

**PLATTE CANYON HIGH SCHOOL
HUSKIES**
“RUN WITH THE PACK”



**ACTIVITIES PARTICIPATION
HANDBOOK
FOR PARENTS & STUDENTS
2010-11**

PLEASE READ AND KEEP THIS HANDBOOK
Summer of 2010
SUMMER OPPORTUNITIES TO GET
BIGGER, FASTER, STRONGER!

(Coaches on staff are volunteering time to provide the following growth and improvement opportunities for Platte Canyon High School student-athletes.)

1. **SUMMER WEIGHT ROOM HOURS**– 5:30 to 7:00 pm
Every Monday, Tuesday, Wednesday & Thursday beginning Tuesday, June 1, and ending Thursday, August 12.
2. **VOLLEYBALL OPEN GYM**- TBA
3. **BASKETBALL OPEN GYM**-Girl's-TBA, Boy's 6:30 pm to 8:00 pm
Every Tuesday & Wednesday beginning June 1, and ending Wednesday, July 14
4. **FOOTBALL 7 ON 7 ON EAST FIELD**- 7:00 pm to 8:30 pm
Every Thursday in July beginning Thursday, July 1 and ending Thursday, August 5.
5. **OPEN MAT IN WRESTLING ROOM**- TBA
6. **Jr. Husky FB Camp**: July 27-29 9-Noon
7. **FB Non-Mandatory Conditioning Camp** 8/9-8/12, 6:30-8:00 p.m.

Contact volleyball, softball, wrestling and basketball coaches for additional team camp opportunities.

PCHS SPEED CAMP AND WEIGHT CAMP BEING OFFERED THIS SUMMER!

Speed Camp 9-10:15 a.m. Weight Camp 10:30-12:00, June 2- July 7

CONTACT COACH LANCE GUNKEL.

IMPORTANT 2010-2011 SCHOOL YEAR DATES

1. **ATHLETIC PHYSICALS** available on Saturday, August 7 @ PCHS, 9am to noon- \$25 – All proceeds go directly to the PCHS Booster Club. Made possible by the generosity of Dr. David Linn and his staff.
2. **Fall Practice** begins on Monday, August 16 – Cross Country, Football, Softball, Volleyball
3. **Winter sports practice** begins Friday, November 12 – Basketball, Girls Swim, Wrestling, Ski
4. **Spring sports practice** begins Monday, February 8, 2011 – Baseball & Track

Please address all questions and concerns to:
Chris Hendrick Athletic/Activities Director
w- 303-838-4642 ext 1800 Cell- 303-895-1312
e-mail- chendrick@plattecanyonsd1.org

You may mail the participation forms and check to:

Athletic Secretary
Platte Canyon High School
P.O. Box 295
Bailey, CO 80421

(Have participation checks made out to PCHS & memo child's name and sport.)

*Get your athletic information @
www.plattecanyonschools.org*

PLATTE CANYON SCHOOL DISTRICT MISSION STATEMENT

The mission of the Platte Canyon School District is to promote educational excellence in safe schools.

PLATTE CANYON HIGH SCHOOL ATHLETIC PHILOSOPHY

Platte Canyon High School provides athletic programs, which foster the total growth of the young persons who participate. Above all, the athletic programs will be conducted in an atmosphere which demonstrates **respect for others**, which sponsors good **sportsmanship**, and which **values the enjoyment of participation, the rigorous demands of the student-athlete commitment, and the challenges of athletic competition.** **It is the belief of the high school that the athletic playing field is an extension of the classroom.**

ATHLETIC OBJECTIVES

- To develop and field student athletic programs, which focus on the student-athlete commitment and the seriousness of high school competition in the sanctioned CHSAA sports.
- To maintain a high academic standard and commitment.
- To develop individual work ethics and commitment to the overall team effort.
- To develop good citizenship and sportsmanship in a competitive environment.
- To learn how to cope with the challenges of failure and success.

