



SHONTO PREPARATORY SCHOOL

K8 ATHLETIC HANDBOOK

Student-Athletes and Parents/Guardians

Mission Statement

The mission of Shonto Preparatory School K8 is to nurture a positive character and a safe, engaging, caring and creative environment with high academic expectations while instilling Dine' language and culture, where all learners are successful, responsible and independent thinkers.

Vision Statement

The vision of Shonto Preparatory School K8 is to promote creative problem solving through critical thinking while embracing Dine' language and culture to create collaborative life-long learners.

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Shonto Preparatory School K8 Athletics

Motto (0.1)

“Collectively Committed to Every Student, Every Day, Every Minute”

Mission Statement (0.2)

The Mission of Shonto Preparatory School K8 Athletics is to nurture positive character and high academic expectations by instill lifelong *integrity, pride* and *respect* in all that we do.

The Vision of Shonto Preparatory School K8 Athletics is to instill values that build collaborative life-long learners.

Belief Statements (0.4)

1. “Students First” is the guiding principle for every decision.
2. The Arizona State Standards directs Shonto Preparatory School K8 curriculum and instruction.
3. All students can learn and are held to high expectations.
4. Parental involvement is important in improving student achievement.
5. Communication between the community and the school is essential.
6. A highly trained and caring staff will have a positive impact in every child's life.
7. All students are expected to become responsible and productive citizens who will develop into lifelong learners.

THE SHONTO PREPARATORY SCHOOL K8

ATHLETICS PHILOSOPHY (1.0)

Statement of Philosophy (1.1)

A dynamic student activities program is vital to the educational development of the student. Shonto Preparatory School K8 Athletics should function as an integral part of the total curriculum. It is a **privilege** to represent your family, school, and community in this manner and not a right.

Athletics play an important part in the life of Shonto Preparatory School K8. Young people learn a great deal from participation in interscholastic activities. Lessons in sportsmanship, teamwork, competition, and winning or losing gracefully are an integral part of our athletic programs. Student activities play an important part in helping the individual student develop a healthy self-concept.

Goals of the athletic program at Shonto Preparatory School K8:

1. Enable students to participate in a variety of activities
2. Encourage, develop, and maximize potential
3. Develop the concept of team spirit
4. Develop proper attitudes of pride, sportsmanship, and ethical behavior in students, participants and spectators
5. Teach fundamentals and techniques of each activity in a progressive, planned sequence
6. Provide opportunities for physical, mental, and emotional growth
7. Provide directed leadership and supervision opportunities
8. Provide opportunities to practice cooperative skills of teamwork
9. Provide opportunities for leadership and self-discipline
10. Allow students to experience success
11. Prepare students to make wise use of leisure time
12. Foster respect for the rights of both the group and individuals

Code of Ethics (1.2)

Sportsmanship develops courtesy, fairness, and respect and is interpreted in the conduct of the player, spectator, parents, coaches and school authorities. The rules of the activity and sport should be followed to the letter. Circumvention of the rules or the spirit of the rule is a gross violation of the confidence placed upon those in charge of the activity. The regulations and policies of the Arizona Interscholastic Association, the Northern Arizona Interscholastic Conference and Shonto Preparatory School K8 are binding upon those in charge of activities.

Code of Ethics for Student – Athletes and Parents/Guardians

I/We will:

- Exemplify the highest moral character, behavior, and leadership
- Good Nutrition is vital to every student and athlete
- Not use any profanity before, during or after any practice or games
- Be respectful, mindful, positive and use good judgment when posting on social media. Which includes **NO Cyber Bulling**
- Respect the integrity and personality of the Coaches
- Respect the integrity and personality of the individual team members
- Respect the integrity and judgment of sports officials
- Display modesty in victory and graciousness in defeat
- Fulfill my responsibilities as a student to achieve passing grades and to be a positive team member
- Seek to include good health habits including the establishment of sound training rules
- Strive to develop the qualities of leadership, initiative, and good judgment.

