



DSST: Cedar Athletic Handbook

Denver School of Science and Technology: Cedar

150 S Pearl St, Denver, CO 80209

DSST Cedar: Administration

School Director- Elin Curry

Athletics and Activities Director- Rob Castanzo

DSST Core Values

Courage

Curiosity

Doing Your Best

Integrity

Respect

Responsibility

DIRECTORY

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Mission

- Denver School of Science and Technology, Cedar (DSST: Cedar), strongly believes that every student should be given the opportunity to take part in extracurricular activities, achieve personal growth, and have a chance to engage in lifetime experiences. DSST: Cedar is committed to the ideals of good sportsmanship, teamwork, ethical behavior, and integrity for all members of the community.
- Research indicates that student athletes who are involved in extracurricular experiences manage their time more effectively and have higher grades than those who are not involved. Extracurricular activities are indeed the events of which positive school memories are made.

Goals of the Athletic Department

- To foster academic and athletic achievement in students by emphasizing the importance of self-discipline, sacrifice and dedication to achieving goals.
- To field competitive teams, but not at the cost of academic excellence or demonstration of DSST Core Values.
- To provide students the opportunity to pursue athletics as a means of overall well-being.
- To develop in students both their athletic skills and pride in their school.

ATHLETIC OPPORTUNITIES OFFERED		
SEASON	MIDDLE SCHOOL	HIGH SCHOOL
Fall (August-October)	Boys Soccer	Boys Soccer
	Girls Volleyball	Girls Volleyball
	Co-Ed Cross Country	Co-Ed Cross Country
Winter (November-February)	Girls Basketball	Girls Basketball
	Boys Basketball	Boys Basketball
Spring (March- May)	Girls Soccer	Girls Soccer
	Boys Volleyball	Boys Volleyball
	Co-Ed Flag Football	
Year-Round	Spirit Squad (Cheer & Step)	Spirit Squad (Cheer & Step)
		Speech & Debate

Conference Affiliation

DSST: College View Middle School is a member of the **DSST Middle School League** and must follow all league rules. Students and parents will be required to complete a league code of conduct and release of liability forms in order for the student athlete to be eligible for participation in DSST: CVMS athletics.

Non-Conference League Participation

DSST: College View Middle School will not sponsor, whether financial or by name, any Non-Conference league play with the exception of invitational tournaments and those sponsored by DSST schools. If a coach chooses to participate in an "outside" tournament or league, he or she will be responsible for tournament entry fees and uniforms. Since DSST: CVMS will not sponsor these teams, participant fees, events, and coordination are left to the discretion of the coach.

Participation

Athletic participation at DSST: Cedar requires a greater commitment and is more competitive than the custom-made programs at the elementary school level. The parents and athletes are advised to take this into consideration when deciding whether or not to participate. **Student Athletes and Parents should review the following when considering whether to be a participant in the DSST: Cedar Athletic Program:**

- Depending on the sport, practices and contests can be scheduled on all seven days of the week. This includes vacation periods and holidays. It is mandatory that all student athletes participate in all practices/contests. More than three unexcused absences could result in less playing time or even dismissal from the team.
- Team selection is based on ability and cuts could be made at the discretion of the coaching staff.
- Playing time is based on ability and effort, substitutions are made at the discretion of the coaching staff.
- Student Athletes who fail to complete a season will not be awarded a credit.
- Participation on the school team will trump any participation in club teams.

Expectations of All Student Athletes

- Show high effort in all classes and are only permitted to have a failing grade in one of their courses.
- Demonstrate the Core Values in all athletic events, practices, and related activities.
- Respect officials and accept their decisions without gesture or argument.
- Represent our school and our community proudly.
- Display modesty in victory and graciousness in defeat; play hard and within the rules.
- Respect opponents, spirit groups and spectators at all times.
- Notify coaches when participants cannot attend practices or contests. (Personal contacts include email, telephone calls, written notice, and parent/guardian communication)

*Note: DSST: Cedar holds student athletes to high standards. Student athletes are seen as representatives of both our school and our community. As a representative of Cedar, student-athletes are expected to adhere to all school and athletic department/team expectations. Being a member of a school team is a privilege, and not a right.

