share positive team experiences, achievements, and educational resources that can benefit your athletes. Highlighting the team's accomplishments fosters a sense of community and pride.

Monitor Interactions:

Regularly monitor any team-related social media accounts for inappropriate content or interactions. Address any concerning behavior immediately and report it to the Athletic Director if necessary.

Avoid Personal Sharing:

Be mindful of what you share on your personal social media accounts. Avoid posting content that could be perceived as unprofessional or that may compromise your role as a coach.

Educate Athletes:

Encourage athletes to set their privacy settings appropriately and to think critically about their online presence. Remind them that their behavior on social media reflects not only on themselves but also on the team and school.

Report Inappropriate Behavior:

If you observe any hazing or bullying behavior on social media, report it immediately to the Athletic Director or Principal in accordance with district policies.

Engage Responsibly:

While it's important to engage with your athletes, ensure that all interactions are respectful and appropriate. Use group messaging when possible to maintain transparency.

Maintain Professionalism:

Remember that you are a role model for your athletes. Your actions on social media should reflect the values of sportsmanship, respect, and integrity expected within Sargent School District RE-33J.

Communication Expectations**Coach Communication Expectations**

- Coaching philosophy and team expectations
- Practice and contest locations and times (use the school approved third party app)
- Team requirements (equipment, fees, conditioning programs)
- Team selection process
- Comply with the CHSAA No Sunday Contact Bylaw
- Clearly communicate your availability to parents and players during the pre-season meeting. Establish specific times and methods for communication outside of practice and game settings.
- Avoid one-on-one meetings with athletes. Always have another coach or staff member present. If a private conversation is necessary, conduct it in a visible, open area.
- High School Head Coaches should provide middle school coaches with a list of essential skills for successful transition to high school sports. Maintain open communication between high school and middle school programs to ensure alignment of coaching philosophies and skill development.
- All coaches must carry cell phones during practices, games, and team travel. Ensure emergency contact information for all athletes is readily available.

Appropriate Communication Topics With Parents

- Mental and physical treatment of their athlete
- Ways to help the athlete improve
- Concerns about their athlete's behavior

Inappropriate Topics for Discussion With Parents

- Playing time or positioning

- Team strategies or game tactics
- Other student-athletes or students

Chain of Command

All coaches, parents, and athletes are expected to follow the district's established chain of command when addressing concerns, which are listed here:

Lines of Communication Protocol

Concerns should be addressed in the following order:

1. Student-athlete speaks with coach
2. Student/athlete **AND** parent/guardian speaks with athletic director **AND** coach
3. Student/athlete **AND** parent/guardian speaks with athletic director **AND** coach **AND** principal
4. Student/athlete **AND** parent/guardian speaks with athletic director **AND** coach **AND** principal **AND** superintendent

24 Hour Rule

Parents/guardians **MUST** wait **24 HOURS** after a contest before approaching coaches. This practice encourages direct athlete-coach communication, respectful, constructive dialogue, and trust in the coach's judgment while remaining open-minded.

Post-Season Responsibilities

After your season has come to its conclusion it is the head coach's responsibility to COMPLETE and UPDATE ALL inventory, including, but not limited to:

- Uniforms (Tops, Bottoms, Singlets, etc.)
- Warm-ups (Tops & Bottoms)
- Equipment
- Materials

All inventory must be put into the Google Sheet in the correct tab for your sport. All inventory must be put back into the equipment room, NEATLY (uniforms hanging or folded and in tubs). Once you have done this, send the AD an email with the shared inventory update you have done. Return your school keys/FOB to the Administration Office. If you are a full time employee, you will not be required to turn in your keys/FOB. The coach's office needs to be cleaned and organized before keys/FOB are turned in. If you are not sure if you have completed EVERYTHING, ask before turning in your keys/FOB!!

Uniform and Equipment Return

- Collect, wash, dry, fold, and return all team uniforms and equipment to the correct storage location neatly.
- The Head Coach is responsible for any uniforms that are not accounted for at the end of the season. If the uniform is not turned in, the head coach needs to let the Athletic Director know, who will then issue a bill for the missing uniform pieces to that student.
- Identify and report any uniforms with excessive wear, tear, damage, or staining to the Athletic Director for potential assessment of replacement fees.

Awards and Recognition

- Submit a list of all team members who earned a varsity letter to the Athletic Director no later than 2 weeks after the completion of the season.
- Include any additional special awards or recognitions for team members (All-State, All- Conference, etc.).

Equipment Needs for Next Year

- Prepare and submit a prioritized list of equipment needs for the following season and submit the list to the Athletic Director (this **DOES NOT** guarantee anything will be purchased, but rather allows for better financial planning for future items needed).
- Be as specific as possible; the Athletic Director will review all requests and prioritize them according to the needs of all sports programs.

Post-Season Evaluation Meeting

- Schedule and attend a post-season evaluation meeting with the Athletic Director to complete the Coaching Evaluation Form which helps to evaluate the season (both as a coach and as a program as a whole), discuss program progress, and address any concerns or future goals.
- The Coaching Evaluation can be viewed at the end of this handbook in the Appendix, to allow transparency for coaches with the evaluation process.
- The Head Coach will receive the necessary paperwork for evaluations that need to be completed by the Head Coach for all assistant and volunteer coaches during this meeting.

Return of Keys/FOB

- Return all issued keys to the Sargent Business Manager if you are not a certified employee.

Final Payment

No coach will be approved for payment until **ALL UNIFORMS** have been returned, a **CURRENT/UPDATED INVENTORY LIST** has been submitted to the Athletic Director (Updated to Google Sheets under the correct sport's tab).

Volunteer/Guest, Parent/Guardian & Spectator Information & Support

Volunteer/guest and parent/guardian support are essential to creating a successful and vibrant athletic program. Volunteer contributions can significantly enhance team morale and provide critical assistance through activities such as transportation coordination, locker decoration, team dinners, banquet planning, and fundraising efforts.

Coaches must carefully manage volunteer involvement to maintain appropriate boundaries and team leadership. While encouraging parent/guardian and community support, coaches retain the sole authority for team decisions, instruction, and official team business. All volunteers must be

pre-approved by the school board, and complete and pass a background check and necessary CHSAA and school district requirements before engaging with the team or participating in team activities.

Individuals interested in fulfilling volunteer hour requirements must coordinate with the Athletic Director in advance to ensure their support meets established needs and guidelines. Coaches may also submit specific volunteer requests to the Athletic Director to address team needs. The primary goal is to create a collaborative environment that supports student-athletes while maintaining clear lines of responsibility and professional coaching standards.

Coaches wishing to involve individuals who are not official members of the Sargent Coaching Staff must obtain prior approval. A request must be made to the Athletic Director before involving any external individuals in the program. For volunteering individuals expected to have regular, recurring contact with athletes or interaction in a coaching capacity, all standard coaching requirements apply. Additionally, these individuals must complete the Sargent School District RE-33J volunteer processes, provide references, and complete an interview with Sargent School Administration.

Coaches may request to involve individuals with specific expertise for limited engagements. For these one-time or short-term guests who will be under constant supervision of certified coaching staff, the standard coaching requirements may be waived at the discretion of administration. Parents/guardians and athletes must be notified in advance of the guest's involvement.

The Athletic Director and/or school administration reserve the right to approve or deny any requests for volunteer or guest involvement in athletic programs.

Parents/guardians and spectators are expected to:

- Support all athletes, coaches, and officials in a positive manner
- Refrain from coaching from the sidelines or bleachers
- Address concerns through proper channels (see Communication Protocol)
- Volunteer and support athletic booster club activities when possible
- Cheer **FOR** your team, not **AGAINST** the opposing team
- See CHSAA Bylaws 2230 through 2270.12 for appropriate and inappropriate behavior of spectators, athletes, game officials and others involved in the event:

2230.

GAME OFFICIALS

Game officials are an integral part of interscholastic activities and have been entrusted with the conduct of the event. Derogatory statements or conduct concerning game officials, either during actual games or at other times by student participants, coaches or other representatives of a school are considered detrimental to the orderly conduct of interscholastic activities programs.

Whenever a game official's conduct warrants legitimate grievance, the student participant, coach or other school representative shall express the grievance in writing and forward it through the school principal to the CHSAA Commissioner for review and appropriate action.

Failure to observe this procedure shall constitute a violation of this policy and subject the offender to authorized disciplinary action. Disciplinary action could result in the following: (a) reprimand; (b) probation; (c) restriction; or (d) suspension.

Q1: May a coach be penalized for public (print media, social media, radio, TV, etc.) derogatory comments about game officials?

A1: Yes. If public comments are accurately attributed to the coach, the Commissioner may apply any of the penalties listed above to the coach and/or program. The purpose of the policy is not to restrict the coach from communicating concerns about officiating to the appropriate people, but that it be done in a professional manner which best serves the educational purposes of high school athletics.

2230.1

THREATENING BEHAVIORS, VERBAL THREATS OR ASSAULT ON A GAME OFFICIAL

Any person who physically assaults, verbally threatens, or exhibits any behavior that can be reasonably considered as threatening, on or towards a game official at any level of competition; shall be subject to consequences up to and including being permanently banned from any CHSAA or CHSAA member event. The determination and severity of the consequence(s) for these behaviors will be determined by the Commissioner and the School Administration working collaboratively.

Q1: Who is considered a “sports or game official?”

A1: Sports or game officials are defined as those individuals who serve as referees, judges, umpires, linesmen, and those who serve in similar capacities but may be known by other titles.

Q2: Are activity judges considered “game officials?”

A2: For the purposes of this bylaw activity judges are considered “game/event officials.”

Q3: What is considered assault?

A3: For the purposes of this bylaw; assault is defined as an intentional act, or threat of such act, that puts another person in reasonable belief of imminent harmful or offensive contact. “Harmful or offensive” in the context of this bylaw is an objective standard referring to touching that is likely to or capable of causing harm or offending a reasonable person by violating prevailing social standards of acceptable touching.

Q4: What is considered threatening behavior?

A4: For the purposes of the bylaw; “threatening” behavior includes words, actions, or behaviors that by the nature of such words, actions or behaviors causes another person to be concerned for their safety and/or security; such words, actions, or behaviors may not include explicit threats.

2240.

HOST SCHOOL RESPONSIBILITY & SPECTATOR BEHAVIOR

The host school has the responsibility to ensure:

- That all individuals at the event are treated with dignity and respect.
- That an event is governed in a manner which emphasizes the educational values inherent in interscholastic activities.
- It is the host school's responsibility to remove any individual(s) creating a disturbance which disrupt(s) the educational goals of the event.

Individuals, who by their actions, have become a constant disruption to the orderly governance of a high school activity shall be removed from the contest and/or subject to further penalty by the school or Association.

At neutral sites, the designated on-site school administrator(s) are responsible for managing the behavior of their spectators, per bylaw 2260.

2240.1 MANAGING SPECTATOR BEHAVIOR

A spectator is an individual who is not participating, coaching, officiating or part of administrating a contest.

Schools, and/or event administration, shall take the following steps to manage unruly spectator behavior.

1. Warning: Spectator(s) will be asked to stop their behavior, and refrain from negative comments or actions.
2. Removal from event: Spectator(s) will be removed from the event if the behavior continues following the warning.
3. Immediate ejection: If the spectator(s) behavior is determined to be serious enough, a host school may remove the spectator(s) from the event without a prior warning.
4. Removal of spectator(s) from an event is at the discretion of the host school/on-site administrator(s). Contest officials may also remove fans from the event.

NOTE: These rules are in addition to any policies held by a school, school district, or league, which may have a stricter standard.

2240.2 SPECTATOR EJECTIONS

- a. The host school will provide written notification to CHSAA, league and offender of any action taken relative to spectator ejection and suspension.
- b. An individual who has been removed or ejected from an event will be suspended for a minimum of at least one contest, regardless of where or when the next event(s) takes place.
 - i. An individual school's principal, or their designee, has the discretion to increase a spectator's suspension, up to an indefinite period of time.
 - ii. The suspension may be reduced if the individual completes the NFHS National Parent Credential course on NFHSLearn.com.
- c. Any individual who has been removed or ejected from more than one contest during the course of a single school year shall be barred from attending any high school events for the remainder of that school year, including any regular and postseason events.
- d. If the spectator is associated with the school, they must meet with school administration before the spectator is allowed to return to watch any contest or meet.
- e. Upon request of the member school/district, CHSAA will support and uphold a district or member school's decision relative to a spectator ejection or suspension, including postseason events.

NOTE: CHSAA's Sporting Behavior Manual provides guidance and resources to help administrators and coaches to create and direct more positive experiences at contests for all involved.

2250.

