

TABLE OF CONTENTS

Introduction/Philosophy.....	page 2
Forward	page 3
Participation Warning.....	page 3
Training Code.....	page 4
Attendance Requirements	page 5
General Athletic Policies.....	page 6
General Eligibility Rules	page 8
Travel Rule.....	page 9
Age & Attendance Requirements.....	page 10
Unsportsmanlike Conduct Rule	page 10
Outside Organized Practice/Competition Rule.....	page 11
Appeals Process.....	page 12
Amateur Rule	page 12
General Awards Rule.....	page 13
Letter Requirements for Each Sport/Activity	page 14
Letter Jacket Guidelines	page 18
NCAA Clearinghouse	page 19
South Central League Code of Sportsmanship.....	page 19

INTRODUCTION/PHILOSOPHY

In order to create a community where the quality of life is ideal for all its citizens, the athletic department at Canon City High School and the community of Canon City subscribe to the following standards of behavior.

SELF:

- To be responsible for your own actions.
- To be self motivated.
- To respect your body, mind, and spirit.

OTHERS:

- To be non-violent (physically and verbally).
- To reach out to others in an empathetic, compassionate and honest way.
- To respect authority.
- To influence others positively.

PROPERTY:

- To respect one's environment, personal property, and the property of others.

The athletic/activities program at Canon City High School is an integral part of the school curriculum. Participation in interscholastic athletics/activities is a part of the school's educational program and is **A PRIVILEGE, NOT A RIGHT**. Students wishing to participate are required to meet standards of personal behavior and academic performance that are rationally related to the school purposes.

Violations of the CHSAA Code of Conduct and the CCHS Code of Conduct include training rule violations, breaking of laws (other than minor traffic violations), under-age consumption of alcohol, possession of any illegal substance, vandalism, or thievery. Violations of this nature will result in immediate suspension by a member of the CCHS administrative team. For specific information refer to the Training Code section of this manual.

All **STUDENTS ARE ENCOURAGED** to help maintain the high standards of our code. Any information related to violations of the code will be processed discreetly and student confidentiality will be protected whenever possible.

FORWARD

The Athletic/Activities Department would like to take this opportunity to welcome all participants to Canon City High School and to wish you the best of luck in whatever endeavor you pursue. This athletic booklet has been prepared in the hope that it will enable athletes, coaches, and parents to have a more knowledgeable understanding of the athletic program at Canon City High School.

In order to make a contribution to the function and purpose of Canon City High School, the athletic/activities program must have as primary objectives, the teaching of wholesome attitudes and disciplines. Athletics and activities teach an appreciation for physical fitness, loyalty, personal sacrifice and teamwork. Working toward our primary objectives will bring winning seasons, championships, individual honors and the personal satisfaction that you have given the very best of which you are capable.

The importance of enforcement of all rules should be apparent. A firm and fair policy of enforcement is necessary to prevent a travesty being made of regulations and rules. The Canon City community, school administrators, and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound athletic department. It is our intent to preserve rules that reasonably pertain to the health, safety, and academic success of our student-athletes and to the orderly conduct of sports. The welfare of the student and the athletic program is our major consideration.

Please understand that the Canon City High School Athletic Department stands for your benefit and we sincerely hope that you confer with us if there is any question or misunderstanding concerning the Athletic Department.

Bob Trahern
Athletic Director

WARNING: PARTICIPATION IN SUPERVISED INTERSCHOLASTIC ATHLETICS AND ACTIVITIES MAY BE ONE OF THE LEAST HAZARDOUS IN WHICH ANY STUDENT WILL ENGAGE IN OR OUT OF SCHOOL. HOWEVER, BY ITS NATURE, PARTICIPATION IN INTERSCHOLASTIC ATHLETICS INCLUDES A RISK OF INJURY WHICH MAY RANGE IN SEVERITY FROM MINOR TO LONG TERM CATASTROPHIC. ALTHOUGH SERIOUS INJURIES ARE NOT COMMON IN SUPERVISED SCHOOL ATHLETIC PROGRAMS, IT IS IMPOSSIBLE TO ELIMINATE THIS RISK. PARTICIPANTS CAN, AND DO HAVE THE

ATHLETICS/ACTIVITIES TRAINING REGULATIONS AND GENERAL POLICIES

Cañon City High School

RESPONSIBILITY, TO HELP REDUCE THE CHANCE OF INJURY. PLAYERS MUST OBEY ALL SAFETY RULES, REPORT ALL PHYSICAL PROBLEMS TO THEIR COACHES, FOLLOW A PROPER CONDITIONING PROGRAM, AND INSPECT THEIR OWN EQUIPMENT DAILY.

