



EAST VALLEY
ATHLETIC HANDBOOK

Academics - Arts - Leadership

TABLE OF CONTENTS

Purpose	Page 3
Clearance Procedure	Page 4
Student Eligibility	Page 5
CAA Bylaws & Sports Offered	Page 6
Commitment	Page 7
Practice & Game Expectations	Page 7
Sportsmanship	Page 8-9
Equipment	Page 9
Transportation	Page 9
Early Release	Page 9
Parent Support & Involvement	Page 10
Code of Conduct Student-Athletes	Page 11-13
Student Athlete Contract	Page 14

PURPOSE

The East Valley High School athletic program places high priority on the overall quality of the educational experience. We strive to motivate student-athletes towards success in the classroom as well as in their chosen sport(s). Committed and qualified coaches promote the will to win, while demonstrating and building strong character and sportsmanship. Athletes are students first, and the athletic department expects attendance, behavior, graduation rates, and grade point averages to meet or exceed those of non-athletes.

This handbook is intended to provide guidance to parents, students, coaches, administration and all others associated with athletics to establish, maintain and enforce clear expectations and requirements for participation in any of the Canyon Athletic Association (CAA) sanctioned sports offered at our schools.

This handbook is designed to assure uniformity and consistency between all athletic programs. It is vital that parents and student-athletes carefully review, become familiar with and assure compliance with the established procedures outlined in the following pages as well as each coach's personal philosophy and expectations for his/her particular sport.

Student-athletes are representatives of their particular sport and of the school, and are therefore viewed as leaders and role-models. Because of their position and visibility, it is vital that they demonstrate strong character, responsibility, maturity and integrity during athletic competitions, while on campus, and while visiting other campuses and within the community.

CLEARANCE PROCEDURES

Prior to any student being cleared to participate in a sport, he/she must complete the following:

- The entire online registration process through www.registermyathlete.com visit: www.evhigh.org for step-by-step instructions under the tab 'Forms'.
- Pre-participation Physical Evaluation - Current-year physical by a physician is required each year. Physicals are good for one-year from issue date. Required physical forms are located at www.evhigh.org under the tab 'athletics'.
- Informed Consent Form- The informed consent video must be viewed every year by both the student and a parent via RegisterMyAthlete.com
- Medical Insurance - Parents must have health insurance for their student, as they are responsible for medical bills incurred as a result of participation in athletics. Parents must provide insurance information to assist coaches, athletic trainers, staff and medical personnel to provide or arrange medical assistance the athlete may need as a result of injury.
- Parents may purchase school activity insurance. Forms are available from school officials.
- Brain-Book/Concussion Test - Must be completed just once during high school for athletic eligibility. Located at www.evhigh.org under the tab 'athletics'.

Please contact the Athletic Director for additional questions regarding Register My Athlete

STUDENT ELIGIBILITY

ACADEMICS

For the purposes of Eligibility, a week shall be Monday through Friday.

To be eligible for extra-curricular activities: A student must pass all of their classes with 60% or above. The Athletic Department will generate a Notice of Ineligibility for all students not meeting the requirements of eligibility. This notice will be sent to the coach the Monday following weekly grade checks.

Once an ineligible student makes up the deficiency, following the minimum ineligibility period of one week, the student may be eligible for the following week. Students with any failing classes will be placed on academic probation for the entire week (student-athletes may NOT attend practices OR participate in games). The student-athlete may regain eligibility on the next grade check with all passing grades.

Students subject to the No Pass/No Play regulation in grades 9 through 11 must be enrolled in a minimum of 3 core curriculum classes to be considered eligible. In a student's last year of high school, they are required to take as many classes as necessary to complete their graduation requirements in order to be considered eligible. Once a student has met the Arizona State Department of Education requirements for graduation, they lose eligibility to compete in the CAA, even if they still meet age requirements.

ATTENDANCE

On the day of any event, the student must be in attendance for two-thirds of that school day. School/class attendance will be monitored by the coaches and by the Athletic Director. Any student that is absent for more than 2/3 of their enrolled classes (ex: four of six periods) on the day of a game & practice will not be permitted to dress out or participate that day, and will not be allowed to ride the shuttle to an away game. Any exceptions to this rule must be arranged in advance and must have the approval of the Coach, Athletic Director, & Principal. In the case of extenuating circumstances, school administration may grant relief from this requirement.

