



# Monument Academy Student~Athlete Handbook

## Philosophy

- Our mission in athletics is to teach students about the importance of discipline, hard work, commitment, and perseverance. This is accomplished through daily structured practice with attention to fundamentals and details.
- The athletics program shall be directed so that the welfare of all participating students will be the primary concern. Fundamental emphasis shall be placed on the philosophy that athletic activities are an extension of the educational program, and are justifiable only to the extent that they are desirable learning experiences.
- Sportsmanship will be the top priority of Lynx Athletics. Commitment to fair play, integrity, and genuine empathy for others must be taught, and practiced, if we are to make a difference. Athletics assist in the development of fellowship and goodwill. Athletics will play an important role in developing a healthy self-image as well as a healthy body. Athletics will also contribute to school/community spirit and pride.
- Lynx Athletics uses tiered programs to promote the concept of winning, while inspiring development of athletic skill for 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade student athletes. This concept supports a successful transition of the student-athlete to high school sports should the student choose to pursue such opportunities.

# CCAL Program Details:

Monument Academy is a full member school in the Central Colorado Athletic League (CCAL) and will directly support the participation of student-athletes in this program. CCAL provides a competitive environment with a playoff structure for a school's A-Team (where multiple team levels exist), and coaches will attempt to field the most competitive team possible to represent our school in A-Team contests. Competitive events are also held for a school's B-Team and C-Team (if available), but the league does not keep a record of season standings, and there is no playoff structure for these teams. The B-Team and C-Team are designed to be developmental programs for student-athletes that are still learning fundamentals, and perhaps not prepared for the A-Team competitive environment. In B-Team and C-Team games, coaches will focus on getting all players ample opportunities to compete and develop. CCAL League events often consist of both A and B team competition. Occasionally a school may be short athletes and forego having a B-Team. Some schools will also have C-Teams when there are enough interested student-athletes. Occasionally CCAL League rules may differ slightly for A-Team, B-Team and C-Team competition.

CCAL rules prohibit "swing" players from participating in both A-Team and B-Team contests on the same day unless it is necessary to field a full team and agreed upon in advance by the Athletic Directors from each school. Some mixing of players between B-Teams and C-Teams can be appropriate to ensure appropriate levels of competition, and these decisions are left to the discretion of the coaches from both teams. Competition time for student-athletes participating in programs that do not feature multiple teams is left to the discretion of the coaches.

CCAL Programs are offered to all 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade student-athletes, with the exception of CCAL Football which is limited to 7<sup>th</sup> and 8<sup>th</sup> grade students only. It is a privilege for any student-athletes to represent Monument Academy in the CCAL Athletic League, and we will hold these student-athletes to a high standard in all regards.

## Expectations

### **Expectations of CCAL Student-Athletes**

- Athletics ARE A PRIVILEGE, and Monument Academy is a school of character. Student-athletes are expected to exhibit exemplary behavior, always, as they represent their team, coach, and school. Should a student athlete receive detentions, disciplinary action reports (DARs) during class, and/or behave inappropriately while participating in any other school related functions, they may temporarily, or permanently lose their athletic privileges. The Athletic Director will investigate any behavior issues immediately, and reserves the right to suspend the student-athlete from competitive events, or revoke these privileges outright. Should this occur there will be no refund of program fees. Student-athletes must understand that they will be held accountable for their actions, and that actions they take are NOT the fault of others. They must learn to take responsibility for their actions and understand that there will be negative consequences for inappropriate behavior.
- STUDENT-athlete means student responsibilities come first. Should a student-athlete receive a grade of "D" or "F", the Athletic Director will open an investigation into the circumstances surrounding the classroom performance. Should the poor grade(s) be an accurate reflection of poor performance in the classroom, parents will be notified of the investigation, and the Athletic Director will determine whether the student-athlete will remain eligible to participate in Monument Academy Athletics/Activities. Any student-athlete that becomes ineligible will only be reinstated once the Athletic Director determines that the classroom challenges have been sufficiently addressed.
- Players should come to practice on time, ready to listen and learn. They should always show respect to their coaches, teammates, opponents, fans, and officials. Sportsmanship is an important component of a successful program.
- Athletes learn many skills to play their chosen sport, but teamwork is an essential skill that all athletes of team sports need to excel at. For the team to be successful, each member of the team must work together to help all others grow.

