

CHERRY CREEK SCHOOL DISTRICT

**INTERSCHOLASTIC
ATHLETIC/ACTIVITY
HANDBOOK
2008-2009**

**CHEROKEE TRAIL
GRANDVIEW**

**CHERRY CREEK
OVERLAND**

**EAGLECREST
SMOKY HILL**

***ACADEMICS - ACTIVITIES - ATHLETICS
MOVING TOGETHER FOR YOUR FUTURE***

SPECIAL NOTE TO STUDENTS AND PARENTS: Your son or daughter may get off to a good start in more than one sport or activity and enjoy participation in all. It is the Cherry Creek School District philosophy to encourage our students to participate in a variety of activities/athletics and not limit themselves in their potential growth experiences. Specialization is not encouraged at our high schools. It may occur through the student's choice but it is not encouraged.

It is a violation of the Colorado High School Activities Association rules for a high school coach to coerce or attempt in any way to influence a student, who would otherwise go out for another sport, or participate in an activity in their sport after their high school sport season is completed. Students should not be made to believe that summer camps and off-season work in one coach's sport is the only way to make their varsity team.

Activity and Athletic participation on occasion do conflict in their respective times or dates. Our staff members are encouraged to resolve any conflict of this nature without penalty to the participant.

**CHERRY CREEK SCHOOL DISTRICT
INTERSCHOLASTIC
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HANDBOOK
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**SUCCESS
NEVER QUILTS**

It is the nature of life to grow, to create, to become all we can. We want to reach out and be more than we have been. We want our dreams to come true.

We are capable of much more than we think we are, and at times we feel the stirring within us that tells us so. So we begin a project, a sport, an effort to achieve. The starting is easy; continuing, not so easy. Changes begin on the inside of us—in the way we think, in the way we feel. But then we must hold fast to our thoughts and feelings. Success is a made-up mind that never quits.

Whatever our dreams are, they can come true. But we must pay the price—the price of persistence—in our thoughts, our feelings and our actions. If we give up we fail. But as long as we are trying, we are learning and we are gaining. We should never stop trying.

Time is not an obstacle, but an ally. And success is a made-up mind that never quits!!!

by Shirley Henderson

**MAKE A COMMITMENT TO A BETTER EDUCATION
THROUGH HIGH SCHOOL ATHLETICS/ACTIVITIES**

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INTERSCHOLASTIC ATHLETIC HANDBOOK

CHERRY CREEK SCHOOL DISTRICT NO. 5

CHEROKEE TRAIL
GRANDVIEW

CHERRY CREEK
OVERLAND

EAGLECREST
SMOKY HILL

ADDITIONAL MEMBERS OF THE 5A CENTENNIAL LEAGUE ARE:

ARAPAHOE
MULLEN

CHERRY CREEK SCHOOLS ATHLETIC/ACTIVITY CODE OF ETHICS

IT IS THE DUTY OF ALL CONCERNED WITH HIGH SCHOOL ATHLETICS/ACTIVITIES:

- A. To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
- B. To eliminate all possibilities which tend to destroy the best values of the game.
- C. To stress the values derived from playing the game fairly.
- D. To show cordial courtesy to visiting teams and officials.
- E. To establish a happy relationship between visitors and hosts.
- F. To respect the integrity and judgment of sports officials.
- G. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
- H. To encourage leadership, use of initiative, and good judgment by the players on a team.
- I. To recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of the individual players.
- J. To remember that an athletic contest is only a game--not a matter of life and death for player, coach, school, officials, fan community, state or nation.

SPORTSMANSHIP

An entire community takes pride in the success of a local sports program. All persons--coaches, players, parents, school personnel and fans--recognize that such success results from a lot of hard work and a commitment to a number of goals. Primary among those goals has to be the development of good sportsmanship among all people involved. Schools can take justifiable pride in the fact that few coaches or players lose sight of good sportsmanship even during the stress of a hard-fought game.

Fans, however, are often another issue. Few, if any, fans would dare admit they didn't support good sportsmanship - as a concept. It is in practicing that concept that the sportsmanship goal sometimes leaves much to be desired.

Good sportsmanship is not an inborn quality, but it can be developed by following just a few simple guidelines. The basic fundamentals of good sportsmanship include:

- 1. Knowing and understanding the rules of the contest.
- 2. Showing respect for the officials, including accepting their decisions.
- 3. Showing respect for opponents at all times
- 4. Recognizing and appreciating the skills of all students participating in the contest.
- 5. Maintaining self-control at all times.
- 6. Showing a positive attitude in cheering.

Perhaps the most common type of inappropriate behavior shown by fans is trying to intimidate the opposing team. Unfortunately, college and professional game crowds lead the way in this area. In high school athletics, however, any means in which spectators make fun of or disrupt the other team or officials is not appropriate. The coaches and/or players get fouls called on them for such actions. Should fans be exempt?

ATHLETIC FEES

In order to maintain the district athletic program at a level similar to that which has been provided in the past, Cherry Creek School District No. 5 has reluctantly instituted an athletic fee. It is not intended that financial hardship should eliminate an athlete from participation. If the fee creates financial hardship, please contact school officials.

2008-2009 ATHLETIC FEES FOR HIGH SCHOOL

- A. A \$90.00 athletic fee will be charged an athlete for each sport that the athlete participates in. There is no family maximum.
- B. The \$90.00 athletic fee for all participating athletes for each sport must be collected **PRIOR** to an athlete's participation in any sport.
- C. Athletes who have a financial hardship may apply for a waiver of this fee by submitting a written request to officials at their school. At each district high school the athletic director will present alternatives to the fee schedule after reviewing the individual circumstances. **Finances should not prevent a student from participating in the athletic program.**
- D. *REFUND POLICY* - A full refund will be made to the athlete who is cut or leaves the sport on or before the fifteenth (15th) calendar day from the starting date of that sport.

2008-2009 LAST REFUND DATES*

Fall Sports	Monday, August 25, 2008
Winter Sports	Wednesday, November 26, 2008
Spring Sports	Monday, March 2, 2009

*If an athlete leaves the team after these dates, no refund will be given.

- E. The athletic fee refund must be requested by the athlete on or before the closing date of the season that his/her sport was offered in. If the athlete does not request the refund by the dates listed below, no monies will be refunded.

2008-2009 CLOSING DATES*

Fall Sports	November 29, 2008
Winter Sports	March 13, 2009
Spring Sports	May 19, 2009

ADDRESSES AND DIRECTIONS TO CENTENNIAL LEAGUE SCHOOLS

<u>ARAPAHOE</u>	<u>2201 E. Dry Creek Road, Littleton 80122</u>	<u>Phone: 303-347-6000</u>
From:	Cherokee Trail High School, west on Arapahoe Road, south on University Blvd., right onto Dry Creek Rd.	
From:	Cherry Creek High School, south on S. Yosemite St., west on Belleview Ave., south on Quebec St., west on Arapahoe Rd., south on University Blvd., right onto Dry Creek Rd.	
From:	Eaglecrest High School, south on Picadilly St., staying straight onto Liverpool St., west (right) on Arapahoe Rd., south on University Blvd., right onto Dry Creek Rd.	
From:	Grandview High School, west on Arapahoe Rd., south on University Blvd., right onto Dry Creek Rd.	
From:	Overland High School, west on Jewell Ave., south on Peoria St., west on Iliff Ave., left on Havana St., continuing on Hampden Ave., south on University Blvd., right onto Dry Creek Rd.	
From:	Smoky Hill High School, east on Smoky Hill Rd., south on Buckley Rd., west on Arapahoe Rd., south on University Blvd., right onto Dry Creek Rd.	

