

PDSD Athletics



Student-Athletes & Parents Handbook 2018-2019

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PURPOSE

The purpose of this Handbook is to provide pertinent information to students and families participating in the Phoenix Day School for the Deaf Athletic Program.

Students are expected to read and become familiar with its contents. Coaches, teachers, and administrators expect student-athletes to have knowledge of the contents of the handbook and will refer to this handbook whenever questions arise.

Parents are requested to discuss the contents of the handbook with their son/daughter. Having a common understanding of the rules and regulations that govern extra-curricular activities will assist in significantly reducing concerns and unforeseen problems.

PDSD Athletic Department Directory

Athletic Director

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Main Building, Room 209 (2nd floor)

PDS D Athletic Profile

Mascot: Roadrunner

School Colors: Navy Blue, Vegas Gold, and Columbia Blue

High School

League: Arizona Interscholastic Association (AIA)

Sports offered:

Fall Sports

Cheerleading

Cross Country

8-man Football

Girls Volleyball

Winter Sports

Cheerleading

Boys Basketball

Girls Basketball

Wrestling

Spring Sports

Track & Field

Middle School

League: Catholic Youth Athletic Association (CYAA)

Sports offered:

Fall Sports

Cross Country

5th/6th Boys Flag Football

7th/8th Boys Flag Football

5th/6th Girls Volleyball

7th/8th Girls Volleyball

Winter Sports

5th/6th & 7th/8th Boys Basketball

Girls Softball

Wrestling

Spring Sports

5th/6th & 7th/8th Girls Basketball

Track & Field

INTRODUCTION

The student-athletes/team members are expected to follow Phoenix Day School for the Deaf (PDS) student-athletes & parents handbook. The goal of these rules and regulations is to encourage athletic & academic achievement and build student character.

Failure to comply with expectations outlined in the handbook will result in reduced playing time, suspension(s), or dismissal from the team upon agreement of the coaching staff, athletic director, and school administrator(s).

Coaches may establish consequences for minor infractions, such as inattention to directions, horseplay, tardiness to practice(s), and etc., with the approval of the athletic director. Consequences pertaining to a particular sport must be explained fully by the coach to all team members at the start of the season. Penalties for violation of team rules shall be administered by the coach.

PURPOSE OF ARIZONA INTERSCHOLASTIC ASSOCIATION (AIA)

Interscholastic activities are beneficial to the total education program:

- Committed to the inclusion of equitable interscholastic opportunities for both boys and girls in all Arizona high schools.
- There is a need to maintain a proper balance between the academic programs and extracurricular activities of the member schools.

PURPOSE OF CATHOLIC YOUTH ATHLETIC ASSOCIATION (CYAA)

The interscholastic athletic program of the Catholic Schools is an integral part of the education program. It must, therefore, be in harmony with the educational objectives.

Any interscholastic athletic activity should teach:

- an individual to be a responsible and contributing team member.
- selfless effort in working with others to reach a common goal.
- appreciation of others efforts, whether they be teammates, opponents, officials, or coaches.
- an ability to keep activities and games in proper perspective.

Athletics should be a significant, valuable community activity, foster loyalty, school spirit, student participation and healthy competition. Goals of the athletic program should be meaningful to all students in a school.

ELIGIBILITY QUALIFICATIONS FOR COMPETITION

Grades will be checked from PowerSchool at progress and end of quarter reports. Grades will be checked the week prior to any out of state trips.

All participants are required to maintain a C average or better (1.7 GPA). If a student has a D on any grade reporting period, they will:

- Be given a warning.

- Remain eligible for all practices, games, and events.
- Be encouraged to take advantage of tutoring.
- Be ineligible for out of state trips (one week prior).

If students have an F on any grade reporting period, they will:

- Not be eligible.
- Attend tutoring 2 times/week for one hour.
- Participate in practices.
- Not dress out in uniforms or be with the team during games.
- Not travel with the team.
- Be ineligible for out of state trips (one week prior).

***Student Weekly Tracker Forms** will be passed out by the coaches on Wednesdays after practice. The student is responsible to have this filled out by each teacher on Thursdays and returned to the high school office by Thursdays at 3:15pm. Grades and behavior will be updated and emailed for eligibility for the following week.

PRE-PARTICIPATION REQUIREMENTS

The \$30 sports participation fee is required for each season that your child participates in a specific sport. If you need to make arrangements for payment of the \$30 participation fee for fall sports, fill out the form to request to make payments. If the agreed payments are not made on time, you will be notified that your student will not be able to continue participation. If special arrangements need to be made, this can be done with a direct contact from you to the Athletic Department.

Please review the sports checklist and complete the needed forms. All forms should be turned into your child's department secretary or the front office.

