

2020-2021 Central High Athletics Athletic Handbook

- Welcome to the Central High Athletic Program. We are excited for you and your family to be a part of Central High School and the athletic program at Central High School. The following brief guide has been prepared to inform athletes and parents about the Central High School Athletic programs. In establishing this guide, we have attempted to include circumstances that can occur in the life of an athlete at Cheyenne Central High School. We have also attempted to answer questions which a parent or an athlete might have about the programs.
- The athletics website is www.central.schoolteams.com

Philosophy

- Athletics play an important role in the life of students and the Cheyenne community. The opportunity to participate in a wide variety of student-selected activities is a vital part of a student's educational experience. Athletes learn valuable lessons in sportsmanship, teamwork, competition and responsibility. They learn how to set goals and achieve great success, but also how to deal with, and rebound from disappointing setbacks. Such participation is a privilege that carries with it a responsibility to teammates, the school and the community.

"PARTICIPATING IN A SPORT OR ACTIVITY IS A PRIVILEGE, NOT A RIGHT"

Required Forms

- Physical – dated after May 1st of the current year
- Signed Activity Code
- Signed Waiver/Liability Form
- Signed WHSAA Eligibility Form
- Proof of Insurance

Basic Program Rules

1. All athletes must attend all practices and games/contests unless they have permission from their coach to be absent from the practice and/or game.
2. All athletes are responsible to conform to the Laramie County School District #1 Activity Code.
3. All athletes shall refrain from any type of hazing.
4. All athletes shall be on time for all practices/games.
5. All athletes shall be respectful to teammates, coaches, teachers and other school officials.

6. Athletes shall never steal from any person or place.
7. Athletes shall not attend any party where alcohol, tobacco, or other drugs are present.
8. All athletes shall act in a socially acceptable manner.
9. No athletes shall vandalize.
10. No clothing with suggestive language or innuendos shall be allowed to be worn by athletes during school, practices, trips or games.

Absent From School

- If a student misses any classes on a game or contest day, that student will be ineligible to participate in that game or contest (the athletic director or an administrator may excuse the athlete for an extenuating circumstance).

Attendance – Practice, Games, Team Meeting, Etc.

- All athletes are expected to be present at all practices, team meetings, contests and special occasions including the end of the season banquet.
- **This includes when a student is injured.**

School Issued Equipment

- All athletes are responsible for all equipment issued to them by the Cheyenne Central Athletic Program. The athletes must pay for lost, stolen, or damaged equipment. Failure to comply will result in the withholding of grades and/or diplomas as well as the restriction on future athletic participation.
- **Equipment must be returned immediately following the end of the season.** They must return the equipment issued to them, and the equipment should be clean and in the same condition in which it was issued.

Levels of Play

1. Freshman Level: **No amount of playing time is guaranteed.** This level is considered a preparatory level within the program. Coaches are encouraged to play as many players as possible although this does not always happen. The coaches will focus on the development of fundamentals and will teach a skeleton of the varsity system/philosophy to the athletes.
2. Sophomore Level: At the sophomore level the most talented sophomores and talented freshman capable of competing at this level will play in the games/contests. The focus of this level is the development and preparation of athletes for the junior varsity and varsity levels. **No one is guaranteed any playing time.** This level is competitive. The coach will continue to refine fundamentals, increase the intensity level of the athletes, challenge the players mentally and physically, teach a more complex version of the varsity system/philosophy, and have higher expectations of the athletes.

3. Junior Varsity Level: At the junior varsity level the most talented juniors, sophomores, and freshman capable of competing at this level will play in the games/contests. The focus of this level is to have the athletes ready to play varsity at a moment's notice. This level is very competitive. **No one is guaranteed any playing time.** The coach will teach a similar version of the varsity system/philosophy and have higher expectations of the athletes.
4. Varsity Level: At the varsity level the most talented athletes in the program (freshman, sophomore, junior, senior) will play in the games/contests. **No one is guaranteed any playing time.** The focus of this level is to attempt to win games/contests.

Roles in the Program

There are four roles in the Cheyenne Central Athletic Program. It is important that these roles do not get confused, as it will limit the athlete's opportunities for success. These roles are:

1. Athletes – the individuals who wear the uniforms and participate in the contests and games.
2. Coaches – the professionals who implement a well-articulated philosophy and direct the team.
3. Officials – the professionals who wear the striped shirt and administer the contests.
4. Parents – the athlete's biggest fans and supporters who come to contests and cheer.

In order for our teams to have the greatest opportunity for success these roles must never become confused. Players will not be allowed to officiate, parents are not allowed to coach, and coaches may not just come to the games and cheer. One cannot and will not be allowed to perform the others role.

Role on Team Defined

Your child's coach is expected to be honest with your child and define the child's role on the team. It should be remembered that these roles might change due to injury, attitude and/or an improvement in athletic ability and skill level. Some athletes will accept their defined role, some athletes will work hard to improve and change their defined role and other athletes will complain about their defined role. Ultimately it is the athlete that controls their position on the team. Potential roles of athletes:

1. Potential Starter
2. An athlete who will receive some playing time. (None guaranteed)

3. A developmental player – an athlete who if they continue to improve may beat out a player above them for more playing time, but in reality, needs to continue to improve and may need to show improvement before making a significant contribution.
4. A valued reserve – a player who will not play in the games in any significant capacity but is part of the team because of their positive attitude and desire to help the team in any capacity.

Communication Procedures

Parent/Coach Relationship:

- Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communication you should expect from your child's coach:

1. Statement of their philosophy
2. Expectations of the program
3. Schedule for all practices and contests/games
4. Procedure to follow in the event of an injury
5. Communication pertaining to discipline issues that impact participation

Communication Coaches expect from parents:

1. Concerns expressed directly
2. Notification of schedule conflicts well in advance
3. Specific concerns in regard to a coach's expectations

Appropriate Concerns to Discuss with Coaches:

1. The mental and physical well being of your child
2. Ways to assist your child to improve their skills
3. Concerns about your child's behavior

Issues Not Appropriate to Discuss with Coaches:

1. Playing Time
2. Team Strategy
3. Play calling or substitution patterns
4. Other student-athletes

- It is very difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe is best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things must be left to the discretion of the coach.

"A parent has and should have the best interest of their child in mind at all times. A coach has and should have the best interest of the team in mind."

Procedure to follow with concerns:

1. Have athlete discuss concern with coach.
2. If the problem is not resolved, then contact the coach through the school. Do not call the coaches at home.
3. If you have trouble reaching the coach, please call the athletic office and we will set up an appointment for you.
4. Coaches are encouraged not to talk to parents/guardians before or after a game or contest. These can be emotional times for parents and coaches. Meetings of this nature do not promote resolution.

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

1. Call and set up an appointment with the Athletic Director to discuss the situation. (In most cases the coach will be present in this meeting).
2. At this meeting the appropriate next step can be determined.

Transportation

- All athletes will travel to and from all AWAY contests on buses or other school approved transportation. No athlete will be allowed to drive or ride to an away contest in a non-school vehicle without the athletic director's or an administrator's approval. Parents may transport their child home from an away contest if they obtain the district approved activity release form.

ATHLETES CAN ONLY RIDE WITH THEIR LEGAL GUARDIAN. NO EXCEPTIONS!!! AN ATHLETE CANNOT RIDE HOME WITH ANOTHER PERSON EVEN WITH PERMISSION FROM THEIR PARENT/GUARDIAN.