



Monument Academy High School
Student-Athlete Handbook

4303 Pinehurst Circle
Colorado Springs, CO 80908

Athletic Philosophy

Our mission in athletics is to teach students the importance of discipline, hard work, commitment, and perseverance. This is accomplished through daily structured practice with attention to fundamentals and details demonstrated during games and other competitive sporting events.

Sportsmanship is Lynx Athletics' top priority. Commitment to fair play, integrity, and genuine respect for others is taught and practiced. The athletic program contributes to the growth and development of student-athletes in physical strength and character.

Our athletic program is designed and constructed to promote healthy competition and allow student-athletes to excel in their chosen sport. Individual athletes will be placed on teams based on athletic ability and commitment to the Lynx athletic expectations. The middle school sports program provides a smooth transition to the more competitive high school program.

Contact Information: If you have any questions or other needs, please use the information below to contact the AD or your coach.

Lannie Vance

Athletic Director

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Policy JBA-MA: Preserving Fairness and Safety in Sports

Monument Academy provides designated sports programs that include girls sports, boys sports, and open sports for both boys and girls. Below is the list of each program offered at Monument Academy.

Female Programs

Cross Country
Volleyball
Basketball
Track

Male Programs

Cross Country
Basketball
Track

CHSAA Bylaws

It is the responsibility of the parents/guardians and students to be aware of the CHSAA Bylaws. Monument Academy monitors the following directly:

- Academic Eligibility
- Grade Checks (weekly at MA)
- Make-Up Work (Summer School)
- Semesters of Attendance
- Athletic Eligibility
- Transfer Rules
- International Students
- Outside Competition
- Home Schooled Athletes
- Schools without an athletic program

Reference: [CHSAA Bylaws](#)

Expectations

Student-Athletes

- Monument Academy is a school of character that views athletics as a privilege. Student-athletes are expected to exhibit exemplary behavior as they represent Monument Academy.
- Should a student-athlete receive disciplinary actions in or out of athletic competition, athletic participation may be suspended. If the behavior warrants further disciplinary action, a student-athlete may permanently lose the privilege to participate in MA athletics. 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 learn to take responsibility for their actions and understand that inappropriate behavior will have negative consequences.
- Players are expected to arrive at practices on time, prepared, and ready to grow their skills. They must respect their coaches, teammates, opponents, fans, and officials.
- Athletes are expected to safely store their equipment in designated areas before the start of school each day.
- Student-athletes must be at school for no fewer than four (4) hours of the school day on game days.

Exceptions may be made with the Athletic Director, in advance, by a parent for personal scheduling conflicts. Individual cases may also be assessed during testing periods throughout the year.

Parents/Guardians

- Parents are expected to model good sportsmanship at all times. Encouragement of our players, focus on our teams' goals, and courtesy to the coaches, officials, and opposing fans are expectations of the program participants.
- On-site administration will hold all spectators accountable for meeting the athletic program's expectations. If a situation warrants it, the administrator may require a parent to leave the event and potentially future events. Continued abuse may result in the student-athlete's expulsion from the team, in which case, team fees will not be refunded.
- All required athletic forms and school fees must be submitted before a student-athlete can participate in Monument Academy Athletics events/activities. This will be strictly enforced.
- Should a family find financial hardship, they may contact the Monument Academy Business Office to make arrangements.

Fan/Spectator Responsibilities

- Be supportive of participants and follow the rules of good sportsmanship, which are reviewed at the beginning of every event. Fans/spectators, with their actions, represent our community, school district, and self.
- Support participants, cheerleaders, and coaches/advisors by refraining from derogatory comments about participants, coaches/advisors, and officials.
- Recognize that good sportsmanship is more important than a victory. Applaud good team play/participation and individual skill, and acknowledge outstanding sportsmanship and fair play examples.
- Treat visiting participants and officials as guests, extending to them every courtesy.
- Respect school property. We are proud of our facilities, so let us help keep them in top condition.
- Respect the game/event. Under no condition shall anyone other than the official team members enter a playing surface.
- Noise makers and laser lights are strictly prohibited.
- Fans and spectators must wear clothing that covers their entire torso. Those who do not comply will be removed.
- Handheld signs that do not obstruct the view of others will be permitted, provided they are in good taste. Signs, message boards, "white" boards, or other related items that event/tournament officials deem to be in poor taste will be removed.
- Respect the country and the flag by standing for the national anthem.
- The school and activities department reserves the right to refuse admission or remove persons who exhibit such behaviors, including those listed below.
 - Violations of this policy by a fan will result in suspension from the next scheduled home or away event.
 - A second policy violation will result in suspension from the following four scheduled home or away events.
 - A third violation will result in suspension from all district events (sports and fine arts) for one calendar year. Violations are cumulative, regardless of who is involved. School administration reserves the right to restrict access as necessary in extreme situations.