ADDRESSES AND DIRECTIONS TO CENTENNIAL LEAGUE SCHOOLS (CONT)

- CHEROKEE TRAIL** **25901 East Arapahoe Road, Aurora, CO 80016** **Phone: 720-886-1900**
From: Smoky Hill, east on Smoky Hill Road approximately 7.5 miles, east (left) on Arapahoe Road.
From: Grandview, north on Liverpool, east (right) on Smoky Hill Road, east (left) on Arapahoe Road.
From: Eaglecrest, south on Picadilly, east (left) on Smoky Hill Road, east (left) on Arapahoe Road.
From: Overland, south on Peoria, south (left) on Parker Road, east (left) on Quincy, south (right) on Smoky Hill Road, east (left) on Arapahoe Road.
From: Cherry Creek, east across Dam Road, south (right) on Parker Road, east (left) on Quincy, south (right) on Smoky Hill Road, east (left) on Arapahoe Road.
- CHERRY CREEK** **9300 East Union Avenue, Greenwood Village, CO 80111** **Phone: 720-554-2285**
From: Overland High School, south on Peoria to Parker Road. Left on I-225, right on Yosemite, left on Campus Drive to parking lot.
From: Smoky Hill High School, north to Quincy, west to Parker Road, north to the Dam, across Dam to Yosemite, left to Campus Drive, left to south parking lot.
From: Eaglecrest: See Above
- EAGLECREST** **5100 South Picadilly Street, Centennial, CO 80015** **Phone: 720-886-1000**
From: Overland or Cherry Creek, south on Parker Road, east on Quincy, south on Smoky Hill Road to Picadilly. Left turn will take you to school site.
- GRANDVIEW** **20500 East Arapahoe Road, Aurora, CO 80016** **Phone: 720-886-6500**
From: The intersection of East Arapahoe Road and South Parker Road in Arapahoe County, go east on Arapahoe Road till the road ends, turn right into Grandview.
- OVERLAND** **12400 East Jewell Avenue, Aurora, CO 80012** **Phone: 720-747-3700**
From: Cherry Creek, north on Yosemite, east on I-225 to Iliff, west on Iliff to Peoria, north on Peoria to Jewell, right turn to school.
From: Smoky Hill, west to Chambers Road, north to Iliff, west to Peoria, north to Jewell, right turn to school.
NOTE: Overland varsity home football games are played at the District Stadium located at Cherry Creek High School. 9300 East Union.
From: Eaglecrest: See Above
- MULLEN** **3601 South Lowell Blvd.** **Phone: 303-761-1764**
From: All schools - west on Hampden to Lowell Blvd, south on Lowell Blvd. to school.
- SMOKY HILL** **16100 East Smoky Hill Road, Aurora, CO 80015** **Phone: 720-886-5300**
From: Cherry Creek High School, east across the Dam, south on Parker Road, east on Quincy, south on Smoky Hill Road to the school, turn right, then left into parking lot.
From: Overland, south on Peoria, east on Iliff, south on Chambers Road, east on Smoky Hill Road, proceed as above.
From: Eaglecrest, South on Picadilly to Smoky Hill Road, West to Laredo.
NOTE: Smoky Hill varsity home football games are played at the District Stadium located at Cherry Creek High School, 9300 East Union.

FORWARD

Students who desire the opportunity to challenge their interests and skills are encouraged to participate. There is no discovery for the student unwilling to say, I will try. The Cherry Creek Board of Education has made a broad variety of athletic/activities available to allow students the opportunity to experiment, the heart of secondary education. Students are encouraged to explore their potential, for without the experience of trial, one will never know, ultimately limiting their growth experiences.

Participation in activities and athletics has proven to be a major contributor to wholesome lifetime values, a step toward achieving successful adulthood, but never without self discipline. Those who participate are representing not only themselves but their student body, faculty, family and parents of their school. Where else can individual identity equal this opportunity when shared with a common knowledge that individual responsibilities go hand in hand as related to voluntary participation. Commit to prepare for life rather than repair.

The interscholastic athletic and activity program may benefit the entire student body and community in the following ways:

1. By developing an understanding and appreciation of the values which interscholastic athletic/activities occupy in the American culture, and developing sound educational attitudes toward them;
2. By educating the student body, as participants, in their appreciation of the athletic/activity opportunities at the high school level;
3. By serving as a focal point for the morale, spirit, and loyalty of students and parents by providing a common meeting ground and enthusiasm which is shared by all;
4. By providing a wholesome program of interscholastic athletic/activities in which students, parents, patrons, and friends of the school may share, to the end that the loyalty of these groups to the school may be constantly renewed and strengthened.
5. By extending the opportunity for emotional, social and physical development with guidelines established for the supervision of the same;
6. By providing the best known means for predicting student success in later life through successful participation in high school athletic and activity programs.

General expectations for students participating in athletics-activities and representing their school.

1. A student is expected to abstain from being under the influence of, using, possessing, distributing, selling, giving, or exchanging alcohol, tobacco, marijuana, anabolic steroids, other controlled substances or counterfeit drugs. Furthermore, the student is expected to abstain from using, possessing, distributing, selling, giving, or exchanging any drug paraphernalia. Peer pressure and media coverage of how many young adults have ruined their careers have diminished the expectation that high school students will abstain from substance abuse. Our expectation has not changed and the Cherry Creek Schools will remain firm in our desires to establish student leadership that rejects substance use or abuse.
2. All participating students are expected to place their academic school day above all else and devote their attention to achieving in the classroom. Activities/Athletics are considered a supplement to their education.
3. As a representative of a Cherry Creek District school, a participating student is expected to act on as well as off campus, in a way which will not bring discredit upon him/herself or the school.
4. The participating student's personal appearance should reflect cleanliness and concern for his/her well-being, as well as concern for those with whom he/she is associated.
5. All participating students are expected to set a positive example for the total student body, conducting him/herself always as a prudent human being, and endeavoring to be a leader regarding all school policies governing student behavior.

The above information will be perceived as a strength or weakness by each student depending upon their willingness to escape from being mediocre to truly wanting to be the best they can achieve.

Student Activities (Cocurricular and Extracurricular)

The goal of the Cherry Creek School District educational program is to develop to the highest level possible the individual potential of each student. One important method which should be employed by the staff in achieving this goal is to provide opportunities at all levels, but particularly at the senior high level, for constructive opportunities on an inter-school basis. The senior high schools inter-scholastic athletic program is one part of this total staff effort.

The purpose of this policy is to provide general policy guidance to the staff and participants in the organization and implementation of our athletic program.

Overall Supervision and Direction of the High School Interscholastic Athletic/Activity Program shall come under the Executive Director of High School Education. The principal of each building shall appoint an athletic/activity director to serve the school and to work in close cooperation with the office of the Executive Director of Secondary Education and league affiliates to promote the betterment of athletics/activities within the school district.

