Athletic Handbook

Ganado Unified School District

Introduction

Welcome to our Ganado High School Athletic Handbook—this guide is designed to foster a positive and thriving athletic community. This handbook outlines the principles, expectations, and values that define our sports programs. By understanding and embracing these guidelines, students and parents contribute to an environment where teamwork, respect, and personal growth flourish. Together, let's make every season a memorable journey of achievement, sportsmanship, and shared success.

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1. **Mission Statement.** Our mission is to cultivate a culture of excellence within our high school athletic community. We are committed to empowering student-athletes with the values of sportsmanship, teamwork, and dedication. Through these principles, we aim to foster personal growth, instill a sense of pride, and create lasting memories.

2. **Vision Statement.** Our vision is to be a beacon of inspiration within high school athletics, where every student-athlete discovers their potential, embraces challenges, and achieves both personal and team success. We aspire to build a legacy of sportsmanship, resilience, and camaraderie, shaping individuals who excel not only in competition but in life's endeavors.

3. **Sports offered.** While every program has a varsity level, the availability of other levels depends on the number of participants during the season. The number of participants include any student support personnel (ie. Managers, statistician, videographers, etc.). Our sports offerings include the following:

Sport	"C" Team (Fr/So)	Junior Varsity Team	Varsity Team
Baseball, Boys.	None.	1 coach. 22 participants.	1 coach. 23 participants.
Basketball, Boys.	1 coach. 12 participants.	1 coach. 12 participants.	1 coach. 13 participants.
Basketball, Girls	1 coach. 12 participants.	1 coach. 12 participants.	1 coach. 13 participants.
Cheer, Girls	None.	None.	1 coach. 8 participants.
Cross Country, Boys	None.	1 coach. 15 participants.	1 coach. 16 participants.
Cross Country, Girls	None.	1 coach. 15 participants.	1 coach. 16 participants.
E-sports, Combined.	None.	None.	2 coaches. 32 participants.
Football, Boys.	None.	2 coaches. 27 participants.	2 coaches. 28 participants.
Softball, Girls.	None.	1 coach 22 participants.	1 coach 23 participants.
Volleyball, Girls.	1 coach. 15 participants.	1 coach 15 participants.	1 coach 16 participants.
Wrestling, Boys.	None.	None.	1 coach. 20 participants.
Wrestling, Girls.	None.	None.	1 coach. 20 participants.

   3.1. **Title IX compliance:** We provide non-traditional participation opportunities for female student-athletes in football and male student-athletes in cheer.

4. **Governing Association Membership.** Our athletic programs operate in accordance with the guidelines and regulations set forth by the governing association at the middle school and high school level. Membership in these associations ensures fair competition, adherence to standardized rules, and a commitment to maintaining the integrity of school athletics. All participants are expected to respect and follow these governing principles. This commitment ensures a consistent and fair playing field, promoting sportsmanship, safety, and a positive experience for all student-athletes participating in our athletic programs.

   4.1. **National Federation of High Schools.** Our high school sports programs adhere to the regulations and standards established by the National Federation of High Schools (NFHS). *Go to the NFHS website for more information.* *https://www.nfhs.com*

4.2. Arizona Interscholastic Association. Our high school extracurricular programs are affiliated with the Arizona Interscholastic Association (AIA), serving as our governing body. We adhere to the rules and regulations outlined by the AIA to ensure fair competition, sportsmanship, and the overall well-being of our student-athletes. *Go to the AIA website to view the Constitution and Bylaws. https://aiaonline.org/about/constitution-bylaws*

4.3. Northern Arizona Interscholastic Association. In middle school sports, we adhere to the guidelines and regulations set by the Northern Arizona Interscholastic Association (NAIA). *Go to the NAIC website to view the Constitution and Bylaws. https://www.naic.online/blank-2*

5. Participation Requirements. Participation in our high school athletic programs is contingent upon fulfilling the following requirements: maintaining academic eligibility, undergoing a current physical examination, securing parental consent, agreeing to the code of conduct, attending mandatory meetings, submitting required forms, completing fee payments, adhering to team rules, responsibly handling uniforms and equipment, and engaging in concussion education. These requirements aim to ensure the safety, well-being, and positive experience of every student-athlete in our programs. *See AIA Article 15: Student Eligibility Rules*.

5.1. Opioid Education. Completion of the "Opioid Education" course on https://academy.azpreps365.com is mandatory for all student-athletes prior to participation in practice or competition. This course provides crucial information about the risks and proper use of opioids, promoting awareness and responsible decision-making regarding pain management. This one-time course is for all high school students. *See AIA Article 43.2 Opioid Education*.

5.1.1. Middle School Student. A middle school student may start this course the day after the student-athlete has been promoted to high school. The student-athlete may provide a printed certificate or the registered email address to the athletic office for verification.

5.2. Concussion Education. Completion of the "Brainbook" concussion education course on https://academy.azpreps365.com is mandatory for all student-athletes prior to participation in practice or competition. This course is essential for raising awareness about the signs, symptoms, and risks associated with concussions in sports. This one-time course is for all high school students. *See AIA Article 43.3 Concussion Education*.

5.2.1. Middle School Student. A middle school student may start this course the day after the student-athlete has been promoted to high school. The student-athlete may provide a printed certificate or the registered email address to the athletic office for verification.

5.3. Athletic Packet Requirement. An athletic packet, containing all necessary forms, must be completed by both parents and student-athletes before the start of the season. This comprehensive collection of forms ensures that all essential information, consents, and acknowledgments are provided, streamlining the administrative process, and fostering a smooth and organized beginning to the sports season. The packet will contain the following forms:

5.3.1. Annual Preparticipation Physical Evaluation. *See Form 15.7-A*.

5.3.2. Annual Preparticipation Physical Examination. *See Form 15.7-B*.

5.3.3. Annual Preparticipation Acknowledgement. *See Form 15.7-C*.

5.3.4. Annual Preparticipation Consent to Treat Form. *See Form 15.7-D*.

5.4. Physical Examination. All student-athletes must undergo a physical examination conducted by qualified medical personnel. The AIA Physical Examination Form must be completed during this examination. This ensures that student-athletes are in optimal health for participation in our athletic programs, prioritizing their well-being and safety. Student-athletes can undergo their physical exam on or after March 1st, and it will be valid for the upcoming school year. *See AIA Article 15.7 Physical Examination Rule*.

5.4.1. Summer Seasons. The student-athlete's current physical examination remains valid until June 30th each year. If a student-athlete intends to continue training during the summer, a new exam for the upcoming school year must be on file on or before July 1st.

5.5. Photo Release and Social Media Consent. By participating in our athletic program, student-athletes acknowledge and consent to the understanding that their social media activity may be observed. It is expected that student-

athletes will conduct themselves responsibly online, aligning with the values and standards of the team, school, and the broader community. This mutual understanding fosters a positive and respectful digital representation of our student-athletes.

5.6. Photography and Video Release. By participating in our athletic program, student-athletes and their parent(s) or legal guardian(s) acknowledge and consent to the Ganado Unified School District and its designees to capture the student-athlete's likeness by means of photograph, audio recording, and/or video recording. An executed copy of a Parent or Legal Guardian's Photo/Video release must be received and on file with Ganado Unified School District prior to participation in practice or competition.

5.6.1. The parent/legal guardians do hereby give their consent to the Ganado Unified School District and its designees to photograph, audio record, and/or video record my child. The parent/legal guardians understand that any such photographs, audio recordings, and/or video recordings become the property of the Ganado Unified School District.

5.6.2. The parent/legal guardians understand that the district may use and/or reproduce the photographs, likeness or the voice of my child for any internal or external educational, instructional, or promotional activities determined by the district in broadcast and electronic media formats now existing or in the future created. The parent/legal guardians further understand that external educational, instructional, or promotional activities may include the release of the photographs, audio recordings, and/or video recordings to newspapers, radio and television stations.

5.6.3. The parent/legal guardians also agree to allow the child's work and/or photograph to be published on the Ganado Unified School District internet, intranet and/or publications.

5.6.4. The parent/legal guardians further understand that by signing this release, the parent/legal guardians waive all present or future compensation rights to the use of the above stated material(s).

5.6.5. By signing below, the parent/legal guardian release the Ganado Unified School District, its Board of Trustees, agents, employees, or other representatives from any liabilities, known or unknown, arising out of the use of this material. The parent/legal guardians have read the Photography and Video Release and fully understand the terms and conditions outlined. The parent/legal guardians certify that they have full legal capacity to sign this Photography and Video Release Form on behalf of myself and my child.

5.6.6. Individuals from the public may capture photographs and video recordings during games and events. The open nature of these occasions makes it challenging for the district, school, team, and coaches to control these recordings effectively. To the extent possible according to applicable law, the parent/legal guardians agree to indemnify and hold Ganado Unified School District harmless for the capture and publication of a student-athlete's likeness by any individual not specifically designated by Ganado Unified School District.

5.7. Participation Fee. All student-athletes are required to pay a $20 participation fee per sport which will be utilized to purchase supplemental equipment or clothing for their respective sport. Additionally, this fee provides an opportunity for state taxpayers to contribute up to $500 directly to the Arizona Public School Tax Credit Program. This system enhances the financial support for the athletic program.