ATHLETICS/ACTIVITIES TRAINING REGULATIONS AND GENERAL POLICIES

I. TRAINING CODE/CODE OF CONDUCT

- A. The participating athlete will not do anything that embarrasses the individual, his/her team, his/her school, and/or community. This would include, but may not be limited to such actions as the use of tobacco, drugs or alcohol, law violations, or incidents of vandalism.
- B. A student who is a member of any of the organized athletic teams or participating in any of the organized athletics or activities at Cañon City High School, shall not violate any of the established rules at any time during the period in which he/she is a member of an athletic/activity team or participating regularly in such organized sport or activity as recognized by the Colorado High School Activities Association.
- C. Training rules are in effect all year, excluding summer vacation, and not just during the student's particular athletic/activities season. Any violation of the athletic code or criminal charges filed against a student will result in discipline and could affect the student's future athletic/activities participation.
Example: A student in the fall season, and not out for a fall sport, attends a party and consumes alcohol, he/she may be suspended from participation in winter and/or spring sports. If the athlete does not participate until the following calendar year, the discipline may affect the next year's participation in a similar manner.
- D. Letter Activities listed on page 17 will follow the majority of the Athletics/Activities handbook. Due to the fact that each activity has unique aspects, there are items in the handbook that may not apply. Each Activity will have specific items detailed for its members at the beginning of the specified season. Each Activity sponsor/coach may establish rules, procedures, and consequences more stringent than those listed in the handbook.
- E. VIOLATIONS:
 - 1. Any violation of the Canon City High School training code by a student-athlete shall constitute immediate suspension from the sport for 25% of the sport's total number of contests. A table is provided on the next page for reference to each sport. The number of games the athlete is suspended is calculated on the total number of games, matches, or points in a season for the specific sport.
 - 2. Due to the fact that Activity (listed on page 17) schedules vary from year to year, there is not a set number of events listed for the suspension period. The suspension time for a violation of the code of conduct will be 25% of the total number of events scheduled. The coach/sponsor will notify participants of the schedule and specified suspension period at the beginning of each season.
 - 3. During the time of the contest suspension, the athlete will be required to attend all scheduled practices and activities of the team.
 - 4. This policy becomes effective when a student enters a sport or activity and continues in effect as long as the student is involved in the activities program. It extends from year to year.

ATHLETICS/ACTIVITIES TRAINING REGULATIONS AND GENERAL POLICIES

Cañon City High School

- 5. If an athlete cannot fulfill the suspension due to too few games remaining in the season, the suspension shall carry over to the next sport in which the athlete participates. This may be a different sport in the next season or may carry over to the following year if the athlete only participates in one sport. If the athlete does join another sport in order to fulfill their suspension, they must complete the season in good standing. If they fulfill the suspension and then quit, the suspension will not count.

GAME SUSPENSION TABLE

Baseball, Basketball, Softball, Hockey, Volleyball	5 game suspension
Soccer	4 game suspension
Cross Country, Football, Golf, Gymnastics, Tennis, Swimming, Track and Field	3 game suspension
Wrestling	7 point suspension
Cheerleading and Dance	8 game suspension

- E. Any student/athlete exhibiting conduct unbecoming an athlete, or committing any violation of the training code/code of conduct, may have all awards withheld by the team involved and the athletic department.
 - F. If a student is formally charged with assault or felony he/she shall be suspended immediately from the athletic/activities program pending the outcome of the case. If the student-athlete is found guilty, suspension shall be no less than one calendar year from the date of violation.
 - G. Student Council members, Head Boy, and Head Girl are under the guidelines of this handbook. To be eligible to run for Head Boy/Girl a student must have successfully completed a minimum of one year of student council service and must have no violations of the training code during their junior academic year. The candidate must not have excessive absences as defined by the CCHS attendance policy.
 - H. Class officers have a separate packet of guidelines that they are given at the beginning of the voting process. The packet will detail which parts of the Athletics/Activities Handbook class officers must adhere to.
 - I. The individual coaches and/or sponsors will enforce curfew rules and other rules necessary for team success.
 - J. Each coach or sponsor may establish policies that are more stringent than the rules listed in the Athletics/Activities Handbook.
- II. ATTENDANCE REQUIREMENTS
- A. If a student misses school due to a truant absence, the student may be withheld from participation in the next scheduled game or performance of the group.
 - B. A student-athlete must be present at school for at least the second half of the school day before they will be allowed to participate in practice or a game. This shall not apply to excused absences.
 - C. A student will be allowed to participate in the scheduled activity/practice if the absence was deemed to be an excused absence. Excused absences shall include:
 - 1. Absences due to illness or injury verified by a formal, medical excuse from a physician or a parent. This includes medical or dental appointments.
 - 2. An absence approved by the administration for school activities or class field trips.
 - 3. Absences due to physical, mental, or emotional disabilities verified by a physician.
 - 4. Any absence that is a result of being in the custody of the court or law enforcement agency.

ATHLETICS/ACTIVITIES TRAINING REGULATIONS AND GENERAL POLICIES

Cañon City High School

5. Bereavement.
 6. Any absence with prior approval by an administrator.
- D. If a student is suspended from school he/she may not participate in or attend any school-sponsored activity during the suspension.
- E. Excessive absenteeism, whether excused or unexcused, will result in the participant being withheld from competitions and may warrant dismissal from the team.