CHSAA ATHLETIC ACTIVITIES OFFERED

FALL SPORTS

Football
Volleyball
Cross Country
Softball
Cheer

WINTER SPORTS

Basketball
Swimming - Girls
Wrestling
Ski
Cheer

SPRING SPORTS

Track
Baseball

CHSAA NON-ATHLETIC ACTIVITY OFFERED- SPEECH

ATHLETIC ACTIVITY ELIGIBILITY

1. Not 19 years old prior to August 1 of 2010 .
2. Activity Participation Forms & Emergency Card complete along with Participation Fee paid to high school prior to any participation. (Physical & Insurance)
3. Student must be enrolled in a minimum of 2.5 credits and must pass a minimum of 2.5 credits per semester.
4. Student maintains a 60% or above in all enrolled classes during a competitive season. Participants must be enrolled in a minimum of 3 classes during a competitive season (does not apply to 9th grade Academy). Grades are monitored on a weekly basis every Tuesday AM. A grade below 60% will place the individual on ACADEMIC NOTICE. A second consecutive grade below 60% will place the individual on ACADEMIC INELIGIBILITY for a minimum of one week (Tuesday to Tuesday). The participant may continue to practice, but no CHSAA sanctioned competition will be allowed.
5. Compliance to all CHSAA and Metro League rules and regulations

ATHLETIC ACTIVITY TRAINING AND CONDUCT EXPECTATIONS

1. The PARTICIPANT must abide by school, League and CHSAA standards.
2. The PARTICIPANT must be a representative of good sportsmanship and citizenship demonstration by respecting, self, others, and the property of others.
3. The PARTICIPANT must not consume or possess alcoholic beverages.
4. The PARTICIPANT must not consume, use, possess, or distribute drugs other than in a manner that is in accordance with Board Policy and regulation on administering medicines to students.
5. The PARTICIPANT must not use or possess any form of tobacco.
6. The PARTICIPANT must not be involved in any unlawful activity.
7. The PARTICIPANT must not possess school property without authorization from school officials.

ATHLETIC/ACTIVITY TRAINING AND CONDUCT VIOLATIONS

<u>VIOLATIONS</u>	<u>CONSEQUENCE</u>
1. Unexcused absence from class or practice Individual exceeds team's allowance for absences	Miss next competitive event Dismissal from team
2. Failure to meet academic requirements	See Athletic Eligibility
3. Violation of PCHS Drug, Alcohol & Tobacco Policy (see Student Handbook)	1 st offense – suspension from 1/3 season competition; Notify parents.
4. Behavior that discredits the team, school and school district.	2 nd offense – suspension from 2/3 season competition; conference with parents; referral to counselor . * 3 rd offense – suspension from all participation for a calendar year Notify parents.
5. Participant receives out of school suspension	** No participation on day of suspension and no attendance on school property.
6. Participant involved in hazing of others	dismissal from team for the remainder of season

All consequences will be carried over to the following athletic /activity season for completion.

* The student may appeal for reinstatement of athletic /activity status at the end of the calendar year suspension .

1st Step – Appeal to Coaches, AD, Principal

2nd Step-Appeal to Superintendent

3rd Step-Appeal to Board of Education

** Out of school suspension will not be considered unexcused absences.

NOTE - The severity of an athlete's misbehavior may warrant action being taken at any referral level.

PARTICIPATION FEE

Each sport/activity is assessed a \$125 fee. THIS FEE NEEDS TO BE PAID PRIOR TO PARTICIPATION. FEE IS REUNDABLE UP TO THE POINT OF AN ATHLETE'S PARTICIPATION IN A SANCTIONED CONTEST.

Make checks payable to PCHS and memo participant's name and activity on the check.

NOTE: Ski team participation fee is higher due to inherent costs.