Affiliations (1.3)

STATE of ARIZONA

Shonto Preparatory School K8 is a full member of the Northern Arizona Interscholastic Conference (NAIC) and conforms to their rules and regulations under Arizona Interscholastic Association (AIA) and National Federation of High School (NFHS).

REGIONS/DIVISIONS

Each sport belongs to its own Region which are divided into Divisions. Each sport has different tournament configurations decided by the NAIC.

Sports covered by the NAIC/AIA/NFHS Rules and Regulations:

Boys & Girls Cross Country	JV Baseball
Girls Volleyball	JV Softball
Boys & Girls Basketball	Boys & Girls Track & Field

Peewee sports are offered:

Co-Ed 3rd and 4th grade Volleyball and Basketball (can also include 5th graders)

1st – 4th Grade Track

GENERAL STUDENT-ATHLETIC POLICIES (2.0)

Individual Coach Rules and Penalties: (2.1)

For all sports, each coach will establish rules for their respective teams and sports, in consultation with the Athletic Director. Each coach's individual rules must be provided in writing to his or her team members at the start of the season. Coaches will host a parent and athletic team meeting prior to the beginning of their season to inform parents and players about their team rules, selection process, expectations and will allow an opportunity for questions and comments.

Coaches have discretion to impose penalties for violation of a coach's rule/s or Athletic Department rules.

1. The coach/s will inform the Athletic Director in writing of the violation and will inform the athlete of the violation and the disciplinary action taken. A copy of this will be sent to the Athletic Office.

Student-Athletes Attendance (2.2)

Student-Athletes are required to be at school the day of and the day after a sporting event. Sporting events include all practices, home and away games, tournaments and Championship/State games. There are times that an exception may be made, in which the student-athlete and/or parent/guardian will need to notify the coach.

A student can/will become ineligible if they have three (3) or more unexcused tardies in one week or tardies have become habitual. Consequences can be up to becoming ineligible for seven (7) days.

Team Practices: (2.3)

All practices are "Closed Practices", unless the Head coach makes that practice open. This is the time for coaches to teach and give instruction to the team, without interruption, sideline coaching or other distractions.

Cuts from Teams: (2.4)

Decisions as to who will make the JV or Varsity team/s is made during the period of tryouts at the beginning of each sport season. However, cuts made after tryouts can range from: too many missed practices/school, poor grades etc.

The Varsity Level is mainly: 7th – 8th grade and if needed can include 6th grade. The Jr. Varsity Level is mainly: 6th – 7th grade and if needed can include 5th grade. *Keep in mind that an 8th grader may/can be put on JV due to lack of: knowledge, skill, ability or any combination. Some teams maybe a combination of 4th thru 8th grade. An example is JV Softball and Baseball as at this time there is no Varsity team. If this is the case the AD will notify the opposing schools AD of the situation.*

Practice Sessions (2.5)

Coaches are responsible for all practice sessions and are to be guided by a prepared practice plan. **NO** practice sessions are to be conducted **without the presence of a board approved coach** and permission is given by the Athletic Director. Practice sessions are to be documented with attention paid to instruction for safety as it relates to the particular activity.

Shonto Preparatory School K8 **will not** be allowed to have practices longer than the recommended **2 ½ hours** nor will they be allowed to hold two practices in one day.

Holiday practice schedules will be set by the coaching staff with approval from the Athletic Director. Teams should practice/play at least two (2) days over Thanksgiving Break, seven (7) days over Christmas Break, and four (4) days over Spring Break. **All** coaches are expected to be present. Students and parents/guardians should communicate to the coach/s any difficulties of transportation and/or trips on Saturdays and during the Holidays.

Ten (10) practice sessions are required before students may participate in an interscholastic competition for both the Middle school and the High School unless they are coming from another sport.

