Monument Academy Middle School and 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. We accomplish this through daily structured practice, with attention to fundamentals and details demonstrated during games and other competitive sporting events.

Sportsmanship is Lynx Athletics' top priority. We teach and practice commitment to fair play, integrity, and genuine respect for others. The athletic program supports student-athletes' growth and development 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. We will place individual athletes on teams based on athletic ability and commitment to Lynx athletic expectations.

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

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Document Color Code:
Blue text: Middle School only
Green text: High School only
Black text: All student-athletes

Middle School Sports Programs

Monument Academy offers designated sports programs, including 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 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 competition level.

CCAL Programs are offered to all 6th, 7th, and 8th grade student-athletes. 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.

Middle School Grading Guidelines
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 circumstances affecting classroom performance. Upon verification, parents will be notified of the student-athlete's academic standing and the impacts on the student-athlete's eligibility for upcoming practices and contests. A student-athlete becomes eligible for competition when their grades meet the set requirements.

High School Sports Programs

Female Programs
Cross Country
Volleyball
Basketball
Track
Golf

Male Programs
Cross Country
Basketball
Track
Golf

Open Programs
Football
Cheer

CHSAA Bylaws
Parents/guardians and students are responsible for knowing 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
- Homeschooled Athletes
- Schools without an athletic program

For the complete CHSAA bylaws, please visit the CHSAA website.

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 action 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.

Parents/Guardians

- Parents are expected to model good sportsmanship at all times. Program participants are expected to encourage our players, focus on our teams' goals, and show courtesy to coaches, officials, and opposing fans.
- 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

- Support 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 every courtesy to them.
- Respect school property. We are proud of our facilities, so let us help keep them in top condition.
- Respect the game/event. Under no circumstances 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. Event/tournament officials will remove signs, message boards, "white" boards, or other related items they deem in poor taste.
- 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 while attending an event or at any time in a public forum, including social media.
    - Berating, humiliating, or taunting coaches/advisors, players, or spectators of an opposing community.
    - Berating and/or harassment of game officials. Treat officials 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. **For the complete CHSAA bylaws, please visit the CHSAA website.**

Informational Meeting & Tryouts

- All teams will have an informational meeting at the beginning of the season. These meetings will cover coach expectations, practice and game schedules, venue locations, required athletic forms, carpool organization, and other aspects of the Student-Athlete Handbook.
- All athletes must have an up-to-date sports physical on file before they may participate in tryouts and/or practices.
- Tryout dates will be announced before the season begins.
- Final rosters will be announced within 2 days of tryouts.

Practices

- Practices are held after school, and the coach will communicate specific times; those practice times will be kept up to date via the TeamSnap One App.
- The coach will communicate any practices outside the typical timeframe 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.
- Playing time distribution will vary by program. Although not mandatory, our coaches will generally attempt to get all student-athletes time in all contests.

Gate Fees

- Middle School Gate Fees: Some CCAL member schools may charge admission to league-sanctioned activities/contests; MA admission prices will be as follows: Adults $3.00, Students (K-12) $2.00, and senior citizens (60 and older) will be admitted free.
- High School Gate Fees: MA admission prices will be as follows: Adults $8.00, Students (K-12) $3.00, and senior citizens (60 and older) will be admitted free.

Equipment and Uniform Care

- Equipment and uniforms will be issued to the student-athlete only after receipt of all athletic forms and fees, school fees, or an acknowledgment 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, we will bill the replacement cost 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

Please see & follow the CHSAA A Parent's Guide to Concussions in Sports protocols.

CHSAA Academic Eligibility

To be eligible for participation in CHSAA (Colorado High School Activities Association) athletics/activities, students must be passing all of their classes during the semester within the school's eligibility window. Student eligibility grade reporting occurs each week and determines if a student is eligible to participate in CHSAA athletics/activities. If a student is determined to be ineligible, they will remain ineligible for the duration of the current eligibility window, even if they raise their grade(s) to passing within the eligibility week.

Students who fail one or more classes in a semester will be ineligible starting the next semester. Students who fail a class in semester 1 will have the opportunity to become eligible for athletics/activities on the first Monday of Week 36 upon a passing grade check. Winter athletes who did not meet the eligibility requirements at the start of the first semester and did not participate in Fall sports shall use the Monday of Week 20 to determine if eligibility is regained. Students who fail a class in semester 2 will remain ineligible for Fall sports until the Monday of Week 10 for Cross Country and Week 11 for Volleyball. Section 1710.2 'Regain Eligibility' of the CHSAA By-Laws lists all Fall, Spring, and Winter sport regain dates.

