



**Walsh School District**

# **Athletic Handbook**

**2023-2024**

**Revised: July 2023**

**WALSH SCHOOL DISTRICT  
INTERSCHOLASTIC ACTIVITIES AND ATHLETIC HANDBOOK  
2023/2024**

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## **INTERSCHOLASTIC ACTIVITIES AND ATHLETICS**

Athletics are an important part of the Walsh School District's educational program. The district provides a variety of equitable, interscholastic activities and athletic programs that give students the opportunity to participate and/or compete. Athletics present an excellent situation for experiences and development of democratic cooperation. They also present an excellent avenue for the formation of lifelong friendships and other personal interactions. These experiences gained through participation in athletics should aid the student in meeting the demands and challenges of living in a modern society. Participation in interscholastic athletics as a part of the district's educational program is a privilege and not a right for students.

The Walsh Board of Education encourages students, faculty, and the community to recognize the value of athletics in relation to the total school program. The Board subscribes to the rules and regulations of the Colorado High School Activities Association (CHSAA). Furthermore, the Board understands the motivation and values of playing to win, but does not condone winning at any cost. Good sportsmanship, character, and mental health must be at the core of our program.

The interscholastic athletic program may benefit the entire student body and community in the following ways:

- By developing an understanding and appreciation of the values which interscholastic athletic/activities occupy in the American culture, and developing sound educational attitudes toward them;
- By educating the student body, as participants, in their appreciation of the athletic/activity opportunities at the high school level;
- By serving as a focal point for the morale, spirit, and loyalty of students and parents by providing a common meeting ground and enthusiasm which is shared by all;
- By providing a wholesome program of interscholastic activities and athletics in which students, parents, patrons, and friends of the school may share, to the end that the loyalty of these groups to the school may be constantly renewed and strengthened;
- By extending the opportunity for emotional, social, and physical development with guidelines established for the supervision of the same;
- By providing the best-known means for predicting student success later in life through successful participation in high school activities and athletic programs.

### **General expectations for students participating in interscholastic activities and athletics:**

- A student is expected to abstain from the use or possession of alcohol, tobacco, vaping marijuana or other illegal drugs. Peer pressure and media coverage of how many young adults have ruined their career have diminished the expectation that high school students will abstain from substance abuse. Our expectation has not changed and Walsh Schools will remain firm in our desires to establish student leadership that rejects substance use or abuse.

- All participating students are expected to place their academic school day above all else and devote their attention to achieving in the classroom. Activities and athletics are considered a supplement to their total education.
- As a representative of the Walsh School District, a participating student is expected to act on, as well as off campus, in a way which will not bring discredit upon him/herself or the school.
- The participating student's personal appearance should reflect cleanliness and concern for his/her well-being, as well as concern for those with whom he/she is associated.
- All participating students are expected to set a positive example for the total student body, conducting him/herself always as a prudent human being, and endeavoring to be a leader regarding all school policies governing student behavior.

This handbook includes guidelines, expectations and rules governing all athletics and activities sponsored by Walsh High School. (This includes football, volleyball, basketball, wrestling, track, baseball, cheerleading, eSports, band, knowledge bowl, science club, etc.). The Walsh School District is a member of the Colorado High School Activities Association. Our district is governed by CHSAA and the rules and regulations for eligibility are not negotiable.

## **PARENTS**

This material is presented to you because your son or daughter has indicated a desire to participate in interscholastic activities/athletics. Your family interest in this phase of our school program is gratifying. We believe that participation in sports provides a wealth of opportunities and experiences which assists students in personal adjustments.

We who are concerned with the educational development of boys and girls through athletics, feel that a properly controlled, well-organized sports program meets with the students' needs for self-expression, mental alertness and physical growth. It is our hope to maintain a program that is sound in purpose and will further each student's educational maturity.