Practice sessions scheduled on days of early dismissal or non-school days for students are not to interfere with the duties of the coach/sponsor. Practices may be held when activity bus runs and/or school is cancelled. However, those practices **MAY NOT** be mandatory for students living out of town where travel might be dangerous.

Scheduling of Events (2.6)

The Athletic Director is responsible for the scheduling of all activities within the Athletic Department. These activities are scheduled with the NAIC Athletic Directors and from time to time the scheduled games have to be rescheduled or canceled. The NAIC and AIA establishes rules and regulations on the number of competitions, seasons of practice and competition that are followed by the Shonto Preparatory School K8 Athletic programs.

Scheduling will be done considering the following priorities:

1. Loss of school time
2. Competition factors
3. Travel and cost factors
4. Local interest

Scheduling of events over holidays cannot always be avoided. If an event is scheduled during a holiday break, **all** coaches and team members are expected to be present. If a team member is not able to attend, the team member will need to inform the Head Coach before the scheduled game, tournament or championship.

Publicity and Promotions (2.7)

- Announcements to the staff and student body of events and results as submitted by the coach to the Athletic Director. The Head Coach can/will make the announcement to the staff and student body.

Procedures for Injuries and Returning to Play: (2.8)

- Only the Athletic Trainer, Coach/Sponsor, First Responders or Medical personal are to tape (wrap) before, during or after a game. Student-Athletes/Parents are not to **pre-tape** (wrap) or tape before, during or after a game, unless instructed by a Doctor and must have a medical note on file stating that.
- All student athletes are to report any/all injuries to the coach that happen during **that** practice, game, tournament and/or Championship.
- Return to participation after an injury shall follow the following guidelines:
If the student seeks medical attention on their own from a physician, a clearance note will be needed from the physician. The coach will get a copy, the Athletic Department gets a copy and the School Nurse gets the original/copy.
- Return to participation after a concussion injury shall follow the guidelines (the Physicians note will spell out the activity level at any of the activity levels listed below or clearing the athlete to full activity.):
 - a. **No activity:** Complete rest, both physical and cognitive. This may include staying home from school or limiting school hours and/or homework as activities requiring concentration and attention may worsen symptoms and delay recovery.
 - b. **Light aerobic exercise:** Walking or stationary bike at low intensity; no weight lifting or resistance training. Before progressing to the next stage, the student must be healthy enough to return to school full time
 - c. **Sport-specific exercise:** Sprinting, dribbling basketball or soccer; no helmet or equipment, no head impact activities.
 - d. **Non-contact training:** More complex drills in full equipment. Weight training or resistance training may begin.
 - e. **Full contact practice:** Participate in normal training activities.
 - f. **Unrestricted Return-to-Participation/full competition**

Fund Raising (2.9)

Fund raising is allowed by athletic teams. Fund raising is only sanctioned for groups who meet the criteria of the Shonto Preparatory School K8 Student Council. All fundraising activities held on school property or at a school function must have prior approval by Student Council.

STUDENT GUIDELINES FOR ALL ATHLETE ACTIVITIES (3.0)

Requirements for Participation (3.1)

Before a student may be issued any equipment or participate in any activity, he/she must be cleared through the Athletic office. (This includes managers and Peewee players). All Athletic paperwork can be found on the SPS website (under Athletics, then forms) and can be picked up in the Front Office. The forms are required by Shonto Preparatory School K8 and the NAIC/AIA. The form packet shall consist of the following:

1. Have a current school year physical examination on file with the Athletic Office.

2. Permission of Participation form, signed by the parents or legal guardians.
3. Signed AIA 15.7C Mild Traumatic Brain Injury (MTBI) / Concussion awareness form
4. An Emergency release form signed by the parents or legal guardians. (All phone/text numbers **MUST** be kept up to date with the coach and Front Office)
5. Hazing Rule & Release of information Waiver form signed by the student and parents/guardians.
6. All students 5th-8th grade must be enrolled full time to be eligible to participate in extracurricular activities.
7. The Student-Athlete/Parent or Legal Guardian form signed
8. Parent/Guardians and student athletes have access to a NASIS account. It is strongly recommended to set up an account with the registrar.
9. All other eligibility requirements have been satisfied

Physical Exam: The Athletic Department of Shonto Preparatory School K8 requires a yearly physical examination for all students participating in Pee wee, NAIC and AIA sanctioned events. The physical examination is good for the current school year and any physical examination dated after **March 1** will be good for the upcoming year.

