

# Athletic Handbook

## Paradise Honors

### 2024-2025



Paradise Honors Athletic Department

Rev. 05/2024

# Athletic Agreements

- The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: **trustworthiness, respect, responsibility, fairness, caring, and good citizenship**. The highest potential of sports is achieved when competition reflects these six pillars of character.
- It is the duty of school board members, executive director, school administrators, parents and school sports leadership, coaches, athletic administrators, program directors, and game officials to promote sportsmanship and foster good character by teaching, enforcing, advocating, and modeling these six pillars of character.
- To promote sportsmanship and foster the development of good character, sports programs must be conducted in a manner that enhances the academic, emotional, social, physical, and ethical development of student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible.
- Participation in athletic programs is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules and they must conduct themselves, on and off the field, as role models who exemplify good character.
- School board, executive director, school administrators, parents, and school sports leadership shall establish standards for participation by adopting and enforcing codes of conduct for coaches, athletes, parents, and spectators.
- All sports participants must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.
- The importance of character, ethics, and sportsmanship should be emphasized in all communications directed to student-athletes and their parents.
- All stakeholders must ensure that the first priority of their student-athletes is a serious commitment to getting an education and developing the academic skills and character to succeed.
- School board, executive director, principals, school administrators, and everyone involved in sports program governance must maintain ultimate responsibility for the quality and integrity of these programs. Such individuals must ensure that education and character development responsibilities are not compromised to achieve sports performance goals and that the academic, social, emotional, physical, and ethical well-being of student-athletes is always placed above desires and pressures to win.
- All employees of the school must be directly involved in and committed to the academic success of student-athletes and the character-building goals of the school.
- Everyone involved in athletic competition-including parents, spectators, associated student body leaders, and auxiliary groups- has a duty to honor the traditions of the sport and to treat other participants, officials, and spectators with respect. Coaches have a special responsibility to model respectful behavior and the duty to demand that their athletes refrain from disrespectful conduct, including verbal abuse of opponents and officials, profane or belligerent trash-talking, taunting, and

inappropriate celebrations.

- School board, executive director, and school administrators must ensure that coaches, whether paid or voluntary, are competent to coach. Training or experience may determine minimal competence. These competencies include basic knowledge of 1) the character-building aspects of sports, including techniques and methods of teaching and reinforcing the core values comprising sportsmanship and good character; 2) the physical capacities and limitations of the age group coached, as well as first aid; and 3) coaching principles and the rules and strategies of the sport.
- To safeguard the health of athletes and the integrity of the sport, sports programs will prohibit the use of alcohol, tobacco, drugs, and performance-enhancing substances, as well as demand compliance with all laws and regulations, including those relating to gambling and the use of drugs.
- The profession of coaching is a profession of teaching. In addition to teaching the mental and physical dimensions of their sport, coaches, through words and example, must also strive to build the character of their athletes by teaching them to be trustworthy, respectful, responsible, fair, caring, and good citizens.

## **Sportsmanship**

We believe that interscholastic competitive events should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. We also believe that the highest potential of competitive events is achieved when participants are committed to pursuing victory with honor according to the six pillars of good character.

- Learn and understand the rules of your sport. Play hard, play to win, but play fairly within the rules.
- Do not allow your temper to distract you from the fundamentals of good sportsmanship. Maintain self-control.
- Respect your opponent; congratulate him/her at the end of the game. Acknowledge good playing, never taunt.
- Respect the integrity and judgment of officials.
- Be a positive example for teammates and opponents.
- A player who is disqualified from a contest for unsportsmanlike behavior by an official is prohibited from playing in the next regularly scheduled contest game.
- A player who strikes or otherwise physically assaults an official will be subject to an extended suspension from athletic competition and face consequences from the school.
- Any spectator who becomes involved in any confrontation with an official, parent, coach, or player, including striking, bumping, or otherwise physically or verbally intimidating them, prior to, during, or after a contest will be barred from future sporting contests and subject to legal ramifications.
- Winning or losing is not as important as your reaction to winning or losing. Your reaction is what people remember, not the score. Be gracious in defeat and modest in victory.
- Take pride in yourself, your team, and Paradise Honors!