Each building athletic/activity director shall:

1. Periodically evaluate the nature, procedures, and regulations of the interscholastic athletic/activity program;
2. Interpret district, league, and state policies, and enforce procedures and regulations concerning the athletic/activity programs;
3. Inform parents, students, and teachers of athletic/activity procedures and regulations
4. Make available to interested individuals an up-to-date copy of the Cherry Creek School District Interscholastic Athletic/Activity Handbook.

Cherry Creek high schools as members of the Colorado High School Activities Association (CHSAA) shall support the concept, constitution and by-laws of this organization as they pertain to high school athletic/activity policies. Athletic/activity procedures and regulations shall be governed by the Interscholastic Activity Handbook, Centennial League policies and the CHSAA Handbook.

Athletic/activity programs shall be considered for addition to present programs upon acceptance by the Centennial League and CHSAA as an approved interscholastic sport or activity.

All provisions of this policy shall be communicated appropriately to staff, students and parents.

Adopted August 8, 1966

Latest revision July, 2002

Revised to conform with practice: date of manual adoption

Cherry Creek School District Interscholastic Program

The Cherry Creek District High Schools, Cherokee Trail, Cherry Creek, Eaglecrest, Grandview, Overland and Smoky Hill, being members of the Colorado High School Activities Association, support the concept, Constitution and Bylaws of this organization as it pertains to high school athletic policy. Athletic procedures and regulations will be governed by the Cherry Creek Schools Interscholastic Athletic Handbook, Centennial League Policies and the Colorado High School Activities Association Handbook.

CHSAA ADMINISTRATIVE PROCEDURES—ATHLETICS-ACTIVITIES

1. General Eligibility Rules for All Athletes and Activities as

A student shall be eligible to represent his/her school in an interscholastic activity sanctioned by the Colorado High School Activities Association if such student meets the following specific requirements:

- (a) The student is a bonafide undergraduate member of his/her high school.
- (b) In the judgment of the principal of the student's school he/she is representative of the school's ideals in matters of citizenship, conduct and sportsmanship.
- (c) **EXPULSIONS** - A student who would be ineligible in any school because of expulsion, denial of admission or negotiated withdrawal may not become eligible for competition at any level by transferring. The period of ineligibility is determined by the school at which the ineligibility occurred. A transfer at the beginning of the school year does not decrease or eliminate the period of ineligibility caused by the expulsion. A student may not transfer schools to avoid expulsion time periods.
- (d) During the period of participation, the student must be enrolled in courses which offer, in aggregate, a minimum of 2 1/2 Carnegie units of credit per semester and must not be failing more than the equivalent of one-half Carnegie unit of credit.

(For purposes of this paragraph, academic eligibility shall be determined by the student's grade in progress from the beginning of the grading period of each class, as determined by the policy of the student's school, to the close of the certification day for the interscholastic activity in question. In all cases, the periods of eligibility and ineligibility must be equal and at no time may the two groups be eligible on the same day.)

- (e) He/she must have been eligible in accordance with paragraph "D" above at the close of his/her last prior semester of attendance.
- (f) During the semester preceding the semester in which the student wished to participate in any interscholastic activity, the student must not have failed more than the equivalent of one-half Carnegie unit of credit. (Note: For purposes of eligibility, a semester is considered to begin on the first pupil contact day, as defined by the Department of Education, following the completion of the preceding semester.)
- (g) **Regaining Eligibility**—Students who have not met the general eligibility requirements at the close of a semester may regain academic eligibility on the sixth Thursday following Labor Day for the first semester and on the Friday immediately prior to March 10th for the second semester.

1. The number of credits failed or passed during a semester shall be determined from the student's school transcript and shall include all classes taken during the semester. Fractional credits awarded or not awarded by the school shall be arithmetically added at the end of each semester to determine eligibility for the succeeding semester. If, after credits are totaled and failing credits total more than 1/2 credit, (.50), students will not be eligible according to Paragraphs (d) or (e) of Article 16- General Eligibility. For the purpose of athletic eligibility, an "I" (Incomplete) is considered an "F" (Failing).
2. A student who drops out of school after having been enrolled and in attendance fifteen days will not be eligible for the following semester of his/her attendance. If the student attends fifteen days or more during the semester he/she must complete the required number of credits for the whole of that semester to be considered for eligibility during the next semester.
3. Summer school courses completed after the close of the second semester may be used to replace any Carnegie units failed. Equivalent courses taken must be accepted by the school toward graduation. The equivalent credits must be completed by the Thursday prior to Labor Day. Credits made up through summer school must be in the same curricular area, be accepted to meet graduation requirements of classes previously failed and be recorded on the student's transcript. A class in an area required for graduation may be taken to replace Carnegie units failed in an elective class.

Written notification of a student(s) regaining eligibility, through summer school, must be included with the first semester eligibility report.

No make-up work shall be permitted after the close of the semester and/or the designated periodic eligibility check for the purpose of becoming eligible; and a "condition" (incomplete, unfulfilled outcome, etc.) shall, for the purpose of determining eligibility, count as a failure.

MANIFEST HARDSHIP FOR INCOMPLETE – A student failing to complete work during the normal semester because of a manifest hardship (injury, illness, or other circumstances beyond his/her control) may be permitted, at the discretion of his/her high school principal, to make up the work within a reasonable time following the student's recovery. A "reasonable time" in most cases would be a like number of days which the student was absent from school. Notification must be filed with CHSAA.

Dropping out of school for work or financial reasons does not constitute manifest hardship.

- (h) In-season student athletes must be in attendance for at least one-half of their daily classes in order to be eligible to compete or practice on that day, unless an advanced approval for absence is on file in the Attendance office.

Note: Before enrolling in summer school classes, CONTACT the Registrar's office to verify that the courses you are taking will be accepted by your school.

2. High School Weekly Eligibility for All Athletes

Teachers are required, through the guidance of the athletic office, to provide a weekly summary of all athletic participants who are doing failing work. Two failing grades during any reporting period constitute ineligibility for the following week and/or until at least one failure has been removed following a one week ineligibility. Also, two unsatisfactory behavior grades during any reporting period constitute ineligibility for the following week. Note: Individual sport coaches can require higher academic standards for their teams.

3. Age and Attendance Requirements for Athletes

- A. You are eligible to enter interscholastic competition if your nineteenth birthday falls on or after August 1 .
- B. In a three year high school, you are eligible to compete for six consecutive semesters; in a four year school, you are allowed eight consecutive semesters. (Cases involving unusual circumstances should be submitted to your building athletic director)

4. See Athletic Director for Transfer Rule

Eligibility Below the Varsity Level

A student declared ineligible based on "E", may be granted Restricted Eligibility following the approval of a Restricted Residence Waiver by the CHSAA Commissioner. The waiver must be signed by the principals of the sending and receiving schools.

Undue Influence—Recruited Students

1. A student who transfers schools because of the recruiting efforts of school athletic staff members and/or school representatives of athletic interests (as defined in Article 18 of the CHSAA by-laws) shall be declared ineligible for a period of time to be determined by the commissioner. Such period may exceed one year.
- F. **HARDSHIP:** If questions arise or you are in doubt, consult your building Athletic Administrator. Exception: The Commissioner, after receiving the recommendation of the school, the league and the losing school may grant eligibility for transfer due to hardship.

A hardship is an unforeseeable, unavoidable AND incorrigible act, condition or event which causes the imposition of severe and non-athletic burden upon the student or his/her family.