Awards and Requirements: The Athletic Department will furnish designated awards for all sports programs and issue them at the End of Season Sports Banquet.

General Awards for all Pee wee, JV, Varsity, Cheer/Pep, Chess and Team Managers will receive a t-shirt, medallion and Athletic gift and for 8th grade Student Athletes they also receive a plaque.

“Academic Excellence” certificate for the Student Athlete/s: That have participated and completed the season and have made the 1st semester and/or 2nd semester Honor Roll.

“Bears Tri Athlete” certificate is a Varsity level Student Athlete/s award. Must have participated and completed three (3) different sports that school year and did not make both semester’s Honor Roll.

“Bears Athletics Award” is the highest award for 8th graders. The winner/s will receive the “Bears Athletics Award” certificate at the Spring Season Sports Banquet and a plaque at 8th grade promotion. Athlete(s) must have completed three different sports during the year and qualified for Honor Roll both semesters. There will be one girl and one boy to receive this award. Final award will consider those with highest GPA.

Sports and Activity Clinics: Students who wish to attend sport clinics or non-sport clinics are encouraged to do so, but they must do so without the arrangement, sponsorship, or financial support of the athletic department. Use of school uniforms and equipment is also prohibited by those attending clinics without permission of the Athletic Director.

Training Rules and Regulations (3.2)

Students involved in an activity that violates school policies or regulations will be disciplined according to the guidelines established in the Student Handbook. Coaches and Sponsors may

also impose additional penalties due to their disciplinary expectations. Training rules are in effect during the entire time of the season, **both on and off campus**.

Discipline for Activities (3.3)

Coaches and/or sponsors are required to provide students with a written copy of their rules and regulations and to have students and parents/legal guardians sign acknowledgment of them. A signed copy of the rules and regulations will be on file in the Athletic office.

Discipline for violation of a particular sport or activity rule or regulation developed for that particular sport/activity, is the responsibility of that head coach or sponsor. Shonto Preparatory School K8 rules and regulations apply to behavior not only in Shonto but also while traveling to or attending events either at home or away. Violation of any Shonto Preparatory School K8 rules must be communicated to the Athletic Director.

To maintain the integrity of our programs, there may be times when it is necessary to discipline within the program. The Head Coach, Athletic Director and/or the Principal reserve(s) the right to discipline an athlete within the program as the result of but not limited to unsportsmanlike behavior, profanity, and general inappropriate behavior. The discipline can be from a game(s) suspension to removal from the team for the remainder of the season or longer if needed.

HAZING

HAZING. A.R.S. §15-2301. Hazing prevention policies; definitions (*see also criminal; damage, major harassment, and Threat*)

Changes in Federal and State statutes mandate strict adherence and enforcement of **No Hazing** policies in every school district. **"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.

3. "Organization" means an athletic team, association, order, society, corps, cooperative, club or other similar group that is affiliated with an educational institution and whose membership consists primarily of students enrolled at that educational institution.

