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## 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 rules 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 Department would like to take this opportunity to welcome all athletes 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 program must have as primary objectives, the teaching of wholesome attitudes and disciplines. Athletics teaches 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 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.**

**CANON CITY HIGH SCHOOL**  
**ATHLETIC TRAINING REGULATIONS AND GENERAL POLICIES**

I. TRAINING CODE

- A. The participating athlete will not do anything that embarrasses the individual, his/her team, his/her school, and/or community. This includes but is not limited to any use of tobacco, drugs, alcohol, and law violations.
- B. A student who is a member of any of the organized athletic teams or participating in any of the organized athletic activities at Cañon City High School, other than physical education classes and intramural sports, shall not violate any of the established rules at any time during the period in which he/she is a member of an athletic team or participating regularly in such organized athletic 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. 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. The suspension shall last for the designated number of contests and until such time that the parent/guardian, along with the student-athlete, attends a re-entry conference with the athletic director and the coach. It shall be the responsibility of the parent/guardian to schedule the conference with the athletic office.
- 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 and continues in effect as long as the student is involved in the activities program. It extends from year to year, excluding summer vacation months.
- 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	8 game suspension

- E. Any athlete or student found guilty of conduct unbecoming an athlete, or any violation of the training code, 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. It is the intent that suspension should constitute a positive measure for rehabilitation. Therefore, during the period of suspension, the coaches or sponsors will make an effort to encourage and support students who sincerely demonstrate their desire to represent Canon City High School.
- H. The individual coaches and/or sponsors will enforce curfew rules and other rules necessary for team success.
- I. It is the responsibility of the coaches/sponsors to make certain that every member of a squad has been fully informed of the Canon City High School training regulations.

II. ATTENDANCE REQUIREMENTS

- A. If a student misses school due to a truant absence, the student will 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 practicing 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.
  - 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.

III. GENERAL ATHLETIC POLICIES:

- A. Each student is encouraged to participate in as many different sports as possible during each school year. The choice of sports should be left up to the individual and his/her parents.
- B. Students are expected to report for the individual sport at the beginning of each sport season.
- C. 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.
- D. If a student is cut from one sport, he/she is eligible to participate in another sport during that season at the discretion of the coaches. A student faced with this situation would be encouraged to go out for another sport unless he/she is cut because of disciplinary reasons or eligibility infractions. An athlete who is cut from one team must be cleared in the athletic office by the initial coach prior to joining another team.
- 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.
  - 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 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, classroom, halls, assemblies, shower rooms, training room, and on athletic trips. 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. 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. 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. Spirit Leaders will pay \$40.00 per year.
- I. Each student must assume responsibility for equipment issued to him/her and will be charged for any losses or damage beyond normal usage.
- J. No practice of any nature is permitted on Sundays during the school year or during the period from December 24<sup>th</sup> to January 1<sup>st</sup>, inclusive. No contact between a coach and player is allowed on Sundays during the school year.
- K. Each student competing in an interscholastic sports program must have had a minimum practice period in that sport in his/her school of nine days (exclusive of Sundays) before representing his/her school in an interscholastic contest.
- EXCEPTIONS:* Members of interscholastic golf, tennis, softball, and participants in state playoff games completed less than nine days before the start of the next competitive season during the current school year are exempt from this requirement.
- 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 non-athletics), you must:

- A. Be considered by your principal 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. **(NO PASS, NO PLAY!)** 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.)  
**Note:** Students can lose semester eligibility at the end of a semester.
- E. At the close of the previous semester students must be eligible in accordance with paragraph "C" or "D" above in order to retain eligibility.
- F. Students failing more than the equivalent of one-half credit 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 February. *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.
- 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 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. Teachers are requested to provide a bi-weekly indication by marking the list of participants who are doing failing or near failing work. Teachers will use the following three marks:

"W" - Warning that the student is doing "D" work in class at the present time (cumulative).

"U" - Student is displaying unsatisfactory behavior. (Poor citizenship may lead to being ruled ineligible according to part "A" of this section).

"F" - Student is failing the class at the present time. Would be ruled ineligible according to paragraph "C" of this section. If student had more than one "F", the student will be ruled ineligible according to paragraph D of this section. (cumulative).

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. Only teachers who place the student on the ineligibility list may remove the failing grade.

Lists of participants will be given to teachers every other Tuesday. Teachers will mark the list and return to the activities office on Thursday. Eligibility lists will be compiled the following day (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 activity for the next two weeks.

**NOTE:** One nine-week class, if successfully completed, equals one-half credit. Two nine-week classes that may be different, if successfully completed, equal one credit. One eighteen-week class, if successfully completed, equals one credit.