6. Academic Requirements. Academic excellence is a cornerstone of our athletic program. To participate, students must maintain a minimum GPA, emphasizing the integral balance between sports and studies. We believe that academic success not only strengthens the individual but contributes to the overall success and reputation of our athletic program. Our goal is to set a minimum grade of 75% or better by the 2028-29 School Year.

6.1. Academic Impact Notation. All potential student-athletes should prioritize maintaining grades even during non-participation in sports, as their semester average will be influenced by quarter grades. This note underscores the direct connection between academic performance and overall eligibility, emphasizing the lasting impact of consistent efforts throughout the academic year.

6.2. Academic Standard. To ensure the holistic development of our student-athletes, a minimum academic standard is set. Student-Athletes must maintain a grade of 71% or better in all classes to be eligible for participation in our athletic programs. The student-athlete's Quarter 1, Semester 1, Quarter 3, and Semester 2 grades will be used for

this purpose. This policy emphasizes the importance of academic commitment and reinforces the correlation between scholastic achievement and athletic success.

6.2.1. Grade Check Schedule. Grade checks will occur every Thursday between 1:00-3:00 PM. This structured timeline ensures consistent monitoring and accountability throughout the season, helping us promptly notify coaches and the student-athletes, ensuring timely awareness of their academic performance.

6.2.1.1. Season's Start of Grade Checks. Grade Checks for each season will be on the Thursday of the week of the start of competition for the sport.

6.2.1.2. Season's Final Grade Check. The final grade check, conducted on the Thursday of the week of the last regular season scheduled game/meet. The result of this grade check will determine eligibility for the entire postseason period.

6.2.2. Fall Sports. Cheer, Cross Country, e-Sports, Football, and Volleyball.

6.2.2.1. The last grade check for Quarter 1 will take place on the Thursday before Fall Break. The student-athlete's Quarter 1 grade will be utilized to determine eligibility.

6.2.2.2. Commencing on the 2nd Thursday after returning from Fall Break, the grade checks for Quarter 2 will utilize the student-athletes' Semester 1 grade.

6.2.3. Winter Sports. Basketball, Cheer, e-Sports, and Wrestling.

6.2.3.1. A grade check will not be conducted on Thanksgiving day. All participants are eligible the week following the thanksgiving break (Monday thru Saturday).

6.2.3.2. The last grade check for Quarter 2 will take place on the Thursday before Winter Break. The student-athletes Semester 1 grade will be utilized to determine eligibility.

6.2.3.3. Commencing on the 2nd Thursday after returning from Winter Break, the grade check for Quarter 3 will utilize the student-athlete's Quarter 3 grade.

6.2.4. Spring Sports. Baseball, e-Sports, Softball, and Track.

6.2.4.1. The last grade check for Quarter 3 will take place on the Thursday before Spring Break. The student-athlete's Quarter 3 grade will be utilized to determine eligibility.

6.2.4.2. Commencing on the 2nd Thursday after returning from Spring Break, the grade check for Quarter 4 will utilize the student-athlete's Semester 2 grade.

6.3. Academic Probation. If a student-athlete's grade does not meet the "Academic Standard," the student-athlete will be placed on Academic Probation.

6.3.1. Academic Probation Period. As noted, the grade checks will be performed on Thursday. The probation period will start on the following Monday and extend through Saturday (6-day period).

6.3.1.1. No Waivers. No waivers will be granted to regain eligibility during the academic probation period. We strongly advise all student-athletes to excel in their classes, staying diligent with homework and assignments. This proactive approach ensures sustained eligibility and emphasizes the importance of academic success within our sports program.

6.3.1.2. Regained Eligibility Reset. If a student-athlete regains eligibility at the following grade check, he/she will start back at zero. This reset emphasizes the need for continuous academic commitment and serves as a fair approach, providing student-athletes with a fresh opportunity to maintain consistent academic standards within the sports program.

6.3.2. 1st Grade Check. The student-athlete will be prohibited from traveling or playing in any game during the probation period. This temporary restriction serves as a consequence during the probationary period, emphasizing the importance of upholding academic standards for continued eligibility and team participation. The student-athlete is still expected to attend all team practices and meetings.

6.3.3. 2nd Consecutive Grade Check. If a student-athlete is on grade check for the second consecutive week, he/she is not permitted to practice or play in a game during the on the probation period. This policy underscores the significance of consistent academic performance and reinforces the link between scholastic responsibilities and active participation in team activities.

6.3.4. 3rd Consecutive Grade Check. If a student-athlete is on grade check for the third consecutive week, he/she will be dismissed from the team. There is no Regained Eligibility Reset. This strict policy underscores the importance of sustained academic commitment and ensures that athletes understand the serious consequences of prolonged academic challenges within the context of team participation.

7. **Student Transfers.** In the event of a student-athlete transferring to Ganado High School, specific requirements must be fulfilled before the student-athlete is eligible to practice or play. These requirements include submitting all necessary transfer paperwork, meeting academic eligibility criteria, and adhering to any additional guidelines set by the athletic department. This ensures a smooth integration into our athletic community while maintaining compliance with relevant regulations. *See AIA Article 15.10 Transfer Rule*.

   7.1. In-season Sport Transfer Request. If an existing Ganado High School student-athlete wishes to transfer to a different sport after the season has started, the transferring coach, receiving coach, and athletic director must agree before the transfer is approved. There can only be one request per school year.

8. **Home School student-athlete Eligibility.** Homeschooled children within a public school's attendance area can participate in interscholastic activities, subject to the same policies as enrolled students. The primary instructor must verify passing grades and satisfactory progress. Formerly enrolled homeschooled children are ineligible for activities during the school year of enrollment change. School districts cannot contract with entities restricting homeschooled children from participating in interscholastic activities at public, private, or charter schools, ensuring equitable opportunities for all. *See AIA Article 15.3.1.1 Enrollment Rule*.

9. **Online School student-athlete Eligibility.** Students from online charter schools, residing within the school's attendance zone, can participate in interscholastic activities upon annual approval by the school board before the school year begins. The board's decision remains in effect for the year. If permitted, extra fees may apply. Online charter students must meet eligibility criteria, submitting written verification of passing grades and academic progress in line with member school policies. These measures establish an organized process for online charter school involvement in interscholastic activities. *See AIA Article 15.3.1.2 Enrollment Rule*.

10. **Attendance Requirements.** Regular attendance at all practices, games, and team events is fundamental to a successful athletic experience. Student-Athletes are expected to be punctual and notify coaches in advance of any absences. Consistent attendance fosters teamwork, skill development, and a strong sense of commitment to both individual and team goals.

    10.1. Punctuality. Being on time is crucial for the success of our athletic events. Student-Athletes are expected to arrive promptly at all practices, games, and team events. Punctuality demonstrates commitment, respect for teammates, and ensures smooth and effective team operations.

    10.2. Excused Absences. Excused absences from athletic events include documented cases of illness or injury, family emergencies, school-related commitments, and any absence pre-approved by coaches. Student-Athletes must communicate in advance, providing necessary documentation when applicable, to ensure transparency and understanding of the excused absence.

    10.2.1. Medical Appointment. Medical appointments conducted after 12:00 PM are considered excused absences from practices or events. Student-Athletes are required to inform coaches in advance, providing documentation of the appointment as necessary. This policy acknowledges the importance of health and accommodates medical needs while promoting responsible communication with the coaching staff.

    10.2.2. Bereavement. In the unfortunate event of a death in the immediate family, student-athletes are granted excused absences from athletic events. Coaches should be notified as soon as possible, and the student-athlete may take the necessary time for grieving and family support. Compassion and understanding will be extended during this challenging time.

10.2.3. Traditional Ceremony. If a student-athlete is the patient in a Native American traditional ceremony, their absence from practice is excused. However, if the student-athlete is primarily attending the ceremony to provide support, they are expected to attend practice. This policy aims to honor cultural practices while maintaining a balance with athletic commitments.

10.2.3.1. Guidance. We respectfully request that parents refrain from taking advantage of the traditional ceremony policy. This policy is intended to accommodate genuine ceremonial commitments. We appreciate your understanding and cooperation in ensuring that the policy is utilized for its intended purpose, promoting fairness and consideration for all student-athletes.

10.2.4. COVID Isolation and Quarantine. In cases of COVID-related isolation or quarantine, student-athletes must adhere to health guidelines provided by relevant authorities. Coaches should be informed immediately, and the student-athlete will be excused from practices or games during the designated period. This policy prioritizes the health and safety of the student-athlete, teammates, and the broader athletic community.

10.2.5. School-Sanctioned Trips. Participation in school-sanctioned class trips is considered an excused absence for student-athletes. This policy recognizes the educational value of such trips and ensures that student-athletes can engage in enriching experiences without it affecting their attendance record for team activities.

10.3. Unexcused Absences. Unexcused absences include any reasons not explicitly listed under "Excused absences," such as illness, family emergencies, or pre-approved absences. Student-Athletes are reminded that adherence to the specified excused absence criteria is essential. Failure to meet these criteria will result in absences being deemed unexcused, potentially affecting eligibility and team participation.

10.4. Free Pass. Student-Athletes will be granted one free pass per sport, allowing for an unexcused absence without any repercussions. This pass cannot be used the day before or the day of a game. This policy aims to provide flexibility for unforeseen circumstances while ensuring fair use and maintaining the integrity of team commitments. Use this pass wisely.

