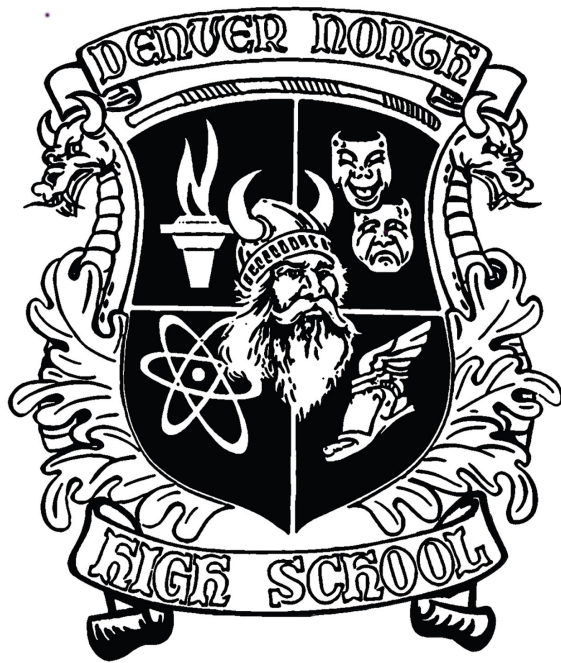


# North High School Coaches, Parents, & Scholar-Athletes Handbook



Home of the Vikings

<http://north.dpsk12.org>

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## MISSION STATEMENTS

### **North High School High School ATHLETIC DEPARTMENT MISSION STATEMENT**

North High School is a learning community committed to using data to drive improvements in classroom instruction and intervention. Our mission is to provide students with an engaging and rigorous classroom experience focused on literacy and academic achievement so that our students are prepared for college and/or postsecondary opportunities. At North, families and community members understand, participate, and support the standards-based learning process in a collaborative effort to produce 21st century scholars and leaders.

#### DPS Values

- **Students First**
  - **Equity**
  - **Collaboration**
  - **Integrity**
  - **Accountability**
    - **Fun**

The North High School High School Athletic Department is committed to providing a competitive, culturally diverse, gender-equitable sports program that operates within the rules and regulations of the Denver Prep League (DPL), Colorado High School Athletics Association (CHSAA), and the National Collegiate Athletic Association (NCAA) Clearinghouse.

The North High School High School Athletic Department makes every effort to provide quality coaches that continually improve their coaching techniques and abilities. The athletic department strives to motivate student-athletes to reach their full potential on and off the field/court, graduate, and to become responsible citizens.

The North High School High School Athletic Department's personnel, student-athletes, parents, and spectators shall act with honesty and sportsmanship at all times representing the honor and dignity of fair play and the collectively recognized high standards associated with healthy competitive sports. The department expects all student-athletes to have positive and high behavior expectations that are representative of themselves, family, school, community, and district.

The North High School High School Athletic Department is dedicated to a belief that athletic participation promotes the development of the whole student, sportsmanship, good character, and a strong work ethic. High School spirit and community pride will be developed through a successful athletics program.

### **Denver Public Schools ATHLETICS MISSION STATEMENT**

The Denver Public Schools Athletics will provide opportunities for participants as an extension of academics in a competitive and wholesome environment. DPS Athletics will

emphasize the promotion of life skills, citizenship, cooperation and work ethic in an interscholastic environment.

### **Denver Public Schools Values- revised 8/2012**

Students First, Integrity, Equity, Collaboration, Accountability, Fun

## **CHSAA MISSION STATEMENT**

In pursuit of excellence, the Colorado High School Activities Association strives to create a positive and equitable environment in which all qualified student participants are challenged and inspired to meet their highest potential.

To fulfill this mission the Colorado High School Activities Association will:

- Act as an integral component of the educational process.
- Administrate, interpret, and seek compliance with the CHSAA By-laws as needed to promote fair play within Colorado activities and athletics.
- Provide diverse and equitable opportunities for participation that encourages all qualified students to take part in the activity/athletic experience.
- Provide an environment that enhances personal development through sporting behavior, character education, teamwork, leadership, and citizenship while increasing values that partner the educational standards of the State of Colorado.
- Recognize the outstanding accomplishments of Colorado athletes, teams, coaches, and administrators through our academic and activity awards programs.

## **Denver Public Schools A CODE FOR INTERSCHOLASTIC ACTIVITIES AND SPORTS**

The competitive interscholastic activities and sports program of secondary schools provides an opportunity to evaluate competing high schools as to what has been taught both the active contestants and spectators.

### **THE PURPOSE OF INTERSCHOLASTIC COMPETITION**

The fundamental principle for competitive activities and sports is to serve the education of youth. It should both promote and supplement the regular curricular program of the schools.

### **THE STANDARDS FOR CONTESTANTS**

School representatives in interscholastic contests should have satisfactory academic records, have demonstrated good conduct and citizenship in their previous school relationships, and have satisfactorily met all the eligibility requirements of the Colorado High School Activities Association.

Coaches and sponsors should instruct and develop among student representatives of competing and contesting schools:

- The competitive urge to excel.
- The love of and respect for the activity and sport.
- The acceptance of the decisions of officials without grumbling, defiance or disobedience.
- A high sense of honor, duty and ethical character.
- A cooperative spirit and a spirit of good will toward opponents and people in general.

- The participation in an activity or sport is its own reward and special privileges for participants are not to be expected or condoned.