- (1) This is to include the case of orphans, children of overseas military transfers, foreign exchange students, children who are wards of the state or of a court and children from broken homes.
- (2) No consideration for waiver may be granted if by doing so the action will result in a student who was ineligible in the sending school becoming eligible in the receiving school.
- (3) Hardship appeals must be processed by the principal of the receiving school on the appropriate CHSAA form and in concert with the specific guidelines.
- G. Check with your building athletic director for CHSAA Transfer rule updates.
- H. All foreign students need to check in with the athletic director before going out for a sport. This includes Foreign Exchange Students.

5. Definitions

Specialized Sports Camps (9-12)

- A. A sports camp is defined as an instructional class limited to one sport involving physical participation by the individual student.
- B. No coach or school representative may directly, or by implication, direct a student to attend said camp/camps as a condition to practicing, participating, or otherwise influencing a student's opportunity to participate in any school sport/activity.
- C. All registration, fees, and scheduling are to be coordinated through Cherry Creek Schools Summer Recreation Program.
- D. All winter or spring sport activity must conclude by the ending date of Summer School. In addition, proper maintenance cannot occur unless this time frame is maintained. Legion Baseball is an exception(grandfather clause).

CHSAA SPORTS/ACTIVITIES NOT OFFERED AT HOME SCHOOL

When sports/activities are not offered at a particular school but are contested at another they may choose to participate at a school other than their home school. The following considerations will be taken when placing a student in a program.

- 1. Numbers in the program and number of levels offered.
- 2. Geographic location, where is the closest venue for the athlete?
- 3. The decision of the District Athletic Director.

Use of School District Athletic Equipment

School district-owned athletic equipment is not to be issued to individuals or groups outside the date of the formal practice season of each respective sport during the school year unless school-owned athletic equipment related to the function of the Cherry Creek Schools Summer School Recreation Programs or American Legion Baseball has been approved for use by the local building Principal and Athletic Director. Exception is made for Athletes traveling to commercial football camps.

Competitive Season

The competitive season is that time designated in the CHSAA Bylaws for each sport during which interscholastic games may be held. There may be no sanctioned inter-school competition except during the competitive season.

Practice Season

The season designated in each sport Bylaws of the CHSAA is the sports season during which formal practice sessions may be held. Practice is defined as that period of time during which FORMAL PRACTICE is authorized by CHSAA bylaws and the school administration during which an assigned coach is instructing one or more of his/her team members.

Boys Golf	August 4	Other Fall Sports	August 11
Winter Sports	November 12		
Spring Sports	February 17		

Outside Competition

Sports Season Defined: A sports season begins with the first formal practice session as established in the CHSAA bylaws and ends with the final state championships in that sport.

EXCEPTION: The sport season ends for a member of a high school athletic team on the day following the completion of his or her school's competition at the level at which the student competes.

NOTE: Players certified to participate as members of any high school sport team may compete on any other team in any non-school activity or event in the sport during that sports season **with the express written permission of the principal; which permission shall be granted if:**

A) The student's class attendance is not compromised; and

B) The student is in good academic standing under the school's activities policy applicable to all students:

*Section B)

includes team rules and other school policies that are applied and adhered to by all students.

The principal may deny permission only when the student fails to meet the requirements of (A) and (B) above.

Members of any high school sport may not practice with any individual or non-school group without prior written permission of the high school principal. NOTE: This is not to be construed to allow non-school people to participate in school practices or scrimmages.

CHSAA VIOLATION OF OUTSIDE COMPETITION/PRACTICE RULE

Any student who does so participate in violation of CHSAA Bylaws 2100.2 and/or 2110 shall be ineligible to participate in a specific or all interscholastic athletic activities for a period of time to be determined by the CHSAA Commissioner.

Scrimmage

All sports may conduct interscholastic scrimmages on two dates between the tenth day after the start of formal practice and the conclusion of the final championship. A sophomore, junior varsity and varsity may all scrimmage on the same date. This will count as one scrimmage.

Parental Advisement—Warning of Risk

SERIOUS CATASTROPHIC AND PERHAPS FATAL INJURY MAY RESULT FROM ATHLETIC PARTICIPATION

Many forms of athletic competition result in violent physical contact among players, the use of equipment which may result in accidents, strenuous physical exertion and numerous other exposures to risk of injury.

Students and parents must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution or supervision will totally eliminate all risk of injury. Just as driving an automobile involves chance of risk, athletic obligation of parents and students in making this choice to participate cannot be over-stated. There have been accidents resulting in death, paraplegia, quadriplegia, and other very serious permanent physical impairment as a result of athletic competition.

By granting permission for your student to participate in athletic competition, you, the parent or guardian, acknowledge that such risk exists.

Students will be instructed in proper techniques to be used in athletic competition and in the proper utilization of all equipment worn or used in practice and competition. Students must adhere to that instruction and utilization and must refrain from improper uses and techniques.

As previously stated, no amount of instruction, precaution and supervision will totally eliminate all risk of serious, catastrophic, or even fatal injury.

If any of the foregoing is not completely understood, please contact your school principal or athletic director for further information.

CHSAA GENERAL ATHLETIC PROCEDURES

1. Reporting for a Sport

Students are expected to report for practice at the beginning of each season. Unless they have made prior arrangements with the coach, those who report late will jeopardize their chances for participation. Students who are barred from sports for reporting late may use the appeals procedure in school board policy JJI and regulation JJI-R.

2. Attending Practices

Team members of all sports are expected to attend all scheduled practices and meetings. Those who miss a practice or a meeting may jeopardize their chances for participation. If circumstances should prevent a student from attending a practice or meeting, the validity of the reason will be judged by his/her individual coach. Whenever possible the coach should be notified prior to the practice or meeting by personal contact, phone call, or written statement from the parent or guardian.

3. Being Cut From One Sport

In some sports, facilities and team size limit the number of students who can participate. Any student who does not make the squad in one of these sports remains eligible for other sports offered in the same season. Furthermore, he/she is encouraged to go out for another sport.

4. Dropping a Sport

- A. A student may drop a sport in good standing prior to the first contest by making his/ her intentions known to the coach.
- B. The student must make his/her reasons known to the coach personally, on or before the day on which he/she intends to quit.
- C. A student who quits one sport following the first league contest of the season will be permitted to participate in another sport that season with the approval of the athletic director and the coaches involved.

5. Student Responsibility for Athletic Equipment

When equipment has not been checked in or accounted for between the end of one season and the beginning of the next, the student may jeopardize his/her eligibility until the problem has been resolved with the athletic office. Student athletes are responsible for payment for lost or stolen equipment.

6. Adequate Physical Examination/Medical Re-evaluation—Parental/Guardian Consent

Any student expecting to participate in athletic competition must have on file with the school, prior to the first practice, a statement signed by his/her parents or legal guardian and a practicing physician certifying that he/she has passed an adequate physical exam within the current school year.

7. Athletic Injury

If at any time during participation, a doctor removes an athlete from participation because of an illness or injury, the athlete must have a written release from a doctor before participating again. The written release must be given to the Athletic Trainer. The Athletic Trainer will notify the athlete's coach in writing that the athlete is physically fit and able to resume participation and/or competition.

Note: The release may be satisfied if upon removal the doctor specifies the duration of the student's restriction from participation and/or competition.