RESPONSIBILITIES OF HOST SCHOOL

Fair play, courtesy, generosity, self-control, and friendly feelings for the opposing team or school shall not be sacrificed in the desire to win. Basic to this is the duty of the host school at any athletic contest to take every possible measure to assure courteous, friendly, and fair treatment to visiting players, school officials, fans, and game officials.

2260.

ADMINISTRATIVE CONTROL

2260.1 The administration of all athletic contests in the high school program shall be entirely controlled by the properly constituted school officials.

2260.11 OFFICIAL SCHOOL REPRESENTATIVE —The principal or superintendent is the recognized head of the school and shall be the official representative of their school in all protests, hearings, etc. they are responsible for all athletic eligibility lists of their high school.

2260.2 Each member school participating in any postseason event is required to have a designated school administrator or representative on-site for the duration of the event. This individual must be empowered to act on behalf of the school and be responsible for addressing any matters related to the event, including, but not limited to, student-athlete safety, sportsmanship, and compliance with CHSAA regulations. The administrator must be visible and available to event officials, CHSAA representatives, and event staff.

Failure to comply with this requirement may result in disciplinary action as deemed appropriate by the Commissioner.

Note: In home site playoff contests (typically early rounds) the home Athletic Director may serve as the representative of the visiting team if agreed to by both schools. School representatives can be coaches, teachers and or other staff that are employed by the school district and who have been designated by the school administration in this capacity.

2270.

CONDUCT OF SCHOOL PARTICIPANTS

2270.1 The responsibility for the conduct of the coaches, players and spectators at any athletic contest shall lie with the officials of the schools whose teams are participating in the contest. The Sportsmanship Committee will annually generate a list of unacceptable behaviors.

2270.11 SCHOOL — Any school whose coaches, players or spectators are guilty of gross misconduct may be suspended for a period of time to be determined by the CHSAA Board of Directors.

2270.12 PARTICIPANT — A participant may be suspended for a period of time to be determined by the Commissioner for conduct detrimental to the high school activity program, including severe actions against game officials.

Activities & Participation Guidelines

Clearance, Forms & Fees

A student is not permitted to participate in **ANY** practice, scrimmage, or game until all required online registration steps and clearances are completed and approved through the Arbiter platform.

Students may not participate in any sport — except for CHSAA-approved non-contact activities — until they have completed the required number of approved practices. Coaches must not accept any registration paperwork directly from athletes. All forms must be completed and uploaded to Arbiter. No athlete may participate in any sanctioned scrimmage or game until all required documents and fees are completed, uploaded, and processed.

The following must be completed, uploaded, and processed before participation is allowed:

- Current physical examination, signed by a doctor and valid for one year (**ONLY CHSAA PHYSICAL FORMS ACCEPTED**)
- Assumption of Risk/Emergency Release Form
- Signed Parent Permission Forms
- Athletic Fees Paid in Full
- Sport-Specific Inherent Risk Form
- CHSAA By-Laws Student Information Sheet
- Signed acknowledgement of the Athletic-Activities Handbook

Coaches are not allowed to have any athlete participate in practice unless all of the above are completed per CHSAA and the Athletic Director. A list of eligible students will be emailed to all coaches prior to the first official day of practice, as well as a hard copy given to the head coach of each sport. **Under no circumstances will an athlete be allowed to participate in any practice until their name appears on the official roster.**

Coaches must adhere to the following rules regarding activities and participation to ensure fair participation, smooth transitions between sports and grade levels, and proper communication of team activities and results.

- Outside Team Activities - All external team functions/activities must be cleared with the Athletic Director before scheduling.
- Sport Transition - Athletes must complete their current sport before participating in an upcoming sport. Coaches are not allowed to request players miss practices or games in their current sport for another sport. This rule does not apply to non-Sargent athletic teams.
- Sport Transfer - Coaches must approve athlete transfers between sports. Students may transfer sports prior to the first competition in that sport after a season starts. After this period, transfers are not permitted.
- Dual Sport Participation - Students participating in two sports in one season must declare a primary sport. When and if scheduling conflicts occur, the athlete will attend the contest of their primary sport.

- Outside Competition/Practice-Players certified to participate as members of any high school sport team may compete on any other team, in any non-school activity or event in that sport during that sports season with the express written permission of the principal. Permission shall be granted if:
 - (a) the student's class attendance is not compromised; and
 - (b) the student is in good academic standing under the school's activities policy applicable to all students.
- 8th Grade Transition - Coaches must have no contact with 8th graders until May 1st of the current school year. 8th graders may not attend high school practices during the year, even if out of season. 8th graders cannot participate with a high school team until that team's regular season is completed.
- Team Managers - Coaches may appoint team managers. Clear expectations for managers' attendance and duties must be provided before the season starts.
- Contest Reporting - All coaches must report contest results by noon the day following each contest throughout the season. Results should be entered into MaxPreps and sent to the Athletic Director and secretaries in both Secondary (MS/HS) and Elementary buildings.

Eligibility & Academic Standards

Participation in extracurricular activities at Sargent School District RE-33J is a privilege, not a right. Student-athletes are expected to serve as role models for their peers. Coaches are responsible for monitoring their athletes' academic progress and ensuring compliance with these eligibility standards. Regular communication with teachers and the Athletic Director is essential to support student-athletes' academic success.

Eligibility Determination:

- Eligibility lists will be distributed to teachers and coaches by noon on Monday each week.
- Students with 1 F or 2 D's are considered ineligible.
- All student work must be submitted to teachers by the end of the day Thursday of the previous week to be considered for the current eligibility period. The eligibility period runs from Monday through Sunday night for the designated week or period.
- Students receiving "Incomplete" are eligible to compete when the "I" is converted to a passing grade prior to the competition (and is passing 3.5 Carnegie units).

Ineligibility Consequences:

- Ineligible students cannot participate in events until reassessed for the next eligibility period which begins on the following Monday. They may practice with the team, but **CANNOT** travel or sit on the team bench during competitions.
- Ineligible students are not allowed to miss class for extracurricular activities. This applies to all school functions, including Knowledge Bowl, Spelling Bee, FFA, Senior/8th Grade Trips, and other competitions/activities.

Regaining Eligibility:

- For full General Eligibility Requirements see CHSAA Bylaw 1710 through 1910, 2026-2027.
- Students who receive non-passing grades or incompletes in two or more subjects at the end of a semester (January or May) are ineligible for the entire following semester.
- Make-up work after the close of a semester is not permitted for eligibility purposes.
- CHSAA Bylaw 1760 through 1760.2

1760.

REGAINING ELIGIBILITY

- 1760.1 A student who has been ineligible but now regains eligibility for the upcoming semester shall not compete in any interscholastic contest and/or scrimmage until the day following the close of the current semester.
- 1760.2 A student who has been eligible, but who now becomes ineligible for the upcoming semester, shall not compete in any interscholastic contest and/or scrimmage on the day following the close of the current semester. (NOTE: Students who are now ineligible but will regain eligibility, and students who are now eligible but will lose eligibility, may never be eligible on the same day.)

FALL REGAIN DATES	
<i>The regain day is the Monday of the designated weeks:</i>	
Boys' Golf	Week 8
Softball	Week 9
Boys' Tennis	Week 10
Cross Country	Week 10
Field Hockey	Week 11
FALL REGAIN DATES	
Flag Football	Week 11
Football	Week 11
Gymnastics	Week 11
Boys' Soccer	Week 11
Spirit	Week 11
Volleyball	Week 11
Esports	Week 15

WINTER REGAIN DATES	
<i>The regain day is the Monday of the designated weeks:</i>	
All Winter Sports (except Ice Hockey)	Week 20
*Ice Hockey	Week 19
SPRING REGAIN DATES	
<i>The regain day is the Monday of the designated weeks:</i>	
Esports	Week 34
Spring	Week 36

Q1: A student has been ineligible for the first semester, but has regained eligibility for the second semester. The school calendar adopted by the Board of Education specifies that the semester ends on a Friday. Is the student eligible to compete on (a) Friday night; or (b) Saturday night?

A1: (a) No. (b) Yes. (In recognition of the fact that in many schools grades are not turned in until several days following the close of the semester, it is possible that the student about to become ineligible could continue competing until the grades are turned in by the teacher to the administration. In cases in which the potential ineligibles continue to compete, no students who will become eligible may compete until the grades are turned in. Again, the potential ineligibles and eligibles may never be eligible on the same day.)

Q2: A student has been ineligible for the second semester, but will become eligible for the first semester of the next school year. When may the student compete in an interscholastic contest?

A2: The student may compete interscholastically on the first day for interscholastic competition specified in the specific sport's Bylaws. The student is not required to attend classes in the first semester in order to compete in the fall sports season.

Q3: A student has been eligible during the first semester but will become ineligible for the second semester. The semester ends on Friday. (a) May he/she/they play on Friday night? (b) Saturday night?

A3: (a) Yes. (b) No. (See A1.)

Attendance Requirement:

- If a student misses school the day of an extracurricular activity, he/she will not be allowed to participate in the activity. Exceptions will only be allowed through parental contact and prior approval from the principal. A student must attend at least four (4) class periods on the day of the competition in order to compete

Special Eligibility Periods:

- Thanksgiving week eligibility remains the same as the previous week.
- Winter break eligibility remains the same as the last week of the semester, and eligibility will carry over to the next semester.

Criteria for Team Placement & Level of Play

Coaches should prioritize consistency and transparency in player development across all team levels. The overall goal is to allow students to compete at their appropriate skill level while fostering individual and team growth.

Coaches should implement a fair system of tryouts and a selection process when necessary due to facility, personnel, or equipment constraints. If this selection process is needed, coaches must provide specific evaluation guidelines to the Athletic Director, athletes, and parents at the beginning of tryouts. Student-athletes should attend all scheduled practices and team meetings for serious consideration, with exceptions for illness, religious observances, family emergencies, school transfers, injuries, or ongoing participation in a previous sports season. Final selection of players for various team levels is at the discretion of that sport's coaches.

CHSAA Bylaw 2880 through 2880.11 is a reminder for coaches and athletes. See below:

2880.

SPORTS CAMPS

2880.1 A sports camp is defined as an instructional opportunity limited to one sport and involving participation by the individual student. No coach or school representative may directly or by implication direct a student to attend said camp or camps as a condition to practicing, participating or otherwise influencing a student's opportunity to participate in any school sport.

2880.11 WINTER VACATION, SUNDAY — No sports camp may be sponsored by any school from December 24 through December 27 and New Year's Day. Neither may any faculty member be connected with a camp during this period in which any of their students are enrolled or participating. No school-sponsored camp may be held on any Sunday during the school year.

Q1: May a coach conduct a four-week sports camp during the summer for past and potential team members?

A1: Yes, as long as attendance at camp is not a prerequisite to school team membership.

Q2: May a coach conduct a one-week camp during the week before the start of the fall formal sports season?

A2: Yes.

Coaches must establish clear criteria for Varsity and Junior Varsity teams and regularly communicate to players their standing and expected roles. High school team placement is determined by skill level, with other considerations taking place that will be communicated to athletes and parents prior to the start of the season. The Varsity team is expected to compete at the highest level possible, while JV and/or "C" teams should be considered developmental.

At the middle school level, skill development is the primary goal. The "A" team should consist of the highest skill level players, while "B" teams are considered developmental squads. All players are expected to participate in scheduled contests, with the exception of tournament play.

Consistency and transparency in player development across all team levels are crucial. The overarching intent is to allow students to compete at their appropriate skill level while fostering individual and team growth. Coaches are expected to maintain open communication with players about their progress and roles within the program.

Qualifications for Varsity Lettering

Sargent School District RE-33J letter jacket colors are black and gold. Displaying the earned letter on a non-traditional letterman jacket is not permitted, and administrators may request its removal or return to the activities/athletic department.

Coach's Discretion: Head coaches retain the final authority to award letters at their discretion including special circumstances like seniors who have been in the program for several years, or to athletes who demonstrate outstanding dedication and sportsmanship despite missing playing time thresholds.

Injuries: Injured players who would have met the requirements but for the injury may receive a letter at the coach's discretion.