## **STANDARDS FOR COACHES, SPONSORS AND THOSE ADMINISTERING SCHOOL ACTIVITY PROGRAMS**

The individual student's welfare is the most important aspect and has precedence over any other consideration.

### **ATHLETIC AND ACTIVITIES INFORMATION**

Viking Athletic and Activities information can be found at:

<http://north.dpsk12.org>

[www.maxpreps.com](http://www.maxpreps.com)

[www.dpscalendars.org](http://www.dpscalendars.org)

Register for a Sport and Parent Permission Forms:

[www.familyid.com/organizations/denver-north](http://www.familyid.com/organizations/denver-north)

### **ATHLETIC ELIGIBILITY STANDARDS**

(Adopted by the Board of Education, May 1996)

A student can try out for a sport or cheerleading if he or she meets current league eligibility standards which are as follows:

1. All athletes must meet state eligibility requirements.
2. All students will be certified weekly to comply with state eligibility requirements.
3. All students will remain on computerized eligibility lists so that grades can be monitored at marking periods.
4. All support systems will be available to assist those students having difficulty (site based academic programs).
5. All 9<sup>th</sup> graders will be eligible for the entire school year by meeting state eligibility requirements.
6. Any 9<sup>th</sup> grader having 2 F's (Option A) or not passing 2.5 Carnegie units (Option B) at the semester is ineligible for the remainder of the winter sports season and must recertify on the 1<sup>st</sup> Friday prior to March 10 to be eligible for the spring sports season.

Eligibility recertification dates will be determined at the Board of Control meetings.

#### **FALL SEASON – Grades 10-12**

1. Certify incoming 10th-12th grade scholar-athletes through the review of their Spring Semester transcript.
2. Students having 2 F's (Option A) or not passing 2.5 Carnegie units (Option B) from the spring semester must recertify and are ineligible for 50% of the sports season.
  - a. At the 50% point of the season, the student must demonstrate 1 F or less as measured by their progress/eligibility.

#### **WINTER SEASON – Grades 10-12**

1. Fall scholar-athletes that certified for the Fall season are eligible for the winter season.
2. Certify non-Fall athletes (incoming 10th-12th grade scholar-athletes) through the review of their Spring Semester transcript.
  - a. Students that do not certify through the Spring Semester transcript, may certify through a review of the nearest marking period (6-week or 9 week).
3. Students having 2 F's (Option A) or not passing 2.5 Carnegie units (Option B) from the spring semester may attempt to recertify at the end of the current Fall Semester by demonstrating 1 F or less.
  - a. Students that fail to recertify at the end of the semester, are ineligible for the remainder of the Winter season.

### **SPRING SEASON – Grades 9-12**

3. Certify all 9th-12 the grade students through the review of their Fall Semester transcript.
4. Students having 2 F's (Option A) or not passing 2.5 Carnegie units (Option B) from the end of the Fall semester must recertify

### **ATHLETIC ELIGIBILITY STANDARDS** **AT NORTH HIGH SCHOOL HIGH SCHOOL**

Participation in interscholastic athletics and activities as a part of North High School's educational program is a **privilege and not a right**.

- Students wishing to participate are required to meet standards of personal behavior and academic performance.
- During the period of participation, the student must be enrolled in a minimum of **five full time classes** each semester.
- Study halls and teacher assists do not count for eligibility purposes.
- A student cannot have more than one final grade of **F** from spring semester in order to gain his/her eligibility for fall semester.
- All students will be certified weekly to comply with the state and district eligibility requirements.
- The period for weekly eligibility will be from Monday through Saturday of that week.
- Students having **2 F's** or more will have a chance to re-certify their eligibility.
- Attendance at practice, games, and meets are expected. Student should attend and engage with their best effort every day. Missing practice must be pre-approved or communicated to the coaches ahead of time. Failure to meet these expectations may result in dismissal from the team.

### **ATHLETIC PARTICIPATION FEE**

(Denver Public Schools, Athletic Budget Guide, August 2005)

- Each athlete receives an Athletic Participation Fee Form (triplicate) from the Athletic Director [or School Treasurer]. The athlete, per season, will pay a \$60 athletic participation fee, or schedules a meeting with the principal or athletic director regarding his/her athletic participation fee alternative prior to the first contest. Cheerleaders are exempt from the athletic participation fee.
- The paying athletes will receive a copy of the Athletic Participation Fee Form from the treasurer. The athletic participation fee copies will be filed with the treasurer and athletic director.

- If a paying athlete is cut prior to the first contest, a \$60.00 refund will be issued.  
**Refunds will not be given due to any injury, an athlete moving out of the district, ineligibility, or an athlete who chooses to quit the activity.**
- If a student's fee is waived or he/she pays on the installment plan, or performs school service in lieu of the \$60.00 participation fee; the details of the arrangements are to be described on the athletic participation fee form and signed by the athlete, parent/guardian and principal/athletic director.
- Each athlete on a payment plan must pay the \$60.00 fee in full prior to the last league contest for their sport. Also, the athlete on a school service plan must complete the eight hours minimum prior to the school's last league contest.
  - Athletes on the waiver plan will not receive an athletic sticker until all terms of the agreement have been met.
  - Athletes on the school service plan will not receive an athletic sticker.

#### **Athletic Fee Scholarships - Student-Athlete Assistance Program**

This program makes financial assistance available to students who want to participate in athletics but may be limited in their ability to participate due the financial costs.

#### **OPTION 1: Scholarship Monies**

These funds are available to high school student-athletes who qualify for free and reduced lunch. Under this program students will be expected to pay \$10.00 of the participation fee while the additional \$50.00 will be paid through the partnership funding.

