

ACS
MIDDLE SCHOOL
ATHLETICS
2023-24



ATHLETIC
HANDBOOK

Academy Charter School Athletic Handbook

What is needed to step onto the court/field?

First, you must sign up, electronically for each sport in which you intend to participate.

If you do not sign up by the deadline, you will not be able to play. All of our continued communication about that sport will be sent to those who sign up.

All athletes must have the following turned in to the athletic office before they may practice:

1. Interscholastic Form:
 - Parental Permission Form
 - Insurance Waiver
 - A physical form filled out and signed by a physician
 - Code of conduct signed by player and parents

2. Emergency Card:
 - Filled out online

3. \$100.00 Activity Fee:
 - All payments must be made by credit/debit card through Infinite Campus
 - The fee will be \$120 if paid after the stated deadline for each sport.
 - In addition, a \$20 administrative fee will be assessed if a refund is requested by the parent before the start of the season if the athlete no longer wants to participate.

Physicals/Insurance/ Emergency Contact

Physicals are valid for 365 days.

Every year, your child must get a new physical. Your child must have all forms and fees turned in to the athletic director before they may participate in any activity, including practice. No exceptions!!! If your child does not have the proper paper work filled out, they will be expected to attend practices, however they will not be allowed to physically participate.

A copy of all forms will be kept in the Athletic Office for the entire academic school year. If your child plays more than one sport, there is no need to fill out another copy this year.

\$ Activity Fees \$

For each season, there will be a \$100 activity fee for each athlete. Activity fees will be used to pay referees and buy equipment and uniforms. No child will be turned away from this program. If there is any problem with the \$100 fee please contact the athletic director about possible scholarship opportunities. The fee will be \$120 after the deadline and a \$20 fee will be assessed for any refunds issued.

Team tryouts

Academy Charter School Athletics will have tryouts at the beginning of each season if there are more athletes than our teams will allow. We will carry 1 team for soccer, cross country, cheerleading, and track. We will carry 2 teams (Red Team and White Team) for volleyball and basketball. ACS students who are not chosen for the Red or White Teams are still encouraged to play together on a team through outside resources like Castle Rock Rec Center, Gold Crown, No Limits Volleyball, etc. in order to build their skills and camaraderie with their friends.

Teams are grouped by player ability, attitude, and commitment to the program. These teams are selected by the coaches during the first week of practice or at tryouts. It is the coaching staff's discretion as to the placement of the players. It is also the discretion of the coach whether or not players will be allowed to be moved up or down the teams.

Playing time

The amount of playing time will be communicated to the players. All kids are expected to play in every game or match at the lower levels, however it is not guaranteed at the upper levels. Playing time will vary, depending on players' work ethic, practice attendance, skill level, team role, attitude and behavior both on and off the court/field. Playing time is based solely on the coaching staff's discretion. If parents have a question about playing time, please ask your son/daughter, as players are encouraged to advocate for themselves with their coaches.

Attendance

Players are expected to attend all practices and games. We realize kids are involved in many different activities, however if a player misses practice, they may be missing instruction regarding their sport. Not only will players who are absent not know what is going on, but their teammates who support them will not benefit. It is up to the coaching staff's discretion on the amount of playing time a player will receive as a result of missed practices.

Any player who is not physically in school for a minimum of 4 hours will not be allowed to participate in the contest or attend practice that day. They may sit the

bench with their team, or watch practice, but will not be able to play. Once a player leaves for the day, they may not return for any reason.

If the student receives a disciplinary referral, he/she will not be eligible to participate in the next scheduled contest. If discipline problems continue, that player may lose the privilege of playing the remainder of the season. This decision is at the Athletic Director's and Dean's discretion.

Pick up/Drop off

Please remember to promptly pick up your child after practices and games so coaches are not left waiting. We understand things happen, so please call another parent to pick up your child, or make other arrangements if for some reason you can't make it on time. Recently, we have had issues regarding this, so we have a new policy: If parents are more than 15 minutes late to pick up their child from practices or games, the coaches have been instructed to take the student to our Homework Club. When picking up your child from Homework Club, you will need to pay for their services. Players are encouraged to utilize Homework Club before practice as well.