PRE-SEASON

The **head coach** has certain duties and responsibilities that should be completed prior to the start of season. It is coach's responsibility to check and make sure that each student-athlete is cleared to play in his or her respective sport.

Annual AIA (Arizona Interscholastic Association) Physical Paperwork: All student-athletes and managers must have medical clearance to participate. Each student-athlete/team member shall have his/her parents to fill out, sign, and date the Annual AIA Physical Form. If a student-athlete/team member brings paperwork to school, it should be turned in at the Health Center. For managers only, physical is not required BUT parent/history info. part is required before they can participate.

Coaches will not allow student-athletes to try out and/or practice without first checking with the Health Center. When the coach has compiled the list of interested students, submit the list to the AD as soon as possible and the AD will check with the Health Center. The nurse will communicate with us via email as to whether the student is cleared to play.

Team Meeting: The coaches are encouraged to set up a meeting right after each season's sports general meeting. Collect the names of interested students and inform the potential athletes of the date

of the first practice day during the team meeting. Coaches can also take the time to explain their expectations and general rules.

Playing Time Guidelines: In Roadrunner Athletics, sports are divided into three categories according to the nature. Those categories are listed below:

Developmental/Competitive

5th-8th grade sports are developmental and coaches allow each athlete an opportunity to play in every game as young athlete need the opportunity to develop.

For any tournaments, coaches do not set a time limit on amount of playing time an athlete will receive BUT they shall use the best judgment.

Competitive

Varsity level sports are competitive. Teams have the opportunity to win national, state, regional, area, and/or district title. Playing time is awarded to players with a higher skill level and/or those who meet or exceed coach's expectations (commitment, dedication, loyalty, sportsmanship, etc.). *There are times when athletes may not get playing time at all.*

IN-SEASON

Tryout Guidelines: Tryouts will be 2 days, at beginning of season. *ONLY IF we need tryouts, based on number of players

Tryout Procedures:

- Each player will be required to check in on first day so each coach can create a list of prospective players prior to start of tryouts. This helps to ensure that evaluation can take place in a fair conducive environment.
- Evaluation of players will include:
 - Skill Level (sport specific)
 - Understanding of the Game/Match
 - Ability to Compete
 - Ability to Perform at the level trying out for
 - Attitude
- Prospective players are required to attend both tryout days to be considered. If a school event/sport within PDSD prevents a player from attending one or all tryouts, then the tryout period may extend to another day. This will be the last date that a tryout is provided at any level. Outside school events will NOT be considered as valid reasons for missing tryout(s) and therefore, an extension will not be provided. Medical/Sick absences will adhere to same rules above as if missing a tryout for school event and a valid written note will need to be presented in such instances. If a long-term injury or illness occurs, preventing a player from trying out during such period, the Athletic Director has the right to make a determination of that player's participation on his/her team.
- Prospective players will be evaluated by at least 2 members of the PDSD coaching staff within the sport-specific program. All coaches are used in evaluations regardless of the level of tryouts (i.e. HS head coach may evaluate different level of tryouts and vice versa). The coaching staff

will be given an evaluation form for all players attending tryouts. This form will be on file in Athletics Office. Players will be evaluated by the position and skills they show for which they may play on the team. NOTE: if a coach is a parent or relative of child trying out for his/her team, s/he will NOT evaluate that team. Another member will do the evaluation and shall be appointed by the Athletic Director.

- At the end of tryout period, the committee will make the final decision(s) as to who will make the team, based on the list of skills on the evaluation form. Each coach will send the list to the Athletic Director. Each coach will then meet with those players individually who do not make the cut, giving the player the opportunity to talk with the coach and learn what they can do to improve their future chances.

MEDICAL RELEASE TO PLAY AGAIN

All injuries that occur while participating in athletics should be reported to the coach and nurse in health center. If a student-athlete is seen by a doctor (or a nurse), he/she must have a doctor's (or nurse's) release before he/she can practice or compete in athletic contests.

PERSONAL APPEARANCE AND CONDUCT

Members of an athletic team are expected to be well-groomed and dressed appropriately at all practices and games. Any kind of head decoration, jewelry, or poorly groomed facial hair (goatee, beard, and/or sideburns) is not allowed at practices and games. Student-athletes/team members who do not dress appropriately for sport games will be required to change and return in more appropriate clothes otherwise they can not play. This applies to all athletic-related events, including pep rallies and awards programs.

Student-athletes/team members will, at all times, demonstrate respect for fellow team members including managers, coaches, athletic department personnel, other schools/team members, officials, and anyone involved in interscholastic sports. It is expected that the student-athletes/team members will conduct themselves in a manner that will be positive for the school.