#### **The following criteria must be met:**

1. All free and reduced paperwork must be completely filled out and submitted (**Copy of letter from DPS Enterprise Management must be provided to school treasurer**). If a change in financial status occurs after that, date exceptions will be considered.
2. Students must complete their season in good standing or they will be expected to reimburse the grant monies they received.

### **ATHLETIC TRAINER**

North High School High School has a certified athletic trainer on staff to take care of any medical issues that may result due to participation in athletic activities.

- If an athlete sees their doctor for any illness or injury, during the season, their doctor must clear them, in writing; before they are allowed participate again.
- Emergency plans are in place for medical emergencies that may occur during the course of practice/competition (either home or away).
- The athlete must report any injury to the athletic trainer or coach immediately.
- Coaches must report injuries to athletic trainer.
- It is the responsibility of the athletic trainer to report any medical emergencies to parents/guardians and the athletic director.

### **COMMUNICABLE DISEASE AND SKIN INFECTION PROCEDURES**

The risk for blood-borne infectious diseases, such as HIV and Hepatitis B, remain low in sports and too date has not been reported. However, proper precautions are needed to minimize the potential risk of spreading these diseases. In addition to these diseases that can be spread through transmission of bodily fluids only, skin infections that occur due to skin contact with competitors



and equipment deserve close oversight, especially considering the emergence of the potentially more serious infection with methicillin-Resistant Staphylococcus aureus (MRSA). (See position statement on this on NFHS web site and in the third edition of the NFHS Sports Medicine Handbook).

#### **Universal Hygiene Protocol for All Sports**

- Shower immediately after all competition and practice
- Wash all workout clothing after practice
- Wash personal gear, such as knee pads, periodically
- Don't share towels or personal hygiene products with others
- Refrain from (full body) cosmetic shaving

#### **Infectious Skin Diseases**

Means of reducing the potential exposure to these agents include:

- Notify guardian, athletic trainer and coach of any lesion before competition or practice. Athlete must have a health-care provider evaluate lesion before returning to competition.
- If an outbreak occurs on a team, especially in a contact sport, consider evaluating other team members for potential spread of the infectious agent.
- Follow NFHS or state/local guidelines on "time until return to competition." Allowance of participation with a covered lesion can occur if in accordance with NFHS, state or local guidelines and is no longer considered contagious.

#### **Blood-Borne Infectious Diseases**

Means of reducing the potential exposure to these agents include:

- An athlete who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall be directed to leave the activity until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to competition.
- Certified Athletic trainers or caregivers need to wear gloves and take other precautions to prevent blood-splash from contaminated skin or mucous membranes with soap and water.
- Immediately wash contaminated skin or mucous membranes with soap and water.
- Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves with cleaning.
- Any blood exposure or bites to the skin that break the surface must be reported and evaluated by a medical provider immediately.

For more information, refer to the "Infectious Disease" and "Skin Disorders" sections contained in the NFHS Sports Medicine Handbook. Revised October 2007

### **CHSAA (COLORADO HIGH SCHOOL ACTIVITIES ASSOCIATION) INFORMATION**

For CHSAA Constitution & Bylaws and other information about CHSAA please visit:  
[www.chsaa.org](http://www.chsaa.org)

### **COMMUNICATION AT NORTH HIGH SCHOOL HIGH SCHOOL**

#### **COMMUNICATION PROTOCOL**

1. Any communication generated by an athlete or a parent must begin with the individual level coach. Student-athlete should be present. If necessary and if requested, the head coach can join this initial discussion. **A 24-hour "get your thoughts together" period**

- should take place before the discussion.** If the head coach is the level coach in the situation, the athletic director can join the initial discussion.
2. The second step to achieving a resolution to any problem is to involve the head coach (in the case of a 3<sup>rd</sup> level or junior varsity coach). Again, if necessary and if requested, the athletic director can join this discussion.
  3. The third step to achieving a resolution to any problem is to involve the athletic director.
  4. If the matter still remains unresolved after these initial dialogues, the fourth step is to involve the building principal.
  5. The fifth and sixth steps include the involvement of the district athletic director or the area-superintendent if satisfactory resolution is not reached beforehand.
  6. Skipping levels will not be allowed, except in exceptional situations.
  7. Attendance at practice, games, and meets are expected. Student should attend and engage with their best effort every day. Missing practice must be pre-approved or communicated to the coaches ahead of time. Failure to meet these expectations may result in dismissal from the team.

### **DUAL SPORT PARTICIPATION**

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

1. A meeting will be held with the athlete, parents, coaches, principal and athletic director prior to the first contest.
2. The athlete must choose a primary sport. All parties will sign a written agreement, which includes specific information regarding practices and priority of contests during the regular and post seasons.
3. The athlete must declare a primary sport.
4. The athlete must pay a \$60.00 fee for the primary sport.
5. The athlete must practice nine days in each sport before participating in a contest.
6. If a conflict arises, the school athletic director and/or principal will intervene and make a determination, which will be binding.

### **END OF SEASON TEAM EVALUATIONS**

End of Season Team Evaluations for both parents and student athletes will be distributed to families and students via email. Please complete and return surveys, as directed, at the end of the sports season.