- Berating, humiliating, or taunting coaches/advisors, participants, or spectators when in attendance at an event or at any time in a public forum, including social media.
 - Berating, humiliating, or taunting of coaches/advisors, players, or spectators of an opposing community.
 - Berating and/or harassment of game officials. Officials should be treated with respect during and after contests. Any physical confrontation may be considered assault.
 - Racist, sexist, or profane remarks directed at any team, coach/advisor, participant, official, or spectator.
- Follow CHSAA League guidelines 2270 ([CHSAA BYLAWS](#))

Concussion Protocol

[A Parent's Guide to Concussions in Sports](#)

[Concussion Fact Sheet for Coaches: Return to Play](#)

No athlete should return to play or practice the same day after a concussion. The athlete must be seen and cleared by an appropriate health-care professional before returning to play in games or practices.

Once an athlete no longer has symptoms of a concussion and is cleared to return to play by a healthcare professional knowledgeable in the care of sports concussions, he or she should proceed with activity in the Return to Play following the steps to allow the brain to re-adjust to exertion. The Return To Play schedule should proceed as below, following medical clearance:

Step 1: Light exercise, including walking or riding an exercise bike. No weight-lifting

Step 2: Running in the gym or on the field. No Helmet or other equipment.

Step 3: Non-contact training drills with complete equipment. Weight training can begin.

Step 4: Full contact practicing or training.

Step 5: Game Play

If symptoms occur at any step, the athlete should cease activity and have their health care provider re-evaluate them.

Activities Department Policies/Protocol

- CHSAA Bylaw 1710: General Eligibility Requirements
 - Monument Academy will do weekly grade checks (pulled every Thursday). Students who earn one or more failing grades may not participate in competition at any level during the ineligibility period.
 - Ineligibility will start the Monday after weekly grades are checked, and student-athletes will remain ineligible for seven days until the following Monday. New eligibility will be determined weekly.
 - Ineligible athletes may not dress for competition on the sidelines and may not travel with the team to away contests. Ineligible athletes restricted to sub-varsity level may not dress for competition on the sidelines for any varsity game.
- Student-athletes must be enrolled in courses with a minimum of 2.5 Academic units of credit per semester. They may not fail more than the equivalent of one-half Academic unit of credit.
 - If students fail more than one class and are not up to date with their credit count towards graduation, they may be ineligible for a longer period of time (until credits are made up).

On Track Credit Requirements		
	End of Semester 1	End of Semester 2
9 th Grade	3.25	6.5
10 th Grade	9.75	13
11 th Grade	16.25	19.5
12 th Grade	22.75	26

- All athletes must submit an up-to-date Sports Physical with their registration before participating in any physical activity. Fees also need to be paid before their first game.
 - Fees are refunded only if an athlete does not make the team during the tryout period, the participant drops and requests a refund within 10 days from the start of the season, an injury prevents further participation (fees will be prorated), or extenuating circumstances arise and are discussed with the athletic director.
 - Only students (including managers) cleared by the athletic director can participate.

Attendance

- Attendance at Practice: Participants are expected to attend all practices unless a valid excuse is given to the coach/advisor. The coach/advisor should be notified before practice takes place.
 - Coaches/Advisors will develop and communicate attendance requirements. Participants may be dismissed from an activity due to poor attendance.
- Attendance at School: Participants must be present all day to participate in practices, contests, events, or games.
 - The athletic director must approve exceptions in advance (e.g., a doctor's note is required if a medical or dental appointment is needed).
- Attendance to out-of-season practices: Teams that conduct practices during the off-season or summer cannot require students to attend.
 - All out-of-season practices are voluntary, and participation may in no way directly affect the following season's placement.
- Early Dismissal: Students needing to leave early for an event will be excused through the attendance office.
- Attendance at State Competitions: The athletic director will excuse participants from school if they are competing in a state competition.
 - Students who attend a state competition must have a parent excuse them through the attendance office.
- Skipping Practice: If a participant skips practice, the coach or advisor will contact and inform the parents/guardians.
 - If such behavior continues, participants may be dismissed from the activity.
- Suspension from School (ISS or OSS): Students suspended from school will be ineligible for practices, contests, events, and games until they return to school on the day of the suspension. Additionally, the student will miss the next event due to their suspension.