III. GENERAL ATHLETIC POLICIES:

- A. Each student is encouraged to participate in as many different sports or activities as possible during each school year.
- B. All team members of all sports will attend all scheduled practices and meetings. No practices are to be missed. If circumstances should arise that do not allow the student to attend a practice or a meeting, the validity of the reason will be judged by his/her individual coach. In all cases, however, the coach must be notified by personal contact, phone call, or written statement prior to the practice or meeting missed.
- C. If an athlete is involved in two sports that overlap, they shall report to sport B immediately upon conclusion of sport A. Individual coaches may grant the athlete a specific number of off days before reporting to sport B. If the athlete does not report to sport B on the required day, they shall be required to make up each practice missed and will be required to have five practices prior to competing.
- D. While it is not the desire of Canon City High School to involuntarily terminate (cut) athletes from a team, unfortunately there are times when cuts will have to take place. Cuts vary from program to program because of the uniqueness of the sport and possible spots available for participation. Seniors will not play on sub-varsity teams unless a sport has low participation numbers, the senior wants to play sub-varsity, and his/her participation will ensure the availability of the sub-varsity program. Each program will have written criteria related to the evaluation process for making cuts. Lists of members who make a team may be posted, but names of participants who are cut from a program will not be posted. Coaches will discuss reasons for a cut with each individual interested. In the event that an athlete is cut, he/she is welcome to join another sport with the approval of the receiving coach. If he/she chooses not to pursue another sport during that season, the athletic fee shall be refunded.
- E. Quitting any sport.
1. Any student may drop out of a sport if it is done in the proper way. The student must make personal contact with the coach to make his/her reasons known. Secondly, he/she must return all equipment and clear all financial responsibility with the school. A student may not switch sports after the established cut-off dates for those sports.
 2. A student who drops out of any sport may not participate in the second sport during the same season until he/she obtains a written release from the coach of the sport dropped.
EXAMPLE: A participant should not quit football and commence basketball practice until the football season is completed.
- F. The way in which Canon City High School athletes conduct themselves around the school and community is of great importance. Athletes should be leaders and fellow

ATHLETICS/ACTIVITIES TRAINING REGULATIONS AND GENERAL POLICIES
Cañon City High School

students should be able to respect and follow their example. Real leaders will accept responsibility, realizing that they influence many others in the school. An athlete is expected to conduct himself/herself as a gentlemen/lady at all times in school, classrooms, halls, assemblies, shower rooms, training room, on athletic trips, and around the community. Athletes shall show respect toward opponents, officials, and spectators at all times. Foul language, horseplay, and disrespect will not be tolerated.

- G. Good sportsmanship is a primary objective during practice and contests. All athletes will treat others with dignity and respect. Regardless of the circumstances, each player shall conduct themselves accordingly. This shall include actions toward opposing teams, coaches, fans, and students.
- H. Any student who refuses to participate in state mandated academic testing (e.g., CSAP and ACT) shall forfeit his/her privilege to participate in all school sponsored extracurricular athletics and activities for a period of one calendar year.
- I. To fulfill pre-sport preparation procedures the following items must be cleared before equipment will be issued:
 - 1. Positive physical examination report.
 - 2. Signed parent or guardian permission form.
 - 3. Verification of athletic accident insurance policy or insurance release form signed by parent or guardian.
 - 4. Completed CCHS emergency medical card with parent or guardian signature.
 - 5. Signed agreement by athlete and parent of the training rule contract.
 - 6. Completed athletic registration card.
 - 7. Parent or Guardian must attend pre-season meeting.
 - 8. Athletic fee of \$40.00 per sport must be paid before student will be cleared to practice. Students who qualify for free or reduced lunches will have athletic fee waived. Yearly applications for free or reduced lunches must be completed by a parent or guardian and verified by the food-service administrator.
 - a. Maximum cap of \$160.00 per family. This shall apply to immediate family members living at same address.
 - b. Athletic fee is non-refundable. Exceptions: Athletes that are cut from team by coach or athlete is declared ineligible prior to first contest.
 - c. Cheer and Dance team members will pay \$40 per year.
- J. Each student must assume responsibility for equipment issued to him/her and will be charged for any losses or damage beyond normal usage. Uniforms are not to be worn at any time except for games and specific days designated by the coach. A student with outstanding fines for equipment lost or not turned in will not be issued a uniform until the fine is settled.
- K. It is the position of Canon City High School that no coach or representative shall dispense or recommend supplements to our athletes. No athlete shall use, except under the direction of a doctor, protein powders, energy pills and drinks, Creatine, and any supplement deemed to be a muscle-building agent. Parents are asked to consult a physician if they feel there is a need for their child to take any supplement other than a daily multi-vitamin. The use of energy drinks by athletes is prohibited at school. Such drinks may pose health risks to the individual and do not enhance athletic performance.

ATHLETICS/ACTIVITIES TRAINING REGULATIONS AND GENERAL POLICIES

Cañon City High School

- L. Hazing and harassment will not be tolerated in the athletic program. Athletes are encouraged to report any such incident to the athletic office or the coach. Any athlete, who participates in a hazing activity or is involved in harassment, may be suspended by the athletic department for up to one calendar year from the date of the incident and can face criminal charges. Any form of harassment or bullying will fall under the bullying policy of the school district and state law.

