

TUBA CITY HIGH SCHOOL

“HOME OF THE WARRIORS”

ATHLETIC POLICIES

2013-2014

“A COMMITMENT TO EXCELLENCE”

Congratulations on making the Team. Welcome to the TCHS Athletic program. The coaching staff here at Tuba City High School will be dedicated, disciplined, industrious, and enthusiastic in giving your child the very best coaching possible. Remember, **Athletics is a privilege, not a right!**

Tuba City High School’s primary objective is to provide each student with an academic foundation which will lead to your success after graduation. We believe that Athletics is an essential part of the preparation and maturation for many students. Athletics, teaches many beneficial foundational skills: leadership, perseverance, teamwork, dedication, responsibility, problem solving, attitude, and sportsmanship. In addition, the personal relationships and memories of the games remain with us for a lifetime. Tuba City High School would like the very best for you, the teams here at TCHS, and the people we represent.

“A COMMITMENT TO EXCELLENCE”

Players, you must understand you are here to get an EDUCATION first.

We take PRIDE in classroom achievement as well as winning.
YOU BELONG ON TOP SO WORK FOR IT.

ELIGIBILITY AND GRADE CHECKS

1. Your child must be passing all classes to participate in games. Grade Checks are given every 3 weeks. If your child is not earning a grade of “C” or better in all classes, he/she will be notified and placed on suspension from all athletic contests for the next three weeks. The student athlete will be notified of being ineligible on the Monday after grade check and students will be ineligible for competition until grade requirements are met. Students who are ineligible to play, will be encouraged to practice and also be encouraged to take advantage of the Tutoring Program outside of basketball practice.

The Athletic Director’s office must clear these students with an eligibility reinstatement form signed by their teacher for each class they are earning a grade of “D” or “F”. Reinstatements shall be at the discretion of the teachers 24 hours in advance before game days. Any reinstatements signed on game day will not reinstate athlete until the next scheduled game.

TCHS SUBSTANCE ABUSE POLICY

1. Alcohol and Illegal Drugs will not be tolerated on and off campus.
2. If any athlete is found in violation of the substance abuse policy of TCHS, they will be suspended from all school activities including athletics.

TARDIES

1. You are expected to be in every class on time.
2. You are expected to be at every practice on time.
****Unless you have a written note from your parent(s) / guardian(s) you will be considered tardy. Please understand, even if your tardy is excused, you will have missed a valuable portion of practice. You may still be required to makeup the missed time by running.**
3. If you are tardy to practice – you will be disciplined – you may be required to make up any missed time by running.

MISSING OR CUTTING CLASSES/PRACTICE

1. You are required to attend every class period. If you are not in Attendance, it is your responsibility to bring a note as to the reason you were absent. It will then be determined as an excused or unexcused absence by the attendance clerk or High School Principal.

Excused Absences

- a. Family Emergencies
 - b. Doctor's / School Nurse Appointments
 - c. Doctor's / School Nurse Statements – Illness
 - d. Religious Ceremonies
 - e. Academic / Athletic Events
 - f. Funeral attendance
2. You are required to attend all practices. If you are not in attendance, it is the student athlete's responsibility to bring a note as to the reason you were unable to attend. **Only the above Excused Absences will be accepted.** Prior communication with the Head Coach is required.
 3. Weekend Practices or Practices during the Holidays – Since many of our regular season games are on Tuesday / Friday / Saturday, it is crucial that we practice on Saturday's or during the Holiday Break to sustain team unity and comprehension of our philosophy.

It will greatly be appreciated if you can make arrangements after your child's practice to go to town or to do other family outings. Remember the player's that show up and attend practice will be the ones to play.

4. If an athlete sustains an injury of any kind athletes are required to notify the Varsity coaches, J.V. coach, and Freshman coach. You will receive treatment for your injury by the coaching staff or medical doctor. **Since you are part of the team, you are required to be at all practices.** If you have an injury, the coaching staff will rehabilitate your injury so you may return to practice with a doctor's release. **Only in extreme cases where a contagious illness exists, will you be excused from practice.**

Attendance Policy:

- a. One (1) Unexcused Absence-Verbal Warning and Coaches Discipline
- b. Two (2) Unexcused Absence- Parent Meeting (limit playing time, no starting position,)
- c. Three (3) Unexcused Absence- Automatic Suspension from one game.
- d. Dismissal from Team-No exceptions.

BEHAVIORAL PROBLEMS IN CLASS/HOME WITH TEACHERS/ PARENTS

Violate a rule; be ready to pay a consequence.