TRAVEL

- PCHS will provide transportation to athletic /activity events away from campus for participants .
- A student may be released after an away event to their parent(s) or to another parent with prearranged permission. NO STUDENT WILL BE RELEASED TO ANOTHER STUDENT, NON -PARENT, OR NON -ADULT RELATIVE.
- The bus driver will enforce all Transportation Department rules . Participants will assist the driver with good conduct and cooperation.
- The away event bus will depart from the high school during the school week. Departures on Saturdays will be from Deer Creek Elementary. All buses return to DCE.
- Inappropriate behavior on a travel bus or activity bus will result in the participant losing privileges to ride the bus for a period of 6 weeks.**

UNIFORMS AND EQUIPMENT

- Practice and game uniforms are to be worn at practice and games unless the coach gives permission to do otherwise.
- Students are responsible for all uniforms and issued equipment.
- All equipment and uniforms are to be cleaned before they are turned in at the end of the season. NO ATHLETE WILL BE PARTICIPATING IN A SPORT IN THE UPCOMING SEASON UNTIL HE/SHE HAS TURNED IN ALL ISSUED EQUIPMENT.

PRACTICES

- All team members are expected to be at all practices and team meetings.
- The head coach should be notified prior to a missed practice. Without prior notice, the absence is considered unexcused.**
- Each coach will stipulate individual team practice rules and consequences, which may include game suspension and or dismissal from the team.
- A student may not participate in practice if he/she has missed more than 2 periods of classes unless due to a professional appointment that has been approved and documented. (This also pertains to scheduled contests).
- Athletes and parents need to understand "choosing" to miss a practice for an appointment or family outing will have a consequence. **Missed preparation time hurts the team and may also increase the risk of injury .**

HAZING

PCHS has a no tolerance policy on Hazing. Any form of mental/physical abuse from an upperclassman to an underclassman for the purpose of a "right of passage" membership on a team will be viewed and treated as hazing and the individual(s) will be immediately dismissed from the team for the remainder of the season. **Severities of hazing may be cause for the school to contact local law enforcement.**

Teams wishing to pursue a friendly/fun "initiation" **must first have their coach seek approval from the Athletic Department and Administration and have the activity under direct supervision of the school.**

OUTSIDE COMPETITION (CHSAA)

Any student that desires to play another sport outside PCHS, while in season at PCHS must get written permission from the Principal. Outside participation must not interfere with class work and team attendance at the high school.

TWO SPORTS (CHSAA)

Any student that wishes to go out for more than one sport may attempt to do so but must follow guidelines for practice and game attendance set by each coach.

PARTICIPATION AT OTHER SCHOOLS (CHSAA)

The Colorado Legislature passed a bill allowing a student from one district to try out for a non athletic team in a contiguous district, if the home school does not participate in that sport. The receiving school sets fee.

ACADEMIC ALL-STATE HONORS

Juniors and seniors who earn a varsity letter while maintaining a 3.3 to 3.59 GPA will receive Second Team Academic All-State. Juniors and seniors who earn a Varsity letter while maintaining a GPA of 3.6 and higher will receive First Team Honors. Only junior and senior varsity letter winners are eligible for Academic All State honors.

LETTER AWARDS

Varsity letter and pins will be awarded to athletes who meet the requirements listed below. Letters are not issued for junior varsity participation.

The head coach may reserve the right to letter an athlete who does not meet the requirements listed below. All letter winners must complete the season. (Injury is an exception.)

BASEBALL – participation in 1/3 of all innings played

BASKETBALL – participation in 1/2 of all quarters played

CHEER – participate in 90% of fall & winter seasons

CROSS COUNTRY - finish in top half of the field at LEAGUE or qualify for State

FOOTBALL – participation in 1/2 of all quarters played

SOFTBALL – participation in 1/3 of all innings played

SWIMMING – participation in 2/3 meets and scores at least 30 points in a season; Divers score at least 15 points.

TRACK – earn 10 points in meets, or score in the LEAGUE, REGIONAL or STATE meets.

VOLLEYBALL – participation in 2/3 of games played

WRESTLING – wrestle in 1/2 of all varsity matches scheduled

MANAGERS – Letter awards will be given at the recommendation of the head coach.

