

JET Activities Handbook



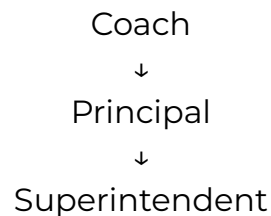
Sterling High School

2024

Communications: Where to go with questions and concerns

- All communication should start with the Coach. Speaking directly with the Coach will provide perspective to the decision that was made.
- If after speaking to the Coach, you still have a concern, speak directly with the Principal. This will ensure that your question will be dealt with promptly.
- If, after the Principal has been informed of the situation and given a reasonable time to react, and you are still not satisfied with the solution, the parent should then inform the Principal of his/her intention to talk to the Superintendent.

Proper Chain of Communication:



What a parent can expect from a coach:

The coach has a great responsibility, for the coach is entrusted with one of the world's most valuable possessions, the youth of this country, and in particular your child. Your child will learn the fundamental skills necessary to perform the sport as well as the sequential techniques. Our coaches are not only concerned about the physical and character conditioning of your child, but academic performance as well. The coach serves as an educator and role model for student athletes. Win or lose, building character in each of our players is a key goal to our program, because character extends beyond the athletic field and into everyday life.

What a coach expects from a parent:

Parents can assist the coaches by being supportive of the athletic program. Your presence at games has a positive impact on your child and we encourage you to watch your child's performance whenever possible. As a parent, children often learn what has been modeled at home, so we encourage you to show good sportsmanship as a fan. Unsportsmanlike behavior will not be tolerated at any athletic contest. If you choose to

behave in an unacceptable manner, you may be asked to leave the game. We feel it is important that the coach, team, and parent model sportsmanship so that our athletes are continually reminded of its importance.

Should you have a question about a decision made by the coach please call or make an appointment with the coach to discuss your concern. If a concern remains after speaking to the coach, then follow the chain of communication mentioned earlier and next speak to the Principal.

Any vacation, medical, dental or other such appointments should be scheduled around the athletic season, to ensure that your child gets the most from practices and games. Should something arise, where your child does need to miss practice or a game, please share this with the coach as soon as possible, so the coach can make adjustments to their practice or game plans.

What a player can expect from their coach:

Our student athletes can expect to be taught the skills in sequential order needed to play the sport. Our athletes will be properly conditioned and given fitness strategies to improve endurance and strength. Feedback is necessary for continued growth in the sport and our coaches will provide such feedback throughout the season. Our coaches will represent the school and model good sportsmanship, fair play and superior ethical standards.

What a coach expects from a player:

Coaches expect that athletes come to the season preconditioned in order to prevent injury and to be ready for the first contest. It is unreasonable to expect that an athlete not at proper fitness levels at the first practice can achieve the right conditioning prior to the first contest solely through scheduled practice time (which is typically less than a 2 week period). When an athlete signs up for a sport, the coach expects that the student wants to be there, will arrive on time, and will provide a coachable attitude and a willingness to learn. High effort, hard work and enthusiasm will go a long way in achieving the most from our coaches. If an athlete needs to miss a practice or game for some reason, this should be communicated with the coach as soon as possible, so the athlete can be informed about what they may miss.

Physicals: Physicals must be completed and forms turned in to the coach or the office prior to participating in any activities that year.

Transportation:

Any student using school transportation to an activity is the responsibility of the activity sponsor or coach. At the conclusion of an activity, a student may leave with **his/her parent/guardian with written consent**. Permission to ride home with another parent must be approved prior to the contest by the Athletic Director or the Principal. As a parent, you may sign your child out indicating you are responsible for their transportation after a contest. Students are expected to ride to and from activities with their group/team. Students may not be signed out to ride home with anyone other than their parents or guardians without explicit prior permission but the Athletic Director or Principal. Notes must be turned in to the activity sponsor or coach prior to departing for the activity. Emergencies will be addressed on an individual basis.