EQUIPMENT AND UNIFORMS

Athletic equipment and uniforms are loaned to student-athletes/team members and signed out at the start of the season. Athletic equipment and uniforms are to be worn only during practice sessions and interscholastic contests, or by permission of Athletic Director. PDSO athletic teams may wear game tops or jerseys during school on certain game days only if approved by the Athletic Director.

All student-athletes/team members will be required to return uniforms and gear (if any) to their coaches right after the season is finished. Theft, loss, or damage from abuse of any equipment, gear, or uniform is the student-athlete/team member's financial obligation. If gear and/or uniform is not returned, replaced, or not paid for, the letter award shall not be awarded, nor will any gear or uniform be issued for the next sport.

PRACTICE AND GAME ATTENDANCE

Daily attendance is imperative to the basic development of individual skills and fundamentals, as well as sound foundation for team discipline, unity, spirit, commitment, and loyalty. It is the obligation and responsibility of student-athletes/team members to attend all scheduled practices, meetings, special occasions, and games regularly and punctually.

All student-athletes/team members will be on time for all meetings, practices, trips, and any other scheduled events, unless he/she has notified the coach beforehand. A student-athlete/team member, who missed practice(s) or meeting(s), may experience less participation time. Unexcused absences will result in a loss of participation time or may lead to being terminated from the team.

All student-athletes/team members must be in school at least 4 complete periods to be eligible to participate in any extracurricular activity or game on that day. A student-athlete/team member who is absent from school (unexcused missed practice/game) for 3 consecutive days prior to the weekend's athletic event, he/she can not participate in that athletic event.

OUT-OF-STATE TRIPS (WEEKENDS)

If a student-athlete/team member missed a school day (unexcused) on the Monday after the out-of-state trip, they will not be allowed to play in the next game.

TRANSPORTATION

When transportation TO away competitions is provided by the school, student-athletes/team members are expected to ride to and from the event on school-provided transportation. However, under special circumstances, exceptions may be made to allow student-athletes/team members to be transported FROM the event by their parents/guardians or other specified adult. If a student-athlete/team member wants to ride with another adult/parent/guardian after the game, a text or email from the student-athlete's parents is required and must notify the coach. If a student-athlete/team member joins his/her parent(s) right after the game, verbal communication between coach and parent is required prior to the student-athlete/team member leaving the event.

COMMITMENT TO ATHLETIC PARTICIPATION

A student-athlete/team member can play two sports during the school year. After the first two weeks of the sport season, he/she is expected to stay on that team(s) until the season is finished.

A student-athlete/team member cut from one sport may try out for another sport provided they were not informally dismissed from the first sport for disciplinary reasons or quit. After the grace period, if a

student-athlete/team member decides to quit or is informally dismissed, he/she is ineligible for any sport during that season which has already begun.

Sports with tryouts do not follow the two-week grace period. Once an official tryout date is posted, a student-athlete has one week from that date to leave the team. If a student-athlete is still playing in the previous sport due to playoff continuation, his/her one-week grace period begins on the date of the first mandatory practice day.

If a student-athlete/team member is dismissed from the team, he/she will lose his/her privileges of joining any sport the following season.

In order for the student-athlete/team member to be dismissed from the team, he/she must go through the following procedure:

1. Formal meeting with the coaching staff to discuss reason(s) for possible dismissal;
2. Formal meeting with the athletic director to discuss reason(s) for possible dismissal, including communication to parents/guardians;
3. Formal dismissal from the sport and ineligibility for participating in any sports of the following season, at the coach's discretion with athletic director's approval.

On occasion, however, a student-athlete/team member may find it necessary to drop a sport for a good reason. The following procedure must be followed:

1. Discuss issues with your coach and get written approval before you leave the sport;
2. Report your situation to the athletic director;
3. Coaches shall notify the student-athlete/team member's parents;
4. Return all gears and uniforms issued to the coach.

If a student-athlete/team member doesn't follow these steps, he/she will lose his/her privileges of joining any sport the following season.

DUAL SPORT POLICY

PDSD seeks to provide quality athletic opportunities for our students. Some students have talents and abilities, which they have a desire to contribute to more than one team in a particular athletic season, and both of these teams can benefit. Some activities may struggle with low numbers and this can boost participation in those sports.

Students should examine carefully the time commitment and schedules of sports to avoid major conflicts that would result in a negative impact on others or themselves by participation.

Students are allowed to participate in two different sports (two teams, one team and one individual or two individuals) during the same season. Students wishing to participate in two sports during the same season will need to obtain a request form from the athletic director and follow the guidelines set down by the athletic department involving dual sport participation.

Because of academic concerns at any time during the sport season, athletic director may cancel his/her request. The student-athlete then will participate in one sport only.