Key points to note:

- 1. It is no defense to a violation of this policy if the victim or parents of victim consented to hazing.
- 2. *Statute necessitates 12 month enforcement of this policy for student safety.*
- 3. Statute necessitates enforcement of acts occurring anywhere, not only on school campuses.
- 4. *Athletics, school activities, and grade levels (Freshman/Seniors) are examples of organizations that are affiliated with an educational institution.*

Due Process: See page 8, Student-Parent Handbook

Attendance for Activities: Students participating in athletics at Shonto Preparatory School K8 must meet the following attendance requirements:

1. Students **must** attend the **entire school day** in order to be eligible to attend an activity function occurring that day unless the student has an excused absence. (i.e. Medical Doctor or Medicine Man verification, Traditional Ceremony, Court, Standardized Test, or Funeral Service for death in the immediate family.) All excused absences must have documentation provided to the Attendance Clerk who will inform the Athletic Director or designee that student is eligible to participate in that day's activity.
2. Receiving excessive tardies (3 or more) can/ will result in being ineligible or the missing of sporting function occurring on that day and/or within that 7 day period.
3. For weekend competitions or sporting events, students must attend the **entire day prior** to the competition or event and must be at school the next school day.
4. For activities where the students will leave at or before the start of school, students must attend the **entire day prior** to the competition or activity. For activities where the students will participate over a school holiday, the student must be in school the entire last day of school before the game, or he/she will be required to miss the first game over the break.
5. Exceptions must be cleared through the Athletics Director or his designee prior to participation in a game or practice for the attendance policies stated above.
6. **ISS and OSS are considered a suspension.** AIA restricts students from participation in games or practice during suspensions. Anyone assigned to ISS or OSS cannot participate in games or practices until **the next day** after the completion of their suspension.

Athletic Department Policies (3.4)

Dropping an Activity: Quitting a sport is not encouraged by the Coaches or the Athletic Department. Students will have a two-week grace period in which to drop out of a sport or activity. The two-week period begins with the official start of that particular season of practice. After the grace period, any student who quits will be ineligible for any other sport for that sport season.

Contact During or After a Game: Parents/Guardians may not interrupt the Coach/s during any part of any game, unless it is an emergency. If a parent/guardian/s wants to talk to the coach/s during or after a game, there is a 24 hour "Cooling Off" period. At which point the parent/guardian/s needs to call, text or email the coach/s to schedule an appointment.

Travel: The Governing Board recognizes that significant educational and/or recreational benefits can accrue to students through participation in selected activities that require school-sponsored travel.

All Coaches/students must travel to and from out-of-town contests in transportation provided by the Athletic Department. Exceptions to an event will only be made for extreme circumstances such as testing, doctor's appointments, etc. Exceptions must be cleared in writing by the Athletic and

Activities Director or designee a minimum of 24 hours in advance of the trip. Exceptions from the event are up to the coach's discretion following established procedures. A student traveling home with his/her parent or legal guardian must sign the student out with the coach, failure to do so will result in the athlete missing the next event.

Once a student is checked out from any sporting event (Home, Away, Tournament, Championship or State game), he/she is no longer able to rejoin the team. Once the Student Athlete has been checked out by their parent/guardian or designee, they cannot rejoin the team for any school sponsored team meals or school sponsored transportation. Once the student has been checked out they are no longer the responsibility of the Coach/s, Transportation or SPS School.

Students will remain (sit) with their Coach/s and team and under the supervision of school personnel while attending away activities. Students may visit the concession stand and restroom in pairs and once they return another pair may go. Any student that violates this requirement and or the Coaches requirement will not be allowed to participate.

Coach/s and Students will be expected to follow all regular school bus rules, including food, noise, remaining in seats and care and respect for equipment. When going to and returning from events, all students will return with the team or group unless released to the parent/legal guardians or designee. The parent/legal guardian or designee must sign the student out with the Head Coach before the student is released.

Students, Coaches and sponsors represent the school and their community when they travel. They will be expected to dress according to the school dress code. Coaches are to set an example for their students through their dress and are encouraged to promote students to dress up and dress appropriately themselves. The better we dress, the better we represent our community and school.

Conflicts with Co-Curricular Activities: A student who attempts to participate in a number of co-curricular activities will, undoubtedly, be in a position of a conflict of obligation. NAIC/AIA competitive activities will have precedence over non-school sponsored activities, such as a club sport.