10.5. Practices and Games During Breaks. Events such as practices and games are scheduled during breaks and non-school days. Student-athlete attendance will be monitored and assessed according to the established attendance policy. This ensures that student-athletes remain committed to their training and team responsibilities even during school breaks, fostering consistency and dedication within our athletic programs.

11. Commitment to the team. As coaches dedicate their time to the team, we request all student-athletes to assess their schedules and make a sincere commitment to the team. Consistent attendance, active participation, and dedication to practices and games contribute to the collective success and positive team environment.

11.1. Emphasis on Self-Discipline. In athletics, self-discipline is paramount. Student-Athletes are encouraged to stay focused, demonstrating a commitment to personal growth and team success. Your dedication and self-discipline contribute significantly to the overall achievements of the team and foster a culture of excellence both on and off the field.

11.2. Time Management. Developing strong time management skills is a valuable tool that extends beyond the athletic field. Student-Athletes are encouraged to hone this skill, as it not only contributes to success in their current commitments but also serves as a foundation for effective time management in future endeavors, including college life.

11.2.1. After-school activities. Participating in after-school activities is enjoyable, and we encourage your involvement. However, success as a team requires sacrifices. Finding the right balance between enjoyment and commitment is crucial. Your dedication and willingness to make sacrifices contribute to the overall success and camaraderie of our team.

11.2.2. Time Planning and Prioritization. Critical to success is planning your time effectively and prioritizing what matters most to you. Student-Athletes who master this skill not only excel in their sports but also develop a foundation for success in various aspects of life. Make thoughtful choices to align your commitments with your goals.

11.2.3. Organizational Skills. Strong organizational skills are instrumental in managing homework, classwork, and team commitments effectively. Student-Athletes are encouraged to cultivate these skills, creating a foundation for academic success and seamless participation in team activities. Organizational prowess contributes to a balanced and successful student-athlete experience.

11.2.4. Balancing Commitments. Avoid overcommitting—there's limited time in a day. While we encourage participation in clubs and activities, be mindful not to overwhelm yourself. Strike a balance to ensure you can fully engage and enjoy each experience, maintaining your well-being and maximizing your contributions to the activities you choose.

11.2.5. Study Techniques. Discovering and cultivating effective study techniques is essential for staying on top of your studies. Student-Athletes are encouraged to explore various methods, find what works best for them, and consistently apply these techniques. This commitment to academic excellence complements your achievements in athletics, fostering a well-rounded and successful student-athlete experience.

12. Roles and Expectations. In our athletic community, we emphasize that every team member plays a vital role, and each carries distinct responsibilities essential to the team's success. From players to coaches, captains, and managers, each member contributes uniquely, fostering a collective commitment to excellence, unity, and shared achievement.

12.1. Varsity Coach. The varsity coach is a mentor, strategist, and leader dedicated to the holistic development and success of the student-athletes both on and off the field. The varsity coach plays a pivotal role in fostering team success. Responsibilities include:

12.1.1. Leadership. Provide guidance, motivation, and strategic direction to the team. Be at all practices, games, and team events for the Varsity, Junior Varsity, and Freshmen/Sophomore teams.

12.1.2. Skill Development. Enhance individual and team skills through effective coaching techniques.

12.1.3. Game Strategy. Develop and implement tactical strategies for competitions.

12.1.4. Player Development. Foster the growth and potential of each student-athlete on the team.

12.1.5. Communication. Maintain open and clear communication with student-athletes, parents, and school officials.

12.1.6. Discipline and Accountability. Uphold team standards, addressing discipline and accountability issues as necessary.

12.1.7. Safety and Well-being. Prioritize the safety and well-being of student-athletes during practices and games. Ensure a member of the coaching staff is supervising the student-athletes at all practices, games, and team events.

12.1.8. Game Planning. Prepare the team with thorough game plans and effective preparation strategies.

12.1.9. Team Culture. Cultivate a positive and cohesive team culture, emphasizing sportsmanship and teamwork.

12.1.10. Adaptability. Adjust coaching methods to suit the needs and dynamics of the team.

12.1.11. Banquet Coordinator. An End-of-the-year Event serves as a culmination of the season, providing an opportunity to recognize and celebrate the achievements and contributions of the student-athletes.

12.2. Assistant Coach. Assistant coaches play a crucial role in supporting the varsity coach and contributing to overall team success. Assistant coaches are integral to the coaching team, contributing diverse skills and perspectives to create a comprehensive and supportive coaching structure for the student-athletes. Expectations include:

12.2.1. Collaboration. Work closely with the varsity coach to implement strategies and plans.

12.2.2. Player Development. Contribute to individual and team skill development.

12.2.3. Communication. Assist in maintaining open lines of communication with student-athletes and other coaching staff.

12.2.4. Game Preparation. Contribute to game planning and preparation strategies.

12.2.5. Feedback. Provide constructive feedback to student-athletes for improvement.

12.2.6. Discipline Support. Support the varsity coach in maintaining team discipline and accountability.

12.2.7. Safety Oversight. Ensure the safety and well-being of student-athletes during practices and games.

12.2.8. Leadership. Lead specific aspects of team activities, fostering a collaborative coaching environment.

12.3. **Team Captain.** Team captains play a vital role in creating a positive and successful team environment, contributing to the overall growth and performance of the team. A team captain serves as a leader both on and off the field, with responsibilities including:

12.3.1. Leadership. Lead by example, demonstrating dedication, work ethic, and a positive attitude.

12.3.2. Motivation. Inspire and motivate teammates to give their best effort.

12.3.3. Communication. Act as a liaison between players and coaching staff, fostering open communication.

12.3.4. Team Cohesion. Promote a cohesive and supportive team culture.

12.3.5. Accountability. Hold oneself and teammates accountable for commitments and standards.

12.3.6. Conflict Resolution. Address conflicts and concerns within the team in a constructive manner.

12.3.7. Work Ethic. Exemplify a strong work ethic in practices, games, and other team activities.

12.3.8. Represent the Team. Act as a representative of the team in interactions with other teams, officials, and the community.

12.3.9. Sportsmanship. Encourage and uphold principles of sportsmanship and fair play.

12.3.10. Unity. Foster unity and teamwork, emphasizing the collective goals of the team over individual achievements.

12.4. **Team Member.** Individual team members collectively contribute to the team's overall success, fostering a positive and collaborative atmosphere within the athletic community. Every team member has crucial roles and responsibilities to contribute to the team's success, including:

12.4.1. Commitment. Dedicate time and effort to practices, games, and team activities.

12.4.2. Respect. Show respect to coaches, teammates, opponents, and officials.

12.4.3. Communication. Communicate effectively with coaches and teammates, fostering a positive team environment.

12.4.4. Accountability. Be accountable for personal performance, commitments, and adherence to team standards.

12.4.5. Teamwork. Collaborate with teammates, promoting a sense of unity and collective achievement.

12.4.6. Adaptability. Be open to feedback and willing to adapt to different roles or strategies.

12.4.7. Work Ethic. Demonstrate a strong work ethic during practices and games.

12.4.8. Sportsmanship. Uphold principles of sportsmanship and fair play at all times.

12.4.9. Support. Encourage and support teammates both on and off the field.

12.4.10. Personal Growth. Strive for personal growth and improvement throughout the season.

12.4.11. Follow Directions. The student-athlete commits to following instructions provided by the coaching staff, school administration, and qualified medical personnel.

12.5. **Team Manager.** Team managers play a crucial role in the overall success and functionality of the team, allowing coaches and players to focus on their respective roles with greater ease. Team managers play a vital behind-the-scenes role in ensuring the smooth operation of the team, including:

12.5.1. Logistics. Assist with managing equipment.

12.5.2. Record Keeping. Maintain accurate records of attendance, player information, and other relevant data.

12.5.3. Equipment Management. Ensure proper care, inventory, and distribution of team equipment.

12.5.4. Game Operations. Assist with game-day preparations, including setting up equipment and coordinating logistics.

12.5.5. Team Morale. Contribute to a positive team atmosphere, fostering camaraderie and team spirit.

12.5.6. Assist Coaches. Support coaches with administrative tasks, allowing them to focus on coaching.

12.5.7. Problem Solving. Be proactive in addressing challenges and solving problems to ensure the team's efficient operation.

13. Team Member Selection Process. The first day of tryouts will be announced, allowing all students a four-day tryout period. On day five, coaches will make their team selections. In the spirit of maintaining team cohesiveness, our goal is to include as many team members as possible. The varsity coach, serving as the final decision-maker, will consult with assistant coaches to ensure a thorough evaluation. This collaborative approach aims to consider diverse perspectives while making informed decisions that contribute to the team's unity and success.

13.1. Team Selection Appeals. The team selection process is carefully considered, and while we value transparency, there is limited room for appeals. The varsity coach's decision, based on comprehensive evaluations and consultation with assistant coaches, stands as the final and conclusive outcome.

14. Team Norms. Team norms serve as our shared guidelines, fostering a cohesive and respectful environment. These predetermined topics ensure that everyone understands and abides by the established norms. By collectively embracing these norms, we promote teamwork, communication, and a positive atmosphere, ultimately contributing to the success and unity of our team.