1. You are expected to behave in a positive manner in which you represent your family, your school, your community, and your team to the best of your abilities.
2. A TCHS Warriors Athlete who is referred to (OSS) will be ineligible to participate in any practice or contests for that day(s). The day(s) missed will be unexcused.
 - 3 Days OSS- suspension for the next two games
 - 5 Days OSS- suspension from all athletic activities for 2weeks
 - 10 Days OSS – Automatic suspension from the team.
3. Visible Hickeys will not be tolerated and will be reason for not participating in practice(s) / game(s).

QUITTING A SPORT

1. If your child decides to quit a sport, he/she will need to meet with the Head Coach and the Athletic Director to inform them of their decision and reason(s) for quitting.

PENALTIES FOR QUITTING ANY TCHS SANCTIONED SPORT WILL RESULT IN THE INELGIBILITY OF THE FOLLOWING SPORT FOR 1/3 OF THE SEASON

COACHES PROMISE

1. If you care about TCHS and this TEAM, I'll always care about you. That's a PROMISE.

REMEMBER YOUR PRIORITIES

1. Always remember your priorities.
 - a/b. Your Family and/or Your Religion
 - c. Your Education
 - d. Your Team
 - e. All Others

PARTICIPATION IN OTHER ORGANIZED IN SEASON EVENTS

1. TCHS ATHLETES are not allowed to participate in any same team sport organized event(s) during that specified season. This includes Jam Zones, Basketball Tournaments, League games, etc. **Violation of this rule will be reason for removal from the team as per A.I.A.**

PRACTICE RULES

ALL ATHLETIC PRACTICES WILL BE OPEN/CLOSED DEPENDING ON THE COACHES DISCRETION.

NO PARENTS ON THE PRACTICE FLOOR/FIELD.

1. Be on time to all practices and team meetings. We cannot wait for you to hustle.
2. Come prepared to work. Do not waste your time or mine.
3. All doors will be closed at the time practice is called for.
4. Keep your equipment clean.
5. Always practice at top speed, and concentrate on proper execution.
6. Practice is a place to learn. That should be your only reason and interest in being there. If you don't have that proper attitude, you are in the wrong place.
7. Pay attention to all instructions. Do not be afraid to ask questions.
8. Avoid horseplay – horseplay is for horses – it spoils team morale and causes injury.
9. Profanity has no place in our practices; an educated player can express himself without resorting to profanity.
10. Anytime you come to practice area(s), you are expected to give 100% effort. Work for perfection.

REQUIREMENTS FOR PARTICIPATION

A. PHYSICAL EXAMINATION:

A Physical Examination is required every school year. The physical form must be completed by the physician and submitted to the Athletic Director. The physical covers all sports for the entire school year. The form will be kept on file in the athletic office for as long as the student is enrolled at Tuba City High School. A yearly update signed by the parent or guardian on the enrolled student athlete is required for each year along with a new physical exam.

B. EMERGENCY MEDICAL AUTHORIZATION:

Each athlete's parents shall complete an Emergency Medical Authorization Card giving permission for treatment by a physician or hospital when the parent(s) are not available. The card will be kept in the medical kit for availability at all practices and contests.

C. PARENTAL ACKNOWLEDGEMENT OF ATHLETIC POLICIES:

Upon entering High School at the time a student represents an athletic team, he will be presented with this handbook containing all the necessary forms and information for participating in athletics.

D. SCHOLASTIC ELIGIBILITY:

In order to participate on a TCHS athletic team, each athlete must have satisfied all of the scholastic eligibility requirements prior to participation.

E. RISK OF PARTICIPATION:

All athletes and parents must realize the risk of serious injury which may be a result of athletic participation. TCHS will use the following safeguards to make every effort to eliminate injury.

1. Conduct a mandatory student athlete / parent meeting at the start of the season to fully explain the athletic policies and to advise, caution, and warn student athletes of the potential for injury.
2. Maintain a continuing education program for coaches to learn the most up-to-date techniques and skills to be taught in their sport.
2. Coaches will instruct all athletes about the dangers of participation in the particular sport.

F. FINANCIAL OBLIGATION AND EQUIPMENT:

- 1. Equipment – All athletes are responsible for the proper care and security of equipment issued to them. School furnished equipment is to be worn only for contests and practices. All equipment not returned in good condition at the end of the season will be subject to a financial penalty. Stolen or lost items will be the financial obligation of the student athlete who was issued the equipment.**

G. TRAVEL

All athletes must travel to and from out-of-town contests in transportation provided by the Athletic Department unless previous arrangements are made by the parents for exceptional situations and approved by the Administration.