During practice in the gym, all players and parents are to use the back entrance to the gym, as the front doors will be locked. With exception of the restrooms in the main hall, there shall be no one in the halls or classrooms after school hours.

Carpool

Due to the fact that ACS does not provide transportation to and from any extra curricular event, parents are asked to transport the students. A practical solution is to create a carpool. However, in order to transport any student other than your own child, you must first be authorized by the Douglas County School District. This form can be found in the ACS office and ACS website. This form must be accompanied by your insurance declarations page in order to be listed on the approved driver list.

Each team needs a team parent to coordinate with other drivers to make sure all of our athletes have an approved driver to get them to the game.

Uniform care

Uniforms should be washed in cold water and hung to dry. Please do not put uniforms in the dryer. Players are responsible to return uniforms to their coach within one week of the end of the season. If uniforms are damaged or are not returned within one week, the player will be charged \$50.

Eligibility

Academics are the number one priority at Academy Charter School. If a student cannot get the work done in the classroom, they are not going to have the privilege of participating in a sport.

Each Friday, the athletic director will have a list of ineligible student-athletes. A student-athlete is considered ineligible if the average grade is a "D" in 2 classes, or an "F" in one class. If a student-athlete has **2 "D's" or 1 "F"**, then he/she will be ineligible for all games for the **following** week. (Monday to Monday) An email will be sent to the parents on Friday afternoon informing them of the situation and a note will be sent home with the student on Friday. A student may also become ineligible due to behavior. This is at the Deans' discretion.

An ineligible player may not sit on the bench during games. Although the student-athlete is not eligible for participation in games, the student-athlete is eligible to practice. This discretion will be left to the parents. Please note that if a player is missing practices, there is a great chance they will lose valuable instruction (such as offensive strategy or defensive schemes), which may affect playing time. If the student has brought the grades up to a C or above by the next Friday, he/she will be eligible once again. If a student-athlete is ineligible three times during the season, he/she will no longer be able to participate for the remainder of the season, and athletic fees will not be refunded.

Expectations of Athletes

- Maintain a "C" or above average in your classes in order to remain eligible; 2 "D's" or 1 "F" will make you ineligible
- Attend all practices and games
- Respect yourself, teammates, referees and coaches at all times
- Show good sportsmanship at all times
- Improve your skills
- Represent ACS in a positive way, on and off the court
- Be a TEAM player; the priority of the team often outweighs the needs of the individual
- Have fun!!

Expectations of Parents/Guardians

- Provide or arrange transportation to and from all practices and games
- Ensure your child will be picked up promptly from all practices and games
- Support your child by being a positive role model fan/parent

- Follow proper procedures in regards to any type of questions or concerns of the coaching staff or athletic program
- Represent the ACS in an appropriate fashion; do not approach other coaches or referees with concerns, contact your AD
- Enjoy your son/daughter's experience

Expectations of Coaches

- Treat all athletes with respect and dignity
- Provide positive and purposeful instruction and direction on and off the court/field
- Develop athletes both physically and mentally in preparation for high school athletics
- Clearly communicate all team rules, expectations, philosophy, criteria for athlete placement and playing time to both players and parents/guardians before and throughout the season
- Have fun!

Proper procedures regarding questions or concerns

Parents may have questions or concerns. Please follow these guidelines:

- If you would like to talk to a coach about a concern, please set up an appointment at an agreeable time for both parties. Do not approach a coach with a concern before or after a game, or during practice. Use the 24 hour rule.
- When dialoging with a coach please refrain from using any type of offensive or demeaning language. If voices are raised or improper language is used, the meeting is over. Please listen and get both sides of the story before making a decision. Be courteous, keeping in mind we all want what is best for kids.
- If the concern or question cannot be resolved, please contact the Athletic Director for other possible ideas or solutions.
- If more resolution is needed, the Athletic Director will contact the Deans.

Remember, this is an activity for the kids and they are our priority. The coaching staff works on a volunteer basis. They are here because they love the game and enjoy being with our athletes.