Football

No major/repetitive disciplinary issues (Academic or Athletic)

And any of the following below:

Participate in 75% Varsity Quarters

90% attendance at practice

Participation in Post Season Competition

Volleyball

No major/repetitive disciplinary issues (Academic or Athletic)

And any of the following below:

Participation in at least 25% of Varsity Sets during the season

Participation in Post Season Competition

Cross Country

No major/repetitive disciplinary issues (Academic or Athletic)

And any of the following below:

Must earn 15 points to letter:

5 points: finishing in the first third of a race

3 points: finishing in the second third of a race

1 point: finishing in the final third of a race

1 point: for every varsity meet competed in and finished

Participation in Post Season Competition

Basketball

No major/repetitive disciplinary issues (Academic or Athletic)

And any of the following below:

Participation in at least 75% of Varsity Games during the regular season

90% Attendance at Practice

Participation in Post Season Competition

Swimming

No major/repetitive disciplinary issues (Academic or Athletic)

And any of the following below:

Swim in 8 Meets Throughout the Season and

80% of Dryland & Weights Practices Under the Supervision of the Sargent Coaching Staff Throughout the Season

Participation in Post Season Competition

Wrestling

No major/repetitive disciplinary issues (Academic or Athletic)

And any of the following below:

Compete in 75% Varsity Tournament

90% Attendance at Practice

Earn 30 Points or More During Varsity Tournaments/Meets - Add up wins with the following Point Accumulation: 6 Points for a Pin, 5 Points Tech, 4 Points Major

Decision, 3 Points Decision

Participation in Post Season Competition

Baseball

No major/repetitive disciplinary issues (Academic or Athletic)

And any of the following below:

Participation in at least 75% of Varsity Games during the regular season

90% Attendance at Practice

Participation in Post Season Competition

Track & Field

No major/repetitive disciplinary issues (Academic or Athletic)

And any of the following below:

Earn at least 40 or More Varsity Team Points During the Regular Track Season, or

Place within top 6 positions of an individual event or top 3 positions of a team relay race during a League, District, or Regional Meet, or qualify for the State Track Meet
Participation in Post Season Competition

Athletic Varsity Managers/Statisticians

No major/repetitive disciplinary issues (Academic or Athletic)

And any of the following below:

Attend all practice sessions when required by the head coach

Be present at all competitions

Perform tasks outlined by the head coach

Participation in Post Season Competition

Out-of-District Athletic & Activity Participation & Recognition

Sargent School District RE-33J recognizes that our students may occasionally participate in athletic or activity programs hosted by neighboring school districts when specific opportunities are not offered directly on our campus. We are committed to celebrating the dedication, effort, and achievements of all Sargent students, regardless of where they compete.

- **Letterman & Award Eligibility:** Sargent students participating in sanction-approved programs at partner schools are fully eligible for Sargent **4-Year Letterman awards** and standard district athletic/activity honors.
- **District Record Recognition:** Any official Sargent school record broken by a Sargent student will be formally recognized and documented in district records, regardless of the school program affiliation under which the record was set.
- **Family Communication & Sharing Highlights ("*Help Us Share the Highlights*"):** Out-of-district and non-school sponsored events (i.e. Rodeo) accomplishments are not automatically tracked in our building, we rely on students and families to help us celebrate our Farmers! Please notify the **Athletic & Activities Director** or **Principal** with updates, photos, stats, and major milestones. Keeping administration informed ensures your student receives timely recognition in school announcements, banquets, and local media.

Sargent Special Awards

- Tim Madrid (**Male Athlete**):
 - Three Sport Athlete for all 4 years
 - GPA of 3.0 or better
 - Citizenship/Leadership/Coachability
- Gene Stewart (**Female Athlete**):
 - Three Sport Athlete for all 4 years
 - GPA 3.0 or Better
 - Citizenship/Leadership/Coachability in school and community
- Eric Wolff

- At least one sport participant senior year
- This athlete will have played the entire season showing heart and soul throughout. Did not miss practices or games for personal reasons. Stayed academically eligible. Always willing to stay after practice to help coach others. Never blamed or criticized others or pouted when things did not go their way.
- Has overcome significant obstacles, such as injury or personal loss and has come back to participate in a sport.
- Coaches nominate and vote on each of the above special awards each year, prior to the HS Awards Night at the end of the school year.

Citizenship Conduct & Disciplinary Procedures & Expectations

Sargent School District RE-33J highly values citizenship and expects student-athletes to represent themselves, their families, school, and community with respect both on and off the playing field. Coaches and staff members must report all violations to school administrators. The following expectations and guidelines apply to student conduct that all coaches are expected to uphold:

Hazing

CHSAA (Colorado High School Activities Association) defines hazing as any activity that recklessly endangers the physical or mental health or safety of a student for the purpose of initiation into or affiliation with any student organization. This definition encompasses a wide range of actions, including but not limited to, forced physical activity, forced consumption of substances, or prolonged deprivation of necessities.

Reckless endangerment:

Hazing involves actions that intentionally or recklessly create a risk of harm to a student's well-being.

Purpose of initiation:

The defining characteristic of hazing is that it's done to bring someone into or maintain their membership in a group.

Examples of hazing:

CHSAA specifically mentions activities like whipping, branding, forced consumption of food or substances, destruction of property, and forced physical or sexual activity.

Exclusions:

The definition generally excludes customary athletic events and other authorized activities.

CHSAA's definition is aligned with the broader legal definition of hazing as outlined in the Colorado Revised Statutes. The state law also specifies that hazing is a class 2 misdemeanor, making it a criminal offense.

The NFHS (National Federation of State High School Associations) defines hazing as any activity expected of a student to belong to a group that humiliates, degrades, abuses, or endangers them, regardless of their willingness to participate. This includes acts that risk physical or emotional harm and create a hostile environment.

The NFHS emphasizes that hazing is not just physical acts, but also includes activities that cause embarrassment, humiliation, or ridicule. It can involve sleep deprivation, forced consumption of substances, or other actions that create a risk of harm. Even if a student agrees to participate, hazing is still wrong and harmful.

Group Context:

Hazing typically occurs within a group setting, often as part of an initiation or affiliation process.

Humiliating or Degrading Behavior:

Hazing often involves acts that are intended to belittle or shame individuals.

Risk of Harm:

Hazing activities can cause physical or emotional harm, or create a hostile environment.

Regardless of Willingness:

Even if a student participates willingly, the act itself can still be considered hazing.

Examples of hazing activities, as highlighted by the NFHS, include, but are not limited to:

- Physical brutality (e.g., whipping, beating, branding)
- Forced physical activities (e.g., sleep deprivation, exposure to weather)
- Humiliation or degradation (e.g., requiring embarrassing acts or skits)
- Forced consumption of substances
- Verbal abuse or threats

The NFHS emphasizes that hazing is a serious issue that can have significant negative impacts on individuals and the overall school environment. They encourage students, coaches, and school staff to be aware of the signs of hazing and to report any incidents.

Sargent School District RE-33J expressly forbids hazing in any form. Any person participating in such activities shall be subject to disciplinary actions according to Board Policy and possibly lead to suspension or expulsion. Offenders may also be subject to criminal prosecution in accordance with Colorado State Law.

Other Areas of Emphasis:

On-Campus and School-Related Activities:

Disciplinary issues during the sport/activity season on school grounds, at school functions, during school time, while traveling to/from school activities, or under direct school supervision will be handled similarly to classroom management. Coaches/sponsors will address tardiness, attendance, adherence to team expectations, and proper decorum.

Off-Campus Conduct:

Disciplinary issues occurring off school grounds, during non-school functions/hours, and without direct school supervision may result in disciplinary action. This includes infractions of city, county, state, or federal laws (excluding minor traffic violations). Due to the diverse nature of potential violations, a single comprehensive rule is not feasible. The school will strive for fair and consistent application of discipline and consequences and each case will be evaluated individually based on its specific circumstances.

Code of Conduct Violations:

Violations of the district's Code of Conduct, School Policies Manual, Student Handbook, Athletics & Activities Handbook, or municipal, state, or federal statutes will be managed by appropriate school/district administrative personnel. Consequences will follow district guidelines. Additional disciplinary action may be taken by the student/player's coach/sponsor or Athletic/Activities Director.

Additional Disciplinary Action:

In addition to district consequences, student behavior may also be subject to disciplinary action by the student/player's coach/sponsor or Athletic/Activities Director.

Reporting Requirements:

All violations must be reported to school administrators by coaches/sponsors and staff members.

School Suspension Consequences:

1st offense: Athlete suspended from team for duration of school suspension; no practice allowed.

2nd offense: Athlete removed from team; may compete in next sports season if conduct improves (dependent on each situation).

Legal Basis:

Colorado law permits schools to discipline students for on or off-campus behavior that endangers others' welfare or safety, creates physical threats, or repeatedly disrupts educational opportunities. See below for complete law:

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2024 Colorado Revised Statutes

Title 22 - EDUCATION (§§ 22-1-101 — 22-108-109)

SCHOOL DISTRICTS (§§ 22-30-101 — 22-38-115)

Article 33 - School Attendance Law of 1963 (§§ 22-33-101 — 22-33-205)

Part 1 - SCHOOL ATTENDANCE LAW OF 1963 (§§ 22-33-101 — 22-33-112)

Section 22-33-106 - Grounds for suspension, expulsion, and denial of admission

Universal Citation:

CO Rev Stat § 22-33-106 (2024)

(1) The following may be grounds for suspension or expulsion of a child from a public school during a school year:

- (a) Continued willful disobedience or open and persistent defiance of proper authority;
- (b) Willful destruction or defacing of school property;
- (c) Behavior on or off school property that is detrimental to the welfare or safety of other pupils or of school personnel, including behavior that creates a threat of physical harm to the child or to other children; except that, if the child who creates the threat is a child with a disability pursuant to section 22-20-103 (5), the child may not be expelled if the actions

creating the threat are a manifestation of the child's disability. However, the child shall be removed from the classroom to an appropriate alternative setting within the district in which the child is enrolled for a length of time that is consistent with federal law, during which time the school in which the student is enrolled shall give priority to and arrange within ten days for a reexamination of the child's individualized education program to amend his or her program as necessary to ensure that the needs of the child are addressed in a more appropriate manner or setting that is less disruptive to other students and is in accordance with the provisions of article 20 of this title. Nothing in this paragraph (c) shall be construed to limit a school district's authority to suspend a child with a disability for a length of time that is consistent with federal law.

(c.5)

(I) Declaration as a habitually disruptive student.

(II) For purposes of this paragraph (c.5), "habitually disruptive student" means a child who has caused a material and substantial disruption on school grounds, in a school vehicle, or at a school activity or sanctioned event three or more times during the course of a school year. Any student who is enrolled in a public school may be subject to being declared a habitually disruptive student.

(III) The student and the parent, legal guardian, or legal custodian shall have been notified in writing of each disruption counted toward declaring the student as habitually disruptive pursuant to this paragraph (c.5), and the student and parent, legal guardian, or legal custodian shall have been notified in writing and by telephone or other means at the home or the place of employment of the parent or legal guardian of the definition of "habitually disruptive student".

(IV) (Deleted by amendment, L. 2000, p. 1971, § 12, effective June 2, 2000.)

(d) Committing one of the following offenses on school grounds, in a school vehicle, or at a school activity or sanctioned event:

(I) Possession of a dangerous weapon without the authorization of the school or the school district;

(II) The use, possession, or sale of a drug or controlled substance as defined in section 18-18-102 (5), C.R.S.; or

(III) The commission of an act that, if committed by an adult, would be robbery pursuant to part 3 of article 4 of title 18, C.R.S., or assault pursuant to part 2 of article 3 of title 18, C.R.S., other than the commission of an act that would be third degree assault under section 18-3-204, C.R.S., if committed by an adult.

(e) Repeated interference with a school's ability to provide educational opportunities to other students.

(f) Carrying, using, actively displaying, or threatening with the use of a firearm facsimile that could reasonably be mistaken for an actual firearm

in a school building or in or on school property. Each school district shall develop a policy that shall authorize a student to carry, bring, use, or possess a firearm facsimile on school property for either a school-related or a nonschool-related activity. Such policy shall also consider student violations under this section on a case-by-case basis using the individual facts and circumstances to determine whether suspension, expulsion, or any other disciplinary action, if any, is necessary.

(g) Pursuant to section 22-12-105 (3), making a false accusation of criminal activity against an employee of an educational entity to law enforcement authorities or school district officials or personnel.

(1.2) Each school district shall consider each of the following factors before suspending or expelling a student pursuant to subsection (1) of this section:

- (a)** The age of the student;
- (b)** The disciplinary history of the student;
- (c)** Whether the student has a disability;
- (d)** The seriousness of the violation committed by the student;
- (e)** Whether the violation committed by the student threatened the safety of any student or staff member; and
- (f)** Whether a lesser intervention would properly address the violation committed by the student.

(1.5) Notwithstanding any other provision of law, in accordance with the provisions of 20 U.S.C. sec. 7961, a student who is determined to have brought a firearm to a school, or to have possessed a firearm at a school, shall be expelled for a period of not less than one year; except that the superintendent of the student's school district may modify this requirement for a student on a case-by-case basis if such modification is in writing.