The coach and/or Athletic Director will periodically run an athlete's attendance report. Excessive absences or tardiness may result in that student being suspended from participation or removed from the team for a prescribed period. Reinstatement to full participation will be dependent on specific attendance criteria

BEHAVIOR

East Valley Student-athletes represent far more than simply the athletic teams of which they are members. When in uniform, student-athletes embody the ideals of East Valley and are always expected to behave in a manner that makes East Valley students, staff, and families proud. The privilege of being an East valley student-athlete comes with added responsibility. Student-athletes are always expected to exemplify the qualities of excellent character, good sportsmanship, and respectful interactions with officials, teachers, administrators, parents, coaches, teammates, and opponents.

CAA Bylaws- Article 5 (www.azcaa.com)

- 5.1 Academics
 - 5.1.2 Players must take no less than 51% of their schooling through the school's curriculum.
 - 5.1.2.1 Students must be enrolled in three core curriculum classes at their school to be considered eligible for that school.
 - 5.1.2.2 In a student's last year of high school, they are only required to take as many classes as necessary to complete their graduation requirements in order to be considered eligible.
- 5.2 High School Student-Athlete / Team
 - 5.2.1 High School students cannot be 19 on or before September 1st.
 - 5.2.2. Students are limited to four years of high school eligibility from 9th-12 grade per sport. Eligibility starts when a student enrolls as a freshmen (8 Semesters). No 5th year seniors.
 - 5.2.4 Junior Varsity athletes can be in 7th-11th grades only.
- 5.5. Transfer Students
 - 5.5.2 High School Student Transfer Rule. Any student-athlete who transfers after **August 1st**, the athlete would not be eligible for that sport (regardless of season for the first 50% of that teams' Regular Season games unless student: (2019)
 - a. Did not play that particular sport the year before; or
 - b. Changes address or domicile to a location closer to the school the student is transferring to.

SPORTS OFFERED

Athletic offerings are determined by demand, participation numbers, and facility availability.

High School sports in which East Valley student-athletes may participate at the high school level are listed below by season of activity. East Valley is a member of the CAA and competes against other CAA member schools.

FALL
Girls Volleyball
Flag-Football
*Esports

WINTER
Boys Basketball
Girls Basketball

SPRING
Boys Volleyball
Coed Soccer
*ESports

While participation in extracurricular activities is not a required component of the East Valley Curriculum, students are highly encouraged to take advantage of the opportunity for social, emotional, and physical growth that participation in extracurricular activities often provides.

COMMITMENT

Commitment to a program requires personal sacrifice, time, and energy. This commitment should not be taken lightly. Once final roster decisions have been made and a student is officially a member of any team, he/she is expected to remain committed to that program for the entire season, and to remain eligible and prepared for games, practices and other team activities. If a student decides to quit a team after final cuts, he/she will not be permitted to join another in season sport/activity (including out of season conditioning or preseason practices) until the conclusion of the current season. Any equipment or uniforms that cannot be reused (stained, torn,, lost, or stolen) must be reimbursed to the program at the cost for which it was purchased.

If the coach determines it may be necessary to cut an athlete after final preseason cuts, the coach will communicate with the athlete and parents in advance (based on performance, effort, discipline responsibility, sportsmanship, etc.).

Any student who is cut from the team may apply for reinstatement. In order to regain eligibility, the student must submit a written petition for reinstatement to the Athletic Director, followed by a meeting with the student, the coach, and the parent(s). The decision to reinstate, and the conditions of reinstatement, would be determined by the coach and the athletic director.

PRACTICE & GAME EXPECTATIONS

Students are expected to be dressed out and on the field or court completely ready for practices and games at or before the scheduled practice/game times. Consequences for being late will be determined by each program/coach. Each athlete is expected to portray a confident and positive attitude, leaving no room for negativity. Athletes are expected to participate with hustle and class.

Concerns regarding expectations or playing time need to be addressed with the coach, but should not be addressed during practice or during a game, nor should they be addressed just prior to or immediately after a game. An appointment should be made with the coach to discuss any concerns.