## **Student-Athlete Responsibilities**

- It is the primary responsibility of each student-athlete to do everything in his/her power to promote good sportsmanship and a healthy spirit at Paradise Schools.
- The student-athlete must realize that he/she represents a tradition of fairness and compassion in competition.
- The student-athlete is to develop the self-control necessary to perform one's best in competition and prepare for the future; poor sportsmanship, loss of temper, fighting, abusive language, and/or gestures will not be tolerated.
- The student-athlete is to learn that performing to the best of one's ability is far more important than winning or losing.
- Be in good standing with the team for the entire season. Athletes who are removed or leave a team during the season may be deemed ineligible for the next season of sport.
- Athletes must ensure that they are following all school rules set forth in the student handbook.
- Athletes need to be in tutoring or off campus during non-practice time.

## **Social Media**

Social media is a powerful communication tool for athletics. It is the responsibility of athletes, parents, and athletes to promote a positive and supportive social media presence. **THINK BEFORE YOU POST.**

- Student-athletes, parents, and coaches will not use abusive or derogatory language towards teammates, opponents, the school, officials, coaching staff, or the athletic department.
- Student-athletes and parents must find ways to positively promote the team, school, and coaching staff.
- Always report any misuse immediately (see Chain of Communication)

## **Student/Parent Spectator Responsibilities**

Purchasing a ticket to an athletic event and/or attending an athletic event means that the spectator has assumed responsibility for the proper representation of Paradise Schools, just as the athlete does. These rules apply to all spectators, students, and parents alike.

- Spectators are expected to maintain a positive attitude in all situations and never use abusive language and vulgarity. Spectators are not permitted to engage in any kind of unsportsmanlike behavior toward members of the opposing team, game workers, coaches, other parents or game officials.
- Spectators are to respect and obey the officials' decision as final.

- Spectators will follow any directions given by the administration, before, during, or after a contest.

These rules are in effect at both home and away games for Paradise Schools student-athletes, student spectators, and parents, even when not observed by opposing teams and fans. Failure to meet these standards will result in disciplinary action. Situations will be reported to the Principal via the Athletic Director. Any students involved will meet with the Administration. Adults involved will also meet with Administration.

Paradise Honors' sportsmanlike tradition holds us to the highest of expectations; therefore, more is expected of us in terms of how we show good values and morals, on and off the athletic field.

## **Athletic Participation Fee**

Each sport that Paradise Schools offers requires a participation fee. This athletic participation fee is vital to each program's budget and **must be paid on the due date set by the athletic department**. Athletes will not be allowed to compete, practice, or travel until the fee has been paid.

It is the responsibility of the student-athlete to maintain his/her academic obligations and priorities in line with the eligibility requirements and the overall requirements expected of all Paradise Honors students. If the student-athlete is participating in a sport, it is the expectation of the student-athlete that he/she is committed to that sport for its entirety. The participation fee **will not be refunded** after the first practice for any reason. It is the expectation of the student-athlete to be **committed** and fully participate in the entire season of the activity.

## **Medical Concerns and Coverage**

All students involved in athletics and extra-curricular activities sponsored by Paradise Schools do so with the understanding that any injuries or other medical situations that may occur will be addressed by the coach, emergency medical responder, medical doctor or hospital to render aid, treatment or care to the student using their best professional judgment, on an emergency basis. Paradise Schools does not provide insurance for student-athletes and is not responsible for accidents or injury resulting from the student's participation in any school-related activity. Paradise Schools is not financially responsible for the expense of medical treatment, emergency care, or transportation. It is the responsibility of the parent/guardian to pay for all medical treatments, procedures, care, and transportation individually, or through the student's private medical insurance program. Students who are not covered by medical insurance may purchase a Student Accident Coverage Policy. Injured athletes may not return to practice or competition without the proper clearance from a certified medical professional and/or Paradise Honors Athletic Trainer.

# No Pass/No Play Policy

State Board of Education Rule R7-208 as mandated by the Arizona State Legislature requires that each school must have in place a “No Pass/No Play” policy.

- All extracurricular activities at Paradise Schools fall under the “No Pass/No Play” policy.

## Eligibility Grade Checks

Paradise Honors eligibility is determined every two weeks. At each grade check coaches will receive a list of players that have a failing grade.