Responsibilities of Student Athletes

In order to participate in a DSST: College View Sports Program, each student athlete must assume responsibility for the following:

- Attend class daily and maintain academic eligibility. If a student is absent from school, they may not play in a game or practice on that same day.
- Avoid sacrificing academic quality/ integrity to participate in athletics.
- Attend all practices, games and additional team activities as scheduled.
- Be aware that three unexcused absences could result in dismissal from the team.
- Follow intervention policy in conjunction with athletic attendance for games and practices.
- Care for all athletic equipment issued throughout the season, and promptly return it at the end of the season.
- Model positive participation & have fun.
- Exhibit respect for the opposing players, teammates, coaches, spectators and support groups.
- Conduct oneself in a professional manner at all times as a representative of the Cedar community.

- Student athletes must refrain from:
 - Use of bad language.
 - Disrespecting coaches, teammates, teachers and spectators.
 - Fighting at any time.
 - Utilizing cheers that do not support and inspire the team or follow our core values.

Academic Eligibility

- Student athletes must be passing all content areas except one in order to participate in athletics
 - Grades will be checked every week by the Athletic Director, and those grades will indicate whether or not a player is eligible for competition for that week. However, if a student athlete were to get a failing grade up mid-week, it is up to the AD, the Coach and the teacher of that class to determine whether or not that student should be deemed eligible to play. All eligibility information will live in individual sports hubs.
 - If student athletes have 2 **F's in any content area**, they may not participate in any competition until they are in good academic standing. They will be allowed to practice, so long that practice doesn't interfere with getting their grades up.
 - If any student athlete has one (1) grade fall below a C in any class, they will still be permitted to play in games and practice with their teams, but must show that they are actively completing classwork and communicating with their teacher to raise that grade.

***Note:** Student Athletes with certain academic & behavioral designations will be supported directly by the AD to ensure that needs are being met so eligibility remains equitable.

***Note:** Student Athletes who repeatedly fail to comply with the expectations may be removed from the team or deemed ineligible until academic/behavioral goals are met. This decision is up to the discretion of the coach, with the support of the Athletic Director.

Interventions, Suspensions & Referrals Policy

- Interventions take priority over athletic practices.
- If an athlete is eligible to play on a Game Day, they are excused from interventions. If an athlete is ineligible to play in the game, they must attend interventions.
- If a student has an intervention on the day of a practice, they must complete it. Then they are required to still attend as much of the practice as possible once it is over.
- Three (3) skipped interventions is considered a team violation. (See consequences below for the consequence matrix)
- Any additional suspensions from games/practices/team will be at the Athletic Director's discretion.
- Students suspended from school are not allowed to attend practices/games on a day they have been suspended from school, this includes ISS and OSS.
- All DSST School Guidelines, Rules, and Policies will be enforced during all practices, contests and activities.

Consequences for Student Athletes not following DSST Core Values (Dean Interventions, Suspensions, etc.)

Violation	Consequences <i>*Each athlete will be responsible to complete the following before rejoining the team</i>
1st Incident	→ Athlete will miss part of the next game. They must still attend all practices leading up to the game.
2nd Incident	→ Athlete will miss the entire next game, but must sit on the bench and support the team.
3rd Incident	→ Athlete will have a conference with the Athletic Director, Parents/Guardians and Coaches. → Athlete will write and deliver a personal apology to the team.
4th Incident	→ Athlete will be dismissed from the team.

Early Dismissal For Competition

1. Students must be academically eligible to play in competitions.
2. Students must leave class at the designated time. Outlook invites will be sent to teachers with team rosters. (TEACHERS- DO NOT DISMISS A STUDENT ATHLETE FROM CLASS IF THEY ARE NOT ON YOUR LIST. If there are questions, please talk with the Athletic Director)
3. Students must ask teachers for the work they will be missing PRIOR to the competition. They are responsible for turning in any work that is due that day.
4. Students who are deemed ineligible to participate in competitions will still travel with the team and show support.

Tryouts and Team Selection

*DSST: Cedar will host tryout selections in a closed environment where only the coaches and the student athletes are permitted. Our objective is to have as many student athletes as possible participate in each athletic program. Coaches are encouraged to retain as many student athletes as realistically possible. Selections are made according to the skill level of the athlete.