8. Athletic Insurance

- A. The school district is relieved of any and all liability for accidents or injuries connected in any way with the competitive athletic program
- B. It is the responsibility of the parent or guardian to provide insurance protection for the athlete while he/she is participating in competitive athletics
- C. The school district makes available a student accident insurance plan through an authorized agent which offers coverage for injury resulting from participation in competitive athletics. Information will be made available prior to each sport season and at fall registration.
- D. If the student does not choose to buy the school-offered insurance, parents will be required to sign a waiver, indicating they have their own personal insurance which covers the student, or that they do not carry accident or health insurance on the student and that they are fully responsible for any medical bills related to his/her participation in competitive interscholastic athletics/activities. Forms are available in the office of the Athletic Director. Parents and students are encouraged to retain the benefit schedule of any insurance purchased

9. Initiations

The Cherry Creek Public School District recognizes any form of initiation that occurs on school district property and is not pre-approved by the sponsor and the principal or designee as a violation of School Board Policies “ACC, Intimidation, Harassment and Hazing” and JJAB, Student Organizations (High Schools)”. Appropriate disciplinary consequences will be imposed on any student who is a participant in an initiation activity that has not been pre-approved by the Principal or designee. Such consequences may include, but are not limited to, a suspension of the privilege to participate in athletics/activities program, or suspension from school. For the purposes of this policy, a “participant” in a non-approved initiation activity is considered to be both the student that is imposing his/her will on other students, as well as the student that is being expected to capitulate to the will of others. If a student is asked to participate in a non-approved initiation activity, the student is expected not to participate and is to report the circumstances to an adult in proper authority as soon as possible. It is the student’s responsibility to confirm that an activity has been pre-approved by the sponsor and the principal or designee prior to participating in the activity.

Parent permission to participate in a non-approved initiation activity will not exonerate the student from consequences for their participation. Parents are requested to report any information on initiations to a teacher/coach/sponsor, the activities director, athletic director, or principal.

10. Any appeals for imposed athletic sanctions will be handled in accordance with policy JJI and regulation JJI-R (below).

POLICY JJI

Interscholastic Athletics

Introduction

The interscholastic program exists to encourage participants to achieve their maximum potential and to represent their school. Participants represent not only themselves but the students, faculty, and patrons of their respective schools. Participation in interscholastic athletics is a privilege subject to compliance with the rules, regulations, and standards hereinafter set forth.

The interscholastic athletic program of the Cherry Creek School District shall be considered as an extra-curricular part of the school program and shall provide equal opportunity for both sexes to participate in interscholastic athletics. This program is neither required nor part of the basic instructional program of the district.

In keeping with the above goals, the Board of Education shall seek to fund girls' sports on an equal opportunity basis with boys' sports and shall permit and encourage coeducational teams when the particular sport is determined suitable as a coeducational activity. The Board of Education shall encourage students, faculty, and the community to recognize the value of athletics in relation to the total school program.

Eligibility to participate in interscholastic athletics shall be determined with reference to the Constitution and Bylaws of the Colorado High School Activities Association (CHSAA), and the rules and regulations of the school district.

Disciplinary Procedures and Athletic Sanctions

Students who violate the provisions of this policy and accompanying regulation shall be subject to appropriate disciplinary sanctions as outlined in the accompanying regulation, and in accordance with other school board policies, as applicable. The determination to impose sanctions related to participation in interscholastic athletics and the nature of the sanctions to be imposed shall be made by the principal or his or her designee of the student's school.

Application of Policy

A student is subject to this policy throughout the season of the sport in which he is participating. The season begins on the first day of practice and continues through post-season competition. In addition, sanctions may be imposed for serious and substantial violations occurring at any time during the school year, on or off campus, and where deemed appropriate, while school is not in session.

Miscellaneous

Nothing contained herein shall be deemed to prohibit a coach or sponsor from establishing and enforcing additional rules applicable to the activity, curfew hours, and other matters relating to the functioning of the team or group. It is anticipated that minor violations will be handled directly by the coach involved after conferring with the athletic director and/or the appropriate district administrator.

Nothing in this policy shall limit the authority of the school district to discipline students pursuant to the School Attendance Law of 1967 and relevant school board policy.

Recruitment of athletes from other attendance areas by any district employees or by any other student shall be prohibited. Recruitment shall constitute grounds for disciplinary action for the student and any district employee(s) involved. Parents and community members are also encouraged to refrain from recruiting solely for athletic purposes.

Adoption date: August 16, 2004

CROSS REFS.: JJ, Student Activities (Cocurricular and Extracurricular)
JICDA, Conduct and Discipline Code
JKD-1-E, Grounds for Suspension, Expulsion and Denial of Admission
JICH, Alcohol and Other Drug Use by Students

REGULATION JJI-R

Interscholastic Athletics (Athletic Code)

Eligibility

Eligibility to participate in interscholastic athletics shall be determined with reference to the Constitution and Bylaws of the Colorado High School Activities Association (CHSAA), and the rules and regulations established by the school district.

Interscholastic Athletic Code

Article III of the Constitution and Bylaws of the CHSAA provides in part that:

1. A student shall be deemed eligible to represent a school in an inter-school activity if such student meets the following specific requirements:
 - a. The student is a bona-fide undergraduate member of the student's high school.
 - b. In the judgment of the principal, the student is representative of the school's ideals in matters of conduct, citizenship and sportsmanship.
 - c. During the period of participation, the student must be enrolled in courses which offer, in aggregate, a minimum of 2.5 Carnegie units of credit per semester and must not be failing more than the equivalent of one-half Carnegie unit of credit. Quarter credit courses must be combined at the end of the semester to determine eligibility for the succeeding semester, and will be reviewed on an ongoing basis as established by the district.
 - d. The student must have been eligible in accordance with paragraph "c" above at the close of the last prior semester of attendance. Scholastic eligibility depends upon average grades from the beginning of the semester to the close of the certification day.
 - e. A student who drops out of school after having been enrolled and in attendance 15 days will not be eligible the following semester of attendance. If a pupil attends 15 days or more during the semester, the pupil must complete the required number of credits for the whole of that semester to be eligible the next semester.
 - f. The student shall not be a member of any organization prohibited by law.

The school district has adopted the following additional rules and regulations:

1. Participants at the high school level must pass a physical examination as requested, and the examination must be consented to by the participant's parents/guardians. It is strongly recommended students at the middle school level pass a physical examination before participating in interscholastic athletic activities.
2. Participants at the high school level must maintain school athletic insurance or family insurance coverage in an amount required by the school district and certified to by the participant's parents/guardians. It is strongly recommended students at the middle school level maintain school athletic insurance or family insurance coverage before participating in interscholastic athletic activities.
3. The following activities are expressly prohibited by students participating in interscholastic athletics on or off school district premises:
 - a. Use, possession, sale, distribution or exchange of alcohol, tobacco, marijuana, or other illegal drugs, counterfeit drugs or drug paraphernalia.

- b. Continued willful disobedience or open and persistent defiance of proper authority.
 - c. Willful destruction or defacing of school property.
 - d. Behavior which is detrimental to the welfare, safety or morals of other people or of school personnel.
 - e. Conviction of any criminal offense in the municipal, county or district courts other than minor traffic violations.
4. Participants shall maintain appropriate standards of academic performance and class attendance.
 5. Participants will abide by general school and community principles of good sportsmanship and conduct.