(2) Subject to the district's responsibilities under article 20 of this title, the following may be grounds for expulsion from or denial of admission to a public school, or diversion to an appropriate alternate program:

- (a)** Physical or mental disability such that the child cannot reasonably benefit from the programs available;
- (b)** Physical or mental disability or disease causing the attendance of the child suffering therefrom to be inimical to the welfare of other pupils.

(3) The following may constitute additional grounds for denial of admission to a public school:

- (a)** Graduation from the twelfth grade of any school or receipt of any document evidencing completion of the equivalent of a secondary curriculum;
- (b)** Failure to meet the requirements of age, by a child who has reached the age of six at a time after the beginning of the school year, as fixed by the board of education of the district in which the child applies for enrollment, as provided in section 22-1-115;
- (c)** Having been expelled from any school district during the preceding twelve months;

(d) Not being a resident of the district, unless otherwise entitled to attend under the provisions of article 23, 32, or 36 of this title;

(e) Failure to comply with the provisions of part 9 of article 4 of title 25, C.R.S. Any suspension, expulsion, or denial of admission for such failure to comply shall not be recorded as a disciplinary action but may be recorded with the student's immunization record with an appropriate explanation.

(f) Behavior in another school district during the preceding twelve months that is detrimental to the welfare or safety of other pupils or of school personnel.

(4)

(a) Except as provided in paragraph (b) of this subsection (4), a school district shall prohibit any student who is expelled from a public school of the school district pursuant to paragraph (c) or (d) of subsection (1) of this section or pursuant to subsection (1.5) of this section from enrolling or reenrolling in the same school in which the victim of the offense or member of a victim's immediate family is enrolled or employed. If the school district has no actual knowledge of the name of the victim of the offense for which the student was expelled, the provisions of this subsection (4) shall be implemented only upon request of the victim or a member of the victim's immediate family.

(b) In any school district that has only one school in which the expelled student can enroll, the school district shall either:

(I) Prohibit the student expelled from the school district pursuant to paragraph (c) or (d) of subsection (1) of this section or pursuant to subsection (1.5) of this section from enrolling or reenrolling in the same school in which the victim of the offense or member of a victim's immediate family is enrolled or employed; or

(II) Design a schedule for the expelled student that, to the extent possible, avoids contact between the expelled student and the victim or a member of the victim's immediate family.

(c) The provisions of this subsection (4) shall not apply to an offense that constitutes a crime against property.

(d) The provisions of this subsection (4) shall apply only if the expelled student is convicted, is adjudicated a juvenile delinquent, receives a deferred judgment, or is placed in a diversion program as a result of committing the offense for which the student was expelled. Prior to implementation of the provisions of this subsection (4), the school district shall contact the appropriate court to determine whether the provisions of this subsection (4) apply to an expelled student. The school district shall be authorized by the provisions of section 19-1-303 (1)(b), C.R.S., to obtain such information.

(e)

(I) Notwithstanding any other provision of law to the contrary, any county or district court shall have original concurrent jurisdiction

to issue a temporary or permanent civil restraining order that enjoins the expelled student from enrolling or reenrolling in the same school in which the victim of the offense or member of a victim's immediate family is enrolled or employed.

(II) A motion for a temporary civil restraining order pursuant to this paragraph (e) shall be set for hearing, which hearing shall be ex parte, at the earliest possible time and shall take precedence over all matters except those matters of the same character that have been on the court docket for a longer period of time. The court shall hear all such motions as expeditiously as possible.

(5) If a student who is participating in online instruction is suspended or expelled on or after March 23, 2020, in violation of section 22-1-131 (4), the school district or public school that suspends or expels the student shall revoke the suspension or expulsion and expunge the suspension or expulsion from the student's record.

Drug, Alcohol & Tobacco Policy

Sargent School District RE-33J participates in Mandatory Drug Testing. (JJIH).

Sargent School District RE-33J strictly prohibits the use of drugs, alcohol, and tobacco products, of any kind. This policy applies to both coaches and athletes alike. Any consumption or possession of illegal drugs, alcohol, or tobacco products is considered a violation of this policy, and can be grounds for termination as a coach or suspension/expulsion in athletic participation. Student-Athlete attendance at events where illegal drugs, tobacco or alcohol are being used, consumed or possessed may be considered active participation in an illegal act. Students are strongly advised to leave such premises immediately, either independently or with a legal parent/guardian.

Violations of this policy will result in the following penalties for athletes:

First Offense: 3-5 days out-of-school suspension (if incident occurred on campus) and suspension from 25% of the sport/activity's regular season competition. Example: For volleyball with 23 regular season games, a 25% suspension equals 5 games.

Second Offense: Removal from the team for the remainder of the season and if the incident occurs within the last 20 days of the competitive season, the student will be suspended from their next chosen activity for up to 20 days.

Third Offense: Suspension from athletics for one calendar year from the date of infraction and reinstatement requires documentation of completed rehabilitation program. For fairness across seasons, if the infraction occurs during winter or spring, the suspension may extend into the following school year's fall or winter sports' season.

Inherent Risk of Injury in Sport & Use of Equipment

Coaches are required to inform and alert students and parents/guardians about the inherent risks associated with participation in each sport. This information must be included in your sport specific handbook that is distributed to athletes and parents/guardians at the beginning of each sports' season.

By its very nature, athletic participation involves certain risks, including the potential for serious, catastrophic, or even fatal injury. Many sports involve physical contact, strenuous exertion, and the use of specialized equipment, all of which can contribute to the risk of accidents and injuries. Even with proper instruction, supervision, and precautions, it is impossible to eliminate all risks associated with sports participation.

Coaches must ensure that athletes and parents understand:

- The types of injuries that may occur, which can range from minor sprains to severe injuries such as fractures, concussions, or, in rare cases, permanent disability or death.
- The risks associated with improper use or failure of equipment, and the importance of using only properly fitted and well-maintained gear.
- The potential for exposure to communicable diseases as a result of close contact during practices and competitions.
- That no amount of instruction, precaution, or supervision can completely eliminate all risks of injury or illness.

Coaches are responsible for:

- Teaching and reinforcing the correct use of all equipment and ensuring athletes are aware of the risks of improper use.
- Regularly inspecting facilities and equipment for hazards and reporting any unsafe conditions to the Athletic Director.
- Providing ongoing reminders about safety rules and enforcing them consistently.

Uniforms, Equipment & Facilities

**UNDER NO CIRCUMSTANCES ARE ANY PURCHASES TO BE MADE, INCLUDING BUT NOT LIMITED TO: EQUIPMENT, UNIFORMS, HOTEL ROOMS, FOOD, ETC., WITHOUT THE WRITTEN PERMISSION THROUGH A SIGNED PURCHASE ORDER FORM FROM THE ATHLETIC DIRECTOR!!!
IF YOU PURCHASE EQUIPMENT, UNIFORMS, HOTEL ROOMS, FOOD, ETC., , OR THAT HAVE NOT GONE THROUGH THE CORRECT PROCEDURE, YOU WILL BE FINANCIALLY RESPONSIBLE FOR THAT PURCHASE.**

Uniform Management Procedures

- Before distributing uniforms to athletes, coaches must inventory all items to ensure they match the previous season's end-of-season inventory records (update if needed). If this step is skipped, the coach is accountable for any discrepancies.
- All coaches are responsible for the check-out and check-in of team uniforms at the beginning and end of each season.
- Uniforms will be checked-out to the athletes by the Head Coach, and an inventory of what was checked out to each athlete will be kept.
- After uniforms are distributed, coaches must submit a check-out list to the Athletic

Director, including uniform numbers, sizes, and athlete's name.

- At the end of the season, all uniforms must be washed, dried, and neatly organized.
- The check-out list must accompany the returned uniforms. Any missing items must be noted on this list.
- Coaches are responsible for informing the student-athlete of any missing uniform pieces and student-athletes (or parents/guardians of that athlete) are financially responsible for any uniforms not accounted for at check-in.
- Under no circumstances should parents or athletes turn in uniforms to anyone other than their Head Coach.
- Uniforms are replaced on a 5-year rotation: after five years, varsity uniforms move to junior varsity, and new varsity uniforms are ordered. Coaches must research uniform purchases according to checklist procedures, but the Athletic Director will place all orders for new uniforms. New uniform designs require Athletic Director approval and must include Athletic Gold as an official color.

Equipment and Facility Care

- Coaches must routinely inspect facilities and equipment before and after practices and games to ensure safety. Any safety concerns must be reported to the Athletic Director immediately.
- Emergency equipment and first aid supplies must be accessible at all times, regardless of the activity.
- Coaches are responsible for keeping practice and competition areas clean. All trash must be removed at the start and end of each session to ensure the facility is ready for the next group.
- If a practice area is not clean or safe, coaches must notify the Athletic Director so corrective action can be taken.

Facility Scheduling

- The Athletic Director will schedule all practice times in coordination with coaches. Any unscheduled or additional practices must be cleared with the Athletic Director to avoid facility conflicts.

End-of-Season Requirements

- Head coaches must complete and submit an updated uniform and equipment inventory to the Athletic Director before final payment is approved. (See Post-Season Responsibilities for further clarification and requirements).

District Transportation Policy

At the beginning of each season, coaches must establish a travel roster and provide it to the Athletic Director. Any changes to this roster, including additions or deletions, must be submitted by the head coach to the Athletic Director the morning **PRIOR** to travel in order to ensure proper accountability of all athletes.

All athletes are required to travel with coaches using school-approved buses or vehicles to all Sargent School-sanctioned athletic contests. Coaches are responsible for supervising athletes during travel, maintaining appropriate behavior on the bus, and ensuring the driver is not distracted. When a vehicle or minibus is used, an assistant coach or approved parent chaperone must also be present in the vehicle.

After **ALL** teams have finished participating in an event, students may leave with their parent/guardian with the Hold Harmless Agreement Release to Parent or Guardian form completely filled out. Athlete's are NOT permitted to leave with another athlete's parent unless the coach has received a signed note from the student's parent **PRIOR** to departure from Sargent School. In every instance, athletes must check in with the coach before leaving an away event.

Coaches are responsible for ensuring all passengers use seatbelts (when available), that gear is safely loaded, and that vehicles are operated according to district guidelines at all times. In the event of carpooling to in-town contests, coaches must not arrange rides for athletes; parents are solely responsible for transporting their children to local venues, with no involvement from coaches.

If a vehicle accident occurs, police must be called and a police report filed. Coaches must notify the Transportation Director and the Athletic Director as soon as possible with details so the school district can determine the best way to notify parents.

Things to Note:

- Coaches are not permitted to transport athletes to or from practices or games under any circumstances unless prior parental/guardian permission is granted.
- For away games, male and female athletes must be seated separately (front to back) on buses or vehicles.
- Coaches and/or chaperones must position themselves where all students are visible and can be properly supervised.

All participants and coaches must use transportation provided by Sargent School District RE-33J for travel to and from contests. Exceptions are permitted only in the following cases:

- Injury or illness requiring alternate transportation
- Written arrangement between the participant's parent/guardian and an authorized person (coach, Athletic Director, other administrator), with the request dated and signed (the Hold Harmless Agreement Release to Parent or Guardian form is considered written arrangement).
- Prior written approval from a school administrator on a case-by-case basis.
- Other circumstances requiring special permission for student transportation must get permission from the superintendent ([Policy EEAG/EEAG-E](#)).

Overnight Trips & Procedures

The Athletic Director is responsible for all arrangements related to overnight trips, including making hotel and travel reservations in advance. When necessary, the Athletic Director may make tentative reservations for teams, contingent on sporting results. The school will not make

or be responsible for reservations for parents/guardians, nor will it be liable for any parent reservations canceled due to changes in sports schedules, team accommodations, or other unforeseen circumstances. Coaches are required to inform parents/guardians of the team's lodging details, including hotel contact information, for emergency purposes. For teams with athletes of both genders, a coach or sponsor of the same sex as the athletes must accompany the team on overnight trips to ensure appropriate supervision and compliance with safety policies.