*When a cut is necessary, the coach will discuss alternative possibilities for the athlete to still participate in that sport, (manager, statistical manager or equipment manager) or participation in other areas of the athletic program.

Playing Time

Parents and Student Athletes must realize that:

- Playing time is based on ability.
- Students who do not attend school the day of a practice or competition may not practice or compete that day.
- Practices/contests are scheduled on a seven-day per week basis and during vacation periods. Student-Athletes are required to participate in all practices/contests.
- Student Athletes who fail to complete a season will not receive credit for the season.

Hazing, Initiation, Bullying, Taunting

"Hazing is any activity expected of someone joining or participating in a group that humiliates, degrades, abuses or endangers them, regardless of a person's willingness to participate" (National Study of Student Hazing).
"Any humiliating or dangerous activity expected of a student to belong to

a group regardless of their willingness to participate” (NFSHSA).

- Taunting is considered any action(s) or comments by coaches, players or spectators which are intended to bait, anger, embarrass, ridicule or demean others, whether the deeds or words are vulgar or racist. Game officials shall follow the National Federations rules for each sport. Penalties may include ejection or other penalties for flagrant unsportsmanlike offenses (National Federation of State High School Associations, P.O. Box 690, Indianapolis, IN 46206, www.nfhs.org).
- Hazing, initiation, bullying, and touting will not be tolerated in any form at DSST: Cole interscholastic activities. When these activities are discovered participants will be suspended from the activity leading up to potential immediate dismissal from the program.

Sportsmanship Expectations

- It is important for all to recognize that the purpose of athletics is to promote the physical, mental, moral, social, personal growth and emotional well-being of the student athlete. Unsportsmanlike conduct is not acceptable at any time for any reason, i.e. fighting, using foul language or dirty unfair methods to gain success.
- Penalties, suspension, and or dismissal from the assigned program will be enforced by those not demonstrating sportsmanlike conduct.

Misconduct and Penalties

- Abstain from the use of controlled substances and unacceptable behaviors (alcohol, drugs, tobacco, sexting, bad language, poor taste in clothing etc.) before, during, after, on, or near the site of the event (i.e. tailgating).
- Student Athletes violating this policy will be suspended or dismissed immediately from participation, pending an investigation with the Athletics Director.

Communication Process for Parents and Student Athletics

1. Student-Athlete informs family of issue.
2. Student-Athlete meets with coach to discuss concern.
3. *If unresolved*, the Student-Athlete meets with the coach and the Athletic Director for further discussion.
4. *If still unresolved*, the Student-Athlete, Coach and Athletics Director meet with the School Director.

Uniforms

All uniforms issued to athletes are the property of the school and must be properly cared for by the student. All uniforms must be returned, properly cleaned if necessary, at the conclusion of the season. It is the responsibility of the parent and student to pay for and/or replace any lost or damaged uniforms. On game day, students may either wear their uniform top, or normal school dress code.

General Appearance and Conduct

- All student athletes must set and keep a high standard of appearance.
- Student athletes are role models of our entire school community, and should carry themselves as such.
- Team members inappropriate behavior (fighting) will result in an ejection, and a one game suspension.

Summer Sports Camps

Summer activities are optional to all student athletes, and are not required to attend. Although summer training is expected to better the team concept and build individual fundamentals, it is the athlete's and parent's decision in regard to participation.

Student Athletes that drop out of a sport must adhere to the procedures below

- Inform the coach why you are withdrawing from the team.
 - Return all equipment to the coach.
 - Resolve all financial responsibility with the school's front office.
- Note: Funds are non-refundable once the student athlete participates in a contest.*

Parent Support

DSST: Cedar encourages parents to attend games and to model constructive support and guidance when students experience success or failure in game situations. Parents should be a positive participant and support the values of good sportsmanship. Players and parents should adhere to DSST Core Values.

Transportation

All times student athletes are being transported by the school to or from away contests, they must adhere to all school rules and guidelines.

Medical Information

Health Examination

Every Student Athlete must have the following current documents on file at the DSST: Cedar Front Office in order to participate in any activity. The completed physical examination form needs to be turned in to the school **prior** to the first tryout.