14.1. Understanding the Rules. The primary goal of this handbook is to provide comprehensive information, clarifying the rules, guidelines, and expectations. By offering a clear understanding of our shared framework, this handbook aims to foster a positive and informed community, ensuring that everyone is well-equipped to contribute to the success and integrity of our athletic programs.

14.2. Chain of Command. To ensure effective communication and resolution, please adhere to the established chain of command: student-athlete, assistant coach, varsity coach, athletic director, superintendent, and governing board. Following this protocol facilitates a structured approach to addressing concerns, promoting transparency and efficiency within our athletic community.

14.3. Communication. Effective communication is essential among student-athletes, parents, and coaches. Open and transparent dialogue strengthens the partnership between home and team, fostering a supportive environment. Regular and clear communication ensures that everyone is well-informed, aligning expectations and contributing to the overall success and positive experience of our student-athletes.

14.3.1. With the Coaching Staff. Student-Athletes are required to communicate with the coaching staff regarding all team matters. It is the student-athlete's responsibility to relay this information to parents, ensuring comprehensive understanding among all involved parties. This two-way communication approach fosters transparency, aligning expectations and promoting a collaborative and informed team environment.

14.3.2. Parent-Coach Meeting Protocol. To facilitate effective communication, parents requesting a meeting with the coaches are required to provide at least a 24-hour written notice. The request must include the topics of the meeting. It's essential to avoid attempting to meet with the coach immediately after a game, allowing for a more focused and constructive discussion. This approach ensures that meetings are well-prepared and contribute positively to the overall understanding between parents and coaching staff.

14.4. Injury Reporting. Student-Athletes must promptly report any injuries to the coach. This policy is in place to prevent further harm that may occur if injuries are concealed. While student-athletes may be tempted to hide

injuries, open communication ensures their well-being. Reporting injuries allows for timely intervention and appropriate care, prioritizing the student-athlete's health and safety.

14.5. **Sportsmanship.** We hold the expectation that everyone, including student-athletes, coaches, and spectators, always demonstrate sportsmanship. Upholding the values of respect, fairness, and positive behavior contributes to a positive and enjoyable athletic environment for everyone involved.

15. Parent and Legal Guardian Code of Conduct. Participation in school sports should primarily be enjoyable for children but adult behavior can greatly affect their emotional well-being. Many children are quitting sports due to adult interference. We emphasize the importance of sportsmanship, which includes core values like Trustworthiness, Respect, Responsibility, Fairness, Caring, and Good Citizenship. Your conduct reflects on your child, their team, and the school. Therefore, please adhere to following these rules and guidelines.

15.1. **Sportsmanship.** In promoting sportsmanship, I prioritize the well-being of the student-athletes over winning and commit to respectful conduct, refraining from language or actions that harm or humiliate others. I reject the use of foul language towards anyone involved in sports. By adhering to these principles, I aim to foster a respectful, fair, and positive sports environment for all participants.

15.2. **Encouragement.** To foster a supportive environment, I vow not to pressure my child into participating in Ganado Athletics. Prioritizing their well-being, I reject any behaviors or practices that could jeopardize their health. By promoting a balanced approach to sports, we ensure our children engage willingly, fostering physical and emotional growth in a positive setting. This commitment demonstrates my dedication to nurturing my child's holistic development and that of their peers in the Ganado Athletics community.

15.3. **Respect for Decisions.** I pledge to respect decisions in sports by supporting coaches without interfering in their duties. I will refrain from coaching during games and practices, trusting their expertise. If I have concerns, I'll address them calmly and privately, avoiding confrontation in the hours before, during, or after events. By engaging in respectful discussion at agreed-upon times, I aim to resolve issues constructively. This approach reflects my commitment to respecting authority and promoting effective communication in the sports community.

15.4. **Social Media.** I commit to responsible social media use, refraining from posts that harm or humiliate anyone in sports. Negative comments have no place online. If I see concerning content involving officials, coaches, players, or club members, I'll inform my child's coach promptly. I'll educate my child about respectful online behavior and supervise to prevent cyberbullying. Prioritizing respectful communication is key to fostering a positive sports environment, both online and offline.

15.5. **Inclusive Atmosphere.** To create an inclusive sports atmosphere, I pledge to inform the coach of any physical disability, illness, or injury that may affect my child or others' safety. Open communication ensures proper accommodations and support for all participants, fostering safety and well-being. This commitment reflects my dedication to inclusivity, where everyone feels valued and respected regardless of their physical abilities or health status. Together, we can cultivate a welcoming environment where all athletes thrive.

15.6. **Sideline Behavior.** I prioritize positive sideline behavior to nurture a supportive sports environment. I ensure neither I nor my guests engage in unsportsmanlike conduct toward officials, coaches, players, or parents. This includes refraining from booing, taunting, or using profanity, and maintaining self-control during games. I never ridicule or yell at my child or others for mistakes or losses. Additionally, I avoid complaining or becoming confrontational about calls, respecting officials' decisions. This commitment reflects my dedication to fostering a positive and respectful atmosphere in sports.

15.7. **Player Development.** Player development involves more than just improving skills; it includes building character and sportsmanship. I'm committed to motivating my child to follow rules and resolve conflicts peacefully, discouraging hostility or violence. I'll emphasize respect for all involved in sports, instilling values of integrity and fairness. I'll also praise my child for playing hard and fairly, fostering positive attitudes on and off the field. Prioritizing these aspects nurtures well-rounded athletes who embody respect, sportsmanship, and perseverance.

15.8. **Required Trainings.** If my actions cause an issue during home or away games, I understand that I may be required to complete an online training course to reinstate me to attend the games.

16. **Student-Athlete Code of Conduct.** Student-Athletes are integral to our team's success, and we expect all participants to adhere to the following code of conduct. Adherence to this Student-Athlete Code of Conduct fosters a positive team culture, contributing to the overall success and well-being of each student-athlete and the team.

    16.1. **Academic Focus.** I will make sure to focus on schoolwork and stay eligible to play on the team.

    16.2. **Sportsmanship.** I will show good sportsmanship by treating, coaches, teammates, opponents, and officials with dignity and respect no matter what.

    16.3. **Commitment.** I will make sure to come to every practice, game, and team event unless the coaches say it's okay to miss.

    16.4. **Discipline.** I will follow the team rules and guidelines set by the coaches. I will use positive words and actions, keeping my temper and aggression in check towards everyone involved in the game.

    16.5. **Communication.** I will keep communication open and honest with coaches and teammates. I will provide accurate information about someone's involvement in a rule violation if asked.

    16.6. **Responsibility.** I will be responsible for my equipment, uniforms, and team stuff.

    16.7. **Healthy Lifestyle.** I will make sure to focus on staying healthy by eating right, drinking enough water, and getting plenty of sleep.

    16.8. **Self-Advocacy.** I will tell the coaches right away if I have any concerns or get injured.

    16.9. **Inclusivity.** I will welcome and support everyone on the team, no matter who they are.

    16.10. **Positive Representation.** Remember, how I act shows what our team and school are like. I will do my best to be a positive example.

    16.11. **Be a Great Teammate.** I will work to honestly get better and will help my team do the same. I will treat others the way I want to be treated.

    16.12. **Required Trainings.** If my actions cause an issue during home or away games, I understand that I may be required to complete an online training course to reinstate me to participate in games.

17. **Program Meetings.** Each varsity coach will conduct program meetings at the beginning and mid-season. These meetings serve as crucial touch points for student-athletes and parents, providing information, setting expectations, and fostering open communication. Attendance at these meetings is essential for staying well-informed and actively engaged in the varsity program throughout the season.

    17.1. **Senior Night.** Senior night, traditionally held during the last home game, is a significant event. Coaches will meet with underclassmen to plan and prepare for this special occasion. This collaborative effort ensures a thoughtful and meaningful celebration that honors the achievements and contributions of the graduating seniors within the team.

18. **Non-Negotiables Statement.** Certain actions are deemed non-negotiable, and engaging in these acts will result in immediate dismissal from the team. These standards are in place to maintain a culture of integrity, respect, and accountability. Such measures are essential to uphold the team's values and ensure a safe and positive environment for all members.

    18.1. **Weapons.** Possession of a deadly weapon is strictly prohibited.

    18.2. **Drug and Alcohol.** The use of drugs and alcohol is strictly prohibited.

    18.3. **Hazing.** Hazing is strictly prohibited and will not be tolerated.

    18.4. **Vaping.** The use of vaping products is strictly prohibited.

    18.5. **Out-of-School Suspension.** This strict policy is in place to emphasize the significance of maintaining both academic and behavioral standards.

19. **Incident Investigations.** The approach to handling handbook violations is designed to be fair, consistent, and focused on the overall development of student-athletes. It involves a progressive system, taking into account the nature of the

infraction. The consequences could be a warning, probation, or removal from the team. This approach aims to strike a balance between providing athletes with opportunities to learn from their mistakes and maintaining a structured environment conducive to personal growth and team success. The coaching staff, in coordination with school administration, will assess each situation individually, considering the best interests of the student-athletes, the team, and the overall sports program. The District reserves the right to impose any disciplinary measures, at any time, as may be appropriate under the circumstances.

20. **Quitting a Program.** If a student-athlete chooses to quit a program, they will not be eligible to participate in the upcoming season (ie., Fall to Winter seasons, Winter to Spring, Spring to Summer season). This policy underscores the importance of commitment and perseverance, ensuring that student-athletes understand the impact of their decisions on both their individual growth and the overall team dynamic.