- A passing mark will be a grade of “C” or better and will be determined at each grade check. (Grade checks will be done at the High School and Middle School on the same dates unless otherwise noted.) See below.
  - **Yellow** (Failing grade in any class at grade check)
    - Student may continue to practice and play
    - Coach and Student Notified
      - Email to coach and student
  - **Orange** (Failing grade in any class for two consecutive grade checks)
    - Student may practice but may not play or travel
    - Coach, Student, and Parent notified
      - Middle School (note home for parent signature)
      - High School (email to coach, student, and parent with notification)
  - **Red** (Failing grade in any class for three consecutive grade checks)
    - (Removal from team)
    - Coach, Student and Parent notified
      - Phone call to Parent
- Each student will be given until the next grade check to improve their current level. Grade checks are every two weeks or as determined by the administration.
- Paradise Schools will not reimburse athletic fees for ineligible players.
- Students who receive any discipline referral may be deemed ineligible for extracurricular activities.

Grade check dates (2024-2025)

**High School & Middle School Dates: TBD**

# Communication

## **What you can expect from your Coaches/Athletic Director/Administration:**

- Times and dates for practices, games, and events will be communicated in a timely fashion.
- Expectations the coach and athletic director have for all players and team managers.

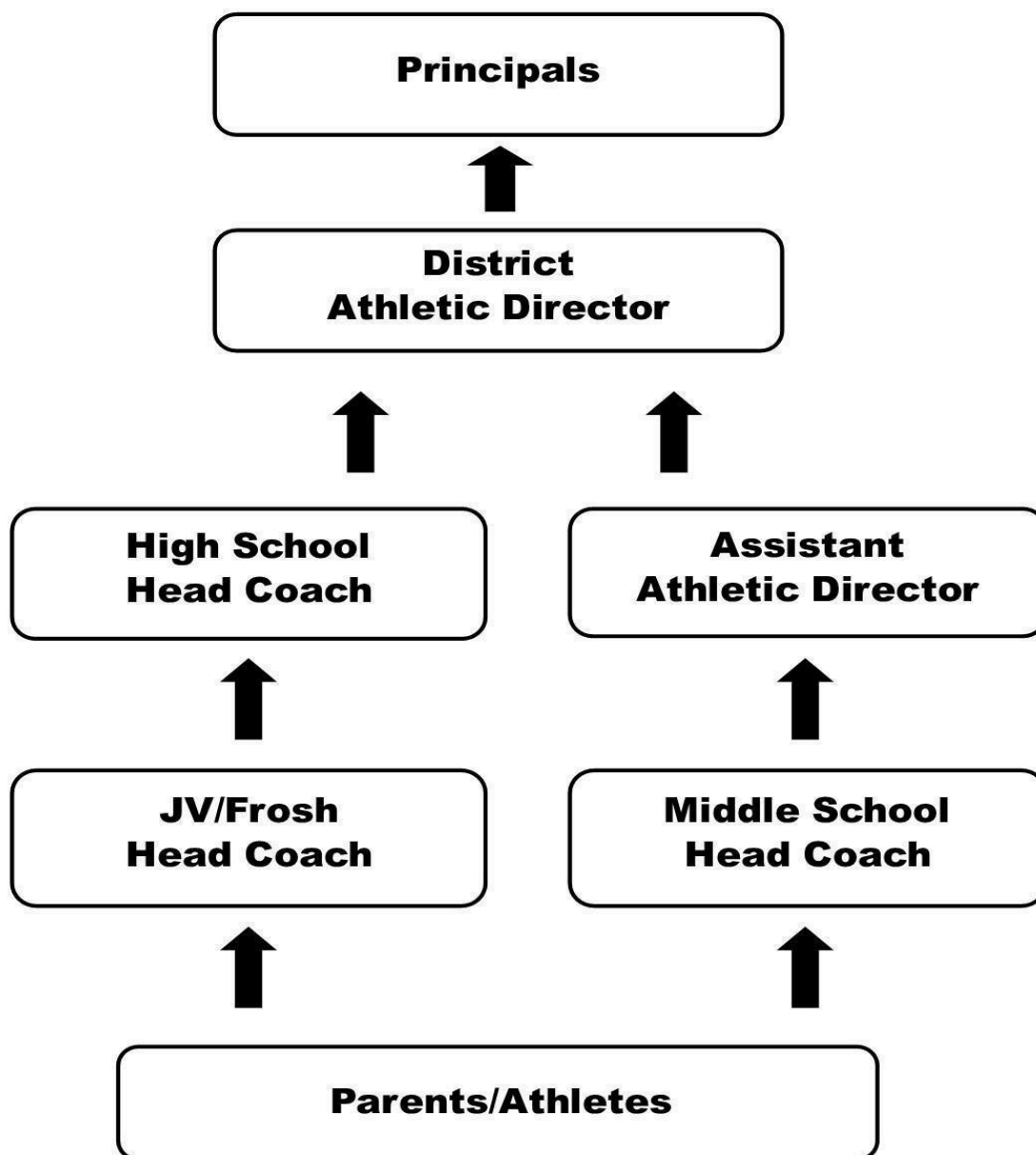
## **What Coaches/Athletic Directors/Administration can expect from Student-Athletes:**