IV. GENERAL ELIGIBILITY RULES:

To be eligible to represent your school in any interscholastic activity (athletics and/or activities), you must:

- A. Be considered by administration a good citizen of the school and community.
- B. Be an undergraduate of Canon City High School.
- C. Be enrolled in a minimum of three credit courses that meet daily and offer a minimum total of 1.5 units of credit per quarter. You must not be failing any of the credit courses at the time of participation. This shall include three half-credit classes. TA's (teacher's assistants) are one-quarter credit. A student who is enrolled in three half-credit classes and a T.A., and fails a half-credit class will be passing 1¼ credit and will be deemed ineligible for the two-week eligibility period.
- D. Students are encouraged to carry four credit courses that offer a minimum total of two credits per quarter. You must not fail more than one course at the time of participation. (Students can earn two credits when enrolled in four courses per quarter.)
- E. At the close of a semester a student must have passed at least 2.5 credits in order to retain eligibility.
- F. Students deemed ineligible at the close of a semester may regain academic eligibility at the two specific dates determined by the Colorado High School Activities Association. These two dates are in October and March. *Exception:* Winter sports athletes can regain eligibility at the end of first quarter. To regain eligibility the athlete must successfully meet the general academic eligibility in accordance with paragraph "C" or "D" of this section. The student must be passing 1.5 credits at the specific check date to regain their eligibility. If they are not passing 1.5 credits they will remain ineligible for the remainder of the semester.
- G. Make-up work shall not be permitted after the close of a semester for the purpose of becoming eligible. A "condition", "incomplete", or "withdraw failing" shall be considered the same as a failure when determining eligibility.
COMPLETE ALL MAKE-UP BEFORE THE END OF A SEMESTER.
- H. Summer school, or its equivalent credit accepted by the school toward graduation, may be used to replace any Carnegie units or equivalent of credit failed if completed

ATHLETICS/ACTIVITIES TRAINING REGULATIONS AND GENERAL POLICIES

Cañon City High School

by the first day for an allowable contest in that sport. Credits made up through summer school should be in the same curricular area and be accepted to meet graduation requirement of classes previously failed.

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

I. Bi-weekly eligibility.

If a student is ruled ineligible according to part "C" or "D" the student will be ineligible for the period of two weeks, and until the grade deficiency has been corrected. Participant grades will be checked on Thursday at the end of school. After that time, makeup work cannot count for that eligibility check. Eligibility lists will be compiled Friday and coaches and/or sponsors will be notified of the ineligible students. Beginning on the following Monday, the athlete will be held out of the contests in that activity for the next two weeks. Reports of inappropriate behavior in class will be reported to the activities office by the individual teacher and may result in the student being withheld from activity.

NOTE: One nine-week class, if successfully completed, equals one-half credit. One eighteen-week class, if successfully completed, equals one credit.

J. Credit Recovery

Athletes required to do credit recovery during their sports season will not be allowed to participate in sports due to not being able to fulfill their obligation to both activities. Underclassmen are encouraged to complete credit recovery prior to, or after, their sports season.

V. TRAVEL RULES:

OUT OF TOWN GAMES:

A. Travel in private cars to contest sites is not allowed unless approved in advance by the principal or athletic director.

B. Students who ride to a contest or activity in school transportation will be required to return in the transportation provided by the school, unless other arrangements have been made.

1. To be allowed to travel in private transportation, the athlete shall notify the coach and fill out the appropriate form. The form is available from the coach. The signed release form must be in the hands of the sponsor or coach before the student/athlete will be released. The athlete will only be released to a parent and the parent must make personal contact with the coach.

2. A parent may wish to have their son/daughter released to someone other than the parent. In this case the parent must sign the proper form available from the Athletics/Activities office at least one day prior to the trip. If the coach/sponsor does not know the person to which they are releasing the student, they may ask

ATHLETICS/ACTIVITIES TRAINING REGULATIONS AND GENERAL POLICIES
Cañon City High School

the person for proper identification. If the person cannot produce identification the student will not be allowed off the bus.

OFF CAMPUS / IN TOWN

Certain sports require off-campus travel for practice or games. It shall be a requirement of the sport for athletes and parents to arrange their own transportation to and from these activities.

A. Sports that require **daily** off-campus travel include:

Softball (Rouse Park)	Soccer (Middle School)
Golf (Shadow Hills)	Sub-Varsity Baseball (Middle School)
Tennis (Rudd Park- Varsity) (Centennial Park- JV)	Gymnastics (Canon Academy of Gym.)

B. Sports that require **periodic** off-campus travel include:

Cross Country (Various city locations)
Track and Field (Various city locations)
Dance (Various city locations)
Cheer (Various city locations)

NOTE: Due to facility conflicts at times, there are occasions when all teams may practice at a location off campus. Students will be notified in advance so that arrangements for transportation can be made.

