

COPPER HILLS HIGH SCHOOL



Student-Athlete and Parent/Guardian Athletic Handbook 2015-2016

Copper Hills High School
Student -Athlete and Parent/Guardian Athletic Handbook
2015-2016

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Copper Hills Mission Statement

We believe in the future of Copper Hills because of a strong foundation and traditions which have led us to where we are today. Copper Hills students and staff work as a team to foster unity and success. We celebrate our ethnic, racial, religious, and socio-economic diversity, and work together for a common purpose. We Leave No One Behind! We celebrate and recognize those who are leading through service, hard work, academic excellence, arts, and athletics by standing proud where others would cower. We believe in something bigger than us all, and as a team we can conquer anything. We are the Grizzly Nation, and we bow to no one!

Athletic Philosophy

Participation in athletics is one component of a well-rounded education that each student receives in our attempt to educate the “whole student.” The value of athletic participation extends beyond the physical benefits that one can achieve. Athletics offers an opportunity for all participants to respect the rights and abilities of others. Important lessons in values extending into sportsmanship, citizenship, teamwork, cooperation, and learning how to win and lose graciously, are all valuable benefits of athletic participation. Athletics affords all participants, spectators and coaches an opportunity to express themselves in a positive manner.

Purpose

The purpose of this handbook is to familiarize Copper Hills parents and students of the policies and procedures of the athletic program. The handbook should serve as a basic guide for parents and students while complementing the daily activities that are presented by the staff and coaches of Copper Hills.

Memberships

Copper Hills is a member of the Utah High School Activities Association. Copper Hills is in the UHSAA 5A Classification and a member of Region III.

Program Descriptions

Copper Hills offers a full program of athletics at the high school level. There are 20 sports at the varsity level for both male and female student-athletes. Sophomore and junior varsity teams will be fielded in accordance with these varsity teams, provided that the number of participants is adequate to conduct quality practices and competitions. Copper Hills values a broad based curriculum that exposes students to a variety of experiences. The high school teams offer, with appropriate instruction and interscholastic competition, a variety of athletic opportunities that will challenge and motivate each athlete to give their maximum effort. The following are

stressed: fundamentals, tactics and strategies of the sport, sportsmanship, teamwork, cooperation, and learning how to win/lose graciously. There is a greater focus on winning at the varsity level. Winning and losing are consequences of a variety of factors and must always be kept in the proper perspective. It must be consistent with the behaviors listed above and in context to how Copper Hills teams play the game. Players, fans and coaches must be cognizant that they represent themselves, their families and Copper Hills. It is understood that all athletes want playing time, but Copper Hills does not offer equal playing time for all athletes. The non-varsity levels may offer a greater opportunity for playing time, but again there is no guarantee at any level of play.

Statement of Risk

Participation in athletics carries with it the inherit risk of serious injury. In accordance with the statement of risk on the UHSAA Physical Form, please be aware that "...physical injury, including paralysis, coma, or death can occur as a result of participation in interscholastic athletics."

Eligibility-Age/High School

Copper Hills, as a member school, adheres strictly to the rules and guidelines set forth by the UHSAA.

1. No student who has reached nineteen years of age prior to the first day of September of the school year in which such participation is intended shall be eligible to participate in UHSAA activities.
2. Students have four years of eligibility from the first date of entrance into 9th grade and establish their eligibility at the school in which they participate or 3 years of consecutive eligibility from the start of their 10th grade year.

Eligibility-Academic Standing

The academic progress of students is evaluated during each term. The principal, vice principal, athletic director and the coaches along with the faculty, will make appropriate decisions on a student's participation as it relates to academics and other situations. The UHSAA minimum academic requirements are spelled out in UHSAA Reg. Article I, Section 7, which states:

1. A student athlete must carry at least a 2.0 grade point average with only one "F" in the preceding grade period and any grade period ending during the sport season.

A head coach reserves the right to encourage a higher standard for his/her athletes.

Athletic Offerings

The following are athletic offerings during each of the three sport seasons:

Fall

Girls' Soccer
Boys' Cross Country
Girls' Cross Country
Girls' Volleyball
Football
Girls' Tennis
Boys' Golf

Winter

Boys' Basketball
Girls' Basketball
Boys' Swimming
Girls' Swimming
Wrestling
Drill

Spring

Girls' Golf
Boys' Tennis
Softball
Boys' Track & Field
Girls' Track and Field
Baseball
Boys' Soccer

Tryouts

A student-athlete is entitled to a minimum two days of tryout opportunity before the coach will make a final decision as to their status. An athlete may be afforded more than two days to tryout if the coach deems it necessary. A player who is released from one team may try out for a second team during a sport season, if the coach of the latter team is agreeable. Some teams may not require a tryout.