- Academic and behavioral responsibility.
- Complete adherence to the Code of Conduct.
- Full commitment to school, team, family, and community.
- Communicate concerns to the coach first.

## **What Coaches/Athletic Directors/Administration can expect from parents/guardians:**

- Advance notifications of schedule changes.
- Encourage son or daughter to speak directly with the coaches about questions or concerns.
- Understand and respect that there are appropriate topics and times to discuss matters. Guidelines are:
  - Ask to speak to a coach/athletic director/administrator at appropriate times. (24 hour rule after games)
  - Only speak specifically about your child.
  - Understand coaches/administration are not at liberty to discuss playing time, strategy, or other students.
  - Follow the chain of communication
  - Support the decisions made by the coaching staff
  - Act and behave appropriately at any athletic contest (both home and away)

# PARADISE HONORS ATHLETICS CHAIN OF COMMUNICATION



## Attendance

All students who are members of athletic teams are to attend school and classes regularly. In order to participate in a school-day practice or contest, a student-athlete must be in attendance for half of their scheduled regular school day. Field trips, Alternate Learning Experiences, concurrent enrollment, medical/dental appointments, and special family situations may be excused by an administrator.

Penalty- Failure to comply with this rule will result in the athlete not being able to participate in the practice or game of that day. In the event of a Thursday or day before a holiday, the penalty will be imposed on the next practice and/or contest. Any student suspended from school will not be permitted to participate in athletic or school-sponsored activities while serving the suspension.

## Risk of Athletic Participation

It is very important that you understand the risk of participation. Each student-athlete and parent will be required to sign the Tryout Consent/Emergency Care form. Participation in competitive athletics brings with it the potential for physical injury. While at Paradise Schools, you should be aware of the risks involved. Our coaching staff is trained in many of the aspects of care and prevention of athletic injuries and many are trained in first aid and CPR.

## Reporting Injuries/Illness

**All injuries** that occur while participating in athletics must be reported to the coach and athletic trainer. If the injury requires medical attention from a doctor, treatment center, or hospital, it will be necessary to have an injury report form completed by the coach (middle school) or athletic trainer (high school) and turned in to the athletic department. **Once a physician treats a student-athlete for ANY illness or injury, regardless of whether it occurs or not as a result of athletic participation, a doctor's written release is REQUIRED before the student-athlete will be allowed to return to participation. This includes any appointments for an injury or illness that may have occurred before the season began.** Injured athletes may not return to practice or competition without the proper clearance from a certified medical professional and/or Paradise Honors Athletic Trainer. (see below)

## Policies and Procedures for Return to Play

- If there is an injury sustained by an athlete during sports participation or practice at Paradise Honors and the athlete goes to get medical care, outside of seeing the athletic trainer at PHHS, they **MUST** return with a medical doctor's note. If they go to Urgent Care or the Emergency Room and are seen by a physician, they **MUST** have a note from that physician or from the follow-up care physician or qualified medical professional.