    20.1. Procedures for Student-Athlete Resignation. If a student-athlete decides to resign, the following procedures must be followed. These steps ensure a respectful and organized transition when a student-athlete decides to resign from the program, promoting clear communication and accountability.

    20.1.1. Notification. The student-athlete must inform the athletic director about the decision to resign from the program.

    20.1.2. Coach Notification. The student-athlete is required to inform their coach promptly.

    20.1.3. Equipment Return. All assigned equipment must be turned into the appropriate personnel.

21. **In-School Suspension.** If a student-athlete receives in-school suspension, they will not be released from the team. However, the coach will impose a consequence for their actions. This policy emphasizes accountability while allowing the student-athlete to remain part of the team, understanding that individuals may learn and grow from their experiences.

22. **Driving Policy.** Our driving policy is crucial for the safety of everyone involved. It is imperative that all student-athletes adhere to this policy to ensure a secure and responsible environment. By understanding and abiding by these driving guidelines, we collectively contribute to the well-being and safety of the entire team and community.

    22.1. Registering your vehicle. The Ganado High School Handbook indicate that parents are responsible for registering their child's vehicle with the security department for proper authorization to drive to school.

    22.2. Optional Driving Disclaimer. Driving to school in your personal vehicle is not a requirement, as the school district offers transportation services. Parents and student-athletes can choose the transportation option that best suits their needs. This flexibility allows for various commuting choices while emphasizing the availability of school-provided transportation services.

    22.3. Parking In Off-Campus Lots. Student-Athletes driving to school are discouraged from parking in nearby residential areas and walking to school. We emphasize the importance of teaching proper ethics and rule-following, fostering a sense of responsibility and respect of regulations and our community.

    22.4. Closed Campus. Our school functions as a closed campus to prioritize the safety of our students. This policy restricts walking or driving off-campus once students have entered. This creates a secure environment to minimize potential risks off school grounds.

    22.5. Normal Day Protocol. On regular afternoon practice days, student-athletes are required to park their vehicles in the student lot upon arriving at school. After school, students will walk to practice without re-parking their vehicles for convenience. Following practice, student-athletes can walk back to the student lot and drive home. It is recommended that students refrain from giving rides to fellow students, prioritizing safety and adherence to the established guidelines.

    22.6. Early AM Practice Day Protocol. Student-Athletes are required to park their vehicles in the student lot upon arriving at school. Students will walk to practice. Following practice, student-athletes will walk to school and attend their classes. At the end of the school day, the student-athlete can drive home. It is recommended that students refrain from giving rides to fellow students, prioritizing safety and adherence to the established guidelines.

22.7. **Non-Conventional Practice Days.** On non-conventional practice days, it is recommended that an adult transport the student-athlete to and from practice. This ensures safe and reliable transportation, particularly when the regular school transportation schedule may not apply. This precautionary measure prioritizes the well-being and punctuality of the student-athletes on such occasions.

22.8. **Home Game Day Protocol.** On home game days, student-athletes are required to park their vehicles in the student lot upon arriving at school. After school, students will walk to the game venue without re-parking their vehicles for convenience. Following the game, student-athletes can walk back to the student lot and drive home. It is recommended that students refrain from giving rides to fellow students, prioritizing safety and adherence to the established guidelines.

22.9. **Away Game Day Protocol.** Student-Athletes are required to park their vehicles in the athletic bus pickup/drop-off location lot upon arriving at school. Students will walk to school and attend their classes. The student-athlete will be released from class to load the bus. Upon the return from the away game, the student-athlete can drive home. It is recommended that students refrain from giving rides to fellow students, prioritizing safety and adherence to established guidelines.

23. **Nutrition Guidelines.** Student-Athlete nutrition is a key factor in performance. We strongly encourage student-athletes to prioritize a healthy diet by refraining from consuming junk food and energy drinks. A well-balanced diet supports overall well-being and enhances athletic performance, contributing to the success of individual student-athletes and the team.

24. **Physical and Mental Health.** The well-being of our student-athletes extends beyond the field. We prioritize both physical and mental health. It is essential for student-athletes to recognize the importance of maintaining a healthy balance, seeking support when needed, and prioritizing self-care. By valuing and prioritizing holistic health, we contribute to the overall success and resilience of our student-athletes.

24.1. **Rest and Recuperation.** Rest is a crucial component of athletic performance and overall well-being. Student-Athletes are encouraged to prioritize sufficient rest and recuperation, allowing their bodies and minds to recover. Adequate rest contributes to injury prevention, mental sharpness, and sustained peak performance. This commitment to recovery ensures student-athletes can perform at their best and enjoy a fulfilling athletic experience.

24.2. **Injury Reporting.** In case of injury during play, it is imperative the student-athlete promptly inform their coach. Prioritizing safety over hesitation is essential. This proactive approach allows for timely assessment and appropriate measures, ensuring the student-athlete's well-being and minimizing the risk of further injury. *See Team Norms > Injury Reporting.*

24.3. **Cleared-to-Play Requirement.** If a student-athlete is injured and evaluated by a qualified medical professional, obtaining a clearance statement is mandatory before resuming practice or play. This precautionary measure ensures that student-athletes return with professional confirmation of their fitness, prioritizing their safety and preventing the risk of exacerbating injuries.

24.4. **Illness Reporting and Return Policy.** If a student-athlete is sick, immediate notification to the coach is required. Taking the necessary time to recover is paramount. The number of practice days missed will equate to the required number of practices needed before resuming game participation. This policy ensures a cautious and gradual return, prioritizing the student-athlete's health and minimizing the risk of illness spread within the team.

24.5. **COVID-19.** If a student-athlete is affected by COVID-19, they must inform the coach immediately. We will use the Centers for Disease Control's five calendar day guideline to determine when the student-athlete will return to participation in school sports. After the five calendar-day requirement has been fulfilled, he student must attend two practices before they will be allowed to Travel/Play. The student-athlete will be required to attend two mandatory practices/games before returning to full game participation. This ensures a cautious approach, aligning with health guidelines and prioritizing the safety and well-being of all team members.

25. **Harassment Policy.** Harassment of any form, including but not limited to, bullying, discrimination, or intimidation, will not be tolerated within our athletic community. We are committed to maintaining a safe and respectful environment for all student-athletes, coaches, and staff. Incidents of harassment will be promptly, thoroughly investigated, and

appropriate action will be taken, including disciplinary measures, to address and prevent any form of harassment within our programs. This policy reflects our dedication to fostering a positive and inclusive athletic culture.

26. **Social Life.** While we encourage student-athletes to enjoy a fulfilling high school experience, it is essential to recognize and honor team commitments. Balancing social life with these commitments ensures a positive and successful athletic journey. Student-Athletes are encouraged to manage their time effectively, fostering a harmonious blend of social engagement and dedication to team responsibilities for a well-rounded and rewarding high school experience.

    26.1. **Image Reflection.** The image of each student-athlete reflects not only on themselves but also on the school and team. Student-Athletes are expected to uphold high standards of behavior, both on and off the field, contributing positively to the reputation and values of the school and team. This responsibility extends to public and private actions, fostering a sense of pride and integrity within the athletic community.

        26.1.1. **Social Media.** Student-Athletes are urged to be mindful of their online presence. It is essential to refrain from posting content that negatively reflects on fellow students, the team, the school, or anyone associated with the team. Maintaining a positive and respectful online image contributes to the overall reputation and unity of the athletic community. Be mindful that employers, colleges, and organizations perform social background checks, evaluating the content posted by student-athletes.

    26.2. **Homecoming Week Activities.** Homecoming week is a fun and festive time but acknowledge the importance of practices and games. Coaches will collaborate to facilitate student-athletes' participation in various activities while maintaining focus on their athletic commitments. This cooperative approach ensures student-athletes can enjoy the excitement of homecoming while honoring their responsibilities to the team.

    26.3. **Free Play.** While free play at school can be enjoyable, we discourage it to prioritize your safety. Engaging in unstructured activities may pose a risk of injury. We encourage all student-athletes to participate in organized practices and activities, where safety measures are in place to minimize the risk of injuries and ensure a positive athletic experience.

27. **Team Life.** Team life is a collective journey filled with shared goals, mutual respect, and a commitment to excellence. It thrives on camaraderie, discipline, and a passion for the sport. Student-Athletes are integral members of a larger family, contributing to a supportive and dynamic team culture. Through teamwork, dedication, and mutual encouragement, we create an environment where individual and collective success can flourish.

    27.1. **Individual Player Posters.** All team members are encouraged to create individual player posters and display them. This collaborative effort fosters a sense of identity, pride, and unity within the team. The posters not only celebrate each player's unique qualities but also contribute to a positive and motivating team environment.

    27.2. **Individual Player and Team Shirts.** We encourage all team members to design personalized t-shirts to demonstrate support for each other and team pride. These shirts are welcome for wear by family members and community members alike.

    27.3. **Team Mentorship Program.** Varsity players will serve as "team brothers and sisters," each assigned to a junior varsity and freshmen player. This mentorship role involves supporting and overseeing the development of their assigned players within the program. Varsity players can also be a resource for academic assistance, fostering a supportive and interconnected team dynamic that extends beyond the field.