High school eligibility is established by attending Copper Hills or trying out/practicing with a team, whichever comes first.

Daily Attendance

Students must be in attendance during the full school day to be eligible to participate in any game, practice, competition, performance or activity held that day.

Expectations of the Student Athlete

Attendance at all practices, scrimmages, and games is mandatory for student athletes during the season. Incidents regarding health, academics, funerals, court appearances, or family events such as weddings, are excusable.

Attendance at practices, scrimmages, and games should be with effort and purpose. Each member of a team represents himself/herself, their family, and Copper Hills. Conduct, appearance and behavior should be representative of a regular school day.

A head coach may have additional expectations. They will be presented at the team's Parent Meeting held early in the sport season.

Limited Team Membership

The UHSAA does not permit participation in the same sport outside of school during the sport season. Participation on any non-high school team should not conflict with the game or practice schedule of a school sponsored team.

The UHSAA Limited Team Membership rule (Section 11, page 22) is as follows:

1. A student, while participating as a member of a high school team, may not participate on a team not sponsored by his or her school in the same activity during the same season. A student may compete in a non-sponsored contest as an individual, not a team member, while a member of a high school team during an activity season.

Any student-athlete who misses a CHHS athletic commitment due to an outside athletic experience may be disciplined by his or her coach, which could include dismissal from the Copper Hills team.

Student Sportsmanship

UHSAA requires players, coaches and spectators to (Guidelines 30, A, page 44):

1. Be courteous to all (participants, coaches, officials, staff and fans)
2. Know the rules. Abide by and respect officials' decisions
3. Win with character and lose with dignity
4. Exercise self-control and reflect positively upon yourself, the team and the school
5. Permit only positive sportsmanlike behavior to reflect on your school or its activities.

It is important to note that a player or coach who is disciplined or ejected from a game will be suspended for the remainder of the contest and must sit out the next game also, in compliance with UHSAA rules. The Copper Hills administration reserves the right to review all infractions and take further disciplinary action if deemed necessary.

Parent and Adult Sportsmanship

Parents and adults are expected to follow the UHSAA requirements stated in the Student Sportsmanship section above. Parents are to refrain from speaking with coaches before, during or after games. The best approach in communicating with a coach is to schedule an appointment. It is requested that parents refrain from providing instruction and criticism to any student other than their own child. Please save comments that may interfere with an athlete's performance and attention to a coach's instructions until the contest is complete. This includes parents conversing with athletes during athletic contests.

Lines of Communication

The student-athlete should first bring questions and concerns to the attention of the head coach. If this line of communication is unsuccessful, the second step is for the parent/guardian to contact the coach. If the above aforementioned steps have been followed to no avail, the student-athlete or parent/guardian should contact the athletic director.

Copper Hills asks that all coaches have an open door policy for student-athletes to discuss team matters. The administration would prefer that the coach and player work through a situation by allowing young men and women to experience speaking with an authority figure about situations that are important to the athlete and/or the team. Coaches are responsible for defining the role that each player has on a team and to discuss the role openly with each player.

It is important to note that coaches are not obligated to discuss playing time with parents. This is a discussion that should include the player and coach only. If an unsuccessful resolution or understanding has not been reached then the problem can be brought to the athletic director.

Physical Exams & Parent Consent for Athletic Training Services

All students are required to turn in the UHSAA Physical Form A, signed by a certified physician/physician assistant and parent/guardian, before participating in their sport. **A physical is required every year.** These forms are available in the main office or on the Copper Hills Athletics website www.copperhillsathletics.weebly.com. Please note there are 4 total pages to the physical paperwork.

Health Insurance

All students participating in athletics should be covered by health insurance. The parents' health insurance will serve as the primary coverage for all injuries sustained during participation in the Copper Hills athletic program.

Choosing a Team

It is in the student-athlete's best interest to be at the first tryout or practice of each sports season. If emergency circumstances do not allow for 1st practice attendance then the coach should be notified so that other tryout arrangements can be made.

Quitting a Team

Students who "quit" a team after the first official contest of the season, will not be permitted to participate on another team during that season, unless the latter coach agrees to accept the athlete as a team member, with prior approval of the athletic director.