Students have a responsibility to do everything they can to avoid continuous conflicts. This responsibility includes being cautious about participating in too many activities where conflicts are bound to happen. It also means the student will notify the involved faculty sponsors immediately when a conflict arises. The sponsors will attempt to resolve the situation with as little discomfort as possible. If a solution cannot be determined, the student will make the decision.

Once the decision is made, the student will not be penalized by the coaches or sponsors.

Missed time because of a conflict may result in a student having to earn a position back. Team or group membership will not be taken away because of an activity conflict.

Inventory of Uniforms and Equipment: All athletic uniforms and equipment are under the direct authority of the Athletic Director through all head coaches and sponsors.

At the beginning of each sport season the head coach/assistant coach or sponsor will issue uniforms to the team members. It is the responsibility of the student – athlete and parents/guardians to ensure that the uniforms are kept clean and in good repair.

At the end of each sport season, each head coach/assistant coach or sponsor will communicate the return date of team uniforms. If a uniform is not returned or is returned in poor or disrepair the responsibility of the **full replacement** is on the student – athlete and parents/guardian. If the uniform is not returned and/or full replacement is not made. The student-athlete will be ineligible for any other school sponsored athletic activity, until the return or full replacement is made.

NAIC Eligibility Rules (3.5)

AGE, RESIDENCE GAURDIANSHIP and PARTICIPATION

Age - If a student becomes 15 years of age after September 1, he/she is eligible to compete for the remainder of that school year. If he/she becomes 15 years of age on or before September 1, he/she is not eligible for any part of that school year.

NAIC TRANSFER RULE: There is no rule governing transfers at the Middle School, therefore a student that is enrolled within the first 14 days of the semester will be eligible to participate providing they meet all other eligibility criteria. The contact of NAIC members and the transfer student's school's Athletic Director is strongly recommended before granting permission to participate to the transfer student.

ACADEMIC ELIGIBILITY (3.6)

Arizona is a **No Pass No Play** State

In order to participate in any NAIC or AIA sponsored athletic event at Middle School, student must be passing **all** of their classes with a **2.0 GPA** when the student eligibility grade checks come out every week. A student must be enrolled full time at the Middle school. Students taking fewer than five classes are not eligible for NAIC/AIA sponsored activities.

Students **MUST** pass all classes each week in order to be eligible to compete in interscholastic activities. Failure to receive a cumulative passing grade in **EVERY** class will result in the student being restricted from competition, but not from practice. Eligibility will be determined on Monday each week.

- Students are responsible for notifying parents of eligibility status.
- If a student is ineligible, suspension from participation will be for the following 7 days.
- More than three (3) weeks of ineligibility will result in suspension from the team and all sports/activities for that season.

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
Week 1 WARNING	Student is listed on the ineligibility list	Student attends tutoring	Student attends tutoring	Student attends tutoring	Student attends tutoring	
Week 2	If student has not been removed from the Week 1 ineligibility list, student may not participate in any events for the following week	Student attends tutoring	Student attends tutoring	Student attends tutoring	Student attends tutoring	
Week 3	If the student is on the ineligibility list, or is placed on it for a second consecutive time, the student will again attend tutoring until eligible	Student attends tutoring	Student attends tutoring	Student attends tutoring	Student attends tutoring	
<ul style="list-style-type: none"> • A student placed on two consecutive ineligibility lists for the same content/class may be removed from the team at the discretion of the Coach, Athletic Director, and/or Administration. • A student placed on the ineligibility list two times may be suspended from the team for a period of time, or otherwise disciplined, at the discretion of the Coach, Athletic Director, and/or Administration. • If at any time during the warning week the student completes the requirements, the student is removed from the ineligibility list. 						