### **GENERAL ATHLETIC ATTENDANCE POLICY AT NORTH HIGH SCHOOL HIGH SCHOOL**

1. Student must call coach prior to practice or games when they are going to be absent. In the event that an emergency arises and the student is unable to contact the coach prior to practice or games, it is their responsibility to notify their coach as soon as possible.
2. Excused absences include: illness, injuries, excuses from doctors, coaches, or athletic trainer, and family emergencies.
3. Excessive excused and unexcused absences may result in loss of playing time and/or removal from the team.
4. Coaches may have attendance policies that go beyond this general athletic attendance policy.

## GENERAL LETTERING AND AWARDS GUIDELINES

### **League Standing Rules: General II, B, C, and D, Awards:**

- B. A candidate for lettering in any sport must meet the following requirements:
  - 1. Meet all requirements set forth by the Denver Public Schools Athletic League.
  - 2. **Meet the individual requirements of the sport.**
  - 3. Complete the season in good standing.
  - 4. Have the recommendation of the coach and the principal.
- C. Forfeitures and byes are not to count toward winning an award.
- D. The principal and coach of the school concerned may award a 4-year meritorious service letter to a senior who has never lettered.

### **Varsity Standards for letters, stripes or bars indicating honors shall be:**

- 1. 1<sup>st</sup> year letter(s): Award winner may have the block school letters and sport insignia on sweater or jacket and 1 stripe on sweater, or 1 bar on “block school letter(s)” on a jacket.
- 2. 2<sup>nd</sup> year letter(s): Award winner may have 2 stripes on sweater or 2 bars on “block school letter(s)” on a jacket.
- 3. 3<sup>rd</sup> year letter(s): Award winner may have 3 stripes on sweater or 3 bars on “block school letter(s)” on a jacket.
- 4. 4<sup>th</sup> year letter(s): Award winner may have 4 stripes on sweater or 4 bars on “block school letter(s)” on a jacket.
- 5. Numerals (last 2 numerals only) may be worn on the upper right front of the jacket and upper left sleeve of sweater.
- 6. Given name (first and/or last or given initials) may be placed on lower right front side of jacket or sweater.

Other items approved for block letter:

All City – Silver Star.

- 1<sup>st</sup> place winner in individual sports.
- All league 1<sup>st</sup> team selection by coaches in team sports.

All State – gold star outlined in one of the school colors.

- 1<sup>st</sup> place winner in individual sports.
- All state 1<sup>st</sup> team as selected by The Denver Post.

Members of state championship teams may have in letters “State Champions,” the sport insignia and the year below the block letter.

“Captain” may be designated by a pin.

## HAZING

### **Definition**

“Hazing” means any intentional, knowing or reckless act directed against a student for the purpose of being initiated into affiliating with, holding office or maintaining membership in any organization, club or athletic team whose members are, or include, other students. Hazing in any form, including initiation which is degrading, is strictly forbidden by North High School

High School and Denver Public Schools. No students shall conspire to engage in hazing, participate in hazing or commit any act that causes or is likely to cause bodily danger, physical harm, personal degradation, or disgrace resulting in physical or mental harm to any fellow student or other person. Persons violating this policy shall be subject to school and district discipline, legal penalties and forfeiture of entitlements.

### **INELIGIBLE ATHLETE CONDUCT**

Student-Athletes must attend practice and games when ineligible, unless instructed to do otherwise by their coach.

### **LEAGUE STANDING RULES – RECOGNIZED SPORTS (LETTERING)**

#### **BASEBALL – (BOYS)**

Requirements for baseball lettering – see League Standing Rules – General, II, B, C and D, Awards. In addition, the following should serve as a guideline for receiving a letter in baseball – a player must participate in half of the team’s innings. A pitcher must appear in 35% of the games.

#### **BASKETBALL – (BOYS/GIRLS)**

Requirements for basketball lettering – see League Standing Rules – General, II, B, C and D, Awards. In addition, the following should serve as a guideline for receiving a letter in basketball – 20 quarters.

#### **CHEERLEADING – (GIRLS/BOYS)**

Cheerleaders should attend 90% of assigned varsity athletic events in uniform. Cheerleaders should attend 90% of all assigned practices as required by sponsor. Sponsor should keep a record of all events and practices attended from fall sports to the end of spirit season. Cheerleaders will conduct themselves at all times in or out of uniform in a manner becoming to their position as leaders and official representatives of their high school. In addition, the following should serve as a guideline for receiving a letter in Cheerleading – must be in good standing and meet other requirements as set by coach.

#### **CROSS COUNTRY – (BOYS/GIRLS)**

Requirements for cross country lettering – see League Standing Rules – General, II, B, C and D Awards. In addition the following should serve as a guideline for receiving a letter in cross country – competing in 5 varsity meets or placing 1<sup>st</sup> in any varsity, dual or triangular meet, or placing in the top 10 in the city meet.

#### **FIELD HOCKEY – (GIRLS)**

Requirements for field hockey lettering – see League Standing Rules – General II, B, C and D, Awards. In addition, the following should serve as a guideline for receiving a letter in field hockey – participate in 16 halves of the league schedule and/or the coach’s recommendation.

### **FOOTBALL – (BOYS)**

Requirements for football lettering – see League Standing Rules – General, II, B, C and D, Awards. In addition, the following should serve as a guideline for receiving a letter in football – represent the school in 10 quarters of varsity contests.

### **GOLF – (BOYS/GIRLS)**

Requirements for golf lettering – see League Standing Rules – General, II, B, C and D, awards. In addition, the following should serve as a guideline for receiving a letter in golf – representing the school in 2 league matches and winning 2, playing in 4 matches, or playing in 2 matches as a member of the championship team.