Hazing/Harassment

In keeping with the philosophy of the school that recognizes the dignity of every person, harassment and hazing of any member of the school community, whether on or off the school property, will not be tolerated. Harassment includes, but is not limited to, any form of verbal abuse, including electronic communications, demeaning behavior, physical violence or sexual misconduct, or behavior that interferes with another person's feeling of well-being at the school. When appropriate, law enforcement officials will be contacted when such harassment violates state and local statutes. Students who harass any member of the Copper Hills community are liable for expulsion from the school.

Injuries-Use of the Training Room

All injuries must be reported to the athletic trainer. The athletic trainer is the one best qualified to deal with injuries and will keep a written account of injuries for insurance purposes. All doctors' notes should be given to the athletic trainer as a matter of record keeping. Any prescriptions for rehabilitation should be given to the athletic trainer so that he/she can supervise and/or administer the appropriate activity.

Student-athletes, who are physically unable to participate in athletics as indicated by a physician's documentation, may not be reinstated to continue participation with a Copper Hills team without a written clearance document from that same or another qualified physician.

The training room (1101) is for everyone's safe use and convenience, and is the direct responsibility of the athletic trainer. Students should sign-in whenever they intend to use the facilities. They should always use the equipment in the instructed manner with safety and order in mind. Any questions about the safe and proper use of equipment should be directed to the athletic trainer.

A certified trainer will be present on campus for most athletic events. The athletic trainer will only contact parents/guardians if an athlete has sustained an injury that requires additional treatment and evaluation. The athletic trainer and/or coach will contact parents by telephone anytime an athlete receives any type of head injury, be it minor or major.

Use of Locker Rooms, Weight Room, Fields and Courts

The athletic facilities at Copper Hills High School should be used appropriately at all times and under the supervision of the school's coaching staff. The locker rooms should be used for changing and getting ready for practices and competitions. Student-athletes are expected to act appropriately at all times in the locker room. Proper respect for each other and an individual's personal property is expected at all times.

If a student-athlete has a locker in the designated team locker rooms for the sport in season, then he/she is responsible for having it locked at all times. At the end of a sport season, it is the student-athlete's and coach's responsibility to vacate the locker room for the next sport.

Any group wanting to use the weight room, circuit room, tennis courts, gyms or fields at Copper Hills will need to schedule these times and dates with the Athletic Director and Assistant Principal over building use before any use will be approved. The proper paperwork will need to be completed before any student and group will be allowed use of these areas. **Coaches must be present at all times in these areas—NO EXCEPTIONS.**

Changing Clothes for Practice and Competitions

Students who participate in athletics must use designated locker rooms to change from school day clothes into athletic apparel. Under NO circumstances should a student change clothes in hallways. This can and will be charged as a misdemeanor.

Athletic Practices

Most teams begin practices at 3:00—3:30 pm and are completed in less than 3 hours. Teams usually practice Monday through Friday with the possibility of Saturdays and holidays, depending on the playing schedule. Athletic practices vary in length, location and starting times depending upon facility availability and coaches' schedules. A number of our coaches are employed off campus and may not be available at 3 pm every day. Practice schedules will be announced within the school for sport tryouts. During tryouts, coaches will inform the student-athletes and parents of any future changes in the practice schedule.

Team Photographs

Team photographs for each sport are the responsibility of the head coach. The head coach will communicate the date along with the time schedule and location for the photographs. Photographs are taken in the team uniform. The photographs taken will be utilized for the yearbook and UHSAA state tournament programs.

Practice End-Time and Student Pick-Ups

Athletes are expected to arrange for transportation, as they are expected to attend the full duration of practices. It is required that parents kindly respect the long hours put in by our teacher/coaches and make every effort to be on time for pick up following practices/games.

Scheduling

Schedules and scheduling changes for all athletic teams can be found on the Copper Hills' Athletics webpage at: www.copperhillsathletics.weebly.com under the calendar tab.

Cancellation of Practices and Games

The cancellation of practices and games may be necessary for a variety of reasons. The head coach and athletic director will make every effort to have the information announced as early as possible. Last minute changes may occur, usually as a result of inclement weather. An all-school announcement will be made in this case in a timely manner. The students will be encouraged to call appropriate people to inform them of the changes, if school has been dismissed.

Uniforms and School Equipment

All Copper Hills student-athletes will be issued athletic uniforms and equipment specific to each sport. All uniforms and equipment are the property of Copper Hills High School, unless designated by the head coach. Swimming, track, cheer, and wrestling are all student purchase uniforms.