Athletes must be clearly informed of curfews and team expectations for conduct during overnight stays **PRIOR** to the overnight stay. Coaches are expected to address disciplinary issues immediately, which may include game suspensions or being sent home at the expense of the parent/guardian, and all incidents must be reported to the Athletic Director for further investigation and possible action. Other overnight procedures are listed as follows:

- An Event/Field Trip form must be completed for each trip proposal and submitted for approval at least **1 WEEK PRIOR** to the event.
- Transportation will be provided by school bus or vehicle for all athletes to and from the event and hotel.
- Boys and girls will be assigned separate rooms. Coaches and bus drivers will have their own rooms according to gender. Coaches are not expected to share beds but may share rooms with rollaway beds if necessary. All team members, chaperones, and coaches will be placed in the same hallway of the hotel when possible. Athletes will be assigned four to a room (two per bed), and coaches must send room lists to the Athletic Director upon arrival and check-in at the hotel.
- All coaches are expected to attend overnight trips unless an exception is approved by the Athletic Director.
- For teams with opposite sex coaches, a same-sex chaperone must accompany the team.
- Curfews and lights-out times will be set before the trip and communicated to all athletes.
- A complete itinerary — including game schedules, meal times, travel arrangements, hotel information, and curfew — must be submitted to the Athletic Director/Principal for approval prior to the trip. Any significant changes should be reported to the Athletic Director promptly.
- Permission forms and waivers, signed by parents/guardians, are required for all overnight trips.
- Hotel TVs should have questionable channels disabled if possible.
- Coaches may collect athletes' cell phones at curfew at their discretion.
- All meals will be eaten together as a team, following the Sargent dress code.
- Coaches and/or chaperones will conduct bed checks for each room.
- Coaches, sponsors, teachers, and chaperones must refrain from **ANY ACTIVITY** that violates Board of Education policies and behavior expectations, specifically including the use of alcohol, illegal substances, and tobacco, while supervising students on overnight trips.
- Teams are expected to return home immediately after their final event unless an extension is approved by the Athletic Director for extenuating circumstances.

Per Diem For Overnight Regional/State Trips (Sports Only)

Coaches are required to provide the Athletic Director with a complete list of participants and attending coaches for regional/state overnight trips in a timely manner.

Per Diem Rates:

- Breakfast: \$10.00 per student (if not provided)
- Lunch: \$10.00 per student (if not provided)
- Dinner: \$15.00 per student (if not provided)

All extra money and receipts must be returned to the Athletic Director on the first school day following the trip. A detailed documentation of expenses is required. No exceptions will be made to the reporting timeline.

Coaches are responsible for presenting district tax exempt paperwork, accurate tracking of meal costs, collecting and maintaining receipts, submitting complete financial documentation, and ensuring compliance with district financial procedures.

Coaches are expected to uphold Sargent School District RE-33J rules and ensure that all athletes represent the school positively while traveling. If safety or well-being concerns require deviation from these procedures, coaches are authorized to use their best judgment but must communicate with the Athletic Director as soon as possible regarding the situation and actions taken.

Medical and Emergency Procedures & Expectations

At the start of each athletic season, coaches will ensure they have a medical kit. These medical kits are part of the inventory to be returned at the end of the season. Supplies within the kits will be replenished upon the coach's request to ensure readiness for all practices, games, and events.

Coaches are responsible for keeping the medical kit stocked and accessible whenever they are with their student-athletes, including during travel and off-site competitions. Emergency medical releases will be added to Arbiter during school registration and can be accessed through the Arbiter App by each Head and Assistant Coach for that sport through their cell phones, ensuring that critical health and emergency contact information is immediately available in the event of an injury or medical emergency.

If additional supplies are needed during the season, coaches should notify the Athletic Office to request replenishment. At the conclusion of the season, all medical kits and any unused supplies must be returned for inventory and restocking. These procedures help maintain athlete safety, ensure compliance with emergency action plans, and support effective response to medical situations during school athletic activities.

Clearance to Play Procedures

The Clearance to Play Procedure at Sargent Middle & High School is designed to ensure the safety and well-being of student-athletes returning from illness or injury. This policy aligns with Colorado Senate Bill 11-040, which states that: JUNIOR HIGH SCHOOL, AND HIGH SCHOOL SHALL REQUIRE EACH COACH OF A YOUTH ATHLETIC ACTIVITY THAT

INVOLVES INTERSCHOLASTIC PLAY TO COMPLETE AN ANNUAL CONCUSSION RECOGNITION EDUCATION COURSE, as well as CHSAA rules 1780, specifically 1780.1, 1780.11, 1780.2 and 1780.3, 1780.31, & 1780.32 which state respectively:

1780.1 No pupil shall participate in formal practice or represent their school in interscholastic athletics until there is a statement on file with the principal or athletic director signed by their parents or legal guardian and a practitioner licensed in the United States to perform sports physicals certifying that: (a) he/she/they has passed an adequate physical examination within the past 365 calendar days; (b) that in the opinion of the examining licensed practitioner, he/she/they is physically fit to participate in high school athletics; and (c) that he/she/they has the consent of their parents or legal guardian to participate.

NOTE: Beginning in the 2025-2026 school year, the CHSAA PPE form will be the only accepted physical form for student-athletes.

PENALTY — Schools which violate this regulation will be immediately placed on a minimum of probation until the school has provided the Commissioner with a detailed report of the incident(s) and administrative procedures have been put in place to ensure no repeat of the violation. A second violation of this regulation will result in the school being placed on restriction for a minimum of one season from state qualifying competition.

1780.11 It is strongly recommended by the Colorado Department of Health that all persons competing in interscholastic activities show a record of a measles shot within the last 10 years. It is also highly recommended that individuals participating in athletic events have current tetanus boosters. Tetanus boosters are recommended every 10 years throughout life. Boosters are recommended at the time of major injury if more than five years have elapsed since the last booster.

1780.2 If at any time during participation, a licensed health care provider removes an athlete from participation because of an illness and/or injury, other than a head injury (please see Bylaw 1780.30), the athlete must have a written release from an approved licensed health care provider before participating again.

The release may be satisfied if upon removal the approved licensed health care provider specifies the duration of the student's restriction from participation.

1780.31 If at any time during participation (practice or contest), a student-athlete is removed from participation due to concussion, the student-athlete must obtain written permission to start the Return-to-Play protocol from the approved list of licensed health care providers. A school or school district may impose stricter standards.

1780.32 A student with blood borne pathogens such as HIV or Hepatitis B shall be eligible to participate in all CHSAA sanctioned activities when CHSAA recommended

precautions are in effect. Bleeding must be stopped and open wounds must be covered before a student competes.

Final Decision Authority

The final decision on an athlete's return to play rests with the physician and/or the school athletic trainer provided by San Luis Valley Health. Athletic directors, coaches, and parents must respect and support this decision.

Communication

Any questions or concerns about Return to Play decisions should be directed to the treating physician or the school athletic trainer.

Licensed Practitioners

According to CHSAA Bylaws (as listed above), only licensed practitioners can provide written release for an athlete to return to participation after being removed due to illness or injury. Licensed practitioners authorized to provide clearance include Medical Doctors (MDs), Doctors of Osteopathy (DOs), Nurse Practitioners, and Physician Assistants (PAs).

Written Release Requirement

If a doctor removes an athlete from participation due to illness or injury, a written release from a doctor is required before the athlete can resume participation. The release requirement may be satisfied if the doctor specifies the duration of the student's restriction from participation at the time of removal.

In-Contest Injury Removal

Scenario: A student is injured during a contest and removed from participation by a doctor. Return Protocol: The student may return to practice or competition only after presenting a written statement from a doctor confirming they are medically fit to participate.

Away Game Injury Removal

Scenario: A visiting team member is removed from competition by the home team's doctor. Return Protocol: The student may seek examination from their own doctor upon returning home and a written statement from their doctor must be provided before returning to participation.

This procedure ensures that Return to Play decisions are made by qualified medical professionals, prioritizing the health and safety of student-athletes. It also establishes a clear chain of authority and communication to prevent conflicts or misunderstandings regarding an athlete's readiness to return to their sport.

Concussion Protocols

Reporting and Initial Response

- The athletic trainer will directly inform parents/guardians of any concussion sustained by a student-athlete.
- If a suspected head injury occurs when the athletic trainer is absent, parents/guardians, coaches,

or peers must inform the athletic trainer as soon as possible.

- Parents/guardians will receive a head injury information sheet with symptoms to monitor.

Return to Play Requirements

- All athletes must successfully complete a post-injury ImPACT test.
- Athletes must complete the gradual Return to Play progression before gaining full sports participation again.

Coach Education

- Coaches will be expected to complete the NFHS Concussion in Sports course online, as per CHSAA Rules, as well as be briefed on concussion protocols during pre-season meetings.

Head Injury Information

Signs and Symptoms to Monitor:

- Severe localized headache
- Memory difficulties
- Mental confusion
- Bleeding or clear fluid from ears or nose or both
- Dizziness or balance issues
- Limb weakness
- Abnormal drowsiness
- Convulsions
- Unequal pupils
- Persistent ear ringing
- Slurred speech
- Nausea or vomiting
- Vision problems

Important Instructions:

- Avoid medications in the first 24 hours unless directed by a physician.
- Seek physician evaluation if mild symptoms persist 24-48 hours post-injury.
- For any concerns, seek immediate medical attention.
- Emphasize mental and physical rest - avoid screens, loud noises, and activities that increase heart rate/blood pressure.

Return to Play Protocol

Step 1: Symptom-Limited Activity - Goal is to limit physical exertion to only those required for activities of daily living.

Step 2: Light Aerobic Exercise - Goal is to increase physical exertion in activities of daily living.

Step 3: Sport-Specific Activities (NO Head Impact) - Goal is to add movement to activity.

Step 4: Non-Contact Training Drills - Goal is to exercise, add coordination and increase thinking.

Step 5: Full Contact Practice - Goal is to restore confidence and assess functional skills by coaching and athletic training staff.

Step 6: Return to Competitive Play - Symptom-free and may participate in a normal game and practice schedule with clearance determined by the student athlete's health care professional.

Requirements:

The athlete must be symptom-free before starting the protocol. Medical release from a physician is required and the athlete must complete a follow-up ImPACT test with scores that match their baseline scores. If at any point in the protocol **ANY** signs or symptoms of a concussion return, athletes will start back at the last completed step on the program where symptoms were not experienced. A **Return to Learn Protocol** must be completed **BEFORE** Step 3 of Return to Play. **NO EXCEPTIONS** will be made to this Return to Play Protocol.

Heat & Humidity Practice Guidelines

The Colorado High School Activities Association (CHSAA) has guidelines to ensure athlete safety during hot weather, emphasizing heat acclimatization, hydration, and adjustments to activities based on heat and humidity. Schools are encouraged to schedule practices during cooler times, gradually increase activity intensity, and monitor athletes closely for signs of heat illness.

Here's a more detailed breakdown:

1. **Heat Acclimatization:**

Gradual Progression:

Physical exertion and training should begin slowly and increase progressively over time.

Reduced Gear:

Protective gear should be introduced gradually, starting with minimal equipment like helmets only, and adding more gear over several days.

Instruction Focus:

During the first few practices, focus should be on instruction rather than intense conditioning.

2. **Activity Adjustments:**

Cooler Times:

Schedule practices during cooler times of the day (early morning or late evening) when possible.

Frequent Breaks:

Provide frequent rest breaks with access to shade and water.

Hydration:

Ensure athletes have access to plenty of water and encourage them to drink frequently.

Monitoring:

Closely monitor athletes for signs of heat illness, especially those who are new to sports or

have pre-existing conditions.

Adjust Intensity:

Reduce the intensity and duration of activities as heat and humidity increase.

3. Specific Heat Index Guidelines (Example):

80-89:

Athletes should be watched closely, and frequent water breaks should be taken according to Digitalsports.com.

90-94:

Optional water breaks every 30 minutes for 10 minutes in duration according to Digitalsports.com.

95 and above:

Specific guidelines may vary, but generally, activities should be altered, and in some cases, postponed or rescheduled.

4. Emergency Plan:

Cooling:

Schools should have a plan for quickly cooling athletes down, such as cold water immersion tubs or ice-down towels.

Wet Bulb Globe Temperature:

CHSAA promotes the use of WBGT (Wet Bulb Globe Temperature) thermometers to measure heat stress, which takes into account temperature, humidity, wind speed, sun angle, and cloud cover.

5. Key Considerations:

- **Individual Differences:** Recognize that athletes have different levels of conditioning and medical conditions, and adjust activities accordingly.
- **Weather Changes:** Be aware of sudden changes in weather and adjust activities as needed.
- **Parent Requests:** Honor parental requests to excuse their child from outdoor activities due to weather concerns.

During some periods of the school year, heat and/or humidity can be a problem. These are Sargent Middle & High School guidelines to determine what to do with practice when the heat and humidity become a health risk. These guidelines have been based on the NCAA Sports Medicine Handbook and the NATA's position statement on Exertional Heat Illness:

- Appropriate medical coverage will be available when student-athletes are participating in risky environments
- All student-athletes should be screened at a pre-participation physical for their risk/history of heat illness
- Equipment will be modified according to the environmental conditions as needed
- Temperature and humidity data will be taken on a daily basis. (digital/analog)
- The temperature and humidity will be compared to a chart to determine the heat index (See heat index chart below).
- The certified athletic trainer will also monitor the temperature and humidity on a daily basis (digital/analog)
- The certified athletic trainer in charge of the practice site will give a recommendation, based on the heat index to the coach/supervisor.