    27.4. **Team Media Day.** When the Team Media Day is scheduled, a local photographer will lead the photo session, capturing both individual and team pictures. This event will be held during an AM Practice Day. All student-athletes are required to attend, fostering a sense of unity, and providing an opportunity to showcase team spirit through professional photographs.

    27.5. **Team Photos.** Throughout the season, team photos will be taken regularly, with a special focus during tournaments and whenever a student-athlete is recognized for an achievement. This documentation not only captures memorable moments but also contributes to the celebration of individual and team successes, fostering a sense of pride and unity within the athletic community.

    27.6. **Selfie Station Backdrop.** Each athletic program is encouraged to design and create a backdrop for a selfie station. This initiative adds a fun and personalized touch to team events, fostering team spirit and providing an

opportunity for student-athletes, parents, and supporters to capture memorable moments and share their enthusiasm for the program.

27.7. **Varsity Team School Visits.** Promoting education and grades is a priority. Varsity teams will have the opportunity to visit younger grades, serving as positive role models and emphasizing the importance of academics. This interaction fosters a sense of inspiration and encourages younger students to excel in both sports and education, creating a positive impact within the school community.

27.8. **Legacy Challenge.** The Athletic Department challenges each season's seniors to fundraise and contribute a lasting legacy—a piece of equipment, banner, furniture, or service. This initiative aims to instill a sense of pride, leaving a mark for future years and enhancing the overall experience for athletes, creating a lasting impact on the sports program.

27.9. **Reviving our School Spirit.** The Ganado High School fight song, once forgotten, is now a call to unite. We encourage all student-athletes to know and honor our school's anthem. The Athletic Department challenges every team to recite and sing it at least once during the season, fostering a sense of pride and tradition that transcends the playing field.

27.9.1. **Fight Song.** *We're Loyal to you Ganado High. To the blue and maroon Ganado High. We'll back you to a stand against the best in the land. 'Cuz Hornets we know that you are grand. So fight for your rights Ganado High. With all of your might Ganado High. We're out for victory, let's make some history. We are the Hornets from Ganado High. Keep the Spirit!*

28. **Team Gear.** Only Ganado High School logos are permitted in maroon, columbia blue, and white. On designated days, the coach may allow the team to wear collegiate shirts during practice. This policy emphasizes unity, pride, and a consistent representation of Ganado High School.

28.1. **Team Tee.** Every team is encouraged to engage in fundraising activities to support their needs. Teams have the opportunity to create a unique team shirt through these efforts. This initiative not only fosters team unity but also provides a tangible representation of the collective efforts of the team. Fundraising contributes to the overall success and camaraderie within the athletic program.

29. **Player Equipment.** It is the responsibility of each player to take care of the items issued to them. Proper maintenance and care ensure the longevity and functionality of the equipment. This commitment to preserving the team's resources contributes to a positive and organized team environment, allowing everyone to perform at their best.

29.1. **Uniforms and Warmups.** The team will exclusively wear uniforms issued by the athletic department. This policy ensures a standardized and professional appearance, promoting a sense of unity and identity within the team. It also contributes to the overall representation and recognition of the team during competitions and events.

29.2. **Equipment Borrowing.** Borrowing of equipment is discouraged. Student-Athletes are urged to be responsible and ensure they have their own equipment. This policy emphasizes individual responsibility and accountability, minimizing the need for borrowing and fostering a sense of ownership and organization within the team.

29.3. **Equipment Return Policy.** All student-athletes are required to return all equipment at the end of the season or upon deciding to quit the team. This ensures the proper inventory and maintenance of team equipment while allowing for the smooth transition of responsibilities within the program. Student-Athletes are expected to fulfill this obligation promptly. The student-athlete will not be allowed to play in the upcoming season's game if they have not turned in all their equipment to their coach (i.e., the basketball player will not be allowed to play if they have not turned in all their cross-country equipment).

30. **Locker Rooms.** Locker rooms are shared spaces meant for team members to prepare and bond. It is crucial to maintain a clean, respectful, and inclusive environment. Student-Athletes are expected to adhere to proper hygiene practices, respect personal space, and contribute to the overall positive atmosphere. This collective effort ensures that the locker room remains a welcoming and functional space for all team members.

30.1. **Changing clothes.** Changing into or out of uniforms is only permitted in the designated locker rooms. While some student-athletes may be comfortable changing in public, we do not condone this practice to uphold privacy,

respect, and a sense of professionalism within the team. Adhering to this policy ensures a comfortable and considerate environment for all team members.

30.2. **Restricted Access to Locker Rooms.** Access to the locker room is limited to team members only. This policy is in place to maintain a secure and focused environment, promoting the privacy and comfort of student-athletes while minimizing disruptions. Respecting this restriction contributes to a positive and organized atmosphere within the locker room.

30.3. **No Roughhousing.** Rough housing is strictly prohibited in the locker rooms. This policy is in place to prioritize the safety and well-being of all student-athletes and maintain a disciplined and focused environment. By adhering to this rule, student-athletes contribute to a positive atmosphere within the locker rooms, ensuring a respectful and secure space for everyone.

30.4. **Combination Lock Requirement.** To ensure the security of personal belongings, student-athletes are required to use a combination lock on their lockers. This precautionary measure is in place because the locker room may be accessed during practices or games. Using locks adds an extra layer of protection, promoting the safety and privacy of each student-athlete's belongings within the locker room.

31. Practices. Practices are open to the public, and spectators are welcome to observe from the stands. However, for safety and team focus, the public is not allowed on the playing field, and coaching from spectators is prohibited. This policy ensures a conducive environment for student-athletes' training while allowing supporters to witness and appreciate the team's efforts.

31.1.1. Punctuality. At the end of the school day, all student-athletes are to report to the gym/field. There is no need for student-athletes to walk to the bus line up area, socialize with their peers, or for any other reason. Go straight to the field.

31.1.2. Dress Code. Student-Athletes must be dressed appropriately to participate in drills, and wearing jewelry is not permitted. This policy ensures safety during training sessions and helps prevent injuries. Student-Athletes are expected to adhere to this dress code to create a focused and secure environment during practice. Only Ganado High School logos are permitted.

31.1.3. Acclimation Period. An acclimation period of 8 days is established. This duration allows student-athletes to gradually adjust to the physical demands of training, reducing the risk of injuries and ensuring a safe and effective transition into more intense practices. The acclimation period is designed to prioritize the well-being and readiness of student-athletes for the upcoming season.

31.2. **Snow Days.** On snow days, all practices are canceled, and there is no work for staff or school for students. This policy prioritizes safety and acknowledges the potential challenges posed by inclement weather. By ensuring that everyone stays safe and avoids unnecessary travel, this approach aligns with the well-being of student-athletes, staff, and students during adverse weather conditions.

31.3. **2-hour Delays.** On days with a 2-hour delay, activity buses will be available. Afternoon practice will be conducted at the normal time. This protocol ensures that student-athletes can still access transportation services and adhere to the regular practice schedule despite the delayed start to the school day.

31.4. **Early Release.** On early release days, no activity buses will be available. Coaches may choose to hold afternoon practices in which the coach must communicate with all team members. In such cases, the parents and guardians are responsible for picking up their child after practice. This policy ensures clear communication and coordination between coaches, student-athletes, and families for transportation arrangements.

31.5. **AM, Late, or Saturday Practice.** Coaches may choose to hold practices between 5:00AM-8:00AM, 6:00PM-8:00PM, or a Saturday Practice in which the coach must communicate with all team members. In such cases, the parents and guardians are responsible for transporting their child to and from practice. It is the responsibility of the coach to notify the team and parents at least two days in advance to allow the parent or guardian to make arrangements.

32. Activity Bus. Student-Athletes are permitted to ride the activity bus home after practices. This service ensures convenient transportation for those who may not have alternative means to get home. The activity bus system allows

student-athletes to participate fully in team activities while providing a reliable mode of transportation for their return home.

33. **Game Day.** On game day, we expect everyone to be ready to showcase the hard work and dedication put into our preparation. This collective effort reflects not only individual commitment but also the unity and strength of the team. Game days are an opportunity to demonstrate our skills and sportsmanship, and we encourage everyone to approach these occasions with enthusiasm and readiness.

33.1. **Game Day Attendance.** On game days, students must be present and accounted for at the beginning of the school day. The attendance monitor will inform the athletic director about late arrivals. If this becomes a recurring issue, the student-athlete may face consequences such as not being allowed to travel or play. This policy emphasizes the importance of punctuality on game days to ensure full participation and team commitment.

33.2. **Dress Code.** Student-Athletes are expected to represent our school and community in a neat, clean, and positive image. This includes dressing in a manner that reflects professionalism and pride. The emphasis on a neat and positive appearance contributes to a positive image for the team, fostering a sense of respect and responsibility among student-athletes. Only Ganado High School logos are permitted.

33.2.1. **Comfortable Attire for Long Trips.** During long trips, the varsity coach may permit student-athletes to dress comfortably for the drive. This flexibility ensures the well-being and comfort of student-athletes during extended travel, creating a practical and considerate approach for the team's transportation needs.

33.3. **Release and Departure.** The athletic department has organized the release and departure times based on a normal school day schedule. The release time aligns with class transition times, student-athletes are not required to go to or check-in with their next class teacher. Instead, they must meet the coaching staff at the designated pickup location. This ensures efficient and timely departures for athletic events while accommodating the academic schedule.