Uniforms are only to be worn for games/contests or on special occasions as designated by the coach or school administrator. Practice gear should be clean and in good repair. Any apparel that advertises drugs, alcohol, or unacceptable slogans will not be allowed at practices or games. Female student-athletes must wear a minimum of two-layers, an appropriate undergarment and appropriate article of clothing over top. Male athletes may not appear with a bare-chest in the weight room, on a playing field or court.

Most sports will elect to purchase additional items (Spirit Pack) that the athletes will pay for and keep (for example a t-shirt, warm-up shirts, etc.). The optional Spirit Pack may not exceed \$250 for any sport or activity per Jordan School District policy. An itemized order form will be available from the athletics secretary. A fine will be placed on the student's account if not paid for by the end of the season.

All uniforms and equipment are to be returned to the head coach within one week of the season's conclusion. All students must remove their equipment from the team locker rooms one week following the season. Any personal property left in the team locker rooms will be donated to charity. Students who do not return school issued equipment will be placed on the school's fines list. These students will not be permitted to play another sport until the equipment is paid for or returned.

Game Transportation

Copper Hills High School will provide district transportation to and from athletic contests in most cases. Contests on Saturdays and non-school days in the Salt Lake Valley may be rare exceptions and parents will be notified prior to the event. Students are expected to behave properly on buses transporting them to and from school sponsored athletic events. Students whose conduct is unacceptable may be prohibited from riding team buses. Repeated inappropriate behavior may result in removal from a team.

Student-athletes may travel home from a competition with their parents or legal guardian. However, this is only with the head coach's prior approval. **A head coach reserves the right to have a team travel together to and from any contest.**

Athletic Event Parking

School parking lots are provided for all athletic contests. Parking along driveways marked with red or yellow curbs and on the grass is prohibited. Vehicles parked illegally may be ticketed or towed at the owner's expense. If an event requires parking in the surrounding neighborhoods of the campus, please respect the property of our neighbors. There will be no parking on the south road around the school by our soccer, baseball and softball fields. This road is necessary to expedite the access of emergency vehicles.

Copper Hills High School and Jordan School District are not liable for any damage to a vehicle traveling through the campus or parked on school property.

Admission Fees to Athletic Events

The region board sets Region III's admission fees; admission fees for endowment and state play-off games are different than regular season prices and are set by the UHSAA. Parents/guardians may purchase a family pass (6 total people) for \$20 for home games, excluding endowment and state play-off games.

Region III charges for all football, boys' basketball, and girls' basketball contests. \$6 for adults, \$4 for students, 65 years or older and any child under 6 are free.

Senior Night Recognition Protocol

As per Region III rules, senior night recognitions may only last 10 minutes maximum and may not delay the start of a game.

“Any senior recognition at the end of season cannot delay start of game. Recognitions are limited to 10 minutes and must be mutually agreed upon by the visiting school. Violations will be referred to the Region III Board of Managers for possible sanctions.” Region III Policy Manual—General Policy VI-F-8

Please note that in order to comply with this policy, we as an athletic administration ask that you keep your senior recognition to the following:

Read the student-athlete's number, name, and son or daughter of parent/guardian and years as a participant.

Please plan accordingly to recognize your seniors at the end of the season at the last home game using this procedure. No personal biographies will be read by the announcer before or at halftime. Please take the time to fully honor your seniors at your end of season banquet.

End of Season Banquets

Many athletic teams hold banquets at the completion of their season. The organization and type of team celebration is left to the discretion of the head coach. Parents interested in assisting with banquet organization should contact the head coach.

End of Season Parent and Student Participation Surveys

At the end of each sport season, the athletics secretary and athletic director will send out a survey to parents and students who participated on teams. This end of season survey is to help assist the athletic director and school administration make necessary improvements to our athletic programs and coaches.

Use of Alcohol, Tobacco, Drugs & Weapons

All Copper Hills athletic coaches (paid and volunteer) are required and obligated to immediately report any knowledge of student-athlete misconduct relevant to alcohol, tobacco, weapons, and drug use, solicitation or purchasing, to the administration.

Coaches must follow UHSAA and Copper Hills High School rules, regulations and consequences relevant to use of alcohol and/or drugs. Following the reporting of an infraction to the administration, the student-athlete will be disciplined in accordance with the guidelines set by the UHSAA (Article XI Section 1: a, b, c, page 27) on their website at www.uhsaa.org and then as stated in the Copper Hills Parent/Student Handbook.

