



# 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 5<sup>th</sup>, 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.

# Program Details:

Monument Academy will support two distinct programs to accommodate student-athletes in grade levels 5 through 8.

## **CCAL Program:**

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, 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, but the league does not keep a record of season standings, and there is no playoff structure. The B-Team is designed to be a developmental program for student-athletes that are still learning fundamentals, and perhaps not prepared for the A-Team competitive environment. Coaches are under no obligation to include B-Team players in A-Team contests, but some may choose to do so at their discretion. A-Team players will not participate in B-Team contests unless it is necessary to field a full team. CCAL Programs are offered to all 7<sup>th</sup> and 8<sup>th</sup> grade student-athletes, with limited programs available to 6<sup>th</sup> grade student-athletes. 5<sup>th</sup> grade student-athletes may participate in competitive chess. There will be no exceptions for 5<sup>th</sup> or 6<sup>th</sup> grade student-athletes to try out for CCAL league programs that aren't explicitly offered to them. 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.

## **Junior Lynx:**

Monument Academy will indirectly support competitive programs for our 5<sup>th</sup> and 6<sup>th</sup> grade student-athletes. We may need to limit the number of participants on Junior Lynx teams, or break groups into multiple teams at depending on the turnout for each program, and the number of available coaches. If there are more student-athletes interested in participating than we have resources to accommodate we will hold tryouts. Monument Academy will facilitate arranging program coaches, assembling Junior Lynx school teams, and entering them into appropriate, grade level competitive leagues hosted by outside organizations. Competitive events may be held during the week, and on Saturdays. Our goal is to get the younger student-athletes greater opportunities to participate in competitive programs with their peers at an earlier age. We hope to help them discover what they most enjoy, and develop their fundamental skills playing together in environments they can succeed to make the transition into our CCAL competitive programs easier as they grow. Our Junior Lynx coaches will work cooperatively with our CCAL League coaches to develop these younger athletes. A 6<sup>th</sup> grade Junior Lynx athlete may be invited by a CCAL program coach to participate in practice sessions for CCAL League sports that are otherwise unavailable to them (this will not include football), but participation in these developmental opportunities will be limited to no more than 1 practice session per week. Occasionally a CCAL Team may be short athletes due to conflicting events, and if so a CCAL coach may invite a 6<sup>th</sup> grade Junior Lynx athlete to participate in a B-Team contest. Any 6<sup>th</sup> grade student invited to pursue these opportunities must meet all the paperwork requirements of any other student that participates in CCAL league programs, but these students will not be charged for participation in these practices/games. Invitations are strictly at the discretion of a CCAL program coach.

# 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 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. Parents will be notified of any 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 students have demonstrated that they are making a deliberate effort to meet the expectations of their classroom teachers.
- 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 the most important skill that must be learned is teamwork. To be successful, every member of the team must work together to make the whole greater than the sum of the parts.
- 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 refuse standardized testing.
- Monument Academy must have an Online Assessment Refusal completed and submitted 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 behavior like this 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 office 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.

## **Expectations of Junior Lynx Student-Athletes**

- Student-athletes participating in Junior Lynx athletic programs do not have the same form requirements from Monument Academy as student-athletes participating in CCAL programs (most notably we do not require an athletic physical for Jr. Lynx programs), but we do require parents of our Jr. Lynx athletes to register as participants online at Monument Academy so that our coaches have quick access to emergency contact information. Junior Lynx program participants will also need to register with the outside organization that is hosting the league. Monument Academy will enter teams comprised of 5<sup>th</sup> and 6<sup>th</sup> grade students into competitive leagues hosted by outside organizations, and participants will need to satisfy any requirements of such organizations to participate.
- As Monument Academy indirectly supports the Junior Lynx program, student-athletes participating in such programs are not governed the same as our CCAL student-athletes. Monument Academy will alert parents to potential problems in the classroom, and work with the parents to determine the best course of action for the younger student-athletes.
- Should a CCAL program coach invite a 6<sup>th</sup> grade Junior Lynx student-athlete to participate in a practice, or a B-Team game, all Athletic forms required by CCAL League participants must be submitted.