In the event that a student-athlete is disciplined for any infraction in a specific sport, the consequences will also be applied to the second sport in the season of dual participation.

LOCKER ROOM AND FACILITIES

It is student-athlete/team member's responsibility to take good care of the locker room and facilities and to respect their own and other student-athletes/team members' belongings. Graffiti or putting some kind of tape or sticker on the locker is not permitted. Horse playing and throwing towels or other objects are not allowed in the locker room. **ZERO TOLERANCE** on bullying. **NO** bullying allowed anywhere on campus.

Phones and tablets are not allowed in the locker room. All showers must be turned off after showering and no glass containers are permitted in locker rooms. Equipment, gear, and uniforms **must be removed** from the lockers at the conclusion of each sport season. Items left behind will be disposed off.

The athletic department is not responsible for any missing valuables, money, or personal stuff. It is **STRONGLY** recommended that you put your valuable things, money or personal stuff in the locker with a combination lock. Ask your coach for a personal locker with a combination lock.

WEIGHT ROOM

Student-athletes/team members are required to strength and condition their bodies at least twice a week with the supervision of strength and conditioning coach. All team members must wear proper attire and work with a partner. There will be no loitering, improper conduct, horseplay, bullying, and equipment abuse during workouts. The list of rules of the weight room that is posted on the wall must be followed.

If you didn't show up or miss workout, he/she must make up within 24 hours. And, if he/she didn't show up the next day, coach will be notified and consequences will be given.

CLOSED PRACTICE POLICY

Practices, which are considered as valuable instructional time, are closed to public and to all parties with the exception of coaches, players, athletic director, administrators, and invited, or previously approved, guests. Guests must receive permission from the coach or athletic director well in advance (preferably 24 hours in advance). Guests are expected to refrain from disrupting practice (instructional) sessions in any way, including conversing with the coach or players.

EARLY DEPARTURE FROM CLASS

Student-athletes/team members are responsible for making arrangements with teachers to make up class work and assignments. They are not to use athletic events as an excuse for not completing assignments or not doing quality work.

IN SCHOOL SUSPENSION

If a student-athlete/team member is placed in ISS on that day, he/she will not be allowed to participate in any extra-curricular activities (drama, school-sponsored event, and/or athletic event). This also applies to weekend events if she/he has not completed his/her ISS assignment. The student-athlete/team member can still participate in athletic/drama practices during the duration of ISS assignment.

AWAY GAMES/TOURNAMENTS

The following guideline/criteria will be shared with all student-athletes/team members at the beginning of each sport program, as follows:

Host school set the number of coaches, players, and managers a team is allowed to bring on tournament trips. If the host school sets a specific number of individuals, coach will select those who have shown the following criteria (not in any particular order):

- Commitment/Dedication/Attendance
- Camaraderie/Team Player
- Follows Team Rules
- On Court/Field Performance
- Good Academic Performance

Other unique situations/circumstances may affect the coach's final selection.

PARENT/COACH COMMUNICATION GUIDE

This guide is intended to foster good communication between parents/guardians and coaches, and to help parents/guardians understand the channels available to them to discuss athletic issues concerning their child(ren).

Communication to Expect from the Coaches

- Expectations
- Location and Times (practices and games)
- Requirements (fees, equipment, etc.)
- Injury/Medical Issue Procedures
- Discipline

Communication Coaches Expect from Parents/Guardians

- Illness/Injury Issues
- Concerns
- Notification of Schedule Conflicts well in advance

Appropriate Concerns to Discuss with Coaches

- Treatment of your child mentally and physically
- Ways to help your child improve
- Your child's behavior

Issues Not Appropriate to Discuss with Coaches

- Playing time
- Team strategy
- Play calling and game strategy
- Other student-athletes/team members

Procedures to Use in Discussing Concerns with a Coach

When you desire to discuss a concern or question with the coach, please be sensitive to the coach's responsibilities. Follow these simple procedures to arrange a conference:

- Email to set up an appointment
- If you can not reach the coach, contact athletic director to request a meeting be arranged

(Please do not confront a coach before or after the contest or practice. The coach has responsibilities to the entire team during these times. In addition, these times may often be emotional for coaches, student-athletes/team members, and parents, and therefore are rarely conducive to the positive resolution of concerns)

The Next Step

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

- Email and set up an appointment with the athletic director to discuss the situation further for yourself, your child, the coach, and the athletic director

At this meeting, further appropriate steps can be discussed and determined.

ADDITIONS/CORRECTIONS OR AMENDMENTS TO HANDBOOK

The Principal and Athletic Director reserve the right to amend any portion of this handbook as deemed necessary.