1. A current Physical Examination Form on file at DSST: Cedar. (A sports physical is valid for one calendar year, but must include the entire season for the sport in which the student will participate (for example– if the physical expires during basketball season– a new physical would be needed in order for that student athlete to play basketball).
2. Parent Registration Form

Accidents and Injuries

All student athlete injuries must be reported to the Coach or Athletic Director immediately, regardless of the severity of the injury.

In the event a student-athlete's injury requires a physician's examination and/or treatment, the athlete must obtain written permission from the doctor and parent before they will be allowed to resume practice/competition.

Risk Factors and Sports

DSST: Cedar will provide a safe environment for its athletics programs as well as all of their participants. However, while participating in sporting contests and supplementary activities, participants are subject to being injured or hurt due to unavoidable exposures.

Emergency Medical Course of Action

- Secure that the scene is safe
- Call 911
- Direct the emergency vehicle to the appropriate location
- Contact:
 - Athletic Director, Rob Castanzo (570-878-6511)

Student Injuries

- If there is any question at all as to whether or not the student should be moved (especially in the case of possible internal, head, or bone injuries), DO NOT MOVE the student. Instead, be sure that the student is covered and direct **ONE** person to call an ambulance and come back to let you know that the call has been made. Err on the side of caution.
 - **CALL 911**
 - **Inform** the DSST receptionist when an emergency vehicle is called.
- If the student can be safely moved, prepare to take the student to the nearest hospital.
- Please be sure to take the **Emergency Information Card** with you when you take a student to the hospital.
- If the student is injured while participating in an away athletic event and the student requires medical attention or diagnosis, they should be taken to the nearest medical facility. Both parents/guardians should be called immediately.
- **CAUTION- It is better to err on the side of caution than to assume that a child is exaggerating an ailment.**

As soon as possible after the student is injured, have someone call the student's parents/guardians and:

- If the student will travel by ambulance, ask the parent to which hospital they prefer their child be taken, or advise them the destination of the ambulance.
- If parents/guardians cannot be reached by telephone, leave a message for them to return a call to the DSST switchboard and be sure the switchboard operator knows what to tell them when they call. If parents/guardians cannot be reached, refer to the Emergency Information card.
- A coach or faculty member should always be with the student until the parents arrive. A follow-up phone call to the parents/guardians the next day is recommended.

Cedar Spectators Responsibility & Expectations

- Appreciate the skills of all the players participating, and give positive feedback.
- Show compassion for an injured player, applaud positive performances, do not heckle, cheer or distract players, and do not use profane and obnoxious language and behavior.
- Leave the venue respectfully and accept the outcome of the contest.
- Remember that you are at a contest to support and yell for your team and to enjoy the skill competition; not to intimidate or ridicule the other team and its fans.
- Remember that school athletics are learning experiences for students and they may make mistakes. Praise student-athletes in their attempt to improve themselves as athletes and as people, as you would praise a student working in the classroom.
- Admission is a privilege to observe the contest, not a license to verbally assault others and be generally obnoxious.
- Learn the rules of the game, so that you may understand and appreciate why certain situations take place.
- Show respect for the opposing players, coaches, spectators and support groups. Treat them as you would treat a guest in your own home & use cheers that support and uplift the teams involved
- 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.
- Refrain from the use of any controlled substances (alcohol, drugs, etc.) before and during games, as well as afterwards on or near the site of the event (i.e., tailgating.)
- Use only those cheers that support and uplift the teams involved.
- Recognize and complement 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.
- Be a positive role model through your own actions and by censuring those around you at events whose behavior is unbecoming.
- As a parent, guardian and/or spectator, you represent DSST's Core Values. We ask that you model good behavior.

Cedar Spectators Responsibility & Expectations (continued)

- IF EJECTED, fans must complete the Sportsmanship elective course on the NFHS Learn website. The course can be found here: <https://nfhslearn.com/courses/sportsmanship-2>
- Sportsmanship is defined by the NFHS as the foundation for interscholastic sports and activities. In this course, you will learn the definition of sportsmanship and highlights of what good sportsmanship looks and sounds like. Appropriate conduct and behavior will also be discussed, as it is at the core of creating and providing a positive interscholastic experience. Coaches, officials, parents, and fans all have a role in creating a positive environment for young people & understanding those roles is critically important.
- Upon proof of the completed course (printed certificate/ certificate emailed to the Athletic Director), fans are welcomed back to attend events at DSST: Cedar.