A. Middle school students who, upon having their work checked for a second week period, have any failing grade/s in the same class will be ineligible. A coach/sponsor may hold their team to a higher eligibility standard (i.e. no more than 2 D's) as long as the participants and parents/guardian of that extracurricular activity are notified in writing in the team/activity's rules and expectations. **During the period of ineligibility, such students are required to attend one hour of school provided academic tutoring Monday - Thursday, excluding game/performance days.** They are then required to attend practices and/or meetings unless excused by their coaches/sponsors to attend programs of academic tutoring. **During the period of ineligibility, the students shall not travel with their teams/groups, miss any school due to team/group functions, be in uniform with their teams/groups, or represent their teams/groups at any scheduled activity or function.** After improving their respective grades such that they are passing on a cumulative basis, they shall be reinstated to the teams or extracurricular activities until a subsequent check is performed unless ineligible for some reason other than academic performance.

B. The eligibility criterion for extracurricular participation shall be a passing grade in all classes in which the student is enrolled, meeting any additional criteria set by the coach/sponsor and maintaining progress toward promotion or graduation. Semester grades cannot be used to determine eligibility. A Middle School student must be enrolled in a minimum number of classes to be in compliance with Arizona Interscholastic Association, state, and District policies. Students, parents or guardians should check with the school's guidance counselor or athletic director for specific requirements.

C. In order for a student to remain eligible, the courses in which the student must receive passing grades shall be part of a program leading to promotion/graduation, consistent with state statutes, State Board of Education rules, and District policy.

D. All 5th grade thru 8th grade student – athletes are required to login to check their own grades in NASIS weekly.

E. The parent/s or guardian/s of SPS student – athletes are highly suggested to have a NASIS account to also be up to date on grades and their student – athlete's eligibility. If you find or have questions about a class grade: print or take a picture of class in question and bring it to the attention of the teacher.

F. Support services shall be made available to students who become ineligible for extracurricular programs as well as to students notified of pending ineligibility.

***Students whose behavior presents a problem or jeopardizes school discipline may be ineligible for participation in extracurricular activities until such time as their behavior warrants reinstatement.

***The same general standards shall apply for special education students except that such eligibility shall be determined on a case-by-case basis in relationship to the respective students' individual education programs.

ELIGIBILITY PROCESS: An eligibility list of all students currently participating in a sport is run each week. The report is run on Monday afternoon's (however the Athletic Director may have the report run Monday morning's as a pre-check). Students become ineligible if they have a "D" or lower in the same class two weeks in a row. If the student – athlete is ineligible, they may not travel or participate in any sporting events for 7 days (Monday – Sunday) or until they are cleared by the Athletic Department. When a student is deemed ineligible, it is the student – athlete's responsibility to inform his/her parent/s or guardian/s. **Teachers may not log zeros for students who have missed any assessments while absent for school sponsored activities. However after a reasonable amount of time is given to make up the assessment, a grade may be entered.**

While ineligible, that student is required one hour of study time Monday-Thursday after school, at a specified tutoring location or with the teacher in which he/she has the failing grade to remediate the problem. The Middle School tutoring time is from 3:15-4:15. **The student then receives a pass from teacher/tutor before going to practice.** After the one hour study time requirement is fulfilled, the student is required to attend practices and/or meetings unless previously excused by the coach or sponsor. During the period of ineligibility, the student shall not travel, miss any school due to team/group functions, be in uniform with the team/group, or represent the team/group at any scheduled function.

The courses, in which the student must receive a passing grade in order to be eligible, shall be part of a program leading to 8th grade promotion/graduation consistent with state statutes, state board rules, and Shonto Preparatory School K8 policy. Activities play a key role in the education of our students; **however, students cannot function to their highest potential without academic achievement.**

APPENDIX

APPENDIX A



THE 7 CARDINAL SPORTSMANSHIP RULES



Welcome Student-Athletes, Parents and or Guardians to Middle School sports. It is a thrilling and rewarding experience for both player and fans. However, Sportsmanship is a part of every sport and aspect of life. But there are 7 things you should absolutely remember, we all must show **Good Sportsmanship** at all times.