33.4. **Snow Day Protocol.** In the event of a district-issued snow day, any scheduled games will proceed as planned at the scheduled time and location. The decision will be made collaboratively by the two high school administrations, to proceed or postpone the game. This policy aims to maintain consistency and avoid disruptions to the game schedule, ensuring that student-athletes and teams can compete as originally arranged.

33.4.1. **Game Cancellation Notification.** In the event of a game postponement or cancellation, the district will issue a Robo-call to inform every one of the decisions. This communication method ensures that student-athletes, parents, and all involved parties receive timely and uniform notification about the cancellation, promoting transparency and minimizing confusion.

33.5. **Emergency Action Plan.** The coaches are responsible for student-athlete safety and well-being. In case of an emergency, coaches will implement the designated emergency action plan to ensure a swift and organized response. This commitment to preparedness and prioritizing student-athlete safety underscores the coaching staff's dedication to maintaining a secure environment during all athletic activities.

33.5.1. **Assigned Seating Area.** On game days, student-athletes must sit in an assigned area selected by the coaches. This designated section ensures team cohesion, quick assessment, and coordinated action in case of an emergency. The seating arrangement for student-athletes will be either directly behind the team bench or across the way on the other side of the court. This specific placement enhances team visibility, communication, and support during games, contributing to a focused and united team presence. Furthermore, this allows the team members to focus on their game and not walking around.

33.5.2. **Post-Game Sign-Out Requirement.** Parents are required to sign out their child after each game. The varsity coach will assign an assistant coach to complete this task. This protocol ensures a clear and accountable process for student-athlete pickup, promoting a safe and organized conclusion to sporting events. Parents' involvement in the sign-out procedure contributes to the overall security and well-being of the student-athletes.

34. **Home Game Protocol.** During home games, student-athletes are expected to uphold a standard of sportsmanship and professionalism. This includes respecting opponents, officials, and spectators. Student-Athletes should arrive on time,

dressed appropriately, and ready to compete. The home game protocol reflects our commitment to creating a positive and welcoming environment for all participants and spectators.

34.1.1. Entering the Venue. Student-Athletes and attendees are required to enter the venue through the main entrance. A sign-in sheet will be available to track attendance. This protocol ensures organized and secure access to the venue, contributing to the overall management and coordination of events. The back door is not an approved entrance.

34.1.2. Team Potluck Delivery. For team potlucks, individuals bringing food items should enter through the front door. The person delivering the food is required to leave a personal item, such as a cell phone, at the ticket booth. This procedure ensures that the individual returns after delivering the food, contributing to a smooth and accountable process.

34.1.3. Assistance during Home Games. If the coaches require additional help during home games, student-athletes may contribute to the program by being assigned duties. This collaborative approach fosters a sense of responsibility and teamwork among student-athletes, supporting the overall efficiency and success of home game operations.

35. Away Game Protocol. During away games, student-athletes are expected to uphold a standard of sportsmanship and professionalism. This includes respecting opponents, officials, and spectators. Student-Athletes should arrive on time, dressed appropriately, and ready to compete.

35.1. Team Travel. All student-athletes are required to travel with the team on district transportation. This policy ensures the coordinated and safe movement of the entire team to and from events. By traveling together, student-athletes contribute to team unity, supervision, and the overall efficiency of transportation logistics.

35.1.1. Exception for A.C.T. Test. Student-Athletes who are scheduled to take the A.C.T. test may be exempted from traveling with the team. In such cases, parents must send a request to the athletic director for approval. This exception allows flexibility for student-athletes with scheduled academic commitments while maintaining a clear process for approval.

36. Single Day Travel. For a majority of our games, which will be single-day travel, we will factor in travel time and a quick pit stop. This allows student-athletes to get a snack, change into their uniform, and adequately prepare for the upcoming game. We hope this efficient and well-planned approach ensures that student-athletes are physically and mentally ready for optimal performance upon arrival at the game venue.

36.1. Portable Speakers and Flash Photography. While traveling on the bus, portable speakers are not allowed, and flash photography is prohibited. The combination of a loud environment and bright flashes poses a safety hazard for the bus driver. To enjoy music, please use earbuds and refrain from using flash photography, ensuring a safe and comfortable journey for everyone on board.

36.2. Bus Cleanliness. Maintain the cleanliness of the bus by disposing of all trash properly. In the event of complaints about cleanliness, the bus driver will be instructed not to make stops for snacks. Emphasizing responsibility for keeping the bus tidy ensures a comfortable and enjoyable travel experience for all team members.

36.3. Post-Game Pickup. Parents are expected to pick up their child within 30 minutes of the bus returning from an away game. Failure to do so will result in the student-athlete being ineligible to travel on the next away game. This policy ensures timely reunions and helps maintain efficient logistics upon returning.

37. Student Sign-Out Protocol. Guardians have entrusted the safety and well-being of their child to the coaches. To fulfill this responsibility, the following protocol must be followed to sign out a student. This ensures a secure and organized process for student-athlete departures under the supervision and care of the coaching staff.

37.1. Sign-Out Authorization. In the athletic packet, guardians can identify a maximum of two adults authorized to sign out their child. These authorized adults assume responsibility for the minor. Notably, a member of the coaching staff cannot be added to this list, ensuring clarity and adherence to safety protocols regarding student-athlete sign-out procedures.

37.1.1. 1st Sign-Out Opportunity. The first opportunity to sign out a student-athlete will be immediately after the game, before the following game has started. Parents must see the coach during this timeframe to sign the designated sign-out form. Once the subsequent game has begun, this sign-out period concludes. The student-athlete does not qualify for a meal. The student-athlete is now released to the adult.

37.1.2. 2nd Sign-Out Opportunity. The second opportunity to sign out a student-athlete will be after the varsity game. Parents must see the coach during this timeframe to sign the designated sign-out form. The student-athlete does not qualify for a meal. The student-athlete is now released to the adult.

37.1.3. 3rd Sign-Out Opportunity. The third opportunity to sign out a student-athlete will be after the student-athlete receives their meal. The steps are as follows:

37.1.3.1. The student-athlete must travel with the team to the restaurant. It is recommended that the student-athlete give their belongings to the adult before the bus departs to the restaurant.

37.1.3.2. At the restaurant, the student-athlete must take their belongings into the restaurant. Do not ask the bus driver to open the bus to collect your belongings. They are using this time to enjoy their meal and prepare for the trip back.

37.1.3.3. Once the student-athlete has received their meal, the parents must see the coach to sign the sign-out form. The student-athlete is now released to the adult.

37.2. Absent Without Leave. It's crucial for everyone to be aware that the student-athletes are under the care of the coaches. If a student-athlete leaves without being properly signed out, they will be considered missing and absent without leave. In such cases, coaches will promptly call local law enforcement to conduct a missing person report. Given the student-athlete departed without the coach's knowledge, the student-athlete will be released from the team, emphasizing the significance and importance of following the sign-out procedures.

38. Game Day Preparation. On game day, we expect your team to be focused and ready to showcase all the hard work the student-athletes have dedicated themselves to. This emphasis on preparation underscores the importance of channeling efforts into a cohesive and successful performance, creating an environment that reflects dedication, skill, and team unity during competitions.

38.1. Pre-Game Preparation. All members of the team should be in the locker room, actively preparing for the game and focusing on the game plan. This unified pre-game routine enhances team cohesion, concentration, and ensures that every student-athlete is mentally and physically ready to contribute to the team's success on the field or court.

38.2. Warm-Up Emphasis. Warm-up time serves as a prelude to the team's performance during the game. Student-Athletes are expected to approach the warm-up seriously and avoid goofing around. The attitude displayed by each student-athlete influences the team's overall demeanor, setting the tone for a focused and effective performance during the upcoming game.

38.3. Electronic Devices Protocol. Leave all electronics, including cell phones and earbuds, in the locker room during warm-up. As these devices won't be used during the game, avoiding distractions during warm-up contributes to a focused and team-oriented preparation. This ensures student-athletes are fully engaged in the pre-game routine and minimizes potential disruptions.

38.4. Playing Time. A Student-Athlete's playing time can be a concern, but it's crucial to trust the coach's decisions. Coaches aim to strike a balance between giving everyone playing time and pursuing victory. Recognizing that parents want their child to play, the coaching staff is committed to fostering individual and team success. Trust in the coach's expertise in managing playing time for the benefit of both the student-athlete and the team.

38.5. Strategic Substitutions. In addition to playing time, the coach utilizes substitutes on the bench strategically. Coaches must promptly assess situations, evaluating which student-athlete can contribute to the team's success. This approach ensures that less experienced players are not unfairly burdened as the reason for any perceived lack of success. The coaching staff's decisions aim to optimize the team's performance while respecting the capabilities and development of each student-athlete.

38.6. **Post-Game Team Meeting.** After the game, the coaches will conduct a brief team meeting to decompress, offer constructive feedback, and discuss potential practice plan changes. This collaborative post-game reflection is designed to enhance the overall success of the team by addressing areas of improvement and maintaining open communication between coaches and student-athletes. Attendance at the post-game meeting is mandatory for all team members.