CHSAA Bylaws Article 17

Activities Department Policies/Protocol

- All athletes must submit an up-to-date Sports Physical with their registration before participating in any physical activity.
- Fees must be paid before the first game.
- Refunds may be issued under extenuating circumstances if an injury prevents further participation (fees will be prorated) and are discussed with the athletic director.

Attendance

- Attendance at Practice: Participants are expected to attend all practices unless they provide a valid excuse to the coach/advisor. Notify the coach/advisor before practice. Coaches/Advisors will develop and communicate attendance requirements. Participants may be dismissed from an activity due to poor attendance.
- Attendance at School: To participate in practices, contests, events, or games, a student-athlete must attend all classes during the school day and must attend all classes on Friday to participate in any Saturday events or games. The athletic director must approve exceptions in advance (e.g., a doctor's note is required for a medical or dental appointment).
- Attendance at 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 not directly affect the following season's placement.
- Early Dismissal: Students needing to leave early for an off-campus 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 because of the suspension.

High School Lettering

- The head coach/advisor sets the lettering requirements, which the athletic director reviews annually. Coaches set these expectations before the season begins and address them 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 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, which may result in missed practices or rehearsals. Missing a practice or rehearsal may directly affect participation.
- Students should coordinate their schedules between activities and note potential conflicts before becoming involved in or trying out for multiple activities in a season.
- If a conflict arises, the participant is responsible for communicating with the coach/advisor involved to discuss the conflict 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 represent the school and the community and, as such, are always in the public eye.
- If they participate in any public media, please be aware of the following guidelines relating to 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, and may also carry 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 must abide by the CHSAA bylaws (**CHSAA** Handbook). These rules are 24/7, 365 days a year, and not just during an athletic season. "Possession" means having it on their person, in a locker, in a vehicle, or in their presence. This policy applies to personal and/or group involvement. Appeals of suspensions may be made to CHSAA.

Transportation
- Parents/coaches often must 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 Volunteer Parent Driver registered in our electronic registration system. The link to register can be found here.
- Any student-athlete riding to a Monument Academy-sanctioned athletic event with a driver other than a family member must also have a signed "MA Student Transportation Consent and Acknowledgement" form on file. All necessary forms are available at the link above. You can also find the MA Student Transportation Consent and Acknowledgement form here.
- Unless Monument Academy specifically arranges return transportation, parents/guardians are responsible for arranging their student-athlete's transportation home from school-sanctioned athletic events. Parents/guardians may arrange for their student to ride home with another adult or as otherwise permitted by Monument Academy policy. Parent-arranged transportation from an athletic event is not transportation arranged or provided by Monument Academy and does not require the driver to be registered as a Volunteer Parent Driver. Student-athletes remain under the coach's

supervision during the school-sanctioned athletic event. At the conclusion of the event, student-athletes may be dismissed to depart in accordance with transportation arrangements made by their parents/guardians. Parents/guardians are responsible for ensuring timely transportation from the event.

- Some of our athletic programs use electronic services to organize carpools, which differ from school registration. We are happy to support any secondary software program that makes organizing carpools easier. However, to participate in a school-organized carpool, 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 the athletic page at www.monumentacademy.net/athletics.

- *TeamSnap One:* Please download the TeamSnap One App for individual teams, game schedules, and updates. It is the main daily source of information during the season.
- *Coach Information:* Coach names and contact information are available on sport-specific webpages. Links to each program's webpage are available 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 webpage are available at www.monumentacademy.net/athletics. Game times and locations will also be available on TeamSnap One.
- *Practice Schedules:* Coaches and TeamSnap One 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:* For Middle School, we will post results on the Central Colorado Athletic League (CCAL) website; it is linked from our main Athletics tab and includes game results and league standings for your sport/activity. For High School, the results will be posted on the CHSAA Scoreboard.
- *Game Cancellations:* Games may be canceled due to weather, facility conflicts, and other unforeseen circumstances. In poor weather, the Athletic Director will consult with Athletic Directors from opposing schools within the Central Colorado Athletic League, Monument Academy Administration, coaches, and parents before deciding 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 if the Athletic Directors deem conditions have improved sufficiently for the team to travel safely. The coach must quickly share these communications through their usual daily channels.

Program Participation Fees and Equipment

Team fees vary, as each program has different associated costs. Please refer to the athletic page on our website for the most up-to-date information: www.monumentacademy.net/athletics

Athletic Wear on Game Days

Student-athletes may wear their game jerseys or school-appropriate warm-up tops on game days, as

long as they wear appropriate uniform attire underneath.

ACKNOWLEDGEMENT OF RECEIPT OF ATHLETIC HANDBOOK

I have received my copy of the Athletic Handbook, which outlines the School's athletic policies. 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 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