DSST: Cedar Athletics reserves the right to eject any individuals that choose not to abide by the Spectator Policy. DSST's Administration may request the support of DPS Safety and Security, or law enforcement if needed to support in any situation. Fans must adhere to the policies of other schools when traveling to away games.

Gate Fee

Each school's Athletic Department reserves the right to charge a Gate Fee. Money collected from the gate fee will go to offset the operational costs of running the athletic department, tournament fees and to support the needs of the athletics department.

COACH REQUIREMENTS

1. Obtain CPR/First Aid Class.
2. Take the NFHS Concussion Course.
3. DSST - Human Resources documentation required.
 - a. Background check at Denver Public School involving fingerprinting (for non-faculty members)
 - b. Drivers' License record
 - c. W-9 filing
4. Take an extensive course in driving the DSST Multifunction School Activity Bus.

COACHING CODE OF CONDUCT

The function of a coach is to educate students properly through participation in athletic competition. Athletic programs are designed to enhance academic achievement and should never interfere with opportunities for academic success. Each athlete will be treated with respect and their welfare shall be of the utmost importance at all times.

THE COACH must be aware that they have a tremendous influence, either good or bad, in the education of the student athlete and, thus, shall never place the value of winning above the value of instilling the highest desirable ideals of character.

THE COACH must constantly uphold the honor and dignity of the profession. In all personal contact with student athletes, officials, athletic directors, school administrators, CHSAA, the media and the public, the coach shall strive to set an example of the highest ethical conduct.

THE COACH shall take an active role in the prevention of drug, alcohol and tobacco abuse and under no circumstances should authorize their use.

THE COACH shall promote the entire athletics department of the school and direct their program in harmony with the rest of the school's programs.

THE COACH shall be thoroughly acquainted with the contest rules, and is responsible for their interpretation to team members. The coach shall not try to seek an advantage by circumvention of the spirit of the rules.

COACHES shall actively use their influence to enhance sportsmanship by their players and spectators, working closely with the Athletic Director.

CONTEST OFFICIALS shall have the respect and support of the coach. The coach shall not indulge in conduct which will incite players or spectators against officials. Public criticism of officials or players is unethical.

BEFORE AND AFTER CONTESTS, coaches will meet and exchange friendly greetings to set the correct tone for the event. Also make sure that after contests the field or court is free of debris and all equipment is put away.

COACHING CHECKLIST

A helpful list of responsibilities to which all DSST coaches should adhere:

PRE-SEASON

1. Meet with other coaches in the program.
2. Check a tentative roster for numbers and grade levels.
3. Consider seasonal objectives and write them down. Consider goals to be accomplished before the first competition.
4. Communicate with parents (email/phone) and players.
5. A get-together with parents and players is an important element of the preseason. Include a handout to clarify your expectations and rule changes/interpretation.
6. Check equipment, field or facility, schedule, including scrimmages.
7. Post pertinent information on the Athletic Bulletin Board or via email to Athletic Director.
8. Plan the first week's practices.
9. The Athletic Director will distribute uniforms during a formal check in/out process with athletes and manage inventory.

DURING SEASON

1. Coaches are responsible to provide a practice schedule for the season. This schedule should be given to the athletes, their parents/guardians, and be cleared with the Athletic Director.
2. Practice should not be called off during the time allocated for practice unless it is cleared with the Athletic Director.
3. At the beginning of the season, submit an accurate roster to the Athletic Director. Update the team roster as is needed during the season. Notify the Athletic Director of any changes.
4. Write down a daily practice plan.
5. Make sure water and a med kit are on site at each game/ practice.
6. Communicate all vital details regularly in pre- or post-practice briefing. Post details if necessary.
7. Supervise players in dressing rooms before and after practice. Every coach is responsible for their team. Ensure the dressing rooms are left in the same (if not better) state than before. Mistreatment of athletics facilities could result in athletes being dismissed from the team.