A student who elects to participate in athletics is voluntarily making a choice of self-discipline and self-denial. These are the reasons we place such stress on good training habits. Failure to comply with the rules of training and conduct could mean exclusion from the squad. This concept of self-discipline and self-denial is tempered by our responsibility to recognize the rights of the individual within the objectives of the team. There is no place in high school athletics for students who will not discipline their minds and bodies for rigorous competition. We are striving for excellence and do not want our athletes to compromise with mediocrity.

When your student enlists in our sports programs or activities, he/she has committed our staff to certain responsibilities and obligations which are:

1. to provide adequate equipment and facilities
2. to provide well trained coaches
3. to provide equalized contests with skilled officials.

Likewise, we feel that you have committed yourselves to certain responsibilities and obligations. We would like to take this opportunity to acquaint you with specific policies that are necessary for a well-organized program of athletics.

It is the role of the department of athletics to make rules that govern the spirit of competition for the school. These rules need a broad basis of community support, which is achieved only through communication to the parent. It is our hope to accomplish this objective through this athletic publication for students and parents.

By its nature, participation in interscholastic athletics includes a risk of injury which may range in severity from minor to disabling, or even death. Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate this risk. All student athletes should follow safety rules and the fundamental skills taught by their coaches to perform with the least chance of injury. Each student should inspect their own equipment daily.

Parents or students who do not wish to accept the risks described in this warning should not sign the individual student participation card or the warning form, and restrict their student from participation.

## **ATHLETES**

Being a member of a Jr. or Sr. high athletic team is the fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight; it takes the hard work of many people over many years. As a member of an interscholastic squad at Walsh High School, you have inherited a wonderful tradition, a tradition you are challenged to uphold and make better.

We are building a tradition to win with honor. We desire to win, but only with honor to our athletes, our schools and our community. Such a tradition is worthy of the best efforts of all concerned. For years our squads have achieved more than their share of league and tournament championships. Many individuals have set records and won All-State, All-Conference honors.

When you wear the Purple and White of Walsh School District, we assume that you not only understand our traditions, but are willing to assume the responsibilities that go with them. However, the contributions you make should be a satisfying accomplishment to you and your family.

**RESPONSIBILITIES TO YOURSELF** - The most important of these responsibilities is to broaden yourself and develop strength of character. You owe it to yourself to get the greatest possible good from your high school experiences. Your academic studies, your participation in other extracurricular activities as well as in sports, prepare you for your life as an adult.

**RESPONSIBILITIES TO YOUR SCHOOL** - Another responsibility you assume as a squad member is to your school. Walsh Jr./Sr. High School cannot maintain its position as having an outstanding school unless you do your best in whatever activity you wish to engage in. By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school.

You assume a leadership role when you are on the athletic squad. The student body and citizens of the community know you. You are on stage with the spotlight on you. The student body, the

community and other communities judge our school by your conduct and attitudes, both on and off the field. Because of this leadership role, you can contribute greatly to school spirit and community pride. Make Walsh proud of you and your community proud of your school, by your faithful exemplification of these ideals.

**RESPONSIBILITIES TO OTHERS** - As a squad/team member you also bear a heavy responsibility to your home. If you never give your parents anything to be ashamed of, you will have measured up to the ideal. When you know in your heart that you have lived up to all of the training rules, that you have practiced to the best of your ability every day, and that you have played the game "all out" you can keep your self-respect and your family can be justly proud of you. The younger students in the Walsh School System are watching you. They will copy you in many ways. Do not do anything to let them down. Set good examples for them.

### **General Eligibility Rules for All Athletes**

To be eligible to represent his/her school in an interscholastic activity or athletic program, students must meet the standards of Walsh School District and the criteria below which have been established by the Colorado High School Activities Association for its member schools.