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 in advance.
1. To be allowed to travel in private transportation, the athlete shall have prior clearance by filling out the appropriate form. The form is available in the athletic office. The signed release form should be in the hands of the sponsor or coach at least one day prior to the scheduled date of the activity.

2. Coaches are to release the student to parents only after having made personal contact with the parent. This is applicable regardless of the age of the student.

*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)	

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

Gymnastics (Canon Academy of Gymnastics)  
Cross Country (Various city locations)  
Track and Field (Various city locations)  
Cheerleading (Various city locations)

VI. AGE AND ATTENDANCE REQUIREMENTS:

- A. You are eligible to enter interscholastic competition if your 19th birthday falls on or after August 1<sup>st</sup>.
- 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.
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 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). The school coach and/or athletic director may waive the twenty-one day rule if extenuating circumstances apply.
- C. An athlete may participate on an outside team only with permission from his/her head coach and athletic director. 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's 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. Athletes requesting permission to participate on an outside sports team or organized competition must complete the proper form. 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.
- F. This rule (VII) 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 VII-E. Failure to do so could result in exclusion from the outside team.
- G. 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.

- H. 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.  
**NOTE:** A student becomes a member of his/her high school team when he/she reports out for practice.

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 athletic 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.

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 given because of athletic ability.

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.

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

XII. LETTER REQUIREMENTS FOR EACH SPORT. (Policy update 5-04)

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 one-fourth 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.

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.

An alternate lettering system has been established which is based upon points. The following will be in effect:

- A1. Earn 15 points during the season.  
Points may be earned in the following manner:
  - 1. 3 points are awarded for finishing in the top third of all finishers at a meet.
  - 2. 2 points are awarded for finishing in the second third of all finishers at a meet.
  - 3. 1 point is awarded for finishing in the last third of all finishers at a meet.

FOOTBALL

- A. The athlete must participate in 1/3 of the varsity quarters played 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

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

- A. Compete in ½ of all scheduled varsity matches.
- B. Qualify for regional tournament.
- C. Qualify for state meet.
- 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.

### 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 league, district, or state meet.
- 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.

### TENNIS (GIRLS' AND BOYS')

- A. Play in 50 percent of varsity matches or 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.

## VOLLEYBALL

- A. Complete the season in good standing.
- B. Play in one-third of the total number of games at the varsity level.
- A. 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).

## 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.

## 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.

## SWIMMING

- A. An athlete must meet the lettering criteria for the cooperating school and be approved by the CCHS athletic director.

## HOCKEY

- A. An athlete must meet the lettering criteria for the cooperating school and be approved by the CCHS athletic director.

XIII. THE COLLEGE BOUND ATHLETE:

The National Collegiate Athletic Association (NCAA), an organization founded in 1906 that has established rules on eligibility, recruiting, and financial aid, regulates many college sports. The NCAA has three membership divisions - Division I, Division II, and Division III. Institutions are members of one or another division according to the size and scope of their athletic programs and whether they provide athletic scholarships. If you are planning to enroll in college as a freshman during the following academic year and you wish to participate in Division I or Division II sports, **you must be certified** by the NCAA Initial-Eligibility Clearing-house.

The Clearinghouse will analyze your academic information and determine if you meet the NCAA's initial-eligibility requirements. You should start the certification process early, usually by the end of your junior year. If you plan on playing college sports you should meet with your counselor early in your junior year to discuss your role in the process. It is the responsibility of the student/athlete to register with the NCAA Clearinghouse.

To be certified by the Clearinghouse, you must **(1) GRADUATE FROM HIGH SCHOOL**. You should apply for certification before graduation. If you appear to meet NCAA requirements the Clearinghouse will issue a preliminary certification report. After you graduate, the Clearinghouse will review your final transcript to make a final certification decision.

**(2) EARN A GRADE POINT AVERAGE OF AT LEAST 2.00** (on a 4.00 scale) in a core curriculum of at least 14 required core courses taken during grades 9 through 12, including at least

4 years of English

2 years of math

2 years of social science

2 years of natural or physical science (including at least one laboratory class)

1 year of additional English, math, or natural/physical science

3 years of additional academic courses (from any area above, or a foreign language)

NOTE: The minimum core-course GPA for Division I will be determined by an initial-eligibility index. **(3) EARN A COMPOSITE SUM SCORE OF 68 ON THE ACT OR A COMBINED SCORE OF 820 ON THE SAT. SEE YOUR COUNSELOR.**

Students wishing to compete in NCAA Division I or Division II schools next fall must be certified as eligible by the NCAA Initial-Eligibility Clearing House. Students are encouraged to register or find more information at [www.naaclearinghouse.net](http://www.naaclearinghouse.net). See your counselor with any questions.

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