VI. AGE AND ATTENDANCE REQUIREMENTS:

- A. You are eligible to enter interscholastic competition if your 19th birthday falls on or after August 1st.
- B. In a 4-year high school, you are eligible to compete for eight consecutive semesters.

VII. UNSPORTSMANLIKE CONDUCT RULE:

- A. Any player who has been disqualified from a match or contest for committing any unsportsmanlike act shall be disqualified for the remainder of that match or contest.

ATHLETICS/ACTIVITIES TRAINING REGULATIONS AND GENERAL POLICIES

Cañon City High School

1. In addition, the player shall be ineligible for the next match or contest of the same level (sophomore, junior varsity, or varsity).
2. He/She may not take part in any other games or contests at any level during this time.
3. Any player ejected from a second match or contest during the same season shall be ineligible for the next two matches or contests of the same level.
4. Any player ejected from a third match or contest during the same season shall be subject to a penalty to be determined by the Commissioner of the Colorado High School Activities Association.

VIII. OUTSIDE ORGANIZED PRACTICE/COMPETITION RULE:

- A. The following rules pertain only to those sports offered at Canon City High School.
- B. An athlete who wishes to participate on CCHS sport teams other than a team being offered during the specific sport season, as defined by the CHSAA, may request permission to participate on an outside team after the in-season sport has commenced with practice for a period of three weeks (21 calendar days). Both the in season and out of season coach will need to approve the athlete's participation on the out of season team. The coach and/or athletic director may waive the twenty-one day rule if extenuating circumstances apply.
- C. An athlete may participate on a team outside of school by completing the proper permission form in the Athletic Office. The form must carry the signature of the athlete, the parents, the outside team coach, the head coach, and the athletic director. This form is available in the athletic office. According to the CHSAA the athlete must provide proof of having a "C" grade point average at the time of request and the "C" grade point average must be maintained during the entire sport season. If the athlete fails to maintain the "C" grade point average, the head coach and/or athletic director will request that the athlete give up the outside team sport. Failure to withdraw from the outside sport team could result in exclusion from the CCHS sport.
- D. Anytime there is a conflict of participation on an outside team the student must fulfill his/her obligation to the school team or the student athlete will be excluded from the school team.
- E. This rule (VIII) is not intended to regulate any individual's right to obtain private instruction for improvement, to practice or to play for recreation or leisure. It does restrict his/her entering any kind of organized competition as an individual (i.e., golf, tennis, gymnastics, wrestling tournaments, etc.) or with a team (i.e., softball, basketball, soccer, volleyball contests or tournaments) without following the proper procedure as outlined in VIII-C. Failure to do so could result in exclusion from the outside team.
- F. As a member of any high school team, you may practice or compete in that sport during that sport season in a non-school event with prior written permission of the principal or athletic director.

ATHLETICS/ACTIVITIES TRAINING REGULATIONS AND GENERAL POLICIES

Cañon City High School

- G. Members of high school teams may compete on non-school teams following the completion of the final state championship in that sport. **Exception:** A participant in a spring sport may compete in non-school events on the day following the completion of his or her school's varsity season.
 - H. High school students with remaining high school eligibility can jeopardize their eligibility and the eligibility of their team by participating on recreation teams with and against school personnel on Sundays. Due to this fact, any student/athlete with remaining high school eligibility will not be allowed to participate in the adult recreation district program on Sundays. This includes practice or contests. Other participation is authorized if consented to by the student's athletic director and principal.
- IX. APPEALS:
- A. Upon notification of a violation of handbook rules the coach should follow these steps:
 - 1. Write a brief report of the violation of the specific rule violated.
 - 2. Present report of the alleged violation to the athletic director for review, prior to student and parent notification. If an investigation by the athletic director shows that the alleged violation did occur, the athlete will be suspended until such time as a final decision can be made regarding the violation. (If the athletic director is not available, contact should be made with an assistant principal.)
 - 3. The athletic director shall notify the athlete that he/she has been reported to be in violation of the athletic handbook.
 - 4. The athletic director shall notify the parents immediately of the violation and the suspension. Provisions for appeal should be presented to the parents at that time.
 - B. Upon notification of a decision by the head coach, the athlete and/or parent may appeal the ruling in the following order:
 - 1. Coach that issued the decision.
 - 2. The Athletics/Activities Director.
 - 3. The Principal.
 - 4. The Superintendent of Schools.
 - 5. The Board of Education.
- X. AMATEUR RULE:
- A. The amateur rule applies only to those activities that are recognized by the CHSAA as part of the interscholastic program.

ATHLETICS/ACTIVITIES TRAINING REGULATIONS AND GENERAL POLICIES

Cañon City High School

In order to retain amateur status, a student/athlete must not:

1. Compete with professionals as a member of the same team or against a team composed all or in part of professionals.
2. Accept money or sign a professional contract.
3. Compete under an assumed name.
4. Accept an award in a non-school activity and convert it to cash.
5. Accept merchandise prizes exceeding \$50 in value.
**There are exceptions for golf. Please see the Athletics Director for more information.