Disciplinary Procedures and Athletic Sanctions

Students determined to be in violation of any of the foregoing shall be subject to appropriate disciplinary sanctions. The determination to impose sanctions related to participation in interscholastic athletics and the nature of the sanctions to be imposed shall be made by the principal or his or her designee.

The following procedures have been established with the intention that the high schools within the Cherry Creek School District will use similar procedures as suggested in the High School Interscholastic Participant Card when dealing with alleged infractions of the Athletic Code. These procedures are designed to allow some building flexibility in applying athletic sanctions, yet ensure that the spirit and the actual rules of interscholastic athletics are enforced. These procedures are adopted under policy JJI, and, in the case of conflict, the rules and regulations defined in this Athletic Code and regulation will apply.

Investigation of Alleged Violation(s)

Any allegation of misconduct relating to the rules in the Interscholastic Athletic Code will be investigated by coaches and athletic and/or administrative personnel immediately or as soon as possible upon receiving a complaint.

Notification

- a. Any student athlete alleged to be involved in misconduct relating to the rules of the Interscholastic Athletic Code will be notified as soon as possible of the allegation of misconduct. Upon receipt of the allegation, or as soon as possible thereafter, an investigation will be conducted by the coach in conjunction with athletic and administrative personnel.
- b. As part of the investigation, the student athlete will be provided an opportunity to present his side of the story. This does not include the right to secure counsel, to confront and cross-examine witnesses, or to call his own witness to verify his version of the incident. If the student denies the charge(s), he will be given an explanation of the evidence the principal or designee has received.
- c. A reasonable effort will be made to contact the parents and give them an opportunity for input.
- d. During the time of the investigation, the athletic director and/or administrator may impose restrictions on the participation of the student athlete in question.
- e. Upon conclusion of the investigation, and prior to the imposition of a disciplinary sanction, it is recommended the principal, or his or her designee, should notify the student and his or her parents/guardians of the outcome of the investigation and the sanctions which will be imposed. The principal or designee may provide an opportunity to the student and his or her parents/guardians to answer questions about the action taken. However, the principal or designee may, where he or she determines it to be appropriate and in the best interests of the school and/or the athletic activity, impose sanctions prior to or without such discussion.

Athletic Sanctions

Sanctions which may be imposed include, but are not limited to, one or more of the following:

1. Referral to the appropriate coach for disciplinary action.

2. Placement on probation for a number of days and/or upon such conditions as may be determined to be appropriate, including consideration of probation guidelines as provided in the High School Interscholastic Participant Card.
3. Suspension from participation in a specific number of athletic events.
Such sanctions may include a minimum of the following:
 - First offense: Suspension to 10% of competitions;
 - Second offense: suspension to 20% of competitions;
 - Third offense and/or continuing offenses: Possible suspension from all interscholastic athletics for one full year from the date of the infraction.
4. Suspension from the athletic team for the remainder of the season.
5. Denial of the opportunity to obtain school awards in the sport in which the student was participating when the violation of rules occurred. (Athletic awards require not only participation, but also completion of the season in good standing.)
6. Suspension from athletic competition for the remainder of the school year and/or extending into succeeding school years.

Disposition

The principal or his or her designee, will make the final decision as to whether a violation has occurred and will determine what sanctions will be imposed. If the final decision is made by the designee, he or she must notify the building principal of the disposition. Upon disposition, the student shall be personally informed of the sanctions. Every reasonable effort will be made to notify the parent in a timely manner, either by telephone, electronic mail, or in person.

An appeal of the principal's or designee's decision regarding the imposition of an athletic sanction may be made to the District Athletic Director, who will review the decision of the principal or designee. The decision of the District Athletic Director will be final.

In the event the student receives an academic suspension or expulsion from school, such suspension will automatically result in suspension from all athletic participation for at least the duration of the suspension or expulsion period.

CROSS REFS.: See the Cherry Creek School District Athletic/Activities Handbook for additional information.

Cherry Creek School District#5 High School Interscholastic Participation Card

ATHLETIC LETTER AWARDS

1. All awards will be in accordance with the requirements set forth by the Centennial League and the Lacrosse Association, and the Field Hockey Association, in addition to the scholastic and training rules as set forth by each respective high school. NOTE: An athlete must complete a sports season in good standing in order to receive an Athletic Letter and/or other awards for that sport.
2. The letter award is purchased and presented by the school.

No award of any kind other than awards by the school, the State Association or a group approved by the school or the Association, and limited in value to \$20.00 per award plus engraving shall be made to participants in any inter-school activity. If unapproved awards are offered and accepted by participants, such participants shall jeopardize their eligibility to represent their school in any inter-school activity, and further, such acceptance shall jeopardize standing of the school in the Association and may result in the suspension of the school.

3. Centennial League regulations regarding letters, jackets and sweaters:
 - A. Stripes on a sweater or bars on the letters are to be the official means of showing numbers of years of participation.
Both stripes and bars are NOT to be used
 1. Sweaters-one stripe of contrasting school color on left sleeve for each year lettered. Letter to have only insignia of sport in which letter was earned.
 2. Jackets-no stripes or chevron's on sleeve. Letter may have Insignia of sport in which letter was earned plus one bar for each year earned.

- B. There shall be no recognition other than the above worn on the letter jacket or sweater (Example: multi-colored stripes, bars, stars, name plates, medals, etc.)
- C. It is possible to win four letter awards in a four-year high school.
- D. Letter or numerals shall not be awarded for junior varsity or sophomore squads.
- E. A letter may be a maximum of six inches, to be worn on jackets or sweaters.
- F. Each manager's letter shall be a six-inch letter with "MGR" printed thereon.

4. **General Centennial League Rules**

- A. A player must be eligible under the rules of the Colorado High School Activities Association and the Centennial League, in addition to the scholastic, citizenship, and training rules as set forth by his/her own school.
- B. A varsity letter may be awarded to seniors who have been regular members of a squad for three years, and who have fulfilled other requirements, providing he/she has not been awarded a letter in that sport before.
- C. A student must be eligible by the Colorado High School Activities Association rules at the time the award is made. Awards should be made at the completion of the respective sport season.
- D. In addition to the above requirements, the player must fulfill specific requirements under each varsity sport as listed:

1. **Football**

- a) Play in one-third (1/3) of the total quarters of all games scheduled, or
- b) Play in a state play-off game, from state quarter finals on.

2. **Basketball**

- a) Play in one-third (1/3) of the total quarters of all games scheduled, or
- b) Play in a state tournament game. (This includes league tournament for state qualifying.
- c) Play in game beyond sub-district level.

3. **Wrestling**

- a) Earn an average of at least one point for each regularly scheduled meet during the season, or
- b) Wrestle in two-thirds (2/3) of the varsity dates scheduled, or
- c) Wrestle in the state meet.

4. **Track**

- a) Earn an average of at least one point for each regularly scheduled meet during the season, or
- b) Score in a major meet (Aurora Relays, Liberty Bell, CU Relays, Conference, State, Pueblo invitational, or any other meet where six or more schools are competing).
- c) Participate in the state meet

5. **Baseball**

- a) Play in 33% of the innings of games scheduled, or
- b) Play in a state play-off game
- c) Pitchers are to pitch in 23% of the innings of all scheduled games.
- d) Play in game beyond sub-district level

6. **Golf**

- a) Play in at least two-thirds (2/3) of the varsity meets scheduled, or
- b) Participate in the state tournament

7. **Tennis**

- a) Play in at least two-thirds of the varsity meets scheduled, or
- b) Participate in the state tournament.