39. Strength and Conditioning Focus. We aim to create opportunities for student-athletes to spend time in the weight room. The more time dedicated to strength and conditioning, the stronger and more physically fit student-athletes become. This commitment to developing strength contributes to overall athletic performance, helping student-athletes reach their full potential and excel in their respective sports.

39.1. **Individualized Weight Room Schedule.** The weight coach will collaborate with individual coaches to create a schedule for in-season student-athletes. Accommodations will be made for students not currently in the season of their sport. This tailored approach ensures that student-athletes have access to the weight room based on their specific needs, promoting consistent and effective strength and conditioning programs.

39.2. **Commitment.** When student-athletes begin attending a weight training program, we expect a valid commitment to this crucial aspect of high school sports. While it may be challenging and time-consuming for both the student-athlete and parents, the ultimate benefits of improved overall fitness and strength make the effort worthwhile. This commitment contributes to the student-athletes' physical development and enhances their performance in various sports.

39.3. **Guidance from Weight Coach.** The weight coach brings experience and expertise to the training sessions. All participants are expected to follow the coach's instructions and rules. This cooperative approach ensures a safe environment and maximizes the student-athlete’s time in the weight room. Adhering to the coach's guidance fosters a conducive atmosphere for effective strength and conditioning, prioritizing both safety and optimal results.

39.4. **Weight Room Rules and Guidelines.** The weight coach will establish rules and guidelines for all participants, covering aspects such as attire and attendance. Adherence to these rules ensures a structured and disciplined environment in the weight room. Clear expectations contribute to a focused and productive training atmosphere, fostering individual development and the overall success of the student-athletes.

40. Overnight Travel Safety Assurance. Teams may travel overnight for games or invitational tournaments, and our top priority is ensuring the safety and well-being of all travelers. This commitment underscores the importance of implementing protocols and guidelines to facilitate a secure and organized overnight travel experience for the team.

40.1. **Travel Limitations and Gender Consideration.** Each sport has a specified limit of travelers. If the team manager is of the opposite gender, in consideration of privacy and logistics, the manager will not be part of the travel group. This policy helps maintain appropriate accommodations and ensures a comfortable environment for all team members.

40.2. **Room Assignments and Visitor Protocol.** Coaches will assign team members to specific rooms. Only members of the team are allowed in the student-athlete's room to maintain a focused and team-oriented environment. Team members may visit with family in the hotel lobby, emphasizing a balance between team cohesion and allowing student-athletes time with their families during overnight stays.

40.3. **Water Safety Notice.** Due to incidents nationwide and concerns for student-athlete safety, some hotels now restrict access to pools for groups like ours. Therefore, no swimming is allowed during our trips. This precautionary measure is in place to prioritize the well-being and safety of all team members and aligns with the policies set by the hotels we stay at.

40.4. **Buddy System During Downtime.** During any downtime, all team members are required to stay in pairs or more and refrain from walking around alone. A member of the buddy group must have a mobile phone with them. This implementation of a buddy system enhances safety and accountability, ensuring that student-athletes are in pairs to promote a secure environment during moments of relaxation or free time.

40.5. **Restaurant Meal Protocol.** Sit-down meals at restaurants are memorable moments for the team. However, due to district meal cost limits do not cover the tip for the waiter, it is recommended that team captains collect $3

from each team member to provide a tip for the waiter. This ensures appreciation for service and adherence to financial guidelines.

40.6. **Lights Out and Curfew.** To ensure optimal performance and representation of Ganado High School, lights out and curfew is set for 11:00 PM during overnight trips. Everyone on the trip shares the common goal of competing and representing the school effectively, emphasizing the importance of getting sufficient rest for peak performance.

40.7. **Absent Without Leave.** It's crucial for everyone to be aware that the student-athletes are under the care of the coaches. If a student-athlete leaves without being properly signed out, they will be considered missing and absent without leave. In such cases, coaches will promptly call local law enforcement to conduct a missing person report. Given the student-athlete departed without the coach's knowledge, the student-athlete will be released from the team, emphasizing the significance and importance of following the sign-out procedures.

40.8. **District-wide Early Release for "state."** This policy recognizes the dedication and achievement of these teams, allowing additional time for preparation and focus on their important competitions. It serves as both a reward for success and a means to optimize performance in the final stages of competition.

40.8.1. **24, 16, or 8 Teams.** A normal school day will be in effect when a GHS Team is one of the 24, 16, or 8 teams left in the state bracket.

40.8.2. **Final Four or better.** The district will issue an Early Release when a GHS team is one of the four teams left in the state bracket.

40.8.3. **Weekend State Bracket Play.** In sports where the entire state bracket is played over a weekend, teams will have an early release on Friday only. This measure aims to accommodate travel and preparation, recognizing the unique scheduling challenges of weekend competitions while allowing student-athletes to balance academic and athletic commitments effectively.

Team Rules & Athletic Handbook Sign-off Sheet

1. **Level One**
   - 1.1. **Public Displays of Affection (PDA).** To maintain a professional and focused atmosphere, student-athletes are expected to refrain from public displays of affection.
   - 1.2. **Punctuality.** All student-athletes are required to be punctual for practices, meetings, and events.
   - 1.3. **Equipment Responsibility.** Student-Athletes are required to wear and bring all issued equipment.
   - 1.4. **Dress Code Compliance.** Student-Athletes are expected to adhere to the dress code both during practice sessions and games.
   - 1.5. **Electronic Devices during Warm-ups and Games.** Student-Athletes are prohibited from using electronic devices, including cell phones and earbuds, during warm-up sessions and games.
   - 1.6. **Lights Out and Curfew.** Team members are expected to adhere to the designated lights-out time and curfew.
   - 1.7. **Game Day Assignments.** Student-Athletes are required to attend and fulfill their assigned responsibilities on game days.
2. **Level Two**
   - 2.1. **Attendance Expectations.** Students must attend all scheduled practices, games, and team functions.
   - 2.2. **Respectful Conduct.** Student-Athletes are expected to display respect towards teammates, coaches, and officials at all times.
   - 2.3. **Integrity.** Students are expected to be honest and truthful in all aspects of their involvement within the program.
   - 2.4. **Post-Away Game Pickup.** Parents are required to pick up their child within 30 minutes after the team returns from an away game.
   - 2.5. **In-School Suspension.** Student-Athletes are expected to uphold a standard of conduct that exempts them from being placed in in-school suspension.
3. **Level Three**
   - 3.1. **Zero Tolerance for Theft.** Engaging in any form of theft is strictly prohibited.
   - 3.2. **Social Media Conduct.** Students are prohibited from posting negative comments or pictures on social media platforms that may harm the reputation of the team, school, or individuals associated with the program.
4. **Level Four**
   - 4.1. **Third Grade Check.** The student-athlete appears on the Grade Check list their third consecutive time.
   - 4.2. **Substance-Free.** Students-Athletes are strictly prohibited from the use of drugs, alcohol, and vaping.
   - 4.3. **External Suspension.** Student-Athletes participating in athletics cannot be externally suspended from school.
   - 4.4. **Absent Without Leave.** All students must be “signed-out” properly.
   - 4.5. **Parental Request.** The parent/guardian voluntarily removes the student-athlete from the program.
5. **Other Infractions**
   - 5.1. Any incidents not covered by specific rules will be assessed individually. The coaching staff will evaluate each case to determine an appropriate course of discipline, based on the severity of the situation dismissal from the team may be considered.

We, the student-athlete and guardian, hereby acknowledge receipt of the athletic handbook and affirm our acceptance of its terms and conditions. Furthermore, we acknowledge and accept the team rules along with their associated consequences. This commitment highlights our understanding and willingness to comply to the guidelines set forth by the district and the athletic program.

Student-Athlete Signature Date	Parent/Guardian Signature Date
Clearly Print the Student-Athlete’s Last Name, First Name	Relationship to the Student-Athlete

SAMPLE. Each Varsity Coach will make a Consequence Matrix relevant to their program.

_____

	INFRACTION CONSEQUENCE	RULE REFERENCE	DATE OF INFRACTION OCCURRENCE	DATE OF DISCIPLINARY ACTION
Level One Consequences Stairs. Jump up and run down each upper-level staircase at the Pavilion.				
1st	2 Stair laps	_____	_____	_____
2nd	3 Stair laps	_____	_____	_____
3rd	4 Stair laps	_____	_____	_____
4th	5 Stair laps	_____	_____	_____
5th	Dismissal from the Team	_____	_____	_____
Level Two Consequences Add Shiners. Laps are along the outside edge of the Pavilion Floor.				
1st	2 Shiners laps, 1 Stairs laps	_____	_____	_____
2nd	3 Shiners laps, 1 Stairs laps	_____	_____	_____
3rd	4 Shiners laps, 1 Stairs laps	_____	_____	_____
4th	Dismissal from the Team	_____	_____	_____
Level Three Consequences Add Burpees. Each set of burpees is 10.				
1st	4 Sets of Burpees, 2 Shiners, 1 Stair laps	_____	_____	_____
2nd	6 sets of Burpees, 2 Shiners, 1 Stair laps	_____	_____	_____
3rd	Dismissal from the Team	_____	_____	_____
Level Four Consequence				
1st	Dismissal from the Team	_____	_____	_____
Other Infractions Consequence				
All	1 Shiner laps			
“Free Pass”		N/A	_____	N/A