### **GYMNASTICS – (GIRLS)**

Requirements for gymnastics lettering – see League Standing Rules – General, II, B, C and D, Awards. In addition, the following should serve as a guideline for receiving a letter in gymnastics – enter 75% of all scheduled meets. Place in the top 4 of 50% of all scheduled meets, or earn team points in 50% of all meets, or place in the top 6 places of the district meet.

### **LACROSSE – (BOYS/GIRLS)**

Requirements for lacrosse lettering – see League Standing Rules – General, II, B, C and D, Awards. In addition, the following should serve as a guideline for receiving a letter in lacrosse – participate in 5 halves.

### **SOCCER – (BOYS/GIRLS)**

Requirements for soccer lettering – see League Standing Rules – General, II, B, C and D, Awards. In addition, the following should serve as a guideline for receiving a letter in soccer – 10 halves.

### **SOFTBALL – (GIRLS)**

Requirements for softball lettering – see League Standing Rules – General, II, B, C and D, Awards. In addition, the following should serve as a guideline for receiving a letter in softball – a player must take part in 27 innings. The pitcher must take part in 15 innings.

### **SWIMMING – (BOYS/GIRLS)**

Requirements for swimming lettering – see League Standing Rules – General, II, B, C and D, Awards. In addition, the following should serve as a guideline for receiving a letter in swimming:

- A swimmer must earn 30 points in dual meet competition or place in the top 3 of the city varsity swimming meet or qualify for the state meet.
- **Note:** Points scored in relays are divided equally among the 4 relay members.
- A diver must earn 24 diving points or place in the top 3 places of the city swimming meet or qualify for the state meet.

### **TENNIS – (BOYS/GIRLS)**

Requirements for tennis lettering – see League Standing Rules – General, II, B, C and D, Awards.

In addition, the following should serve as a guideline for receiving a letter in tennis – representing the school in 4 league matches and winning 2 or playing in 6 matches.

### **TRACK – (BOYS/GIRLS)**

Requirements for track lettering – see League Standing Rules – General, II, B, C and D, Awards. In addition, the following should serve as a guideline for receiving a letter in track:

- Average 3 points for each league meet held during the season.
- **Note:** In the DPSAL Relays, only members of the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> relay teams for each event will score points or fractions of points for a letter award.
- Scoring a point or fraction of a point in an individual event, or being a member of a placing relay team in the Denver Public Schools district meet, state meet or any meet that includes 10 or more schools.

### **VOLLEYBALL – (GIRLS)**

Requirements for volleyball lettering – see League Standing Rules – General, II, B, C and D, Awards. In addition, the following should serve as a guideline for receiving a letter in volleyball – a girl must participate in 50% of all scheduled varsity league games.

### **WRESTLING – (BOYS)**

Requirements for wrestling lettering – see League Standing Rules – General, II, B, C and D, Awards. In addition, the following should serve as a guideline for receiving a letter in wrestling – wrestling in 1 league match and earning 6 points, wrestling in 2 league matches and earning 6 points, wrestling in 4 matches, or earning a fraction of a point in the city or state tournament.

### **NCAA CLEARINGHOUSE INFORMATION**

For more information regarding the rules, please go to **[www.ncaa.org](http://www.ncaa.org)**. Click on “Academics and Athletes” then “Eligibility and Recruiting.” Or visit the Eligibility Center Web site at **[www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net)**.

Please call the NCAA Eligibility Center if you have questions: Toll-free number: 877/262-1492.

**North High School code 060418**

### **NCAA FRESHMAN-ELIGIBILITY STANDARDS** **QUICK REFERENCE-KNOW THE RULES:**

#### **Core Courses:**

- NCAA Division I requires 16 core courses as of August 1, 2008. This rule applies to any student first entering any Division I college or university on or after August 1, 2008. See the chart below for the breakdown of this 16 core-course requirement.
- NCAA Division II requires 14 core courses. See the breakdown of core-course requirements below. Please note, Division II will require 16 core courses beginning August 1, 2013.

#### **Test Scores:**

- Division I has a sliding scale for test score and grade-point average. The sliding scale for those requirements is shown on page two of this sheet.
- Division II has a minimum SAT score requirement of 820 or an ACT sum score of 68.
- The SAT score used for NCAA purposes includes only the critical reading and math sections. The writing section of the SAT is not used.
- The ACT score used for NCAA purposes is a sum of the four sections on the ACT: English, mathematics, reading and science.
- All SAT and ACT scores must be reported directly to the NCAA Eligibility Center by the testing agency. Test scores that appear on transcripts will not be used. When registering for the SAT or ACT, use the Eligibility Center code of 9999 to make sure the score is reported to the Eligibility Center.

**Grade-Point Average:**

- Only core courses are used in the calculation of the grade-point average.
- Be sure to look at your high school's list of NCAA-approved core courses on the Eligibility Center's Web site to make certain that courses being taken have been approved as core courses. The Web site is [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net).

**DIVISION I:**

- 16 Core-Course Rule
- 16 Core Courses:
- 4 years of English.
- 3 years of mathematics (Algebra I or higher).
- 2 years of natural/physical science (1 year of lab if offered by high school).
- 1 year of additional English, mathematics or natural/physical science.
- 2 years of social science.
- 4 years of additional courses (from any area above, foreign language or nondoctrinal religion/philosophy).