8. Insist on all team members being in proper dress for games. Athletes without a designated uniform or proper attire will not be allowed to participate in any contest.
9. Coaches should be at the contest site prior to the arrival of both teams.
10. Communicate outstanding accomplishments to the school community by using the Morning Meeting assembly via email to Athletic Director.
11. **Coaches need to wait until all players have been picked up before leaving.**
12. Fill out an incident report within 24 hours of any injury. Call the injured athlete's home in the evening to check on the situation. Report accident information to the Office Manager and the Athletic Director.
13. **CHECK EQUIPMENT DAILY FOR SAFETY.** Suggest needed equipment repair and/or replacement to the Athletic Director. Maintain an inventory of equipment.
14. **Any equipment purchased by DSST must be returned to the Athletic Department at the end of your season and is NOT to be used for outside programs.**

POST-SEASON

1. Assist the Athletic Director with the uniform check-in process immediately following the close of the season. ALL uniforms should be clean.
2. Collect all equipment to be inventoried by the Athletic Director.
3. Complete the End of Season Report including requisitions for next year. Arrange to meet with the Director of Athletics for season wrap-up and evaluation.
4. Provide the Athletic Director with names of award winners and list of players who participated.
5. Help arrange the final team get-together. You can reserve the Cafeteria for banquets, go to a restaurant, go to a player's or coach's home. Costs can be covered by funds in the athletics department's account or divided by all participants.

GENERAL COMMENTS

- Read each emergency form of your players prior to the start of the season. Make note of any health concerns of your players.
- Safety of equipment and facilities are very important; check over prior to the start of each practice, scrimmage and game.
- **NEVER PLACE YOUR TEAM AND YOURSELF IN A LIFE THREATENING SITUATION, I.E. PRACTICING IN THREATENING WEATHER, ESPECIALLY WHEN THUNDER AND LIGHTNING ARE PRESENT. UTMOST PRECAUTIONS SHOULD BE USED.**
- Outline duties of team managers and supervise their work.
- Please keep the following areas locked when not supervised by a coach: student locker rooms, equipment storage area, weight room.
- Fields and courts should be kept free of trash; each team will be responsible for the cleaning of these facilities.
- **COACHES MUST BE PRESENT AT THE ISSUING AND RETURNING OF EQUIPMENT. A COMPLETE POSTSEASON INVENTORY MUST BE COMPLETED ONE WEEK FOLLOWING THE LAST GAME OF THE SEASON.**

STANDARD OF CARE

Coaches' area of responsibility:

- Teach athletes to protect themselves.
- Teach proper fundamentals & supervise all team activities.
- Maintain a safe coaching and playing environment.
- Inspect, repair and recondition equipment properly.
- Teach athletes to inspect their own equipment.
- Create and set policies and procedures for an activity.
- Properly match athletes (in drills and competitions).
- Properly administer first aid if/when needed.
- Keep adequate and accurate records.

COACHES SHOULD NEVER

- Employ or permit violations of game rules, including special rules for certain games, which have been agreed upon by the coaches prior to the game.
- Employ or permit violation of good sportsmanship.
- Employ or permit violations of school rules.
- Knowingly endanger a participant's health.

SPORTSMANSHIP

Overview: Good sportsmanship and citizenship are keys in the public's perception of our school's athletics and activities and their role in the educational system. A coach who is a good sportsman believes and teaches that athletic competition is an ethical pursuit, one that builds character and shapes lifetime attitudes.

As a coach at DSST, it is **expected** that your sportsmanship will include:

- Helping athletes to develop a positive self-image.
- Promoting respect for the rules, officials and their decisions, and opponents. Treat opponents and officials with the respect that is due to them as guests and fellow human beings and **ALWAYS** shake hands. Never blame an official for a loss; they are an integral part of the game. Remember that this is just a game someone must win and someone must lose... that's sports- life goes on.
- Providing an equal opportunity for all to learn skills.
- Encouraging these individuals to continue their participation in a variety of athletic activities to enhance their overall education.
- **CONTROLLING YOUR TEMPER AT ALL TIMES ON AND OFF THE FIELD/COURT!** Yellow/red cards and technicals will not be tolerated! ***If you receive a technical or are ejected from a game, you MUST see the Athletic Director the next day.***

ADDITIONAL POLICIES

GAME/PRACTICE SCHEDULE CHANGES

- The Athletics Director will inform coaches of schedule changes immediately upon learning the change, and update the necessary digital schedules/ hubs.
- Coach informs players of the change and then notifies families via text/flyer/whatever means of communication they have been using all season.
- Physical schedules will only be reprinted if multiple days are impacted.
- The individual sport hub is the single source of truth for all things regarding scheduling/inventory/registration/etc. The after school activities hub is strictly for taking attendance and for front office management.