## **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 at times a necessary part of the process, and a valuable learning experience for athletes. We encourage players who have been cut to discuss any questions with the coach a day or so after try-outs, 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/school day. We will avoid simply posting the results on a wall or door. For programs that have an A/B structure, the initial tryout may not determine the final A/B 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.
- Sign-up sheets for Junior Lynx programs will be posted in the 4<sup>th</sup> and 5<sup>th</sup> grade hallways, and 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 of their child’s interest
- 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 be canceled any time school is canceled. 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 60% 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 4:00pm, although there are 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, and the distribution of playing time will vary by program. In general, coaches will 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 3 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 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 be required to drive players to contests held away from Monument Academy. A player may only ride to a contest in a car driven by a family member, or an adult that is an approved driver registered in our electronic registration system. The link for online Athletic Registration/Forms 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.
- 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. Once away from school property, parents may coordinate rides for their children with whoever they like.
- When arriving for carpool 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 don't 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 Director 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 this 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: A~Team vs B~Team

- CCAL League events almost always consist of both A and B team competition. Occasionally a school may be short athletes and forego having a B-Team. A-Team competition includes season standings and playoffs, and being this is a higher level of competition our coaches will manage these games to win. B-Team competition will not include a playoff structure as it is meant to develop athletes that may be newer to a sport. In B-Team games coaches will focus on getting all players opportunities to compete and develop. Occasionally CCAL League rules may differ slightly for A and B-Team competition.
- B-Team athletes may occasionally be given some playing time in A-Team events at a coach's discretion, but this should not be an expectation of either the B-Team athlete, or their parents. A-Team athletes will not be allowed to play in B-Team games unless a team is short the necessary players to compete.

# 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 initial investments in equipment, coach training, a strain on many shared resources, and annual league fees. We will require an administrative fee of \$10.00 for all our programs. This will help with expenses associated with league membership, costs due to the purchase and maintenance of shared resources, and will allow us to maintain a “gate fee free” environment for our home events. These costs are already included in the pricing information below. So long as we have coaching resources, Monument Academy Athletics will offer the following programs:

## **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 \$110 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 \$90 fee for this sport for A & B squads.
- **6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> Boys Soccer:** Students must provide cleats, shin guards, and practice shoes. The school will provide game uniforms and equipment. There is a \$90 fee for this sport.
- **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 \$90 fee for this sport.
- **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 \$90 fee for this sport.
- **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 \$90 fee for this sport.
- **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 \$90 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 \$90 fee for this sport.

## Other Activities (October ~ April)

- **6<sup>th</sup>, 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 program.
- **5<sup>th</sup>, 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 competition entry fees where necessary. There is a \$30 fee for this program.

# Junior Lynx Sports

## Fall/Winter Sports (August – November)

- **5<sup>th</sup> & 6<sup>th</sup> Girls Volleyball:** Students must satisfy the requirements of the outside organization that will be hosting our team in their league. There is no fee paid to Monument Academy for this sport, all fees will be paid to the host organization.
- **5<sup>th</sup> & 6<sup>th</sup> Boys Basketball:** Students must satisfy the requirements of the outside organization that will be hosting our team in their league. There is no fee paid to Monument Academy for this sport, all fees will be paid to the host organization.
- **5<sup>th</sup> & 6<sup>th</sup> Poms:** Students must register with Monument Academy for this program. The school will provide poms and uniforms. There is an \$80 fee for this program, and some fundraising activities may occur.

## Winter Sports (November – March)

- **5<sup>th</sup>, 6<sup>th</sup> Girls Basketball:** Students must satisfy the requirements of the outside organization that will be hosting our team in their league. There is no fee paid to Monument Academy for this sport, all fees will be paid to the host organization.

# Showing School Spirit

## Wearing Uniforms at School

- Student-Athletes may wear their game jerseys or warm up tops on game days so long as they have appropriate attire underneath. Junior Lynx athletes may purchase spiritwear for their team. They may wear their Junior Lynx spiritwear shirts on Friday when they have games on Saturday.