Attendance:

Days on which activities or practice are held: To participate in a school activity or practice, the student must be in attendance on the day of the activity/practice by the beginning of fourth period (10:51 AM) and remain in attendance through the end of the school day or be legally excused from school for this day.

All players are expected to be present and on time.

- Any player who is late will be responsible for additional assigned conditioning to make up the missed time.
- Any player who misses practice without notifying one of the coaches in person or by phone or email ahead of time will be dealt with accordingly.
 - A. 1st unexcused absence: player will sit out for ½ of the next game
 - B. 2nd unexcused absence: player will sit out for one full game
 - C. 3rd unexcused absence: will be up to the coaches discretion

Academic Eligibility:

Participation in all extra-curricular activities is a privilege. The expectation for athletic involvement is that students are progressing satisfactorily in the instructional program. Players are expected to be in compliance with the Sterling High School's Student Handbook.

Drugs and Alcohol:

Drugs and alcohol negatively affects a player's ability. Players are expected to be in compliance with Sterling High School's Extracurricular Activity Handbook.

Lettering Requirements:

Football/ Basketball/ Volleyball:

Varsity Letters are awarded for varsity participation only. Varsity letters are awarded to athletes that have played in at least 1/2 of all quarters played during the varsity season.

Varsity letters are also awarded to players completing their fourth season of high school. Varsity letters can also be awarded or denied based on the discretion of the coaching staff due to extenuating circumstances. I.e. Player injuries, suspension from team, etc. An Athlete will NOT Letter in Track if they quit or are removed from the team prior to the conclusion of the entire season, regardless of their points, performances, and meets scored in.

Track and Field:

An Athlete will NOT Letter in Track if they quit or are removed from the team prior to the conclusion of the entire season, regardless of their points, performances, and meets scored in. This includes the State Meet

An Athlete is eligible if an injury prevented competition. In such cases, the coach and athletic director must agree upon the eligibility of the award. The runner must have proven his/her varsity status before the injury occurred. All award winners must finish the season, including post - season events, and are in good standing with the team. To earn a varsity letter in Track and Field an athlete must accomplish one of the following:

1. Score on average, at least one point in all the regular season meets scheduled (Not Districts of State). Points for scoring in relays will be divided up. For example, if you are a member of a relay team that places in a dual meet, the 5 points will be divided by 4 and you will have earned 1.25 points.
2. All Seniors that have completed the entire season and are in good standing on the team will letter.
3. All Juniors that have been on the team for 3 consecutive years and have continually improved their individual performances and have always been in attendance at all the practices and meets will earn a letter.
4. If the below Standards are met in any of the following events you will have automatically earned a letter:

<u>Event</u>	<u>Boys</u>	<u>Girls</u>
High Jump	5'8"	4'10"
Long Jump	19'6"	15'0"
Shot Put	42'0"	32'0"
Discus	123'0"	100'0"

Pole Vault	11'0"	8'0"
110/100 Meter Hurdles	15.9	17.0
100 Meters	11.6	13.7
200 Meters	23.8	28.3
300 Meter Hurdles	43.0	51.0
400 Meters	54.5	1:04
800 Meters	2:07	2:35
1600 Meters	4:56	5:55
3200 Meters	10:38	12:48
Triple Jump	40' 2"	34' 2"

**2024 Player/Parent Contract
Submission Required for Participation**

I, (print player name) _____, and

(print parent/guardian name) _____ have read the 2024 Sterling Student Activity Handbook. By signing below, we acknowledge that we understand its contents and agree to the terms of the handbook. We understand the guidelines for attendance, punctuality, playing time, eligibility, etc. We understand coaches have the authority over who becomes a participant of the team and when the participant plays or is removed from the team. The coaching staff determines coaching strategy. Acceptance of a position on the team includes acceptance of this policy. Therefore, these issues are not appropriate topics for parent involvement and discussion with coaches. We will do our best to work together to provide a positive experience. We are aware of the commitment it takes to be a part of extracurricular activities and are aware that all decisions that are made are made for the betterment of the TEAM.

Athlete signature

Date

Parent/Guardian

Date