- The student is a bona fide undergraduate member of his/her high school.
- In the judgment of the principal of the student's school he/she is a representative of the school's ideals in matters of citizenship, conduct and sportsmanship.
- During the period of participation, the student must be enrolled in courses which offer, in aggregate, a minimum of 2.5 Academic units of credit per semester and must not be failing more than the equivalent of one-half Academic unit of credit.
- Students must have been eligible at the close of the student's last semester of attendance.
  - Regaining Eligibility -- students who have not met the academic requirements at the close of a semester may regain academic eligibility according to the CHSAA regain date for that specific season.
- The number of credits failed or passed during a semester shall be determined from the student's school transcripts and shall include all classes taken during the semester. NOTE: Make-up work shall not be permitted after the close of the semester for the purpose of becoming eligible. A condition of incomplete shall be considered the same as a failure when determining eligibility. COMPLETE ALL MAKE-UP WORK BEFORE THE END OF A SEMESTER.
- Students must have a medical screening form signed by a doctor and turned into the JH/HS office before participation in any sport is allowed. A medical screening is valid for one calendar year.
- Must have completed all necessary sports registration paperwork, including but not limited to: Parent Permission, Athletic Insurance Waiver, Acknowledgment of the athlete and spectator Code of Conduct, signed acknowledgement of the last page of the Athletic Handbook, CHSAA Respect Pledge, and
- Truancy: Any athlete who is declared truant will be ineligible for a period of one contest for each day of truancy after infraction is discovered.

### **Weekly Eligibility for All Extra-Curricular Activities**

Eligibility is tracked by the High School Academic Adviser on Tuesday mornings at 10 am. Athletes are ineligible if they have two or more D's or (1) F. If an athlete is determined to be ineligible at 10 am on Tuesday morning, then he/she is ineligible from participating in athletic competitions until the following Tuesday. Ineligible athletes must attend all practices and home games, but they cannot sit on the bench, or ride the bus to an away game.

A student athlete that is ineligible for a total of 3 weeks of a season will be ineligible for the remainder of that sport season. If they regain eligibility prior to the next sport season they will be eligible to play the next sport.

You are ineligible to enter an interscholastic competition if your nineteenth birthday falls on or before August 1st of the current school year.

### **Attendance Requirements for All Extra-Curricular Activities**

Students are expected to be in attendance the day following a week-night contest. Consequences may occur if a student and/or athlete misses the day following a contest.

All students should be in attendance the day of a school sponsored activity by 10 am in order to be eligible to participate, or the Thursday/Friday, depending on the school calendar, before a Friday and/or Saturday activity (unless prior arrangements have been made with the principal). If the student is not in attendance on these days, it will be an administrative decision as to whether the athlete will compete. This includes music, athletics, organizational or academic activities, (school plays, or any other activity sponsored by the school). It is also important to be in school the day following the contest. Please keep in touch with administration if you are absent or anticipate being absent.

### **Transfer Rule for All Athletes**

See CHSAA Handbook Article 18

### **Necessary Forms Needed in order to Compete**

In order for the student/athlete to compete for Walsh High School several forms must be signed by parent and student and turned into the athletic office. These forms will include but will not be limited to:

- Completed Physical. (Including signature of physician, athlete and parent)
- Student Eligibility Information Form and CHSAA Anti-Hazing Policy
- Warning to Students and Parents
- Emergency/Consent Form
- Athletic Responsibility Acknowledgment Form
- Acknowledgement of the Walsh JH/HS Activities and Athletic Handbook

- Helmet Warning (Football Only)
- Proof of Insurance

## **General Athletic Procedures**

### **Reporting for a Sport**

The prospective athlete will make a commitment or have made prior arrangements with the coach of their particular sport prior to the following deadlines:

- Any student wishing to participate in football or volleyball must be out for the sport by the second Monday of school.
- Any student wishing to participate in wrestling must be out for the sport by the second Monday in December.
- Any student wishing to participate in basketball must be out for the sport by the second Monday in December.
- Any student wishing to participate in baseball must be out for the sport 6 weeks before the quarterfinal game.
- Any student wishing to participate in track must be out for the sport 6 weeks before the regional meet.

When prior commitments have been made to a sport (manager/participant) he/she may not change to another sport after the deadlines, without permission of all coaches involved, the athletic director and the principal.