SPORTSMANSHIP

Sportsmanship is a key part of any contest and practice. Athletes, coaches and spectators are expected to exhibit good sportsmanship at all times and under all circumstances. Student-athletes are expected to demonstrate good sportsmanship and respect towards their teammates, coaches, opposing teams and their coaches, officials and spectators at all times. This includes, but is not limited to, using appropriate language, shaking hands with the opposing team, respecting the officials' rulings, accepting the coaches' decisions, supporting teammates, and following the rules and expectations of the program and school.

If a CAA official, the coach of that program or the Athletic Director determines that a player has acted in an unsportsmanlike manner, the player may be ordered to leave the contest.

A player ejected from a contest for any reason shall be subject to the following:

- First Ejection - Ineligible for the next contest and all other contests at any level during that interim.
- Second Ejection - Ineligible for the next two contests and all other contests at any level during that interim.
- Third Ejection - A third infraction by the same player during the same season will be ineligible to participate in any interscholastic athletics for at least the remainder of the season and possibly the remainder of the school year.

Any player that leaves the playing area and enters the spectator area to engage in any type of verbal or physical confrontation will be ineligible to participate in all interscholastic athletics for at least the remainder of the school year.

Spectators, fans and parental support are important components to the excitement and success of each program and contest. Spectators of any contest are also expected to maintain sportsmanship and appropriate behavior at all times. East Valley High School will strongly follow and enforce CAA bylaws related to spectator behavior, which states:

- **Spectator Behavior** – In the event that spectators, parents, or other non-school personnel initiate or use profanity in cheers or chants having the intent of sounding profane, single out opposing players personally and/or heckle them by directing derogatory or profane statements or chants at them, use racist remarks, direct offensive cheers/chants at opposing cheering sections, or engage in physical conflict or other threatening or aggressive behavior with school personnel, officials, players, coaches, or other spectators, the school(s) involved shall utilize all available law enforcement resources to prosecute such offenders, and shall take all 8 reasonable actions to help ensure that future similar incidents do not occur, such as temporarily or permanently prohibiting the offender(s) from attending future contests.

□ **Social Media**

- Parents and students should be aware of the Arizona Revised Statute (ARS 13- 2916) regarding the use of social media. The statute states-It is unlawful for any person, with intent to terrify, intimidate, threaten or harass a specific person or persons, to do any of the following:
 - Direct any obscene, lewd or profane language or suggest any lewd or lascivious act to the person in an electronic communication.
 - Threaten to inflict physical harm to any person or property in any electronic communication.
 - Otherwise, disturb by repeated anonymous, unwanted, or unsolicited electronic communications the peace, quiet or right of privacy of the person at the place where the communications were received. Any student misuse of social media (Facebook, Twitter, Snap-Chat, Instagram, etc.) may be subject to the discipline guidelines set out in the East Valley High School Student Handbook.

□ **Discipline Referrals**

- Inappropriate behavior that leads to the processing of a discipline referral may result in suspension from play and could result in being removed from the team depending on the severity of the offense. If a student has been assigned to ISS (in-school suspension) or OCS (off-campus suspension) he/she cannot participate with the team in any capacity during the time of that suspension (including the final day of the suspension). In addition to these consequences, the coach of that sport may, with the approval of the Athletic Director, impose further consequences.

EQUIPMENT

- East Valley High School provides uniforms at no cost to athletes. Proper care and return of the uniform and all equipment is required. Failure to return any piece of the uniform or equipment will result in a debt being placed on that student's account. Student debts must be paid off or the equipment returned before a student can be cleared for another sport, purchase tickets to any school event (dances, homecoming, prom, etc) transfer of any credits or be cleared to graduate.

TRANSPORTATION

- Athletic teams will travel both to and from games together as a team with their coach. This is part of the team experience. If an athlete needs to leave with a parent/guardian after a game due to an appointment or scheduling issue, the parent must physically notify the coach after the contest in order for their son/daughter to be released after the game. This should only be done when absolutely necessary. The safety of our student-athletes is our top priority. In case of transportation issues, the student-athlete and parent/guardian will sign a liability waiver and consent form from East Valley High School.

GAMES

- Competitions are scheduled to limit students missing class time; however, some scheduling requires the team to leave before the school day is over. Most times, it is only necessary for students to miss a portion of their final period. In those cases, students will be released early.