- A qualified medical professional (QMP) as defined by Arizona Revised Statute 15-341:

**ATC-Certified Athletic Trainer**  
**MD-Medical Doctor**  
**DO-Doctor of Osteopathic Medicine**  
**NP-Licensed Nurse Practitioner**  
**PA-Licensed Physician Assistant**

- Athletes CANNOT be cleared by a nurse, physical therapist, or chiropractor for ANY injury, including concussions. A physical therapist may clear an athlete IF that athlete has done rehabilitation for their specific injury with that physical therapist and has proven documentation AND a note.
- ALL doctor notes MUST be brought to the athletic trainer so they can be properly filed away and documented.
- If an athlete is injured OUTSIDE of Paradise Honors (this does not include away games) they are to be cleared by their own physician. The athletic trainer is not responsible for any outside injury sustained.

## **Hazing Policy**

- Hazing is prohibited. Defined below by ARS 15-2301
  - o "Hazing" means any intentional, knowing, or reckless act committed by a student, whether individually or in concert with other persons, against another student, and in which both of the following apply:
    - (a) The act was committed in connection with an initiation into, an affiliation with or the maintenance of membership in any organization that is affiliated with an educational institution.
    - (b) The act contributes to a substantial risk of potential physical injury, mental harm, or degradation or causes physical injury, mental harm, or personal degradation.
- Any solicitation to engage in hazing is prohibited.
- Aiding and abetting another person who is engaged in hazing is prohibited.
- It is not a defense to a violation of this policy that the hazing victim consented to or acquiesced in the hazing activity.
- All students, faculty, and staff must take reasonable measures within the scope of their individual authority to prevent violations of this policy.

- Violations of this policy or interference in an investigation under this policy by students or student organizations are subject to sanctions under the Student Code of Conduct. Any employee who knowingly permits, authorizes, or condones hazing activity is subject to disciplinary action.
- Violations of this policy by student-athletes can be reported by contacting both the head coach and the athletic director.
- Administration will investigate the complaint in accordance with the Student Handbook. The disciplinary procedures shall govern all proceedings involving such a complaint. Consequences, if appropriate, will be imposed in accordance with the Student Handbook.
- Violations of this policy by faculty, staff, and other employees are subject to discipline in accordance with district policies and procedures governing employee misconduct. Violations by faculty, staff, or other employees can be reported in writing to the Principal or Athletic Director for referral to and investigation by the appropriate administrator(s) or supervisor(s).
- Any violation involving a crime, an emergency, or an imminent threat to the health or safety of any person should be reported immediately by dialing 9-1-1 to reach local law enforcement officials.
- Paradise Honors will report to law enforcement any complaint of hazing involving criminal conduct that creates a substantial risk to the health or safety of any person in the Paradise Honors community.

## **Athlete Conduct and Behavior**

The extracurricular participation policy of Paradise Schools is a combined effort of coaches, teachers, students, parents, and administrators. The extracurricular participation policy is not intended to weaken the standards of clubs and/or teams that have written regulations more specific than those contained in this policy. A firm and fair policy of enforcement is necessary to uphold the rules, regulations, and standards of the Arizona Interscholastic Association (AIA), Canyon Athletic Association (CAA), and Paradise Schools (this applies before, during, and after the event of participation including in and out of uniform). The community, school administrators, teachers, and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a strong program of athletics. The welfare and growth of the student is our major consideration and transcends any other consideration.

All student-athletes shall abide by a code of conduct that will earn them the honor and respect that participation and competition in the interscholastic program affords. Student-athletes will conduct themselves in an appropriate and responsible manner at all practices and games. At no time shall the student-athlete leave the practice or game area without the coach's knowledge. Proper conduct is to include respect for the rights and privileges of players, coaches, and officials. Any conduct that results in dishonor to the student-athlete, the team, or the school will not be tolerated. The use of profane/vulgar language is not acceptable and will not be tolerated at any time whether during a game, at practice, in the locker room, or in the school.

## **Participation Policy (High School ONLY)**

A student who is a member of a school team shall not practice or compete with any other group, club, organization, association, etc., in that sport during the interscholastic season of competition. This rule applies to team sports only, which are football, baseball, basketball, volleyball, soccer, softball, track relay, and swimming relay teams. For purposes of this rule, the interscholastic season of competition shall begin with the first regularly scheduled practice and conclude with that particular team's final game. Any student violating the above rule shall forfeit his/her eligibility for a minimum of the balance of the season for that sport or up to a maximum of one calendar year.

### **EXCEPTION**

Athletes are permitted to try out for and compete with the U.S. Soccer Federation and the Olympic Development Program.