XI. GENERAL AWARDS RULE:

- The general awards rule applies to those athletic and non-athletic activities sponsored by the CHSAA and Canon City High School.
- You may not accept any award except those presented by your school, the CHSAA, or a group approved by Canon City High School or the CHSAA. The award may not exceed \$50.00 in value.

A. NUMERAL AWARD

Numerals will be awarded to any athlete who completes the season in good standing.

B. LETTER CERTIFICATE

A chenille letter, or certificate on concurrent years, will be given to an athlete who fulfills the required criteria in a specific sport.

C. FOUR YEAR PARTICIPATION AWARD

A certificate shall be awarded to seniors who have been regular members of a squad for four years and who have fulfilled all other requirements for the specific sport.

D. FOUR YEAR LETTER AWARD

A foil certificate will be given to any senior who has lettered four years. A senior shall not receive both the four-year participation certificate and the four-year letter award.

E. ALL-CONFERENCE, ALL-AREA, ALL-STATE

Awards will be given to those athletes who have been named All-Conference, All-Area, All-State, etc. The award given will be a patch for first team and a certificate for all lower level teams. Any awards of esteem above and beyond All-Conference will be made at the discretion of the building principal and the athletic director.

F. STATE QUALIFIER

Any team or individual that qualifies for state play will be awarded a jacket patch. State play shall include the final 16 teams for team sports (final eight teams if so designated by CHSAA), and participation in the state tournament for individual sports. Recognition of the team will be at the discretion of the principal, athletic director, and the coach. This discretion includes the time, place, and manner of recognition to be given.

ATHLETICS/ACTIVITIES TRAINING REGULATIONS AND GENERAL POLICIES

Cañon City High School

G. THE "BIG 12" AWARD

Any athlete that completes three sports for four years shall receive the "Big 12" athletic award. The athlete will receive a plaque and will have his/her name engraved on a plaque that will be permanently displayed in the trophy case at CCHS. Athletes should participate in sports because of desire to participate, not merely to receive the Big 12 award. Please keep in mind that some teams require a selection process and some athletes may not be selected. The possibility of an athlete having a chance at the "Big 12" award shall not be deemed as the sole reason for selection to a team.

H. Transfer students who have participated at a previous school may be considered for four-year awards.

XII. LETTER REQUIREMENTS FOR EACH SPORT / ACTIVITY. (Policy updates 5-09)

BAND

- A. Have no truanancies from class AND no unexcused absences from performances.
- B. Be enrolled in band and maintain a "B" or better for all four quarters.
- C. Earn 125 points for activities outside the regular class time (Letter point activities available from the band instructor)
- D. In the event a student is found in violation of the code of conduct, the student will forfeit the opportunity to earn a letter for that school year.

BASEBALL

- A. Complete the season in good standing.
- B. Return all equipment that was checked out to you.
- C. Participate in 25 percent of the total innings at the varsity level.
- D. Any individual does not meet the required participation criteria, but has made a significant contribution at the varsity level, may be awarded a letter at the discretion of the coaching staff.

BASKETBALL (GIRLS' AND BOYS')

- A. Play in 25 percent of the total number of quarters at the varsity level.
- B. Complete the season in good standing.
- C. Any individual who does not meet the required participation criteria, but has made a significant contribution at the varsity level, may be awarded a letter at the discretion of the coaching staff.

CHEERLEADING

- A. Perform in 80% of all scheduled performances.
- B. Attend 80% of all practices.
- C. Complete the season in good standing.
- D. Any individual who does not meet the required participation criteria, but has made a significant contribution, may be awarded a letter at the discretion of the coaching staff.

COLOR GUARD / DRILL TEAM

- A. Must participate in 2 of 6 competitions
- B. Must attend all practices or have written excuse
- C. Must complete the season in good standing

ATHLETICS/ACTIVITIES TRAINING REGULATIONS AND GENERAL POLICIES

Cañon City High School

CROSS COUNTRY (GIRLS' AND BOYS')

A varsity athlete may be recommended for a letter if he/she has competed in three-fourths of all meets and has met at least one of the following criteria:

- A. Win an individual first, second, or third in any varsity meet.
- B. Participate on a team that places first, second, or third in league or equal competition.
- C. Place individually in the top ten in the SCL.
- D. Participate on a team that places in the top twenty in the State Meet.
- E. Place individually in the top twenty in the State meet.
- F. Any individual who does not meet the required participation criteria, but has made a significant contribution at the varsity level, may be awarded a letter at the discretion of the coaching staff.

DANCE

- A. Perform in 80% of all scheduled performances.
- B. Attend 80% of all practices.
- C. Complete the season in good standing.
- D. Any individual who does not meet the required participation criteria, but has made a significant contribution, may be awarded a letter at the discretion of the coaching staff.

FOOTBALL

- A. The athlete must participate in 14 quarters at the varsity level during the regular season.
- B. Complete the season in good standing.
- C. Any individual who does not meet the required participation criteria, but has made a significant contribution at the varsity level, may be awarded a letter at the discretion of the coaching staff.