- Athletes are expected to safely store their equipment in designated areas prior to the start of school each day.
- Student-athletes must be at school for no less than half of the school day on game days. This is a common-sense rule meant to highlight that if a student-athlete is healthy enough to play in a game, they should be able to attend school. If not, then the student-athlete may not participate in, or attend games. Exceptions may be made with the Athletic Director, in advance, by a PARENT for personal scheduling conflicts, or for student-athletes whose parents have made the personal decision to opt their child out of standardized testing.
- Monument Academy must have an Assessment Refusal Form, completed, and submitted to the office, before any student-athlete will be released to participate in athletic events that may conflict with standardized testing.

## **Expectations of CCAL Parents**

- Model good sportsmanship at all times.
- Support, and encourage **all** team members.
- Focus on the goals of the **team**.
- Extend courtesy to the coaches by **NOT** interfering with their instructions to the student-athletes, please do not coach from the sideline/stands.
- Display courteous behavior towards referees, and the opposing team. Kids feed off of negative behavior from coaches and parents, and lose focus on playing the game, ultimately affecting their performance negatively. We will not subject our student-athletes to behavior from parents that is aggressive, or in conflict with the core virtues that we teach here at Monument Academy. Any parent that cannot abide by this expectation will be asked to leave immediately, and at the discretion of the Athletic Director may be prohibited from attending future games/events. Continued abuses may result in expulsion of the student-athlete from the team, in which case team fees will not be refunded.
- All required athletic forms and fees, as well as school fees, must be submitted before a student-athlete will be allowed to participate in Monument Academy Athletic events/activities. ANY student wishing to try out for, or participate on a CCAL League team **MUST** have a valid physical form on file with the school before they will be allowed to participate. This will be **STRICTLY ENFORCED**. Should a family find financial hardship, they must contact the Monument Academy Business Office to make other arrangements.

## **Tryout Expectations**

- While broad participation is to be encouraged, it is a privilege to compete as a team member for Monument Academy. We participate in a competitive league, and numerous teams have tryouts for coaches to assess player performance. Each coach has a unique style, but generally, athletes are evaluated on skill, work ethic, “coachability”, teamwork, and attitude. Cuts are a necessary part of the process, and a valuable learning experience for student-athletes. We encourage players who have been cut to discuss any questions with the coach a day or so after tryouts, to see where improvements can be made. Any student-athlete that wishes to try out for a CCAL Athletic Program must have a valid physical on file with the office, no exceptions.
- Results of any tryout will be communicated via e-mail to the parents of the student-athletes that participated. Coaches may also choose to speak with student-athletes individually at the end of a tryout session. We will avoid simply posting tryout results on a wall or door. For programs that have an A/B/C structure, the initial tryout may not determine the final A/B/C roster configurations.

# Procedures

## Sign Up/Preseason Information Meeting

- Sign-up sheets for CCAL League programs will be posted near the Athletic Director's office located outside of the gym. Students simply place their names, and grade level on the sign-up sheet, and a contact list will be compiled so that parents can be notified.
- An online "Intent to Participate" registration may take the place of paper signups as necessary.
- All teams will have an informational meeting at the beginning of the season. These meeting will focus on coach expectations, practice and game schedules, venue locations, necessary athletic forms, carpool organization, and other aspects of the Student-Athlete Handbook.

## Practices

- Practices are held after school most days of the week, sometimes immediately after school ends, and other times later, this depends on the availability of our coaches. Although not typical, students may occasionally practice during the morning, on weekends, vacations or holiday breaks. Practice will most often be canceled when school is canceled unless circumstances allow for practices to occur safely later in the day. Cancellations may be the result of weather, major leaks, or a power outage to name a few. It is expected that students will be in attendance at each practice. Students must be in school at least 50% of the day to participate in practice unless previous arrangements have been made with the Athletic Director by the PARENT.

## Games/Matches/Meets

- Most contests are scheduled during weekdays, and usually start at 4:00 PM, although there can be exceptions to the start time. Some sports have two or three contests each week, and occasionally a contest will occur on a Saturday. There are also occasionally tournaments a coach may want to compete in that take place on weekends. Playing time will be determined by the coaches in agreement with the information contained in the CCAL Program Details section of this handbook, and the distribution of playing time will vary by program. Although not mandatory, our coaches will generally attempt to get all student-athletes some time in contests.