## **Playing Time**

It is a **privilege** to be a member of any Paradise Schools athletic team. At the middle school or high school level, the coaching staff is the only factor in deciding who makes the team and who plays. This will be decided according to the skill level and experience of each student-athlete. As a member of the team, a student-athlete is expected to respect the decision of the coaching staff and be willing to do his/her best for the good of the team in whatever role he/she is given. The coaching staff will be willing to discuss academics or anything pertaining to a student-athlete's personal growth with parents. They will not, however, discuss playing time.

At the middle school, the goal is that all players receive some playing time in each game or match. Some sports, (soccer, basketball, football, etc.) have rules that allow continuous re-entry. Sports such as baseball, softball, and volleyball have limited substitution rules, which may affect the amount of available playing time.

Commitment to sports is taken very seriously at Paradise Schools. Any student-athlete who receives a detention and comes late to practice or games will be subject to team rules regarding lateness and may be kept out of games, or some other form of consequence. Any student-athlete who is late for or misses practice because they attended an extra help session or test makeup will not have a consequence. Continued absences could lead to removal from a team.

Students who work during the school year should think very seriously about participating in sports. Practices and games **may be changed without notice**, and your attendance is **mandatory**. Missing practice or games because of a work commitment will not be excused.

## Squad/Team Selection

**Paradise Schools** prioritizes student involvement and therefore is reluctant to cut aspiring athletes. In accordance with this philosophy, we encourage coaches to keep as many students as they can without disturbing the integrity of their sport. Time, space, facilities, equipment, and other factors will place limitations on the effective squad size for any particular sport.

The varsity level is highly competitive. Therefore, we encourage all athletes to do a **realistic self-evaluation** of their own potential before trying out for any team.

The middle school level allows student-athletes to attend pre-season training and hold tryouts during a two or three-day session. We encourage all of our student-athletes to attend these pre-season sessions to find out more about the sport and allow them to refine and practice the skills needed to be successful.

The head coach in combination with any assistants will determine what level each athlete on the team will compete at. Athletes may move from one level to another based on team rules and individual skill levels.

## Student Activity Conflicts

An individual student who attempts to participate in several student activities will, undoubtedly, be in a position of 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, however, a student-athlete should not commit to more than he/she can handle.

Students have a responsibility to do everything they can to avoid continuous conflicts. This means being cautious about participating in too many activities where conflicts are bound to happen. It also means notifying the faculty advisor/coaches involved immediately when a conflict does arise. If conflicts continue to arise, the student-athlete may be asked to make a choice and commit to one of the activities.

Athletes may only participate in one sport at a time during each season of sport. The demands of each sport vary and will conflict with each other.

## High School Lettering

In order to obtain a varsity letter and/or varsity status pin, the student-athlete needs to do the following in addition to any rules or criteria set by the head coach:

- not be academically ineligible more than once
- stay on the team for the entire season
- follow athletic handbook guidelines
- remain off academic and behavior probation
- adhere to the code of conduct and maintain good sportsmanship throughout the season
- meet and adhere to all team rules and guidelines per the head coach

Although it is our goal that all varsity athletes receive their varsity letters, Paradise Honors reserves the right to withhold varsity letters at administrative discretion. We look forward to honoring our athletes each season for their hard work and dedication both in and out of the classroom.

## Equipment

- All uniforms purchased by Paradise Schools are property of the Paradise Schools athletic department and are only to be worn by the student-athlete during contests for that sport. Uniforms may not be worn for recreational use.
- Uniforms/equipment will be issued to the student-athlete at the beginning of the season only after the athletic handbook is read and the athletic contract has been signed and turned in to the athletic department with the appropriate athletic fee. All student-athletes are responsible for the proper care and security of equipment issued to them.
- During the season all equipment, including uniforms, must be kept clean. All equipment not returned clean, and in good condition at the end of the season will be subject to a financial penalty.
- Uniforms will be returned washed to the coach following the last game of the season. If uniforms are not returned, a financial penalty will be assessed to the student athlete's account as well as the possibility of other consequences.

## Travel

Athletes may not leave a contest unless a parent or guardian is present to sign the athlete out. (only parents or court-appointed guardians are able to pick up and transport athletes). **It is at the discretion of coaches to require athletes to travel to and from contests with the entire team.**