GOLF (GIRLS' AND BOYS')

To be eligible for a letter the athlete must complete one of the following criteria:

- A. Compete in 50 percent of all scheduled varsity matches.
- B. Qualify for state meet.
- C. Any individual who does not meet the required participation criteria, but has made a significant contribution at the varsity level, may be awarded a letter at the discretion of the coaching staff.

GYMNASTICS

To be eligible for a letter the athlete must meet one of the following criteria:

- A. Compete in half of all varsity matches.
- B. Place in the top six at league, district, or state meet.

ATHLETICS/ACTIVITIES TRAINING REGULATIONS AND GENERAL POLICIES

Cañon City High School

- C. Seniors who complete the season in good standing on the varsity team will earn letters.
- D. Any individual who does not meet the required participation criteria, but has made a significant contribution at the varsity level, may be awarded a letter at the discretion of the coaching staff.

HOCKEY

- A. An athlete must meet the lettering criteria for the cooperating school and be approved by the CCHS athletic director.
- B. A Canon City High School letter is awarded. The recipient shall not place another school letter on his/her jacket.

RIFLE

SPORTER AIR RIFLE:	1 st Year: 200	PRECISION AIR RIFLE:	1 st Year: 225
	2 nd Year: 220		2 nd Year: 245
	3 rd Year: 240		3 rd Year: 265
	4 th Year: 260		4 th Year: 285

Must be shot during a scheduled 3X10 match. If 3X20 format is used, requirements are doubled.

Must compete in 80 percent of the scheduled matches.

Athletes may also qualify if they finish individually in the top 20 percent of any CMP Cup Match, National Council Championship, National Junior Olympic Championship, or National JROTC Championship. They may also qualify if they are a member of a team that places first, second, or third in the same category of matches.

Members must follow all policies and procedures in the Athletic/Activities Handbook.

SOCCER (GIRLS' AND BOYS')

- A. Participate in at least one-third of the varsity halves during the season.
- B. Must complete the season in good standing.
- C. Any individual who does not meet the required participation criteria, but has made a significant contribution at the varsity level, may be awarded a letter at the discretion of the coaching staff.

SOFTBALL

- A. Complete the season in good standing.
- B. Participate in one-fourth of total innings at the varsity level.
- C. Any individual who does not meet the required participation criteria, but has made a significant contribution at the varsity level, may be awarded a letter at the discretion of the coaching staff.

SPEECH AND DEBATE

- A. Attend ten tournaments.
- B. Earn 100 or more NFL points.
- C. Have no rule infractions.
- D. Compete in CHSAA districts, CHSAA state (If you qualify), NFL National Qualifying Congress, and NFL National Qualifying Districts.
- E. Complete a project to benefit the team.

SWIMMING

- A. An athlete must meet the lettering criteria for the cooperating school and be approved by the CCHS athletic director.
- B. A Canon City High School letter is awarded. The recipient shall not place another school letter on his/her jacket.

TENNIS (GIRLS' AND BOYS')

- A. Play in 50% of varsity matches and compete in the regional tournament.
- B. Complete the season in good standing.
- C. Any individual who does not meet the required participation criteria, but has made a significant contribution at the varsity level, may be awarded a letter at the discretion of the coaching staff.

TRACK AND FIELD (GIRLS' AND BOYS')

To be eligible for a letter an athlete must meet one of the following criteria:

- A. Score 15 varsity points.
- B. Score in an individual event at the regional meet.
- C. Be a senior who has successfully completed three seasons without lettering.
- D. Any individual who does not meet the required participation criteria, but has made a significant contribution at the varsity level, may be awarded a letter at the discretion of the coaching staff.

VOCAL MUSIC

- A. Maintain regular attendance with NO unexcused or truant absences from classes or performances during the school year.
- B. Maintain a "B" grade or better for the entire year.
- C. Earn 100 lettering points from outside classroom obligations (Letter point activities are available from the vocal instructor)
- D. Follow the code of conduct. Any infraction may result in loss of lettering privilege for the year. The loss of lettering privilege will be in addition to any and all consequences deemed necessary by the director in conjunction with administration for said infraction.

VOLLEYBALL

- A. Complete the season in good standing.

- B. Play in one-third of the total number of games at the varsity level.
- C. Any individual who does not meet the required participation criteria, but has made a significant contribution at the varsity level, may be awarded a letter at the discretion of the coaching staff.

WRESTLING

To be eligible for a letter, an athlete must meet three or more of the following criteria:

- A. Wrestle in 24 or more matches in 1 season with 50% or more wins.
- B. Place in the top three at three or more tournaments (Varsity).
- C. Wrestle on the varsity team a minimum of 8 times.
- D. Compete in the regional tournament.
- E. Attend practice regularly (no more than 6 absences).

XIII. LETTER JACKET GUIDELINES

Students shall have the opportunity to earn a letter in a sport and or activity that meets at least two of the following criteria:

- 1. Must be sanctioned by the Colorado High School Activities Association
- 2. Must compete interscholastically for Canon City High School
 - a. Be a member of a CHSAA designated league
 - (or)
 - b. Compete in at least three sanctioned competitions
- 3. Must have a school district contracted/compensated coach

Canon City High School will offer two letters, one for activities/academics and one for athletics. The activities letter will be an interlocking CC and the athletic letter will be a single C.