## Gate Fees

- Monument Academy is now part of the Central Colorado Athletic League, which consists of 12 member schools, and a handful of associate member schools. Some member schools may charge admission to league-sanctioned activities/contests, admission prices will always be as follows: Adults \$2.00, Students (K-12) \$1.00, and senior citizens (60 and older) will be admitted free. PLEASE BE PREPARED TO PAY THESE FEES AS SOME CCAL MEMBER SCHOOLS RELY ON THESE FUNDS AND WILL COLLECT THEM.

## Equipment and Uniform Care

- Equipment and uniforms will only be issued to the student-athlete upon receipt of all athletic forms and fees, as well as school fees, or an acknowledgement of financial hardship from the Monument Academy Business Office. THIS WILL BE STRICTLY ENFORCED. Equipment and uniforms are disseminated, and tracked, and it is the responsibility of the student-athlete to care for them properly. If a student-athlete loses or damages uniforms or equipment beyond repair, the replacement cost will be billed to the student-athlete's school account. It is our goal to collect clean uniforms and equipment within one week of the final day of competition, or at an "end of season banquet" so that they can be inventoried and stored.

## Transportation

- Parents/coaches will often be required to drive players to and from contests held away from Monument Academy. Unless the school can provide transportation, a player may only leave Monument Academy to attend school sanctioned athletic contests with a family member, an emergency contact authorized for pick-up in Infinite Campus, or an adult that is an approved driver registered in our electronic registration system. The link to register can be found under the “athletics” tab on our school website at [www.monumentacademy.net](http://www.monumentacademy.net). Any student-athletes that will be riding to Monument Academy sanctioned athletic events with a driver other than a family member, must also have on file a signed “Consent to Rideshare” form. All necessary forms are found on our website and will be submitted electronically. The transportation restrictions cited for departure from Monument Academy do not apply to student-athletes leaving school sanctioned athletic events and traveling home. Once away from school property, parents can arrange rides home however they choose.
- Some of our athletic programs like to use electronic services to ORGANIZE carpool, but this is different from registering with the school. We are happy to support any secondary software program that makes organizing carpool easier, but to participate, you must be approved by the school as a Volunteer Parent Driver, and to do that you must register with the electronic registration system found on the Monument Academy website.
- When arriving for carpool for any release after 2:15 PM, you must park in the church parking lot, and then walk into the east entrance of the building (by the gym) to pick up the students that you will be transporting to school sponsored events. Please do not park along the curb to pick up athletes. We understand that this might seem inconvenient, but under no circumstances will students be permitted to leave the building to meet you at your car. This is a safety measure, ensures we do not lose track of any students during the dismissal process, satisfies liability insurance requirements, and helps with overall carpool congestion.

## Communication

**Our Monument Academy Website is the central source for most of the information you will need. Visit us at [www.monumentacademy.net/athletics](http://www.monumentacademy.net/athletics)**

You can also navigate to any sport specific webpage from the [www.monumentacademy.net](http://www.monumentacademy.net) homepage, or by hovering your mouse over the “Athletics” tab, and then selecting any sport specific web page from the sub-menus.

- ***Coach Information:*** Coach names and contact information can be found on sport specific webpages. Links to each program’s web page can be found at [www.monumentacademy.net/athletics](http://www.monumentacademy.net/athletics).
- ***Season Information:*** Season dates, tryout schedules, and general practice information can be found on sport specific webpages. Links to program web sites can be found at [www.monumentacademy.net/athletics](http://www.monumentacademy.net/athletics).
- ***Game Schedules:*** The official game schedules for all athletics programs can be found on sport specific webpages. Links to each program’s web page can be found at [www.monumentacademy.net/athletics](http://www.monumentacademy.net/athletics). Game times and locations (clickable Google maps) will also be available. Teams may choose set up “team-share” sites to help aid communication, but the Athletic Director does not control the flow of information to these sites, and it is possible that there will be discrepancies as a result. The schedules on the Monument Academy website are correct, updated before any secondary sites, and should be your default source for this information. Additional, specific information such as best places to park will be relayed by the head coach.
- ***Practice Schedules:*** Coaches will be the primary disseminators of practice information, and will make every effort to keep students informed about daily practice times and locations. In the case of poor weather, we will try to make cancelation decisions as early as possible.
- ***Results/Standings:*** Results will be posted promptly on the Monument Academy website, on the sport specific team page. The Central Colorado Athletic League (CCAL) website is linked from our main “Athletics” tab, and will contain both game results, and league standings for your particular sport/activity. Please note that

the Athletic Director does not maintain the CCAL website, so at times the results and/or updated standings may be a bit delayed.