### **Definitions of Sports Seasons**

- Competitive Season - The competitive season is that time designated in the CHSAA Bylaws for each sport during which interscholastic games may be held. There may be no sanctioned inter-school competition except during the competitive season.
- Practice Season - The season designated in each sport Bylaws of the CHSAA is the sports season during which formal practice sessions may be held. Practice is defined as that period of time during which a coach is authorized by his/her administration and the state association to hold formal instruction and practice sessions for team members in any sanctioned athletic activity. No formal practice is to be organized or conducted on or in school district facilities outside the dates as defined in the CHSAA Handbook. Practice is defined as the period of time during which FORMAL PRACTICE is authorized by CHSAA Bylaws and the school administration during which an assigned coach is instructing one or more of his/her team members. No coach or school representative may directly, or by implication, direct a student to attend said camp/camps as a condition to practicing, participating, or otherwise influencing a student's opportunity to participate in any school sport.



- Outside Competition - A sports season begins with the first formal practice session and ends with the final state championship in that sport. Players certified to participate as members of any high school sport may not compete on any other team, nor in any non-school activity or event in that sport during that sport's season without the approval of the Activities Director and Principal of Walsh High School. Players certified to participate as members of any high school sport may not practice with any individual or non-school group without prior approval of the high school principal. For violation of the Outside Competition Rule, any player who does participate in violation of this rule shall not be eligible to participate in a specific or all interscholastic athletic activities for a period of time to be determined by the commissioner.
- Scrimmage - All sports may conduct two interscholastic scrimmages if held only on the dates as approved by the CHSAA for each sport. An additional scrimmage may be held during the state play-offs. This is referring to the sport and not the levels of competition within the sport.

### **Attending Practices**

Team members of all sports are expected to attend all scheduled practices and meetings. Those who miss a practice or a meeting may jeopardize their chances for participation. If circumstances should prevent a student from attending a practice or meeting, the validity of the reason will be judged by his/her individual coach. Whenever possible the coach should be notified prior to the practice or meeting by personal contact, phone call, or written statement from the parent or guardian.

### **Being Cut from One Sport**

We have a no cut policy at Walsh High School. In some sports, facilities and team size limit the number of students who can participate. If a student is not good enough to make the varsity team, they will not be issued a uniform. If and when they make the starting size limit of that sport, then they will be issued a uniform. Seniors are not to play Junior Varsity Athletic Events without prior approval of the Athletic Director or Principal.

### **Student Responsibility for Athletic Equipment**

When equipment has not been checked in or accounted for between the end of one season and the beginning of the next, the student may jeopardize his/her eligibility until the problem has been resolved with the athletic office. Student athletes are responsible for payment of lost or stolen equipment.

## **Communication**

The Activity Director, with input from school administration and athletic coaches, shall determine an appropriate system of communication that will be utilized by all school athletic personnel in order to communicate with athletes in a method that is accessible by all team members and in a fashion that is transparent and available to parents and school officials. One approved form is with SportsYou.

## **Travel**

All athletes must travel to and from out-of-town athletic contests in transportation provided by the athletic department unless previous arrangements are made by the parents for exceptional situations. A note must be presented to the head coach for approval. Athletes will be allowed to ride home with parents or another adult. Athletes will only be allowed to ride home with an adult other than a parent if a note from a parent is given to the head coach specifically indicating the athlete has permission to ride home with the adult. Athletes will not be allowed to ride home from an event with anyone other than an adult.

- Athletes will remain with their squad and under the supervision of the coach when attending away contests.
- Athletes that miss the bus will not be allowed to participate in the contest unless there are extenuating circumstances.
- All regular school bus rules will be followed.
- Dress appropriately and in good taste.

## **Meal money for travel**

Students/Athletes that participate in over-night trips or designated day trips will be allotted meal money for these trips. To receive meal money for a day-only trip the team/individual must have had to qualify to participate in that event. Money will be awarded for the following meals:

Breakfast	\$6.00	Lunch	\$8.00	Dinner	\$10.00
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Student/Athletes must sign a form signifying they have received this money.

## **Conflicts in Extracurricular Activities**

An individual student who attempts to participate in several extracurricular 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 this end, will attempt to schedule events in a manner to minimize conflicts.