LETTER SPORTS

Baseball
Basketball (Boys and Girls)
Cheerleading
Cross Country (Boys and Girls)
Dance
Football
Golf (Boys and Girls)
Gymnastics
Soccer (Boys and Girls)
Softball
Tennis (Boys and Girls)
Track and Field (Boys and Girls)
Volleyball
Wrestling
Co-op Sports (Swimming, Hockey
Lacrosse)

LETTER ACTIVITIES

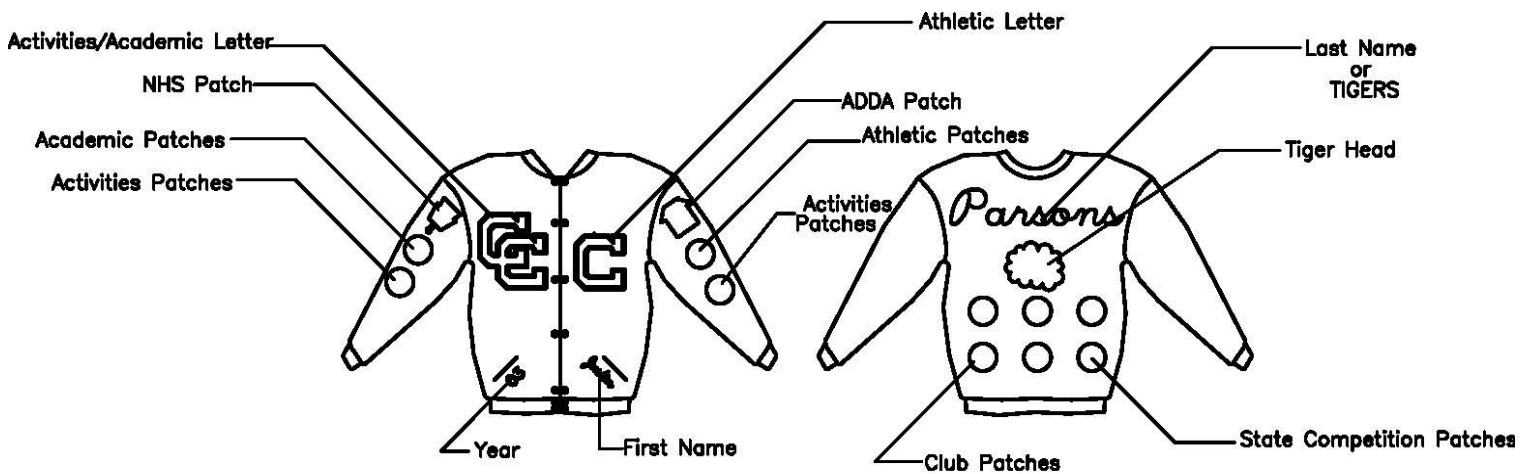
Band
Rifle Team
Drill Team & Color Guard
Speech and Debate
Vocal Music
Academics

- A student lettering for the first time will be awarded the chenille letter and a jacket pin for that activity or sport. Each subsequent year that the student letters in that specific activity/sport, he/she will earn a gold bar. If a student letters in a different

ATHLETICS/ACTIVITIES TRAINING REGULATIONS AND GENERAL POLICIES
Cañon City High School

activity or sport, he/she will be issued a pin representing that sport or activity to place on the appropriate letter.

- Guidelines for placement of awards on the jacket will accompany each letter given to a student. Guidelines shall include the placement of school issued awards. The letter jacket shall not be used for non-school awards and patches.
- Each sport or activity that offers a letter for students shall have specific criteria to earn said letter. Criteria for a letter shall be updated and published yearly.
- Students earning a letter will have the opportunity to purchase their own letter jacket from local merchants.
- Anything placed on the jacket must be school issued or school approved. If there are any questions please see the Athletics/ Activities office prior to placing an item on the jacket.
- Replacement pins can be purchased from the Activities Office for \$1.
- When putting pins on the letter put a drop of Elmer's glue in the pin back hole. It is recommended that you not use super glue.
- If you choose to purchase a specific sport number patch, it should not exceed four inches in diameter and should be placed on the back or sleeve.



If a student does not wish to put patches on the leather sleeves they may put all patches on the back of the jacket.

XIV. NCAA CLEARINGHOUSE

Any student-athlete that plans on playing sports in college at any Division I or Division II school, must be registered with the NCAA Clearinghouse. Information and registering procedures may be found at www.ncaaclearinghouse.net

If students or parents have any questions regarding the NCAA Clearinghouse please contact your school counselor or the athletic office.

XV. SOUTH CENTRAL LEAGUE *Code of Sportsmanship*

- Positive attitudes, statements, and behavior equal a positive competitive environment.
- Treat others as you would want to be treated.
- Be a positive role model and leader at all times.
- Respect for all aspects of competition.
- Have fun. It's just a game.