Heat Index Activity Chart

Heat Index (°F)	Risk Level	Recommended Actions
Below 95°	Lower	- Provide unlimited water - Optional 10-min water breaks every 30 min - Monitor athletes
95°–99°	Moderate	- Provide unlimited water - Mandatory 10-min water breaks every 30 min - Ice towels/cooling - Limit equipment use - Reduce practice time - Consider moving practice later - Monitor at-risk athletes
100°–104°	High	- Provide unlimited water - Mandatory 10-min water breaks every 30 min - Ice towels/cooling - Remove equipment as possible - Allow for dry clothing changes - Reduce practice and activity time - Consider postponing/canceling practice
105°–124°	Very High	- Stop all outdoor practices and games - Only hold indoor activities if air conditioned
125° or above	Extreme Danger	- Cancel all athletic activities (indoor/outdoor)

Cold Stress Practice Guidelines

The Colorado High School Activities Association (CHSAA) does not have a single, definitive "cold weather policy" that dictates specific temperature cutoffs for all sports. Instead, CHSAA recommends that schools and coaches use various resources and guidelines to make informed decisions about outdoor practices and competitions in cold weather. These guidelines emphasize the importance of considering wind chill, monitoring athlete safety, and utilizing weather apps to make informed decisions.

Here's a breakdown of the key aspects of CHSAA's approach to cold weather:

1. No Single Temperature Threshold: CHSAA does not set a specific temperature or wind chill value that automatically cancels or restricts outdoor activities for all sports.
2. Emphasis on Monitoring and Decision-Making: CHSAA encourages schools and coaches to actively monitor weather conditions, including wind chill, and to make decisions based on those conditions.
3. Importance of Wind Chill: Wind chill is a crucial factor in determining the impact of cold weather on athletes. CHSAA recommends using a reliable weather app to track wind chill values.

4. Recommendations for Practices:

Schedule Strategically:

Outdoor practices should be scheduled during cooler times of the day, like early mornings or late evenings, with frequent breaks.

Progressive Start:

Physical exertion and training should begin slowly and progressively increase.

Proper Attire:

Athletes should dress in layers, including a wind-blocking garment, and cover extremities, especially the head and neck.

5. Recommendations for Competitions:

Consult with Professionals:

Coaches, athletic trainers, and administrators should be consulted before canceling or rescheduling competitions due to cold weather.

Monitor Conditions:

Continuously monitor weather conditions during the competition and be prepared to adjust or postpone the event if necessary.

Prioritize Safety:

In situations where wind chill reaches 25°F or below, it is recommended that outdoor participation be limited to 45 minutes. If the wind chill reaches 15°F, outdoor participation should be terminated.

6. Resources and Guidelines:

- **Perry Weather:** Perry Weather is a recommended weather app for CHSAA events.
- **Real Colorado Cold Weather Guidelines:** These guidelines, which can be found on Cloudfront.net, provide specific recommendations for outdoor participation in cold weather, including wind chill factors.

7. Importance of Communication:

Athletic Trainers:

Athletic trainers play a key role in monitoring athlete safety and providing recommendations during cold weather.

Administrators:

School administrators should be aware of the cold weather guidelines and make decisions in consultation with other relevant personnel.

In essence, CHSAA's approach to cold weather is one of informed decision-making, prioritizing athlete safety and well-being through careful monitoring of weather conditions, proper attire, and strategic scheduling of outdoor activities

To minimize risks during cold weather, Sargent Middle & High School follows the CHSAA

Guidelines above as well as these evidence-based guidelines, adapted from leading sports medicine organizations:

- Be aware of the effect of wind speed on ambient temperature and the resulting frostbite at all times.
- Be aware of physical and psychological effects of cold exposure.
- Dress in layers to stay dry.
- Use moisture wicking fabrics.
- Maintain energy and hydration levels.
- Thoroughly warm-up and maintain that warm-up during your activity.
- Never train alone.

COLD WEATHER ACTIVITY MODIFICATION CHART

Wind Chill Temperature (°F)	Risk Level	Recommended Modifications
32° and above	Low	Outdoor activity allowed with appropriate clothing
31° to 13°	Moderate	Additional protective clothing; indoor breaks every 20–30 minutes
12° to -9°	High	Limit outdoor activity to 45 minutes; require full protective clothing; rewarm
-10° or below	Extreme	Terminate all outdoor activities

Bumps & Bruises Clinic

The Bumps & Bruises Clinic is a service provided to high school athletes in the San Luis Valley by the Orthopedic Department at San Luis Valley Health. This service includes a free initial evaluation and treatment for minor injuries. **ANY** diagnostic testing (X-ray, MRI, CT Scan, etc.) or follow-up care with an orthopedic physician is not considered bumps and bruises, and you or your insurance will be billed.

If the athletic trainer determines an athlete needs to be seen by an orthopedic doctor at San Luis Valley Health (SLVH), the athlete's parents will be contacted. Please note: you are **NOT** required to attend SLVH. However, parents must give the Athletic Trainer verbal consent to schedule the appointment for their athlete. Parents may be required to provide other information to the receptionist prior to the appointment being made.

Dr. Tripi, Dr. Polzin, and Tish Hollingsworth, PA.

Offices are located at Stuart Ave. Orthopedic Clinic (2115 Stuart Ave., Alamosa, CO. 81101).

Parents have the right to refuse the Bumps & Bruises Clinic and the team doctors and may take

their athlete to see whomever they deem necessary. Any questions about the Bumps & Bruises Clinic can be directed to the Bumps & Bruises Clinic Hotline at (719) 587-5700.

Under the regulations of HIPAA (Health Insurance Portability and Accountability Act), the athletic trainer can only share medical information with the parents or guardians of student-athletes. Injury information regarding the student-athlete's participation status will be shared with coaches only as it pertains to their participation in that sport. Only injuries considered to be an emergency, in which EMS was called to provide care, will be reported to the athletic director. This protects the privacy of the student-athlete.

More information on HIPAA can be found at:

<https://www.hhs.gov/hipaa/index.html>

Lightning Policy & Procedures

Sargent Middle & High School Athletics' Lightning Safety Policy is based on The as well as the National Federation of State High School Associations' (NFHS) recommended guidelines on handling practices and contests during lightning or thunder disturbances, and the CHSAA Lightning Policy & Procedure. Both are below:

National Federation of State
High School Associations



GUIDELINES ON HANDLING PRACTICES AND CONTESTS DURING LIGHTNING OR THUNDER DISTURBANCES

These guidelines provide a default policy to those responsible or those sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder. The preferred sources from which to request such a policy for your facility would include your state high school activities association and the nearest office of the National Weather Service.

PROACTIVE PLANNING

1. Assign staff to monitor local weather conditions before and during practices and contests.
2. Develop an evacuation plan, including identification of appropriate nearby safer areas and determine the amount of time needed to get everyone to a designated safer area:
 - a. A designated safer place is a substantial building with plumbing and wiring where people live or work, such as a school, gymnasium or library. An alternate safer place from the threat of lightning is a fully enclosed (not convertible or soft top) metal car or school bus.
3. Develop criteria for suspension and resumption of play:
 - a. When thunder is heard or lightning is seen*, the leading edge of the thunderstorm is

close enough to strike your location with lightning. Suspend play for at least 30 minutes and vacate the outdoor activity to the previously designated safer location immediately.

b. 30-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or lightning is witnessed* prior to resuming play.

c. Any subsequent thunder or lightning* after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.

d. When lightning-detection devices or mobile phone apps are available, this technology could be used to assist in making a decision to suspend play if a lightning strike is noted to be within 10 miles of the event location. However, you should never depend on the reliability of these devices and, thus, hearing thunder or seeing lightning* should always take precedence over information from a mobile app or lightning-detection device.

* – At night, under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat.

Independently verified lightning detection information would help eliminate any uncertainty.

4. Review the lightning safety policy annually with all administrators, coaches and game personnel and train all personnel.

5. Inform student-athletes and their parents of the lightning policy at the start of the season.



DEFINITION

LIGHTNING

In the United States, an average of 300 people are struck by lightning each year. Of those struck, there are approximately 40 fatalities from lightning each year. Approximately 50-60% of lightning casualties occur during organized sports or recreational activities according to the National Weather Service. Most of these fatalities can be prevented.

Weather Apps

- It is strongly recommended that an independent and objectively verified weather app (such as the Perry Weather App, the National Weather Service app, etc.) be available at all outdoor activities, including practices and contests. This should be part of your venue-specific emergency action plan.

- Acceptable alternatives to the verified weather apps include but are not limited to: immediate contact with the local weather services, local television or radio. Access to these sources can be through the Internet, cellular telephone and/or any other means that provides the information needed for real time decisions to be made.

GUIDELINES/PROCEDURES

In your venue-specific emergency action plan, you must:

1. Assign a staff member to monitor local weather conditions before and during practices and contests. This staff member is designated to make the final call on suspending and resuming the game.
2. Develop an evacuation plan, including identification of appropriate nearby safer areas and determine the amount of time needed to get everyone to a designated safer area:
 - a. Utilize announcements/public address announcer to help guide teams and fans to the appropriate shelter and identifying safe places as noted below.
 - b. Safe locations need to be identified and shared with teams, spectators and workers prior to the start of the activity or athletic event.
 - c. A designated safer place is a substantial building with plumbing and wiring where people live or work, such as a school, gymnasium, locker rooms or buses/cars. An alternate safer place from the threat of lightning is a fully enclosed (not convertible or soft top) metal car or school bus.
 - d. Unsafe locations include but are not limited to: Picnic areas, parks, open sided shelters (dugouts), storage sheds, open garages, tents, press boxes, areas close to open water, tall objects such as trees, poles, towers, and elevated areas.**

**** Weather contingency plans should be reviewed prior to each game at a pre-game huddles and should include but not limited to the site director, an official, and athletic trainer (when applicable)***

3. When a thunderstorm seems imminent, lightning is seen or heard, or the weather app indicates that lightning is within 10 miles, the outdoor venue (small or large) needs to be evacuated. Proceed to a lightning safe area.
4. Activities shall be suspended, and all personnel are directed to move to safe locations. The call to suspend activity due to close lightning should be based on how fast the storm is approaching and the amount of time it will take for event participants to take appropriate safe shelter. At a minimum, by the time the lightning storm has reached 10 miles away from the location of the outdoor activity, all individuals should have left the outdoor athletic site and reached a safe location. Weather monitoring subscriptions should be set at a 10 mile radius from the center of the sporting event (venue specific).
5. Criteria for suspension and resumption of play:
 - a. When thunder is heard or lightning is seen*, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for at least 30 minutes and vacate the outdoor activity to the previously designated safer location immediately.
 - b. 30-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or lightning is witnessed* prior to resuming play.
 - c. Any subsequent thunder or lightning* after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
 - d. When lightning-detection devices or mobile phone apps are available, this technology could be used to assist in making a decision to suspend play if a lightning strike is noted to be within 10 miles of the event location. However, you should never depend on the reliability of these devices and, thus, hearing thunder

or seeing lightning* should always take precedence over information from a mobile app or lightning- detection device.

* – **PER NFHS** At night, under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.

6. Review the lightning safety policy annually with all administrators, coaches and game personnel and train all personnel.

7. Inform student-athletes and their parents of the lightning policy at the start of the season in your pre-season meeting.

No App or Technology Available

When a weather app is not available, the default NFHS policy that appears in the Rules Book of each sport shall be followed. In brief, that policy requires suspension of all activity when cloud-to-ground lightning is observed, or thunder is heard. If thunder is heard, lightning is assumed to be striking within 10 miles.

Implement the Thirty Minute Rule as noted in the NFHS Policy

When activities are suspended, the following individuals shall be responsible for the safety of personnel:

- The head coach for players and other team personnel.
- Game management guiding spectators and personnel to safe areas
- The senior official for the officiating crew.
- All game management personnel, administrators, coaches and officials must be thoroughly familiar with the NFHS default policy as well as this policy.

MANAGEMENT

People who have been struck by lightning do not carry an electrical charge and are safe to be touched by others.

- Call 911
 - If possible, an injured person should be moved to a safer location before starting CPR.
 - Start cardiopulmonary resuscitation (CPR).
 - Lightning-strike victims with signs of cardiac or respiratory arrest need immediate emergency help.
 - Activate the local emergency management system and utilize an AED if available.
- Prompt, effective CPR has been highly successful for the survival of lightning strike victims.