8. Gymnastics

- a) Participate in two-thirds (2/3) of the scheduled varsity meets, or
- b) Participate in the state tournament.

9. Swimming

- a) Earn an average of at least three points for each regularly scheduled varsity meet during the season, or
- b) Individually score in a major meet where six or more schools are competing, or
- c) Be a member of the relay team which places in the top four, where six or more schools are competing, or
- d) Participate in 65% of the varsity meets scheduled, swim a state qualifying time or
- e) Participate in the state meet.

10. Cross Country

- a) Participate in 58% of the scheduled meets, or
- b) Place individually in the top ten in any major meet where six or more schools are competing, conference meet or state meet, or
- c) As a team member, place in the top four of any major conference or state meet.
- d) As a "B" or "C" runner, run a time that would have placed in the top 50% of the varsity competition that day. This meet would then count as participation in a varsity race for lettering purposes.

11. Soccer

- a) Participate in 50% of the total quarters played during the regular varsity season, or
- b) Participate in a state play-off game.
- c) Play in game beyond sub-district level.

12. Softball

- a) Play in 33% of the innings of games scheduled, or
- b) Play in a state play-off game.
- c) Pitchers are to pitch in 23% of the innings of all scheduled games.
- d) Play in game beyond sub-district level.

13. Lacrosse

- a) Must play in one-half (1/2) of total periods of all league and non-league games.

14. Field Hockey

- a) Must play in one-half (1/2) of total periods of all league and non-league games.

15. Volleyball

- a) Must play in two-thirds (2/3) of the matches scheduled for one season.
- b) Play in game beyond sub-district level.

16. Managers

- a) Managers will letter upon recommendation of the coach. First year or assistant managers should serve one year of apprenticeship before the letter is awarded. The head coach may recommend a letter for outstanding service the first year.

17. Cheerleading/Pom

- a) Participated in 80% of the assigned varsity games for the season.
- b) Completed all assigned booster activities.
- c) Completed in half of the team's scheduled competitions, or.
- d) Completed in the State Spirit Championships

18. Other

- a) A letter may also be awarded to an athlete at the discretion of the coach, athletic director, and school administration.

CHERRY CREEK SCHOOL DISTRICT GENERAL ACTIVITY PROCEDURES

Each high school will have numerous activities encouraging student participation throughout the school year, information of which is available in the school Activity Office at any time.

Certain activities do fall under the Colorado High School Activities Association constitution and Bylaws the same as our athletic programs.

The General Eligibility Rules listed on page 8 of this handbook apply to the following:

- a. Vocal Music
- b. Marching Bands
- c. All-State symphony Orchestra
- d. All-State Choirs
- e. Honor Band
- f. Speech/Debate

CHERRY CREEK SCHOOL DISTRICT ACTIVITIES CODE OF CONDUCT

The Cherry Creek School District views Students Activities as an extension of the classroom and educational experience. Students are encouraged to participate actively in various clubs, organizations, and activities. Cherry Creek School District students have a long tradition of excellence, integrity, and respect within their schools and in their communities. It is assumed and expected that all students will be a positive representative of their school and the Cherry Creek School District.

Any Cherry Creek School District student involved in a school sponsored activity and/or representing his/her school off school grounds, which includes all volunteer and travel activities, is expected to follow all team/club/performing group, school, and district policies. Any actions that jeopardize the safety and/or integrity of a performing group/team/club member or of the performing group/team/club would be grounds for dismissal from the competition/activity/event, and may warrant additional disciplinary action consistent with district policy.

A student shall be eligible to represent the Cherry Creek School District in Activity Events if such student meets the following specific requirements:

- I. The student is currently enrolled in a Cherry Creek School District No. 5 high school.
- II. The student has demonstrated appropriate behavior in accordance with district conduct and discipline code policies, and evidence qualities of good sportsmanship, such as respect towards others, willingness to be a team player, and civility in interactions with others.
- III. The following activities are expressly prohibited by students participating in activities on or off school district property:
 - A. Use, possession, sale, distribution or exchange of alcohol, tobacco, marijuana, or other illegal drugs, counterfeit drugs, or drug paraphernalia.
 - B. Continued willful disobedience or open and persistent defiance of proper authority.
 - C. Willful destruction or defacing of school and/or private property.
 - D. Behavior which is detrimental to the welfare, safety or morals of other people or of school personnel.
 - E. Conviction of any criminal offense in the municipal, county or district courts other than minor traffic violations.

Survey of Students

- (a) A majority said that participating in school activities is a very important part of their high school education
- (b) 63 percent said that activities contribute greatly to school spirit.
- (c) 65 percent said that activities helped to make high school much more enjoyable

Q: What evidence is there that students who are involved in activities make higher grades and have better attendance?

A: Many studies have documented the link between participation in activities and higher grades/better attendance. Here are the findings of five groups:

- Higher grades and better attendance are evident in students who participate in activities, according to a study by the Minnesota State High School League. The survey, involving more than 300 schools in the state, showed that the average student had a grade-point average of 2.68 (on a 4.0 scale) The grade-point average of student athletes was 2.84, while fine-arts students (those active in speech, drama, music and debate) averaged 2.98. The average student was absent 8.76 days a year. Athletes were absent an average of 7.44 days. Fine arts participants were absent only 6.94 days a year.
- Being active in sports can help grades, according to a study by the Iowa High School Athletic Association. Results showed that on a 4.0 grade scale, students who do not participate in sports average 2.39. Those who are active in one sport average 2.61, and those active in two sports average 2.82.
- In Kansas, statistics compiled by the Kansas State High School Activities Association in 1982-83 confirmed the same findings: Students busy in activities programs get better grades and are absent fewer days.
- A survey by the North Dakota High School Activities Association of 30 schools with varying enrollments revealed that the grade-point average for students in activities was 3.32 (on 4.0 scale) while non-participants averaged 2.48 Further, participants missed an average of 4.9 days of school of which .7 was for activities while students generally missed about 10.8 per year. Finally, all responding schools reported that there was not one dropout who had participated in activities programs
- Students participating in a number of activities not only achieve better academically but also express greater satisfaction with the total high school experience than students who do not participate, according to a survey conducted for the National Federation by Indiana University. The grade-point average for “high activity” students was 3.05 on a 4.00 scale, compared to a grade-point average of 2.54 for “low activity” students. Researchers defined high activity as involvement in four or more activities, while low activity students were involved in one activity or none.

Q: Do any studies indicate that student participation in activities helps in other areas?

A: Yes, activities help both in students’ attitudes toward self and school and in drop-out rates and discipline.