Students have a responsibility to do everything they can to avoid continuous conflicts. 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 principal will make the decision based on the following:

- The relative importance of each event.
- The importance of each event to the student.
- The relative contribution the student can make.
- How long each event has been scheduled.
- Talk with parents.

### **Squad Selection**

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program while at Walsh Jr./Sr. High School, we have a no cut policy. Choosing the members of the Varsity Squads is the sole responsibility of the coaches of those squads. Coaches will discuss with the athletes the following:

- Extent of try-out period
- Criteria used to select the team
- Number to be selected for the Varsity Uniforms.
- Practice commitment.
- Game commitments.

### **Reporting of Injury**

All injuries which occur while participating in athletics should be reported to the coach. All injuries must be reported to the office, and an injury report filled out. If the injury requires medical attention by a doctor or treatment center, the athlete must obtain the doctor's permission to return to the activity.

### **Weight Room Regulations**

- Shirts and shoes are required at all times - tank tops are acceptable
- Nobody is to be in the weight room alone—always lift with a partner.
- All students must be under the supervision of the instructor assigned, or the coach.
- Replace all weights on racks immediately following use.
- Know your limits! Work with the instructor in determining your limits.
- Do the lifts correctly. It is better to use lighter weights for correct lifting than heavier weights and run the risk of injury.
- Warm-up with proper stretching exercises.
- No food or drinks inside the weight room.

- No horseplay or profanity.
- No abuse of equipment. Any equipment that is broken must be reported immediately.
- Remember strength training is not only a supplement to other athletic programs, but also a highly-skilled activity itself.

### **Athletic Awards Policy**

Varsity Athletic Letter Requirements - athletes **MUST** meet a minimum of (2) of the following criteria.

#### a) Football

- Play in 1/2 of varsity games.
- Play in a state play-off game, from state quarter finals on.
- Finish the season in good standing.

#### b) Volleyball

- Play in 1/2 of the varsity games.
- Play in a state play-off game, from regionals on.
- Finish the season in good standing.

#### c) Girls/Boys Basketball

- You must play in 1/2 of varsity games.
- Play in a state play-off game, from regionals on.
- Finish the season in good standing.

#### d) Wrestling

- Wrestle in 1/2 of the varsity matches.
- Qualify for the state tournament.
- Finish the season in good standing.

#### e) Girls/Boys Track

- Score 1 more team point than the number of meets.
- Qualify for the state tournament.
- Finish the season in good standing.

#### f) Baseball

- Participate in 1/2 of the varsity games.

- Play in state play-off from regionals on.
- Finish the season in good standing.

g) Cheer

- Cheer in ½ of the varsity games.
- Finish the season in good standing

h) eSports

- Compete in ½ of the varsity competitions.
- Finish the season in good standing.

Managers will letter upon recommendation of the coach. First year or assistant managers should serve one year of apprenticeship before the letter is awarded. The head coach may recommend a letter for outstanding service the first year.

### **Additional Lettering Criteria**

- A coach will have the prerogative to letter a senior who has not met the seasonal requirements for lettering.
- Injury rule: Any athlete who has made the varsity team, and is injured may be awarded a letter, if in the coach's judgment, he/she would have met the lettering requirements.
- You must exemplify a high moral character, behavior and leadership, adhering to strong ethical and integrity standards. (You may lose your letter if you do not meet, in the eyes of the coach and administration, the character athletes need. The breaking of training rules could constitute loss of a letter earned.
- A letter may also be awarded to an athlete at the discretion of the coach.

### **TRAINING RULES AND REGULATIONS**

Students have to decide if they want to be athletes. If you wish to be an athlete, you *must* make the *commitment* in order to be a competitor. A big part of this price is following a simple set of training rules which the department of athletics believes to be fair.