- 1. Athletes will remain with the squad and under the supervision of the coach when attending away contests.**
- 2. Athletes that miss the bus will not be allowed to participate in the contest when attending away contests.**
- 3. All regular school bus rules will be followed.**
- 4. Dress appropriately and in good taste. (ALL BOYS WILL WEAR SHIRT AND TIE, NO T-SHIRTS, GIRLS WILL WEAR SLACKS/KHAKI'S/DRESS, NO JEANS)**
- 5. Athletes must have their name on their team list to ride the activity bus after school from practice. The transportation department is requiring each student athlete to possess their identification card to board the activity bus and to play in away contests.**
- 6. Athletes must have their parents or legal guardians sign the proper release form in order to be released after an athletic event or activity. (Only parent or legal guardians may release a student athlete).**
- 7. Athletes must have Administrative permission to ride with parents and not with the team.**
- 8. At times, it will be necessary to reduce the number of team members when it comes to travel on Away contests, due to limitation of seating. Varsity Teams will have the priority when assigning seating: JV and Freshman teams will be limited.**

H. CONFLICTS IN EXTRACURRICULAR ACTIVITIES:

An individual student who attempts to participate in several extra curricular activities will, undoubtedly, be in a position of a conflict of obligations.

The Athletic Department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities, and to do this, will attempt to schedule events in a manner to minimize conflicts.

Students have the responsibility to do everything they can to avoid continuous conflicts. This would include being cautious about belonging to too many activities where conflicts are bound to happen. It also means notifying the faculty sponsors/coaches involved immediately when a conflict does arise.

When a conflict arises, the sponsors / coaches will work out a solution so the student does not feel caught in the middle. If a solution cannot be found, the Athletic Director or Principal will make the decision based on the following:

1. The relative importance of each event.
2. The importance of each event to the student.
3. The relative contribution solution the student can make.
4. How long each event has been scheduled.
5. Talk with parents.

Once the decision has been made and the student has followed that decision, he will not be Penalized in any way by either faculty sponsor / coach. If it becomes obvious that a student cannot fulfill obligations of a school activity, he should withdraw from that activity.

I. ATTENDANCE:

Students who miss part of the school day due to illness must be in attendance four periods in order to play a contest or practice on that date. Students missing school for reasons other than illness must have an excused absence in order to participate. Final authority for infractions of these rules will rest with Athletic Director or Principal.

Students absent from school on Friday with a contest the following day (Saturday) will be eligible to participate provided the absence is an excused absence in the eyes of the attendance clerk or Principal.

Ditching one or more classes on the day of the game will not be tolerated. Release to participate can only come from the High School Principal/Athletic Director.

J. RELEASE FROM CLASS:

It is the responsibility of athletes to see their teachers the day before the classes they miss because of an athletic contest. All work shall be made up!

GROOMING AND DRESS POLICY

As members of a Tuba City High School Athletic team, you are expected to be well groomed. Appearance, expression and actions always influence people's opinions of athletes, the team, and the school. Once you became a member of a squad, you have made a choice to uphold certain standards expected of athletes in this community.

The following Grooming and Dress Rules will be adhered to by team members:

1. Hair styles are to be maintained in a neat and clean manner so as to present a positive image for both the team and the school. Hair cuts shall be collar length with the ear lobes exposed.
2. An athlete shall dress presentably at all times, on trips, or at assemblies, or banquets. Shirt and Tie with dress slacks are required. Dress shirts must be tucked in at all times. No jeans, caps, tennis shoes, or T-shirts will be worn.
3. Only uniforms/practice gear issued by the Department of athletics will be permitted to be worn for contests and practices. If you are caught wearing your game/practice gear outside of contests/practices, your uniform/practice gear will be confiscated.
4. Athletes will not be permitted to participate until deviations of the above rules are satisfactorily corrected.

WARRIORS PRIDE

THIS WILL MAKE US A CHAMPION

EIGHT PRINCIPLES THAT MAKE UP AN OUTSTANDING TEAM

1. **OUTSTANDING TALENT**
 - A. TALENT MUST BE TEACHABLE OR COACHABLE
 - B. TALENT MUST ACCEPT THEIR ROLE
 - C. WHAT KIND OF TEAM MATE ARE YOU
2. **OUTSTANDING LEADERSHIP**
 - A. MUST HAVE VISION ABOUT THE FUTURE-FOCUSSED
 - B. COMMUNICATE VISION CLEARLY-MOTIVATE, ENCOURAGEMENT
 - C. PEOPLE SKILLS
 - D. CHARACTER-HONEST-ROLE MODEL
 - E. COMPETENT- GOOD AT WHAT THEY DO
3. **COMMITTED OR COMMITMENT**
 - A. COMMIT TO EACH OTHER

- B. COMMIT TO EXCELLENCE-HIGHEST LEVEL OF QUALITY
 - C. COMMITMENT TO COMPETING- ALWAYS BRING YOUR BEST TO GAMES AND PRACTICE
 - D. COMMITMENT TO WINNING
4. PASSIONETTE-LOVE THE GAME, LOVE WHAT YOU DO, THIS MUST BE EQUAL THROUGHOUT EACH MEMBER OF THE TEAM
5. TEAMS