- Besides higher grades, participation in activities helps students have a better attitude, according to a study conducted at the request of the Utah State Board of Education. In the study, students, parents, teachers and administrators agreed that being part of such activities serves not only as an incentive to do well in academic work, but it relieves tension and increases self-confidence.
- In New York City, an increase of \$2 million was given by the Board of Education for interscholastic activities for the 1985-86 school year. Jack Kriegsman, supervisor of the New York City Public Schools Athletic League, said the increase was a result of “realizing the values of extracurricular activities in lowering the ‘drop-out’ rate and the discovery of the impact of athletics on the school-wide substance-abuse problem.”
- A report by the Kansas State High School Activities Association revealed that out of 7,098 students who dropped out of school during a one-year period, only about six percent were involved in activities programs. Stated another way, 94 percent of high school dropouts in Kansas were not enrolled in activities programs, indicating the “holding power” of activities in keeping students in school
- Similar results were obtained in an independent study by the National Federation of 14 school districts in seven regions of the nation. Again, the survey found that 96 percent of the dropouts in high schools surveyed were not participating in activities programs. Twenty-nine percent of the schools surveyed reported that none of their dropouts were involved in such programs.

Q: Do any findings indicate that being in high school activities is helpful after high school?

A: Yes, three important surveys have supported this:

- The American College Testing Service compared the value of four factors in predicting success after high school “Success” was defined as self-satisfaction and participation in a variety of community activities two years after college The one yardstick

that could be used to predict later success in life was achievement in school activities. Not useful as predictors were high grades in high school, high grades in college, or high ACT scores.

- The College Entrance Examination Board's Scholastic Aptitude Test was examined in much the same way. It was found that having a high SAT score did not necessarily indicate success in a chosen career. The best predictor of later success, the study showed, was a person's independent, self-sustained ventures. Teens who were active in school activities, or had hobbies or jobs, were found to be most likely to succeed at their chosen profession and make creative contributions to their community.

- A four-year study was made by the Educational Testing Service and the College Board.

Beginning in 1979, 4,814 college freshmen were studied, 3,676 of whom graduated in 1984. The study concluded that participation in activities is a much better indicator of overall college performance than other yardsticks, such as pre-admission interviews and the educational level of a student's parents. Based on the study's findings, one admissions dean at Colgate University said secondary school counselors "clearly can advise students as early as possible in the eighth, ninth or tenth grades to stick with an activity to develop a skill."

Q: What kinds of "lessons" are taught when a student participates in high school activities?

A: They are varied, and they are valuable:

- A recent article in the Colorado Springs (CO) Gazette quoted Juvenile Judge Matt Railey: "My clear impression is that juveniles or adults who were in organized athletics at the high school level ... you just don't see many of them in the courtroom."

"In athletics the kids are subjected to discipline, as opposed to the child who is not in athletics. The experience of learning to work together, the discipline and the learning how to sit on the bench, helps to keep the kids out of trouble."

As a presiding judge in El Paso County, Railey saw more than 6,000 youths in his courtroom. "No more than two or three percent had some involvement in athletics," he said. "There has to be some sort of correlation there."

- An editorial in the Aberdeen (South Dakota) American News summarized the thoughts of John P. Kotter of the Harvard Business School. The editorial said in Kotter's opinion classwork "emphasizes the individual rather than the group; school rarely requires students to lead or direct others, and it enforces the message that a promotion is due every year."

But in the real world, the editorial continued, "getting others to cooperate, leading others, coping with complex power and influence and people problems are at the heart of a lot of jobs, especially the well-paying jobs."

There is a place where students can learn these abilities, and the editorial said that place is participation in activities programs.

The National Federation of State High School Associations is a non-profit organization that serves as the national voice of high school activities.

Headquartered in Kansas City, Missouri, the National Federation encompasses 50 individual state high school athletic or activities associations, plus the District of Columbia. Also affiliated are scholastic organizations from 10 Canadian provinces and from the Republic of the Philippines, Okinawa, Guam and the Virgin Islands,

The National Federation represents 12 million students in 20,000 high schools and serves coaches, sponsors, officials and judges in activities programs encompassing sports, speech, drama, music and debate.

NCAA ELIGIBILITY CENTER

Questions about the certification of amateur status.

Who will be certified?

Every prospective student-athlete, both domestic and international, who is attending a NCAA Division I or II institution for the first time, must be certified by the Eligibility Center. This includes prospective student-athletes who are transferring from any two-or-four-year institutions (including international institutions) that are not members of NCAA Division I or II. Thus, if an individual wants to participate in athletics at a NCAA Division I or II institution, the prospective student-athlete must register with the Eligibility Center and submit the appropriate documentation to receive a certification decision.

FOR MORE INFORMATION CHECKOUT THE NCAA WEBSITE AT www.ncaa.org or NCAA Eligibility Center (877) 622-2321

Keep Athletics in Perspective

There are nearly 1 million high school football players and about 500,000 basketball players. Of that number, about 250 make it to the NFL and about 50 make an NBA team.

Less than 3 percent of college seniors will play one year in professional basketball.

The odds of a high school football player making it to the pros at all – let alone having a career – are about 6,000 to 1; the odds for a high school basketball player – 10,000 to 1.

Steroids and High School Students: A Dangerous Lesson

Stunted growth, cancer, even death—what a terrible fate may await teenagers using anabolic steroids. They are virtually risking their lives for a few moments of glory or a “macho” image.

Unfortunately, most young people don’t stop to consider the consequences. And it doesn’t help matters when these kids hear about professional athletes also using steroids.

Just how far athletes will go to win is illustrated in a recent study. Researchers asked 198 world-class athletes this question: “Would you take a pill that would guarantee you a gold medal if you knew the pill would kill you in five years?” Hard as it is to believe, 103 answered yes.

Anabolic Steroids

Anabolic steroids are synthetic compounds related to testosterone, the male hormone. When teenagers use them, they think they will beef-up their bodies and improve their appearance.

“These steroids were first thought to increase strength, but this is where the controversy comes in,” says Dr. David Winter, attending physician at Baylor University Medical Center and clinical instructor at the University of Texas Health Science Center in Dallas. “It’s clear that anabolic steroids increase the size of muscles because they cause water retention. But do they increase strength? Studies suggest that any increase in strength is due to a placebo effect.”

Steroids do increase the risk of health problems. The hazards of using anabolic steroids are so serious that their developer has deeply regretted his discovery.

Because of the risks anabolic steroids pose, many states have made it a felony offense for doctors to prescribe them to increase muscular strength. Therefore, students get them illegally.

Side Effects

In kids, steroids are especially hazardous, because they stop the natural growth of bones, causing permanent stunted growth. In all persons, steroid use can lead to cancer, liver problems and heart disease.

Anabolic steroids have also been linked to muscle rupture and weakened tendons. Still other side effects include acne, severe mood swings, aggressive behavior and violent rages. What’s more, men may experience shrinkage of the testicles and impotence. And women take on masculine traits that don't always disappear when the drug use is stopped.

Here’s what is particularly scary: Permanent damage from anabolic steroid use accumulates in the body and may only show up later.

“No use of anabolic steroids to increase muscular performance is justified in view of the terrible side effects that can occur,” Dr. Winter says.

Warning Signs

What can tip-off parents to steroid use in their teens? A sudden, unexpected growth spurt, mood swings, increased acne and increased growth of body and facial hair can indicate steroid use. Painful swelling of the breasts in men is also a fairly reliable sign.

What You Can Do

- * Educate your kids about the health dangers of steroids.
- * Remind them that the drug is illegal and addictive.
- * Learn the warning signs of use.
- * Promote educational programs in the schools.
- * Help your teen achieve his or her physical goals without drug use.
- * Appeal to your athlete's sense of fair play, imparting that the only fair competition is one in which the athletes depend on their own talents.