**DIVISION II:**

- 14 Core-Course Rule
- 14 Core Courses:
- 3 years of English.
- 2 years of mathematics (Algebra I or higher).
- 2 years of natural/physical science (1 year of lab if offered by high school).
- 2 years of additional English, mathematics or natural/physical science.
- 2 years of social science.
- 3 years of additional courses (from any area above, foreign language or nondoctrinal religion/philosophy).

**PLEASE NOTE: Beginning August 1, 2013, students planning to attend an NCAA Division II institution will be required to complete 16 core courses.**

**NCAA OTHER IMPORTANT INFORMATION**

- Division II has no sliding scale. The minimum core grade-point average is 2.0/100. The minimum SAT score is 820 (verbal and math sections only) and the minimum ACT sum score is 68.
- 14 core courses are currently required for Division II. However, beginning 2013, students will be required to complete 16 core courses.

- 16 core courses are required for Division I.
- The SAT combined score is based on the verbal and math sections only. The writing section will not be used.
- SAT and ACT scores must be reported directly to the Eligibility Center from the testing agency. Scores on transcripts will not be used.
- Students enrolling at an NCAA Division I or II institution for the first time need to also complete the amateurism questionnaire through the Eligibility Center Web site. Students need to request final amateurism certification prior to enrollment.

## **PARTICIPATION**

### **LEAGUE:**

A sports season begins with the first practice session and ends when the school has completed its competition. A student becomes a member of a high school team when he/she first reports for practice. Before a student is allowed to compete for a position on a school team, he/she must:

1. Pass a physical examination by a private or clinic physician, a nurse practitioner or a physician's assistant.
2. Submit completed and signed emergency information.
3. Present the coach a card with his/her signature and that of the parent or guardian authorizing participation in the athletic program and travel with the team when necessary.
4. Pay a sports participation fee of \$60 per sport season prior to the first contest date.
5. Attendance at practice, games, and meets are expected. Student should attend and engage with their best effort every day. Missing practice must be pre-approved or communicated to the coaches ahead of time. Failure to meet these expectations may result in dismissal from the team.
6. North High School Athlete Handbook is reviewed by the family.
7. CHSAA Competitor's Brochure is reviewed by the family on Family ID.
8. **If the above steps are not completed, the student-athlete will not be allowed to participate.**

Representing a school in any league or non-league contest during any season whether or not the individual receives the letter award is to be considered participation in the sports season.

### **NON-LEAGUE:**

A DPS high school may participate in an interscholastic contest with a high school that is not a member of CHSAA providing the non-member high school follows the same eligibility rules used by CHSAA members (i.e., age, scholastic eligibility, etc.). Any team competing against a member school must be recognized and sponsored by the local school board or governing body. This does not include "club" teams.

1. No contest may be held with any CHSAA approved school outside the Denver Public Schools Athletic League except with the consent of the principal.
2. Whenever games are played outside the city limits, a team must travel in conveyances approved by the principal and may not separate while away unless each group is in the charge of a certified coach or person appointed by the coach and approved by the principal.
3. When teams are away from the home city, they must remain overnight only with the permission of the principal and/or the Director of Athletics. During such trips, the coach is responsible for the conduct of every member of the team.
4. Any member of a team found guilty of misconduct while on a trip may be barred by the principal from further participation in all high school athletics.



5. Proper paperwork as required by the Area Superintendent must be completed and approved before any team may travel overnight.
6. Out of state participation (see CHSAA Handbook).

### **PARTICIPATION IN INTERSCHOLASTIC ACTIVITIES**

“Participation in interscholastic activities as a part of a school’s educational program is a **privilege and not a right**. Students wishing to participate are required to meet standards of personal behavior and academic performance which are related to school purposes.”

### **PUPIL CONDUCT IN THE PROGRAM OF ATHLETICS**

1. **Policies and rules that apply to general pupil conduct also apply to the program of athletics.**
2. Every pupil has the privilege to try out for an authorized sport unless under disciplinary action.
3. Use or possession of tobacco (smoking, chewing or snuff), use or possession of alcohol, illegal use or possession of other harmful substances, or possession of narcotics or habit forming drugs is forbidden.
4. Attendance at practice, games, and meets are expected. Student should attend and engage with their best effort every day. Missing practice must be pre-approved or communicated to the coaches ahead of time. Failure to meet these expectations may result in dismissal from the team.

#### **Procedures:**

With the importance of maintaining a high standard of pupil conduct within the athletic program, it is expected that the administrator designated by the principal will review the evidence and determine that the student did, in fact, violate a league rule. It must be clearly understood that the penalty will be final and binding on the athlete and all members of the coaching staff.

#### **First offense:**

1. A student who violates any of these policies will not be allowed to compete in any league, non-league or post-season contests from the time of the infraction until he/she has missed 25% of allowable contests. The number of contests to be missed per sport is as follows: Baseball 5 games, Basketball 6 games, Cross Country 3 meets, Field Hockey 4 games, Football 3 games, Golf (holes) 50 holes, Gymnastics 3 meets, Lacrosse 4 games, Soccer 4 games, Softball 5 games, Swimming 3 meets, Tennis 3 matches, Track 3 meets, Volleyball 5 matches, Wrestling (points) 8 points.
2. **Note:** If no games remain in the season, the remaining contests will be applied to the next sports season in which the athlete competes. The athlete may remain on the team and may practice during the period of suspension.
3. Strict probation will be in effect regardless of the penalty for 1 year from the date of the infraction.