**TOGETHER
EVERYONE
ACHEIVES
MORE
SUCCESSFULLY**

6. EMPOWER EACH OTHER-ENCOURAGE ONE ANOTHER DON'T BRING DOWN ONE ANOTHER

7. ENORMOUS RESPECT OF ONE ANOTHER

- A. TRUST
- B. LOYALTY
- C. LOVE BEING WITH YOUR TEAM MATES
- D. FRIENDSHIPS

8. CHARACTER PEOPLE

- A. HONEST
- B. INTEGRITY
- C. RESPONSIBLE
- D. HARD WORKING-SENSE OF ENTITLEMENT
- E. HUMBLE SPIRIT

‘WHEN YOU TAKE AN OPEN HAND WITH FIVE FINGERS SEPARATE, IT WILL NOT DO MUCH DAMAGE. WHEN YOU BRING ALL FIVE FINGERS TOGETHER AND MAKE A FIST, YOU HAVE A WEAPON’. COACH K FROM DUKE UNIVERSITY.

“INTELLIGENCE PLUS CHARACTER IS THE GOAL OF TRUE EDUCATION” DR. MARTIN LUTHER KING



THE ENLIGHTENED WARRIOR'S CREED

I am courageous, but not reckless
I am confident, but not cocky

I am tough and I am smart
I am always focused and always aware

I respect my teammates and my opponents
I learn from victory and from defeat

I do not speak of my successes
they speak for themselves

I lead by my actions
I perform on and off the field/court

I am well informed and well equipped
I am prepared for any battle

My strength, my speed
and my intelligence are my weapons.

I am an enlightened warrior.

TCHS WARRIOR ATHLETE PARENT CODE:

We feel the parents play a vital role in the development of student athletes, therefore, we as coaches believe in the following:

- (1) Be a positive role model through your own actions to make sure your child has the best athletic experience possible.**
- (2) Be a “team” fan, not a “my kid” fan.**
- (3) Weight what your children say: they will tend to slant the truth to their advantage.**
- (4) Show respect for the opposing players, coaches, spectators and support groups.**
- (5) Be respectful of all official’s decisions.**
- (6) Don’t instruct your children before or after a game, because it may conflict with the coach’s plans and strategies.**
- (7) Praise your student-athlete in their attempt to improve themselves as students, as athletes, and as people.**
- (8) Gain an understanding and appreciation for the rules of the contest.**
- (9) Recognize and show appreciation for an outstanding play by either team.**
- (10) Help your child learn that success is oriented in the development of a skill, and that should make a person feel good about themselves, win or lose.**
- (11) If you as a parent have a concern, take time to talk with coaches in an appropriate manner including proper time and place. Be sure to follow the designated chain of command.**
- (12) Please reinforce our drug and alcohol free policies by refraining from the use of any controlled substances before and during athletic contests.**
- (13) Remember that a ticket to a school athletic event is a privilege to observe the contest.**

**PLEASE DETACH THIS PAGE AND RETURN TO THE
HEAD COACH**

“A COMMITMENT TO EXCELLENCE”

STATEMENT OF COMMITMENT

I, _____, have received, read and understand the TCHS ATHLETIC
Student Athlete
POLICIES for 2013-2014 school year concerning my participation in the TCHS ATHLETIC Program. I agree to follow and abide by the rules stated herein to remain eligible and to help my team and school. I also am aware of all consequences for the rules and policies set for the TCHS Athletic Program. I further agree to assume full responsibility for all practice gear and game uniforms issued to me, and to confine the use of that practice gear/game uniforms to practice and games. I agree to pay for any and all practice gear/game uniforms which I may lose, misplace, or damage through carelessness or intent.

Date: _____ Signed: _____
Student Signature

PARENTS' STATEMENT OF COMMITMENT

I (We), the parent(s)/guardian(s) of _____ have read the rules and
Student Athlete
policies set for athletic participation at Tuba City High School and the TCHS Athletics for 2013-2014. I will do my part in seeing that my child and I, follow these rules and regulations.

Date: _____ Signed: _____
Parent(s)/Guardian(s) Signature

Received by the Head Coach: _____
Date

***ALL RULES AND POLICIES ARE SUBJECT TO DUE PROCESS AND THE RIGHT TO AN APPEAL. IF ANY ATHLETE TAKES THE INITIATIVE TO APPEAL ANY RULE OR CONSEQUENCE, THE APPEAL WILL BE HEARD BY THE TCHS COACHES ASSOCIATION, THE ASSOCIATION WILL THEN MAKE THE FINAL RULING.**