PARENTS AND HIGH SCHOOL ATHLETICS

Being a parent of a high school athlete is a huge responsibility and requires financial and time-consuming sacrifices. The staff at PCHS knows what parents do and deeply appreciate it. AS A PARENT OF A HUSKY ATHLETE, PLEASE DO THE FOLLOWING:

1. Support the Huskies with attendance and good sportsmanship.
2. Participate in positive cheers that encourage good sportsmanship.
3. JOIN THE BOOSTER CLUB!
4. Realize that athletics are part of the educational experience, and the benefits of involvement go beyond the final score of the game.
5. Help our athletes develop a sense of dignity under all circumstances.
6. Understand that no player is guaranteed playing time in any game at any level.
7. Help keep your child academically eligible. Stay on top of their grades.

AS A PARENT OF A HUSKY ATHLETE YOU CAN EXPECT THE FOLLOWING FROM DACHES:

1. To coach within the parameters of the District's Mission Statement and the High School's Athletic Philosophy Statement.
2. To communicate to you and the players effectively by explaining team rules, practice times, team philosophy and goals and the academic priority of the student-athlete.
3. To know and enforce the rules of all governing bodies of the sport, to keep abreast of the latest methods, strategies, fundamentals and coaching techniques.
4. To be a constant motivator and coach in a positive, professional manner.
5. To understand that the playing field is an extension of the classroom and that all individuals will be treated with decency and respect.

League Associations for the 2010-2012 Cycle

Entering its fifth year, the Frontier League has expanded to 12 schools: Academy, Arrupe Jesuit, Bennett, Clear Creek, DSST, Pinnacle, Sheridan, Platte Canyon, Jefferson High School, Middle Park Lake County, and Bruce Randolph. Not all sports offered at PCHS are affiliated with the Frontier League. Here is a sport by sport breakdown:

BASEBALL- 3A Frontier League– 12 schools – all Frontier Schools with the exception of Denver Academy filling in for Pinnacle which does not offer baseball. There will be one League Champion and 5 of the 12 teams will qualify for district play.

BASKETBALL- 3A Frontier League (Boys & Girls)– All 12 Frontier League schools will compete. The league will be one division and each school will play each league opponent once. A District Tournament will be played to decide the top 5 teams for the State Playoffs.

CROSS COUNTRY– 3A Frontier League (Boys & Girls)– 10 Schools; Bennett and Bruce Randolph do not offer XC. There will be a League Championship Meet. Runners will continue in the same manner to qualify for State at their regional meet.

FOOTBALL– 2A Colorado Conference– CHSAA has revamped 2A football into 6 conferences. Each one will qualify the top 2 teams for State playoffs along with 4 wild card teams. The Colorado Conference consists of Platte Canyon, Kent Denver, Manual, Sheridan, Bennett, and Denver West. Conference Champion will be decided on the basis of finish in its 5 game schedule.

SOFTBALL – 3A Metropolitan League– 11 teams (Alexander Dawson, Bishop Machebeuf, Faith Christian, Denver Lutheran, Holy Family, Middle Park, Peak to Peak, Sheridan, St. Mary's Academy, Arrupe & PCHS) There will be a League Champion based on league finish. The top 8 teams will be seeded into the State Playoffs.

SWIMMING (Girls)– 4A The girls will continue to swim an independent schedule and compete in the Inter-League Championships with Kent, CO. Academy, St. Mary's Academy, Fountain Valley, Manitou Springs, St. Mary's HS and Salida. Swimmers & divers will continue in the same manner to qualify for State.

TRACK & FIELD (Boys & Girls)– 3A Frontier League – 7 Schools; Jefferson, Bennett, Clear Creek, Sheridan, Middle Park, Lake County & PCHS will compete in League Championship Meet. Runners & field event individuals will qualify to state by a ranking system. (top 18 in each event)

VOLLEYBALL– 3A Frontier League– All 12 Frontier League schools will compete in a league schedule for the League Championship. The league will be one division and each team will play one another one time. Top 5 teams in the league will continue on in Districts.

WRESTLING– 3A Frontier League- 11 schools; Academy, Bennett, Clear Creek, Pinnacle, Platte Canyon, Sheridan, Jefferson High School, Lake County, Middle Park, Holy Family and Lutheran. These schools will compete in a League Tournament and wrestlers will continue in the same manner to qualify for State.

