



Monument Academy Middle 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

(719)431-8001 ext. 1075

lvance@monumentacademy.net



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
Soccer

Male Programs

Cross Country
Soccer
Basketball
Track

Open Programs

Football
Cheerleading

CCAL Program Details

Monument Academy is a whole-member school in the Central Colorado Athletic League (CCAL) and will directly support student-athletes' participation in this program.

A-Team- CCAL provides a competitive environment with a playoff structure for a school's A-Team only. Coaches will attempt to field the most competitive team possible to represent our school in A-Team contests.

B/C Team—Competitive events are also held for a school's B/C Teams. The league does not record season standings, and these teams have no playoff structure. The B-Team and C-Team are designed to be developmental programs for student-athletes still learning fundamentals. B/C-TEam coaches focus on giving all players ample opportunities to compete and develop.

CCAL rules may differ for A-Team, B-Team, and C-Team competition.

CCAL rules prohibit players from participating on both A and B Teams on the same day unless there is a shortage of players for either team and both athletic directors have previously agreed to the terms. Players may play on both B and C Teams at the coach's discretion to provide appropriate playing time and level of competition.

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

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.

- A student-athlete's priority is academics, and athletics is secondary. If a student-athlete earns 2 “D’s” or 1 “F” in their coursework, the athletic director will verify the classroom performance circumstances. Upon verification, parents will be notified of the student-athlete’s academic standing and the impacts of the student-athlete’s eligibility for upcoming practices and contests. A student-athlete will become eligible for competition when the student-athlete’s grades have met the set requirements.
- 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.

Tryouts

- The CCAL aims to provide a competitive league and development leagues where students can grow. Monument Academy will hold team tryouts if there are more players than roster spots. These tryouts will assess a player’s skills, character, and work ethic to place a student-athlete on an appropriate skill level team.
- If a student-athlete does not make a team, the student-athlete is encouraged to discuss with the coach, at an appropriate time, where improvements can be made.
- A student-athlete who wants to try out for the Monument Academy Athletic Program must have a valid physical on file with the office; there are no exceptions.
- The results of all participants who tried out for a specific team will be emailed to the student-athletes' parents. Coaches may also speak with student-athletes individually at the end of a tryout session. Player placements are subject to change, and the initial tryout may not determine the final A/B/C.

Procedures

- Registration/Preseason Information Meeting
- Registration will begin approximately four (4) weeks prior to the tryout date or first practice.
- All athletes must have an up-to-date sports physical on file before they are allowed to participate in tryouts and/or practices.
- All teams will have an informational meeting at the beginning of the season. These meetings 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, and the coach will communicate specific times.
- Any practices outside the typical timeframe will be communicated to parents well in advance.
- Practices will also be canceled if the coach or athletic director communicates otherwise to parents if school is canceled.

Games/Matches/Meets

- Players and parents will receive a schedule outlining the anticipated season and events. Dates and times may change depending on extenuating circumstances.
- The distribution of playing time will vary by program. Although not mandatory, our coaches will generally attempt to get all student-athletes time in all contests.

Gate Fees

- Some CCAL member schools may charge admission to league-sanctioned activities/contests; admission prices will always be as follows: Adults \$3.00, Students (K-12) \$2.00, and senior citizens (60 and older) will be admitted free.

Equipment and Uniform Care

- Equipment and uniforms will only be issued to the student-athlete upon receipt of all athletic forms and fees, 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 the student-athlete is responsible for caring 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.
- When equipment is collected, the uniform is expected to be cleaned and turned in one week after the final day of competition, or at the banquet.

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.

Transportation

- Parents/coaches are often 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 who is an approved driver registered in our electronic

registration system. The link to register can be found here:

<https://monumentacademy-ar.rschoolday.com/>. Any student-athletes riding to Monument Academy sanctioned athletic events with a driver other than a family member must also have a signed “Consent to Rideshare” form on file. All necessary forms can be found at the above link 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 use electronic services to organize carpools, which differ from registering with the school. We are happy to support any secondary software program that makes organizing carpools easier. However, to participate, the school must approve you as a Volunteer Parent Driver, and you must register with the electronic registration system found on the Monument Academy website.

Communication

Our Monument Academy Website is one source for some of the information you will need. Visit us at www.monumentacademy.net/athletics

You can also navigate to any sport-specific webpage from the www.monumentacademy.net homepage or by hovering your mouse over the “Athletics” tab and selecting any sport-specific webpage from the sub-menus. MA will also use Parent Square to communicate with families about practice/game schedules and important updates as the season progresses.

- *Coach Information:* Coach names and contact information are available on sport-specific webpages. Links to each program’s webpage can be found at www.monumentacademy.net/athletics.
- *Season Information:* Season dates, tryout schedules, and general practice information are available on sport-specific webpages. Links to program websites are available at www.monumentacademy.net/athletics.
- *Game Schedules:* The official game schedules for all athletics programs are on the sport-specific webpages. Links to each program’s web page can be found at www.monumentacademy.net/athletics. Game times and locations (clickable Google maps) will also be available. Teams may choose to set up “team-share” sites to help aid communication, but the Athletic Director does not control the flow of information to these sites, and there may be discrepancies. The schedules on the Monument Academy website are correct, updated before any secondary sites, and should be your default source for this information. The head coach will also relay specific information, such as the best places to park.
- *Practice Schedules:* Coaches will be the primary disseminators of practice information and keep students informed about daily practice times and locations. In the case of poor weather, we will make cancellation decisions as early as possible.
- *Results/Standings:* Results will be posted promptly on the Monument Academy website and the sport-specific team page. The Central Colorado Athletic League (CCAL) website is linked from our main “Athletics” tab and will contain game results and league standings for your particular sport/activity. Please note that the athletic director does not maintain the CCAL website, so the results and/or updated standings may sometimes be a bit delayed.
- *Game Cancellations:* Games may be canceled due to weather, facility conflicts, and 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. On a day school may be 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. The coach must quickly disseminate these communications via their usual daily communications. 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.

CCAL Program Participation Fees and Equipment

With rapid growth in our student body and the number of programs we offer comes a necessary investment in uniforms, equipment, coach training, and annual league fees. If official and facility fees increase, team fees may be increased at the beginning of the season to accommodate these changes. 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)

- 7th & 8th 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.
- 7th & 8th Girls Volleyball: Students must provide court shoes and knee pads. The school will provide game uniforms and volleyballs. There is a \$150 fee for this sport for A, B, and C teams.
- 6th, 7th and 8th Cross Country: Students must provide running shoes. The school will provide uniforms. There is a \$150 fee for this sport.
- 6th, 7th, and 8th Boys Basketball: Students must provide basketball shoes and practice clothes. The school will offer game uniforms and basketballs. There is a \$150 fee for this sport for A & B, and the C-Team.
- 6th, 7th, and 8th Girls Basketball: Students must provide basketball shoes and practice clothes. The school will provide game uniforms and basketballs. There is a \$150 fee for this sport for the A, B, and C teams.
- 6th, 7th, and 8th 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

Winter/Spring Sports (February - May)

- 6th, 7th, and 8th Track and Field: Students must provide proper track and field shoes. The school will provide equipment and uniforms. There is a \$150 fee for this sport.
- 6th, 7th, and 8th Girls Soccer: Students must provide cleats, shin guards, and practice shoes. The school will provide game uniforms and equipment. There is a \$150 fee for this sport.

Other Activities (October - March)

- 7th & 8th Matchwits/Brain Bowl: The school will provide practice space, competition buzzers, and uniforms where necessary. There is a \$50 fee for this activity.

Athletic Wear on Game Days

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.

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