Substance	1st Possession or Use	2nd Possession or Use	3rd Possession or Use	1st Distribution (Selling, Sharing, Delivering)	2nd Distribution (Selling, Sharing, Delivering)
Illegal drugs Alcoholic Beverages Other Illegal Substances	10-Day (Home-Based) Alternative Education Program or Early Intervention Class	45-Day (Home-Based) Alternative Education Program and Assessment	180-Day (Home-Based) Alternative Education Program and Assessment	45-Day (Home-Based) Alternative Education Program and Assessment	180-Day (Home-Based) Alternative Education Program and Assessment
Prescription Medications	In excess of an 8-hour dosage Suspension to Parent	In excess of an 8-hour dosage 10-Day (Home-Based)	In excess of an 8-hour Dosage 45-Day (Home-Based)	Any Amount 45-Day (Home-Based) Alternative	Any Amount 180-Day (Home-Based) Alternative

	Conference	Alternative Education Program and Assessment	Alternative Education Program and Assessment	Education Program and Assessment	Education Program and Assessment
Over the Counter Medications	Suspension to Parent Conference	10-Day (Home-Based) Alternative Education Program and Assessment	45-Day (Home-Based) Alternative Education Program and Assessment	Suspension to be determined by administration	45-Day (Home-Based) Alternative Education Program and Assessment

Copper Hills High School reserves the right to enforce school policies as stated in the current Parent/Student Handbook in any situation related to the use of alcohol, tobacco, drugs and weapons. Copper Hills’ policies supersede all UHSAA rules, regulations, and guidelines.

Coaches who circumvent the process as outlined in the aforementioned sentences will be disciplined and may be relieved of their duties.

Pursuing College Athletics

Students who wish to pursue college athletics should meet with their guidance counselor to affirm that all NCAA/NAIA/NJCAA qualifying core courses are considered. The athletic director and coaches are available to write letters of recommendation and to make follow up calls on behalf of the student-athlete after he or she has made initial contact.

If a videotape or DVD of game action is desired to send to college coaches, it is the responsibility of the student-athlete to arrange for the recording and the footage. Each sport has limited ability to videotape games, for instructional purposes only. All videotaping of games for college recruiting purposes is the responsibility of the student-athlete and his or her family.

Prior to the college tryout, the NCAA Clearing House must clear students who plan on pursuing college athletics. For more information please visit the NCAA website: <http://www.ncaa.org/student-athletes/future/eligibility-center>.

Copper Hills High School also offers a College Athletic and Academic Preparation course taught through Athletic Quest. This one semester course will help students understand the recruiting process, requirements, and transitioning from high school to college. Please visit the course offerings page on the Copper Hills website for time and instructor of this course.

Donations

Copies of all checks or purchase receipts for donations where parents or businesses contribute cash or in-kind goods to your program must be turned in to the school's main office. The athletics secretary will make sure donors receive a tax receipt and a thank you note.

Media

Except for game scores, please refer media to the athletics secretary, 801-256-5335 for photos, sidebar stories or other non-sport related questions about the school.

Websites

Team websites will be linked to the Copper Hills' athletics webpage: www.copperhillsathletics.weebly.com. Please visit this page for all information regarding Copper Hills' athletics.

Use of Student Photographs

The school reserves the right to use student pictures in publications, in advertisements, for media stories and on the school's website. Any parent who does not wish his or her child's picture used must notify the Athletic Secretary in writing.

Use of the Copper Hills Logo or Images

All logos, images, and the name of Copper Hills High School are the property of the school and may not be used without prior written permission from the school. Please contact the athletics secretary at 801-256-5335 for logo art, and to request permission for use of CHHS logos or images on posters, apparel, flyers, programs, or other promotional items.

The aforementioned athletic guidelines cannot cover all situations that may occur and the school administration reserves the right to make exceptions that will be in the best interest of the parties involved. With the approval of the Athletic Director and Principal, coaches may formulate additional rules for their program in addition to the guidelines in this handbook, but they must not be contradictory to the policies stated herein.

Athletics Contact Information

Athletics Director:

Darby Cowles
801-256-5332
darby.cowles@jordandistrict.org
Twitter--@copperhillsAD

Athletics Secretary:

Shelley North
801-256-5335
shelley.north@jordandistrict.org

Assistant Principal—Athletics:

Kim Searle
801-256-5300
kimberly.searle@jordandistrict.org

Athletics webpage:

www.copperhillsathletics.weebly.com

School Information:

Copper Hills High School
5445 W. New Bingham Hwy
West Jordan, Utah 84088
Phone—801-256-5300
Fax—801-256-5393
www.copperhillshigh.org
Twitter--@Copperhillshigh