In the event of severe weather when threatening lightning conditions are probable, at least one of the following indicators of lightning location will be used as the recognized method of determining dangerous lightning situations:

1. Perry Weather App (CHSAA Official Weather App)

2. The National Weather Service App
3. WeatherBug “Spark” Lightning Detector App
4. The Weather Channel App
5. WxSentry App by Schneider Electric Alert
6. SkyScan P5-3

All head coaches have downloaded the WeatherBug App with the Spark Lightning monitoring system and a 2nd weather app with lightning indicators in the app. The app is third party verified for accuracy and is set up to deliver the following messages via notification when lightning is in the surrounding area:

- Advisory (21-30 miles) - Monitor conditions
- Prepare to Find Shelter (11-20 miles) - Notify teams and prepare to suspend activity
- Seek Shelter Immediately (10 or less miles) - Suspend activity and evacuate to safe shelter.

When you receive a “Seek Shelter Immediately” message, it is unsafe to be outside and teams must seek shelter inside (car, school building, etc.). It is unsafe to seek shelter in a dugout, storage shed, under a tree, etc. **Play WILL NOT RESUME until 30 minutes have passed after the last lightning strike or thunderclap within the 10-mile radius.**

Coaches' Handbook Appendix

COACH SIGNATURE PAGE

RETURN TO ATHLETIC DIRECTOR

I hereby certify that I have read the Sargent School District RE-33J Coaches' Handbook and further certify that I understand and agree to abide by its contents.

I understand by signing this Handbook Signature page that I have read and agreed to abide by the policies and information presented within this handbook.

Coach's Name (PRINTED)

Coach's Signature (SIGNED)

DATE

[illegible]



PREPARTICIPATION PHYSICAL EVALUATION (Page 1 of 4)

This medical history form should be retained by the healthcare provider and/or parent and not turned into the school.

This form is valid for 365 calendar days from the date signed below.

1

Revised 6/25

MEDICAL HISTORY FORM

Student Information (to be completed by student and parent) print legibly

Student's Full Name: _____ Gender: _____ Age: _____ Date of Birth: ____/____/____
School: _____ Grade in School: _____ Sport(s): _____
Home Address: _____ City/State: _____ Home Phone: (____) _____
Name of Parent/Guardian: _____ E-mail: _____
Person to Contact in Case of Emergency: _____ Relationship to Student: _____
Emergency Contact Cell Phone: (____) _____ Work Phone: (____) _____ Other Phone: (____) _____
Family Healthcare Provider: _____ City/State: _____ Office Phone: (____) _____

List past and current medical conditions:

Have you ever had surgery? If yes, please list all surgical procedures and dates:

Medicines and supplements (please list all current prescription medications, over-the-counter medicines, and supplements (herbal and nutritional):

Do you have any allergies? If yes, please list all of your allergies (i.e., medicines, pollens, food, insects):

Patient Health Questionnaire version 4 (PHQ-4)

Over the past two weeks, how often have you been bothered by any of the following problems? (Circle response)

	Not at all	Several days	Over half of the days	Nearly everyday
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

Mental Health Immediate Resources: Colorado Crisis <https://coloradocrisiservices.org/> Call/text 988 or live chat at 988Colorado.com
For additional Mental Health Resources, Please go to <https://chsaanow.com/sports/2021/7/22/smac.aspx>

GENERAL QUESTIONS		Yes	No	HEART HEALTH QUESTIONS ABOUT YOU (continued)		Yes	No
1	Do you have any concerns that you would like to discuss with your provider?			8	Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography (ECHO)?		
2	Has a provider ever denied or restricted your participation in sports for any reason?			9	Do you get light-headed or feel shorter of breath than your friends during exercise?		
3	Do you have any ongoing medical issues or recent illnesses?			10	Have you ever had a seizure?		
HEART HEALTH QUESTIONS ABOUT YOU		Yes	No	HEART HEALTH QUESTIONS ABOUT YOUR FAMILY		Yes	No
4	Have you ever passed out or nearly passed out during or after exercise?			11	Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35? (including drowning or unexplained car crash)		
5	Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?			12	Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan Syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)?		
6	Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?			13	Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?		
7	Has a doctor ever told you that you have any heart problems?						



PREPARTICIPATION PHYSICAL EVALUATION (Page 2 of 4)

This medical history form should be retained by the healthcare provider and/or parent and not turned into the school.

This form is valid for 365 calendar days from the date signed below.

2

Revised 6/25

Student's Full Name: _____ Date of Birth: ____/____/____ School: _____

BONE AND JOINT QUESTIONS		Yes	No
14	Have you ever had a stress fracture?		
15	Did you ever injure a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game?		
16	Do you have a bone, muscle, ligament, or joint injury that currently bothers you?		
MEDICAL QUESTIONS		Yes	No
17	Do you cough, wheeze, or have difficulty breathing during or after exercise or has a provider ever diagnosed you with asthma?		
18	Are you missing a kidney, an eye, a testicle, your spleen, or any other organ?		
19	Do you have groin or testicle pain or a painful bulge or hernia in the groin area?		
20	Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant staphylococcus aureus (MRSA)?		
21	Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems?		
22	Have you ever had numbness, had tingling, had weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?		
23	Have you ever become ill while exercising in the heat?		
24	Do you or does someone in your family have sickle cell trait or disease?		
25	Have you ever had or do you have any problems with your eyes or vision?		

MEDICAL QUESTIONS (continued)		Yes	No
26	Do you worry about your weight?		
27	Are you trying to or has anyone recommended that you gain or lose weight?		
28	Are you on a special diet or do you avoid certain types of foods or food groups?		
29	Have you ever had an eating disorder?		

Explain "Yes" answers here:

Participation in high school sports is not without risk. The student-athlete and parent/guardian acknowledge truthful answers to the above questions allows for a trained clinician to assess the individual student-athlete against risk factors associated with sports-related injuries and death. CHSAA bylaw 1780.1 states, "No pupil shall participate in formal practice or represent his/her/their school in interscholastic athletics until there is a statement on file with the principal or athletic director signed by his/her/their parents or legal guardian and a practitioner licensed in the United States to perform sports physicals certifying that: (a) he/she/they has passed an adequate physical examination within the past 365 calendar days; (b) that in the opinion of the examining licensed practitioner, he/she/they is physically fit to participate in high school athletics; and (c) that he/she/they has the consent of his/her/ their parents or legal guardian to participate. This preparticipation physical evaluation shall be completed each year before participating in interscholastic athletic competition or engaging in any practice, tryout, workout, conditioning, or other physical activity, including activities that occur outside of the school year.

We hereby state, to the best of our knowledge, that our answers to the above questions are complete and correct. No pupil shall participate in formal practice or represent his/her/their school in interscholastic athletics until this form is completed in its entirety and page 4 is on file with the principal or athletic director signed by his/her/their parents or legal guardian and a practitioner licensed in the United States to perform sports physicals certifying that: (a) he/she/they has passed an adequate physical examination within the past 365 calendar days; (b) that in the opinion of the examining licensed practitioner, he/she/they is physically fit to participate in high school athletics. The CHSAA Sports Medicine Advisory Committee strongly recommends a medical evaluation with your healthcare provider for risk factors of sudden cardiac arrest which may include the special tests listed above.

Student-Athlete Name: _____ (printed) Student-Athlete Signature: _____ Date: ____/____/____

Parent/Guardian Name: _____ (printed) Parent/Guardian Signature: _____ Date: ____/____/____

Parent/Guardian Name: _____ (printed) Parent/Guardian Signature: _____ Date: ____/____/____



PREPARTICIPATION PHYSICAL EVALUATION (Page 3 of 4)

This medical history form should be retained by the healthcare provider and/or parent and not turned into the school.

This form is valid for 365 calendar days from the date signed below.

3

Revised 6/25

PHYSICAL EXAMINATION FORM

Student's Full Name: _____ Date of Birth: ____/____/____ School: _____

PHYSICIAN REMINDERS:

Consider additional questions on more sensitive issues.

• Do you feel stressed out or under a lot of pressure?	• Do you ever feel sad, hopeless, depressed, or anxious?
• Do you feel safe at your home or residence?	• During the past 30 days, did you use chewing tobacco, snuff, or dip?
• Have you ever taken any supplements to help you gain or lose weight or improve your performance?	
• Have you ever taken anabolic steroids or used any other performance-enhancing supplement?	

- ☐ Verify completion of Medical History (pages 1 and 2), review these medical history responses as part of your assessment.
Cardiovascular history/symptom questions include Q4-Q13 of Medical History form. (check box if complete)

EXAMINATION		
Height:	Weight:	
BP: ____/____ (____/____)	Pulse: _____	Vision: R 20/____ L 20/____ Corrected: Yes No
MEDICAL - healthcare professional shall initial each assessment	NORMAL	ABNORMAL FINDINGS
Appearance Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse [MVP], and aortic insufficiency)		
Eyes, Ears, Nose, and Throat - Pupils equal - Hearing		
Lymph Nodes		
Heart Murmurs (auscultation standing, auscultation supine, and Valsalva maneuver)		
Lungs		
Abdomen		
Skin Herpes Simplex Virus (HSV), lesions suggestive of Methicillin-Resistant Staphylococcus Aureus (MRSA), or tinea corporis		
Neurological		
MUSCULOSKELETAL - healthcare professional shall initial each assessment	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder and Arm		
Elbow and Forearm		
Wrist, Hand, and Fingers		
Hip and Thigh		
Knee		
Leg and Ankle		
Foot and Toes		
Functional Double-leg squat test, single-leg squat test, and box drop or step drop test		

Name of Healthcare Professional (print or type): _____ Date of Exam: ____/____/____

Address: _____ Phone: (____) _____ E-mail: _____

**PREPARTICIPATION PHYSICAL EVALUATION (Page 4 of 4)****SUBMIT ONLY THIS MEDICAL ELIGIBILITY FORM TO THE SCHOOL***This form is valid for 365 calendar days from the date signed below.***4**

Revised 6/25

MEDICAL ELIGIBILITY FORM**Student Information** (to be completed by student and parent) *print legibly*

Student's Full Name: _____ Gender: _____ Age: _____ Date of Birth: ____/____/____
School: _____ Grade in School: _____ Sport(s): _____
Home Address: _____ City/State: _____ Home Phone: (____) _____
Name of Parent/Guardian: _____ E-mail: _____
Person to Contact in Case of Emergency: _____ Relationship to Student: _____
Emergency Contact Cell Phone: (____) _____ Work Phone: (____) _____ Other Phone: (____) _____
Family Healthcare Provider: _____ City/State: _____ Office Phone: (____) _____

- ☐ Medically eligible for all sports without restriction
☐ Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of: *(use additional sheet, if necessary)*

☐ Medically eligible for only certain sports as listed below:

☐ Not medically eligible for any sports

Recommendations: *(use additional sheet, if necessary)*

I hereby certify that I have examined the above-named student-athlete using the CHSAA Preparticipation Physical Evaluation and have provided the conclusion(s) listed above. A copy of the exam has been retained and can be accessed by the parent as requested. Any injury or other medical conditions that arise after the date of this medical clearance should be properly evaluated, diagnosed, and treated by an appropriate healthcare professional prior to participation in activities.

Name of Healthcare Professional (print or type): _____ Date of Exam: ____/____/____

Address: _____ Phone: (____) _____

Signature of Healthcare Professional: _____ Credentials: _____ License #: _____

SHARED EMERGENCY INFORMATION - completed at the time of assessment by practitioner and parent

List any medical history that is relevant to participation in competitive sports. *(explain below, use additional sheet, if necessary)*

- ☐ Allergies/Anaphylaxis ☐ Asthma ☐ Cardiac/Heart ☐ Concussion ☐ Diabetes ☐ Heat Illness ☐ Orthopedic ☐ Surgical History ☐ Sickle Cell Trait
☐ Mental Health ☐ N/A – No relevant medical information to disclose

Medications: *(use additional sheet, if necessary)*

List: _____

****Signature of Student:** _____ **Date:** ____/____/____

****Signature of Parent/Guardian:** _____ **Date:** ____/____/____

We hereby state, to the best of our knowledge the information recorded on this form is complete and correct.

This form is not considered valid unless all sections are complete & signed.

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Practice Evaluation

Rate each item on a scale of 1 (Needs Improvement) to 5 (Exceeds Expectations). Add comments where helpful.