Team Captain Eligibility

To be eligible to be and remain a team captain, a student cannot be found violating any CHSAA rule before the start of or during the season. Additionally, the student must satisfactorily perform captain duties as outlined by their coach/advisor.

Lettering

- The head coach/advisor of the activity sets the lettering requirements, which are reviewed annually with the athletic director. Coaches set these expectations before the season begins, and they are addressed at the team/parent meeting.
- Coaches/Advisors reserve the right to withhold letters from participants who display conduct and attitudes detrimental to the team, regardless of participation.
- A consistent, regular contributor: Coach's discretion (this would benefit a kid who is on the varsity all year but didn't play that much; however, "contributed" in practice and doing other things)
- Students must remain in the activity for the duration of the entire season.

- Students who earn a CHSAA violation during the season are not eligible to letter or receive postseason honors/awards.

Dress Code

The athletic department expects all activity participants to maintain a clean, neat appearance, meet or exceed all expectations in the student handbook, and meet requirements set forth by coaches/advisors.

Participation in Multiple Activities

Students must understand that conflicts may arise during multiple activities, where practices or rehearsals are missed. Missing a practice or rehearsal may directly affect participation.

- Students should coordinate their schedules between activities and note the conflicts that may occur before becoming involved or trying out for multiple activities in a season.
- If a conflict arises/exists, the participant is responsible for communicating with the coach/advisor involved to discuss conflicts and possible resolutions.

Social Media Guidelines

- Online activity and conduct should model the same character values that Monument Academy upholds. Student-athletes represent the school and are responsible for the material they choose to post.
- Participation in activities is a privilege, not a right. Student-athletes are representatives of the school and the community, and as such, they are always in the public eye.
- If they participate in any public media, please be aware of the following guidelines relating to the involvement in extracurricular activities:
 - Disparaging remarks about teammates, coaches/advisors, or school officials can serve as grounds for suspension from competition or dismissal from teams, as well as possible legal ramifications.
 - Student-athletes may face disciplinary measures for violation of team policies, athletic department policies, CHSAA guidelines, and/or state and federal laws. Any admissions of conduct that breaches these policies or laws found on a student-athlete's social media site may subject him/her to disciplinary measures. Any depictions of conduct violating these policies or laws found on a student-athlete's social media site will be subject to a full investigation.

Substance Use and Other Violations

Activity participants will abide by the bylaws of the CHSAA (CHSAA Handbook). These rules are 24/7, 365 days, and not during an activity season. "Possession" is considered having it on their person, in a locker, vehicle, or in their presence. This policy applies to personal and/or group involvement. Appeals of suspensions may be made to the CHSAA.

Ticket Prices

Athletic High School Games: Adults are \$8, and Students/Senior Citizens are \$5 (Black Forest League Bylaws).

Transportation

Monument Academy does not consistently have access to bus service to transport students to off-site, school-sponsored activities/events, so we rely on our parent volunteers and MA staff members to help us get our students where they need to be. To transport student-athletes to their events, parents must register to be [volunteer parent drivers](#) (2024-2025 school year), and the form can be found at the East Campus.

High school students who have their driver's license can transport siblings off of school grounds to MA events (practices and/or games). MA Students may transport other students to MA events that are away from our East Campus if they are leaving our MA Campus with parental consent.

ACKNOWLEDGEMENT OF RECEIPT OF ATHLETIC HANDBOOK

I have received my copy of the Athletic Handbook which outlines the athletic policies of the School. I will familiarize myself with the information in the Athletic Handbook and agree to observe these policies in all aspects. I also agree to familiarize myself with and abide by all policies and resolutions of the MA school board.

I understand that the information contained in the Athletic Handbook represents guidelines only, and that the School may change, rescind or add to any policies, benefits, or practices described in this Handbook at any time at its sole and absolute discretion with or without prior notice.

Athlete's Signature

Date

Athlete's Printed Name

Athlete's Parent Signature

Date

Athlete's Parent Printed Name