#### **Second offense:**

1. Athletic suspension for the remainder of the year.

**Third offense for any violation of pupil conduct code:**

1. Automatic suspension from athletics for 1 year from the date of the third infraction.
  - A brief summary of the offense (violation) and of the prescribed penalty must be written by the administrator designated by the principal and forwarded to the director of Athletics immediately after a decision is reached. It is the duty of the school Board of Control member to oversee these procedures and to assist the high school principal in operating a strong, equitable athletic program.
  - An athlete shall be ineligible during any period of out of school suspension from school and may not participate in practice or scheduled contests until reinstated and attending classes.
  - **Athletes must attend a minimum of 50% of their academic schedule on game day or on Friday if game day is Saturday unless otherwise excused by the principal or his/her designee. Athletes failing to do so are ineligible until reinstated by the principal or his/her designee.**
  - Unsportsmanlike conduct by athletes on the date of the contest:
  - Any athlete who is found to be guilty of unsportsmanlike conduct on the date of (but not during) the contest will be subject to the CHSAA Unsportsmanlike Conduct Rule.
  - When an athlete receives a second unsportsmanlike conduct offense during the same year, the incident will be investigated by the Director of Athletics during the ineligible period and he/she may assess an additional penalty.
  - **Coaches may have additional training rules of their own that, if broken, could carry the penalty of suspension from the team.**

**Policies relating to participants in the interscholastic athletic program:**

Policies and rules that apply to student conduct and discipline also apply to the program of athletics.

1. Every student has the privilege to try out for an authorized sport unless under disciplinary action.
2. All participants will be governed by the Denver Public Schools Athletic League Constitution, Bylaws and Standing Rules and such revisions as may be made by the Athletic Board of Control and ratified by the Board of Education.
3. With the importance of maintaining a high standard of student conduct within the athletic program, the Board of Control member or principal will provide all coaches with the opportunity of reviewing reported violations before any penalty is assessed.

An appeal procedure should continue to be provided by the Denver Prep League to protect the rights of students, parents, and other interested parties.

**Appeal process:**

1. An aggrieved student or parent may appeal specific decisions related to the published rules and regulations of CHSAA, Denver Public Schools, or specific schools. It is expected that all appeal matters will be resolved at Level One (Board of Control member or principal) or Level Two (Director of Athletics, Board of Control, or the superintendent's designee).
2. The superintendent reserves the right to hear or reject any appeal. His/her decision will be final.

## **SCHOLAR ATHLETE AWARD**

The purpose of the Scholar Athlete Award is to recognize one or two student-athletes in all varsity sports who have excelled on the playing field, as well as, in the classroom. This is an elite award, which will go to the very best players and students during any given season.

Criteria for this award:

- a. Location of Display: Main Lobby
- b. Recommendations can be made by Staff and/or Coaches
- c. 90% attendance or better for the month
- d. Has consistently demonstrated the CLEAR Values (Community, Leadership, Effort, Achievement, and Respect)

## **SPORTSMANSHIP**

Good sportsmanship is the cornerstone of a quality athletics program. North High School High School is committed to bringing sportsmanship as a top priority of our school community. The sportsmanship standards held for coaches, student athletes, spirit groups and spectators will bring about healthy competition in the educational environment. The following are North High School High School's expectations:

### **COACH:**

1. Exemplify the highest moral character, behavior and leadership, adhering to strong ethical and integrity standards. Practicing good citizenship is practicing good SPORTING BEHAVIOR!
2. Respect the integrity and personality of the individual athlete.
3. Abide by and teach the rules of the game in letter and in spirit.
4. Set a good example for players and spectators to follow--please refrain from arguments in front of players and spectators; no gestures which indicate an official or opposing coach does not know what he or she is doing or talking about; no throwing of any object in disgust.
5. Shake hands with the officials and the opposing coaches before and after the contest in full view of the public.
6. Respect the integrity and judgment of game officials. The officials are doing their best to help promote athletics and the student/athlete. Treating them with respect, even if you disagree with their judgment, will only make a positive impression of you and your team in the eyes of all people at the event.
7. Display modesty in victory and graciousness in defeat in public and in meeting/talking with the media. Please confine your remarks to game statistics and to the performance of your team.
8. Instruct participants and spectators in proper SPORTING BEHAVIOR responsibilities and demand that they make SPORTING BEHAVIOR the No. 1 priority.
9. Develop a program that rewards participants and spectators for displaying proper

SPORTING BEHAVIOR and enforces penalties on those who do not abide by SPORTING BEHAVIOR standards.

10. Be no party to the use of profanity or obscene language, or improper actions.

**STUDENT-ATHLETE:**

1. Accept and understand the seriousness of your responsibility, and the privilege of representing the school and the community.
2. Live up to the standards of SPORTING BEHAVIOR established by the school administration and the coaching staff.
3. Learn the rules of the game thoroughly and discuss them with parents, fans, fellow students and elementary students. This will assist both them and you in the achievement of a better understanding and appreciation of the game.
4. Treat opponents the way you would like to be treated, as a guest or friend. Who better than you can understand all the hard work and team effort that is required of your sport?
5. Wish opponents good luck before the game and congratulate them in a sincere manner that you would like to be greeted following either victory or defeat.
6. Respect the integrity and judgment of game officials. The officials are doing their best to help promote you and your sport. Treating them with respect, even if you disagree with their judgment, will only make a positive impression of you and your team in the eyes of the officials and all people at the event.
7. Attendance at practice, games, and meets are expected. Student should attend and engage with their best effort every day. Missing practice must be pre-approved or communicated to the coaches ahead of time. Failure to meet these expectations may result in dismissal from the team.