Evaluator Information

Coach Name	
Sport	
Evaluator Name	
Date of Practice	

Practice Evaluation Criteria

Athletes behaved appropriately

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: Athletes behaved appropriately

Coach was moving and engaged throughout practice

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: Coach was moving and engaged throughout practice

Good collaboration and cooperation demonstrated between coaches

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: Good collaboration and cooperation demonstrated between coaches

Athletes active and engaged; short lines

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: Athletes active and engaged; short lines

Coach utilized time and space well; short/timed segments

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: Coach utilized time and space well; short/timed segments

Coach challenged athletes; pushed them to the next level

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: Coach challenged athletes; pushed them to the next level

Coach walked and talked with athletes

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: Coach walked and talked with athletes

Coach appropriately communicated with athletes

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: Coach appropriately communicated with athletes

Coach provided proper supervision

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: Coach provided proper supervision

Coach demonstrated knowledge of fundamentals, skills, and technique

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: Coach demonstrated knowledge of fundamentals, skills, and technique

Coach set up appropriate drills and game situations/simulation

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: Coach set up appropriate drills and game situations/simulation

Planning evident; well organized

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: Planning evident; well organized

Coach ensured equipment and facilities were safe

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: Coach ensured equipment and facilities were safe

Coach displayed fair, consistent and appropriate discipline

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: Coach displayed fair, consistent and appropriate discipline

Coach was encouraging and utilized motivational techniques

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: Coach was encouraging and utilized motivational techniques

Coach provided athletes with feedback

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: Coach provided athletes with feedback

Athletes were helping each other

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: Athletes were helping each other

Coach ensured that equipment and facilities were left properly

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: Coach ensured that equipment and facilities were left properly

Overall / Additional Comments

[Game Evaluation Google Form](#)

Game Evaluation

Rate each item on a scale of 1 (Needs Improvement) to 5 (Exceeds Expectations). Add comments where helpful.

Evaluator Information

Coach Name	
Coach Email	
Athletic Director Email	
Sport	
Evaluator Name	
Date of Contest	
Opponent	

Contest Performance & Student-Athlete Impact

Does the coach demonstrate the ability to positively affect student-athlete performance during the contest?

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments:

Does the coach provide evidence of the student-athlete's preparation for the contest?

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments:

Does the coach use student performance data stats, weekly performance, attitude, and effort to guide decision making?

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: _____

Does the coach provide a positive team atmosphere and a culture of open communication?

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: _____

Does the coach effectively communicate with student-athletes and coaching staff during contests?

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: _____

Implements strategies during that contest that improve student performance

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: _____

Does the coach demonstrate responsibility to effectively engage student-athletes in all aspects of the contest?

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: _____

Does the coach participate and contribute to a culture that focuses on improved student performance and winning in victory or defeat?

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: _____

Contest Performance & Student-Athlete Impact – Section Comments

Sport Knowledge & Coaching Competence

Does the coach demonstrate competence in their sport knowledge appropriate to their position?

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: _____

Does the coach understand and use strategies to coach skills in their sport?

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: _____

Does the coach communicate effectively to assure technique, skills, and strategy are properly implemented into game situations?

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: _____

Does the coach use knowledge of student-athletes development to make game strategy implementation meaningful to all student-athlete's?

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: _____

Does the coach understand and use coaching strategies that are appropriate to their student-athletes?

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: _____

Sport Knowledge & Coaching Competence – Section Comments

Planning & Preparing for Contests

Does the coach display competence in planning and preparing for contests?

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: _____

Does the coach utilize data and observation in planning for contests?

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: _____

Does the coach use student-athlete developmental needs, background, and aptitude and ability in planning for contests?

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: _____

Does the coach use available resources, including technologies, in the development of contest plans, strategies, and sequencing of coaching instruction to best prepare for their opponent?

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: _____

Does the coach set and communicate high expectations for behavior of all student-athletes during contests?

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: _____

Does the coach select strategies to engage all student-athletes during the contest?

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: _____

Planning & Preparing for Contests – Section Comments

Coaching Strategies & Delivery

Does the coach use strategies to deliver coaching that meets the needs of the student-athletes?

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: _____

Does the coach demonstrate flexibility and responsiveness in adjusting game planning to assure that student-athletes perform at their best?

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: _____

Does the coach connect student-athletes prior knowledge in the game planning process?

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: _____

Does the coach use solid coaching strategies that address and reach all student-athletes at all levels?

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: _____

Does the coach engage student-athletes in varied coaching strategies to promote developmental growth as a student-athlete and person?

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: _____

Does the coach use available resources including technology in the delivery of coaching?

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: _____

Coaching Strategies & Delivery – Section Comments

Monitoring Student Performance & Game Management

Does the coach use a variety of methods to monitor student performance?

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: _____

Does the coach align practice and game situations to optimize student-athlete performance?

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: _____

Does the coach guide student-athletes in setting goals and evaluating and processing game situations during the game, timeouts, and at halftime or quarter?

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: _____

Does the coach clearly communicate with student-athletes and staff during the contest?

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: _____

Does the coach provide substantive, timely and constructive feedback to his student-athletes during contests?

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: _____

Does the coach understand and use game data to make adjustments during the contest and use the data to guide the team to altering game plans?

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: _____

Does the coach work with his staff during the contest to evaluate student-athlete performance accurately?

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: _____

Does the coach demonstrate competence in game management?

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: _____

Does the coach create a team that encourages positive social interaction, active engagement, and self-regulation for every student-athlete?

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: _____

Has the coach developed and implemented game time procedures and routines that support high expectations, safety, and student-athlete performance?

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: _____

Does the coach create a safe environment for the student-athletes?

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: _____

Does the coach establish, communicate, model, and maintain high standards of responsible student behavior?

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: _____

Does the coach use timeouts, halftime/quarter, and breaks to coach student-athletes to reach their full potential?

1 Needs Improvement	2	3	4	5 Exceeds Expectations
------------------------	---	---	---	---------------------------

Comments: _____

Monitoring Student Performance & Game Management – Section Comments

Overall Evaluation Comments

2026-27 School Year Sport Calendar

Fall

Sport / Activity	Max Contests	Practice	Scrimmage	Contest	End Regular Season	Postseason	Championships
Boys Golf	216 holes	8/3/26	8/5/26	8/5/26	9/26/26	—	10/5/26 - 10/6/26
Boys Soccer	15	8/10/26	8/15/26	8/20/26	10/24/26	10/28/26	11/14/26
Boys Tennis	8 + 4 tourneys OR 9 + 3 tourneys OR 10 + 2 tourneys OR 11 + 1 tourney OR 12 individual	8/10/26	8/13/26	8/13/26	5A: 10/1/26	Team Round 1: 9/30/26 Team Round 2: 10/2/26 Individual Regionals: 10/7/26-10/10/26 Team Semifinals: 10/13/26	Individual: 10/15/26 - 10/17/26 Team: 10/20/26
Cross Country	12 ind.	8/10/26	8/15/26	8/20/26	—	Regionals Completed By: 10/24/26	10/31/26
Field Hockey	15	8/10/26	8/15/26	8/20/26	10/22/26	10/26/26	11/4/26
Flag Football	15	8/10/26	8/15/26	8/15/26	10/10/26	10/13/26	10/24/26

2026-27 School Year Sport Calendar

Fall - Continued

Football	6-Man/3A/4A/5A: 10 8-Man/1A/2A: 9	8/3/26	8/13/26	Zero Week 8/20/26 Week 1 8/27/26	2A: 10/24/26 All But 2A: 10/31/26	2A Prelims: 10/31/26 All But 2A Prelims: 11/6/26	6-Man/8-Man: 11/27/26 1A/2A: 11/28/26 3A/4A/5A: 12/5/26
Notes for Football - Preseason football practice 8/3/26-8/8/26: No protective equipment, except shoes, jersey & helmets. - Preseason football practice 8/10/26-8/11/26: Full protective equipment and uniform permitted; no player-player contact - Preseason football practice 8/12/26: Full contact allowed							
Girls Volleyball	23	8/10/26	8/15/26	8/20/26	10/31/26	Regionals Completed By: 11/7/26	11/12/26 - 11/14/26
Gymnastics	11 ind.	8/10/26	8/15/26	8/20/26	—	Regionals 10/29/26-10/31/26	11/6/26 - 11/7/26
Softball	23	8/10/26	8/13/26	8/13/26	10/10/26	Regionals 10/16/26 - 10/17/26	10/23/26 - 10/24/26
Spirit	—	8/10/26	8/15/26	8/20/26	—	—	12/10/26 - 12/12/26
Unified Bowling	10	8/10/26	8/15/26	8/20/26	—	Regionals 11/11/26-11/13/26	11/20/26

2026-27 School Year Sport Calendar

Winter

Sport / Activity	Max Contests	Practice	Scrimmage	Contest	End Regular Season	Postseason	Championships
Basketball	23	11/16/26 6	11/21/26	11/30/26 6	5A-6A: 2/20/27 1A-4A: 2/27/27	5A - 6A Round 1 Completed By: 2/23/27 - 2/24/27 5A - 6A Round 2 Completed By: 2/26/27 - 2/27/27 6A Round 3: 3/2/27 - 3/3/27 5A-6A Great 8: 3/5/27 - 3/6/27 1A - 4A Regionals Completed By: 3/6/27 4A Great 8: 3/10/27	3/11/27 - 3/13/27
Girls Swimming	11 ind. + Conf.	11/9/26	11/14/26	11/19/26 6	1/30/27	—	2/4/27 - 2/6/27
Ice Hockey	19	11/9/26	11/14/26	11/19/26 6	2/13/27	Round 1 Completed By: 2/20/27	TBD

2026-27 School Year Sport Calendar

Winter - Continued

Skiing	11	—	—	—	—	—	Alpine 2/24/27 - 2/25/27 Nordic 2/26/27 - 2/27/27
Wrestling	12 tournaments / 10 dual days	11/16/26	11/21/26	11/30/26	2/6/27	Regionals: 2/12/27-2/13/27	Dual Team 2/6/27 Individual 2/18/27 - 2/20/27
Notes - Winter Restriction 12/24/26-1/1/27: No Competition - Winter Restriction 12/24/26-12/27/26: No Practice - Winter Restriction 12/28/26-12/31/26: Voluntary Practice - Winter Restriction 1/1/27: No Practice							

2026-27 School Year Sport Calendar

Spring

Sport / Activity	Max Contests	Practice	Scrimmage	Contest	End Regular Season	Postseason	Championships
Baseball	1A: 22 2A - 5A: 23	3/1/27	3/6/27	3/6/27	1A: 5/10/27 2A - 5A: 5/17/27	1A Regionals: 5/15/27 2A - 5A Regionals: 5/21/27-5/22/27	1A: 5/20/27 2A - 5A Games 1-11: 5/28/27-5/29/27 2A - 5A Games 12-15: 6/4/27-6/5/27
Boys Lacrosse	15	2/22/27	2/27/27	3/4/27	5/8/27	5/11/27	5/24/27
Boys Swimming	11 ind. + Conf.	2/22/27	2/27/27	3/4/27	5/2/27	—	5/6/27 - 5/8/27
Boys Volleyball	23	2/22/27	2/27/27	3/4/27	5/4/27	Regionals Completed By: 5/8/27	5/13/27 - 5/15/27
Girls Golf	216 holes	3/1/27	3/4/27	3/4/27	5/15/27	—	5/24/27 - 5/25/27

2026-27 School Year Sport Calendar

Spring - Continued

Girls Lacrosse	15	2/22/27	2/27/27	3/4/27	5/8/27	5/11/27	5/21/27
Girls Soccer	15	3/1/27	3/6/27	3/6/27	5/15/27	TBD 5/18/27	6/1/27 - 6/2/27
Girls Tennis	8 + 4 tourneys OR 9 + 3 tourneys OR 10 + 2 tourneys OR 11 + 1 tourney OR 12 individual	3/1/27	3/4/27	3/4/27	5A: 4/29/27	Team Round 1: 4/28/27 Team Round 2: 4/30/27 Regionals: 5/5/27-5/8/27 Team Semifinals: 5/11/27	Individual: 5/13/27-5/15/27 Team: 5/18/27
Track & Field	12 ind. + League	3/1/27	3/6/27	3/11/27	—	—	5/20/27 - 5/22/27

2026-27 School Year Sport Calendar

Activities

Sport / Activity	Max Contests	Contest	Championships
Esports	8	—	TBD: Fall: 12/8/26
Music	4 In-State 2 Out-of-State Marching Band Dates Exclusive of State	—	TBD: Large Group Festivals: 3/8/27 - 4/30/27
Speech	22 ind.	10/1/26	4A: TBD 5A: TBD 3A: TBD
Notes Summer Leadership Conference: TBD Fall Leadership Summits: 9/30/26 - 11/29/26 October through November Advisor U: 11/6/26 - 11/7/26 Advisor U Winter Leadership Summits: 12/31/26 - 2/27/27 January through February			