- **Game Cancellations:** Games may be canceled due to weather, facility conflicts, and possibly other unforeseen circumstances. In the case of poor weather conditions, the Athletic Director will consult with Athletic Directors from opposing schools within the Central Colorado Athletic League, Monument Academy Administration, coaches, and parents before determining whether to cancel a game/contest. It is possible that on a day school is closed due to weather, we will still participate in a late afternoon game/match, should the Athletic Directors deem that conditions have improved sufficiently for the team to travel safely. These communications are most quickly disseminated by the coach via the usual daily communications they use. The Athletic Director will get cancellation information on the website as soon as possible, but in this situation you may hear directly from the head coach first.
- **Student-Athletes:** If student-athletes have concerns about their role, position, or status on a team, it is important that they initiate a conversation with the coaching staff at that time. This is a great time in the developmental process for the student, rather than a parent, to initiate a discussion.

## CCAL Program Participation Fees and Equipment

- The creation of, and our involvement in the Central Colorado Athletic League has contributed significantly to the growth, and quality of our athletics program. With rapid growth in both our student body, and in the number of programs we offer, comes necessary investment in uniforms, equipment, coach training, and annual league fees. Official fees and facility fees also tend to rise, so on occasion we will need to increase team fees to keep up with the additional costs. Team fees vary as each program has different costs associated with it. Please see the list below for current fees associated with each program.

### Fall/Winter Sports (August – February)

- **7<sup>th</sup> & 8<sup>th</sup> Boys Football:** Students must provide football cleats, mouthpiece, and practice clothes. The school will provide game uniforms and footballs. There is a \$150 fee for this sport.
- **7<sup>th</sup> & 8<sup>th</sup> Girls Volleyball:** Students must provide court shoes and kneepads. The school will provide game uniforms, volleyballs. There is a \$100 fee for this sport for A & B-Teams, and an \$80 fee for the C-Team.
- **6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> Cross Country:** Students must provide running shoes. The school will provide uniforms. There is a \$100 fee for this sport.
- **6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> Boys Basketball:** Students must provide basketball shoes and practice clothes. The school will provide game uniforms and basketballs. There is a \$120 fee for this sport for A & B-Teams, and an \$80 fee for the C-Team.
- **6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> Girls Basketball:** Students must provide basketball shoes and practice clothes. The school will provide game uniforms and basketballs. There is a \$120 fee for this sport for A & B-Teams, and an \$80 fee for the C-Team.
- **6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> Cheerleading:** Cheerleading is a part of Monument Academy Athletics, but is organizationally different. Information is available on the Monument Academy website. Look under the Athletics tab for the link to Cheerleading. More information can be obtained by contacting Head Coach Sarah Thompson at [sthompson@monumentacademy.net](mailto:sthompson@monumentacademy.net)

## Winter/Spring Sports (February ~ May)

- **6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> Track and Field:** Students must provide proper track and field shoes. The school will provide track and field equipment, as well as uniforms. There is an \$100 fee for this sport.
- **6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> Girls Soccer:** Students must provide cleats, shin guards, and practice shoes. The school will provide game uniforms and equipment. There is an \$120 fee for this sport.

## Other Activities (October ~ March)

- **7<sup>th</sup> & 8<sup>th</sup> Matchwits/Brain Bowl:** The school will provide practice space and competition buzzers, as well as uniforms where necessary. There is a \$40 fee for this activity.
- **6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> Chess:** The school will provide practice space and chess equipment, as well as uniforms and CCAL competition entry fees where necessary. There is a \$30 fee for this activity.

## Showing School Spirit

- Student-Athletes may wear their game jerseys or school appropriate warm up tops on game days so long as they have appropriate, uniform attire underneath.