**CHEERLEADERS:**

1. Understand the seriousness and responsibility of your role, and the privilege of representing the school and the community.
2. Learn the rules of the game thoroughly and discuss them with parents, fans, fellow students and elementary students. This will assist both them and you in the achievement of a better understanding and appreciation of the game.
3. Treat opposing cheerleaders the way you would like to be treated, as a guest or friend. Who better than you can understand all the training and team effort that goes into a cheerleading squad?
4. Wish opposing cheerleaders good luck before the game and congratulate them in a sincere manner following either victory or defeat.
5. Establish standards of desirable behavior for the squad and attempt in a cheerful manner to transfer that to your spectators.
6. Select positive cheers that praise your team without antagonizing the opponents.
7. Encourage a positive crowd alternative when booing or an inappropriate chant begins by starting a popular cheer.
8. Use discretion in selecting the times to cheer. Give the opposing school the same amount of time your squad would want in performing cheers, and treat opposing players like you would treat your own team.
9. Give encouragement to injured players and recognition to outstanding performances for both teams.
10. Respect the integrity and judgment of game officials. Treating them with respect, even if you disagree with their judgment, will only make a positive impression of your team, and the community, in the eyes of the officials and all people at the event.

**OTHER STUDENT GROUPS (PEP CLUBS, BAND, ETC.):**

1. Establish themselves as leaders in their conduct before, during and after contests and events. Always provide positive support for your team, rather than intimidating or ridiculing the other team.
2. Assist cheerleaders with yells, chants, etc., and be a working part of pep assemblies, with preparation, organization, and involvement.
3. Treat opposing players, coaches, spectators and support groups with respect and enthusiasm.
4. Conduct themselves in an exemplary manner. Remember, you represent your school both home and away.
5. Respect the integrity and judgment of game officials. Treating them with respect, even if you disagree with their judgment, will only make a positive impression of your group, your team and the community, in the eyes of all people at the event.
6. Be an exemplary role model by positively supporting teams in every manner possible, including contest of cheers and signs.

#### **PARENTS/SPECTATORS:**

1. Remember that you are at a contest to support and cheer for your team and to enjoy the skill and competition; not to intimidate or ridicule the other team and its fans.
2. Remember that school athletics are learning experiences for students and they may make mistakes. Praise student-athletes in their attempt to improve themselves as students, as athletes and as people as you would praise a student working in the classroom.
3. A ticket to any contest is a privilege to observe, not a license to verbally assault others and be generally obnoxious.
4. Learn the rules of the game, so that you may understand and appreciate why certain situations take place.
5. Show respect for the opposing players, coaches, spectators and support groups. Treat them as you would treat a guest in your own home.
6. Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student/athlete, and admire their willingness to participate in full view of the public.
7. Recognize and show appreciation for an outstanding play by either team.
8. Refrain from the use of any controlled substances (alcohol, drugs, etc.) before, and during games, and afterwards on or near the site of the event (i.e., tailgating.)
9. Use only those cheers that support and uplift the teams involved.
10. Recognize and compliment the efforts of school and league administrators for their efforts in emphasizing the benefits of educational athletics and the rule of good SPORTING BEHAVIOR to that end.
11. Be a positive role model through your own actions and by censuring those around you at events whose behavior is unbecoming.

#### **VARSITY STATUS**

- Seniors must play at the varsity level, unless the District Athletic Director approves a waiver for sub varsity status.
- Varsity status will be evaluated for individual athletes each year.

#### **VISITORS AT PRACTICE/VIDEO CAMERAS**

- To ensure the safety of our student athletes and coaching staff at all practices, **all** visitors must get prior approval of the coach, Athletic Director, or Principal to visit practices.
- The use of video cameras or other recording devices on Denver Public School property

is strictly prohibited with out the prior approval of the building Principal.

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- Soccer goals are to be carried over the track – they will not be dragged across the surface.
- No snow blowers or shovels are to be used to clear snow from the field or track.
- Custodians will continually check the drains around the track to maintain cleanliness. The drains are for water. Please help keep paper and other trash from going into the drain areas.
- Grounds will purchase a vacuum to clean fields periodically.

**Tennis Court Regulations**

Everything from above applies to the tennis courts as well as the following:

- Black soled shoes are not allowed on the tennis courts.
  - Use a light broom to clean the court surface.
  - When Racket Hacks occur (small chips in the surface) please report this immediately as the area will have to be touched up with paint provided by the company.
  - The backboard will expand and contract – this is normal.
  - When setting the nets to their proper height release the center strip, tighten net to 39" at the center, secure center strip which will take the net down to 36" which is the proper height.
  - Under normal use and care the tennis courts should last 5-7 years before resurfacing is necessary.
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I have read and understand the regulations for the use, care and maintenance of the North High School fields. I agree to respect and implement them personally and with any group or team under my direction.

\_\_\_\_\_  
NAME (FIRST, INITIAL, LAST)

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
DATE

**Acknowledgements:**

***Denver Public Schools Athletic Department***

***Denver Public Schools Athletic League: Constitution, Bylaws, Standing Rules***

***Colorado High School Activities Association (CHSAA)***

***Jefferson County Public Schools***

***Littleton Public Schools***

***Littleton High School***

***Makowski, B. (2005, 2006, 2007, 2008, 2009, 2010). John F. Kennedy High School Athletes Handbook.***

***Manos, K. (2000). Coach's & Athletic Director's Complete Book of Forms & Letters. Parker Publishing Company, West Nyack, New York.***

***NCAA Clearing House***