- An athlete must be home by 9:30 p.m. the night before the contest, 10:30 p.m. weeknights, and 1:00 a.m. Friday, and Saturday nights. Sunday nights are counted as weeknights. An athlete caught out past curfew (unless with parents), will jeopardize their chance of participating in that contest and will be punished with two nights hard labor, after practice.
- Athletes shall be prohibited from the use of tobacco, alcohol, or illicit drugs. Enforcement of said training rules shall be:
  - First offense shall result in suspension for 20% of the season. Suspension to carry over to the next sport if necessary.

- a. Second offense shall result in suspension for 100% of a season. Suspension to carry over to the next sport if necessary. Athletes will continue to practice and must finish the season in good standing for any contests missed to count toward the suspension.
  - b. Third offense occurring within one school year shall result in a suspension of one calendar year from the time of the infraction. Coaches at their discretion may impose additional conditioning for training rule infractions.
3. Team meetings - Coaches will meet with the team's members and will review the rules and regulations of the CHSAA organization, the school, the teams' rules, notice of acknowledgment of risk, and will have a signed attendance roll.
4. Coaches will establish additional rules and regulations with the approval of the Athletic Director for their respective sports. The rules pertaining to a particular sport must be given by the coach in writing to all team members and explained fully at the start of the season. Penalties for violation of team rules will also be in writing and shall be administered by the coach. Copies of all additional team rules by coaches are on file in the athletic office.
5. All male athletes must be clean shaven in order to compete in any competition.

At any time, your Attitude is detrimental to the team, consequences may arise including suspension from the team.

- All rule violations should be reported immediately by coaches, in writing, to the Director of Athletics.
- All athletes concerned will be notified of a levied suspension by the coach.
- All head coaches suspending an athlete will immediately notify the
  - Director of Athletics. The coach or advisor will send the *Parent's Notification* form to the suspended student's parents.
- Suspension from school will automatically result in suspension from all activities/athletic participation for at least the duration of the school suspension.

### **Appeal/Due Process Procedure**

The student may appeal the decision of the coach. An executive committee shall be made up of the athletic director, and two other neutral coaches. The activities appeal board will consist of the principal, student council advisor and three other teachers in the district. The coaches/teachers will be chosen by the High School Principal.

The appeal will require the following:

- The written appeal by the student or his/her parents, must be presented to the Activities Director within 72 hours of the initial ruling.
- The student shall have the privilege of representation even though it is not a legal process.

- The appeals committee shall render a decision with three days, in writing, to the student and his/her parents or guardian.
- If the parent or student is contesting an eligibility matter, the parents, student, principal, and teachers involved will meet and discuss the situation.

## **BUS RIDING GUIDELINES FOR TRAVEL ON ACTIVITY/ATHLETIC TRIPS**

The coaching staff has responsibility for your conduct and discipline on the bus in conjunction with the driver. The student/athlete will answer to the driver in the same manner as the coach.

- All students are expected to dress appropriately while riding the activity bus.
- All students are responsible to see that the bus is left in clean condition after
  - returning from a trip. All trash should be placed in a trash can, and the trash cans
  - should be emptied after the trip.
- All students are expected to conduct themselves in an appropriate manner at all times on activity trips. Foul language or obscene actions will not be tolerated. Gambling in any form will not be allowed.
- Athletes should not wear spikes or cleats inside the activity bus.
- Bus radios, tape players, and CD's, will not be played at an excessive noise level. The coach or driver will have final say on the playing of music.
- The student athlete will not sit on the arms of the activity bus seats.
- On trips where boys and girls both occupy the bus, the boys will sit in one half of the bus while the girls will sit in the other half as determined by the coaching staff.
- Students will remain in their seats and facing the front while the bus is in motion.
- You must obtain prior permission to be let off at an alternate stop.

## **Locker Room**

For all practices and games, at home or away, the locker room is reserved for team personnel only (coaches, players, managers, and school administrators). Anyone other than team personnel who wishes to enter a locker room for any reason, must first seek permission from a coach or a school administrator.

I have had an opportunity to review the contents of the 2022/2023 Walsh High School Athletic/Activity Handbook, and understand the expectations.

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Student's Printed Name

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Parent/Guardian's Signature

\*\* Please sign and return to the JH/HS Office by prior to the beginning of the season. .