COACHING CLINICS/PROFESSIONAL DEVELOPMENT

All coaches are encouraged to attend clinics, either in house, or externally. When a coach has information on a clinic or seminar, it must be submitted to the Athletic Director for approval and payment.

TRANSPORTATION

Travel to all athletic contests and games will be by DSST or private transportation. The Coach of the team will be responsible for gathering directions from Cedar to the contest and providing that information to any parents wishing to attend the game. Any student wishing to participate in the school transportation must submit a **transportation waiver**.

LIGHTNING POLICY

The official in charge of the contest or a coach shall suspend an athletic contest in process immediately when the first sound of thunder is heard and/or the first sighting of lightning is observed. If the contest should be resumed, the official shall inform the head coach of both teams that the contest may be continued if both head coaches agree to play. The contest shall not be resumed unless both head coaches agree to play.

SCHEDULE CHANGES

If a game is canceled due to weather conditions or other reason, this information will be communicated to coaches from the Athletics Director. The cancellation word needs to get to the athletes ASAP so transportation/scheduling arrangements can be made.

EQUIPMENT ROOM

1. Students are not allowed to use the weight room without adult supervision.
2. Students are not allowed to be in the equipment room without adult supervision.

DO NOT ALLOW YOUR ATHLETES TO BE IN THE LOCKER ROOMS DURING PRACTICES/GAMES.

Student Locker Room Rules:

1. Roughhousing and throwing of objects is prohibited in the locker room. Hazing of other players is not allowed.
2. No one, except coaches and assigned players, is allowed in the locker room.
3. All spiked or cleated shoes must be put on and taken off outside of the DSST Entrance. **CLEATS ARE NOT ALLOWED INSIDE THE BUILDING!**
4. Students are not allowed in the locker room during practice/ game times.

SPECIAL CONCERNS FOR COACHES AND TRAINERS

STERIODS

A student who uses anabolic steroids or other performance- enhancing drugs is ineligible for all athletic competition until such time as medical evidence can be presented that the student's system is free from anabolic steroids or other performance enhancing drugs. "School personnel and coaches should not dispense any drug, medication or food supplement except with extreme caution and in accordance with the policies developed in consultation with parents, health care professionals, and senior administrative personnel of the school or district." Use of any drug, medication, or food supplement in a way not prescribed by the manufacturer should not be authorized or encouraged by school personnel or coaches. Even natural substances in unnatural amounts may have short-term or long-term negative health effects. In order to minimize health and safety risks to student athletes and maintain ethical standards and reduce liability risks, school personnel and coaches should never supply, recommend or permit the use of any drug, medication, or food supplement solely for performance- enhancing purposes.

BLOOD-BORNE PATHOGENS

Two important diseases are a constant threat to the health and safety of the coach and trainer, Hepatitis B (HBV) and AIDS (HIV). Both of these potentially deadly diseases are transmitted through exposure to blood and bodily fluids.

GUIDELINES TO FOLLOW

Hand washing should be performed using an antiseptic agent for at least 10 to 15 seconds with soap, water and friction:

- After contact with any bodily fluids- yours or another's.
- Before touching open wounds or sterile bandages.
- After touching any excretions and before touching the patient again.
- After using the bathroom.
- Before and after eating.
- NOTE: the use of gloves does not replace the need for careful hand washing. Gloves should be worn at all times when dealing with blood or excretions. Articles that are contaminated (or potentially contaminated) shall be bagged in a single plastic bag. Facilities maintenance should be contacted for proper clean up.

Disclaimer:

**For any policy disputes,
all rules are subject to
interpretation at the
discretion of the Athletic
Director and the School
Director.**