GAMES (CONTINUED)

• In the case where students need to be excused from one or more entire class periods, communication among parent/player to coach & coach to athletic director will take place. Coaches will inform their players & families in advance of any scheduling changes.

PARENT SUPPORT AND INVOLVEMENT

• Parents of our athletes and students involved in other student activities are encouraged to become involved in our school organizations, or be cleared as a volunteer. Parents may contact the school Athletic Director or Principal for more information regarding volunteer opportunities or any other means the parent may wish to support the program.

• East Valley High School and CAA believe that athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. This is best achieved when participants are committed to pursuing victory with honor according to the six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship, (the “Six Pillars of Character”). This Code applies to all athletes and parents of student-athletes involved in interscholastic sports.

CODE OF CONDUCT FOR STUDENT-ATHLETES

We believe that interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills.

TRUSTWORTHINESS

TRUSTWORTHINESS

- ✓ Be worthy of trust in all you do

INTEGRITY

- ✓ Live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what is right even when it is unpopular or personally costly.

HONESTY

- ✓ Live and compete honorably; do not lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.

RELIABILITY

- ✓ Fulfill commitments; do what you say you will do; be on time to practices and games.

LOYALTY

- ✓ Be loyal to your school and team; put the team above personal glory

RESPECT

RESPECT

- ✓ Treat All people with respect all the time and require the same of student-athletes

CLASS

- ✓ Live and play with class, be a good sport, be gracious in victory and accept defeat with dignity, help up fallen opponents, compliment extraordinary performance, and show sincere respect in pre and post-game rituals.

DISRESPECTFUL CONDUCT

- ✓ Do not engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of sexual nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals of the sport.

RESPECT OFFICIALS/COACHES

- ✓ Treat contest officials with respect; do not complain about or argue with the official calls or decisions during or after an athletic event.

RESPONSIBILITY

IMPORTANCE OF EDUCATION

- ✓ Be a student first and commit to earning your diploma and getting the best education you can. Be honest with yourself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically or the charter to represent their institution honorably.

ROLE-MODELING

- ✓ Remember, participation in sports is a privilege, not a right, and that you are expected to represent your school, coach and teammates with honor, on and off the field. Consistently exhibit good character and conduct yourself as a positive role model.

SELF-CONTROL

- ✓ Exercise self-control; do not fight or show excessive displays of anger or frustration. Have the strength to overcome the temptation to retaliate.

HEALTHY LIFESTYLE

- ✓ Safeguard your health; do not use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, or lose or maintain weight.

INTEGRITY OF THE GAME

- ✓ Protect the integrity of the game; do not gamble or make bets or deals

SEXUAL CONDUCT

- ✓ Sexual or romantic contact of any sort between students, coaches, and other adults during an event or practice is improper and strictly forbidden. Report misconduct to the proper authorities.

FAIRNESS

BE FAIR

- ✓ Live up to high standards of fair play; be open-minded; always be willing to listen and learn.

CARING

CONCERN FOR OTHERS

- ✓ Demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to yourself or others.

TEAMMATES

- ✓ Help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

CITIZENSHIP

PLAY BY THE RULES

- ✓ Maintain a thorough knowledge of and abide by all applicable game and competition rules.

SPIRIT OF RULES

- ✓ Honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

ATHLETIC CONTRACT

We have read and understand the rules given to us regarding the conduct and academic requirements of an East Valley High School Student Athlete. I understand that it is a privilege to represent East Valley High School. Please refer back to the handbook for general guidelines. Each coach will communicate their philosophy & expectations for the season.

I understand the following (initial each line):

- _____ Clearance Procedures
- _____ Attendance Requirements
- _____ Academic Requirements
- _____ Behavior Requirements
- _____ Practice & Game Expectations
- _____ Student Code of Conduct
- _____ Parent/Guardian/Spectator Code of Conduct
- _____ Athletic Consent Form

My signature below denotes the fact that I have read and willingly agree to abide by these rules, regulations and responsibility to participate in the East Valley High School Athletics Program.

Student Athlete Name: _____ Date: _____

Parent/Guardian Name: _____ Date: _____