- Avoid criticism of game officials
- Avoid sideline coaching which: side tracks the athletes from doing their best, listening to their Coach/s, team mates and affects their performance.
- Avoid using student-athlete names, cheer for the whole team.
- Stay off the playing area.
- Show respect for school property and equipment.
- Be respectful, mindful and positive when posting on Social Media. Remember that Cyber Bullying is never tolerated by any one.
- Remember that this is your student-athlete's time to have fun.

2023-2024 NAIC Season Dates



Quarter 1 - Cross Country and Football

- First day of practice- Monday, August 7, 2023
- First day of competition- Monday, August 28, 2023
- Last day of football competition- Saturday, October 7, 2023
- Seeding meeting- Tuesday, October 10, 2023
- NAIC Football 1st round- Thursday, October 12, 2023 - high seed
- NAIC Football Semi finals- Tuesday, October 17, 2023 - high seed
- NAIC Football Championship- Saturday, October 21, 2023 - Page, AZ
- NAIC Cross Country Championship- Saturday, October 21, 2023 - Page, AZ

Quarter 2 - Soccer, Volleyball and Wrestling

- First day of practice- Monday, October 2, 2023
- First day of competition- Monday, October 23, 2023
- Last day of competition- Thursday, December 7, 2023
- Seeding meeting- Friday, December 8, 2023
- NAIC Soccer Semi finals- Tuesday, December 12, 2023 - high seed
- NAIC Volleyball Pod Play- Wednesday, December 13, 2023 - Kayenta, AZ and Pinon, AZ
- NAIC Wrestling Championship- Thursday, December 14, 2023 - Tuba City, AZ
- NAIC Soccer Championship- Friday, December 15, 2023 - Page, AZ
- NAIC Volleyball Championship- Saturday, December 16, 2023 - Kayenta, AZ

Quarter 3 - Basketball

- First day of practice- Monday, December 11, 2023
- First day of competition- Monday, January 8, 2024
- Last day of competition- Thursday, February 22, 2024
- Seeding meeting- Friday, February 23, 2024
- NAIC Basketball Pod Play- Wednesday, February 28, 2024 - Kayenta, AZ
- NAIC Basketball Championship- Saturday, March 2, 2024 - Kayenta, AZ

Quarter 4 - Baseball, Softball and Track and Field

- First day of practice- Monday, February 26, 2024
- First day of competition- Monday, March 18, 2024
- Last day of competition- Thursday, May 2, 2024
- Seeding meeting- Friday, May 3, 2024
- NAIC Baseball/Softball Pod Play- Tuesday, May 7, 2024 - Chinle, AZ
- NAIC Baseball/Softball Championship- Friday, May 10, 2024 - Chinle, AZ
- NAIC Track and Field Championships- Saturday, May 11, 2024 - Kayenta, AZ

APPENDIX C

Shonto Preparatory School K8 STUDENT-ATHLETE EVALUATION OF COACH OR SPONSOR

Coach/Sponsor _____ Sport/Activity _____ Date _____

Level (Circle one) Varsity JV

INSTRUCTIONS TO THE STUDENTS:

- This rating form has been prepared to obtain an assessment of your experience under the direction of a member of our coaching or activities staff. A separate form should be completed for the head coach or sponsor and each assistant coach or sponsor with whom you have received regular contact and sports/activity skills and strategy instruction.
- Please indicate your agreement or disagreement with each statement by putting an “X” in front of the response which most accurately describes your experience.
- For each statement, there is an optional opportunity for you to make constructive comments or suggestions which might help improve with your experience.
- **DO NOT SIGN THIS FORM.**
- NOTE: All students’ assessments are aggregated into a summary report that is discussed as part of each coach’s annual performance evaluation. This form will be destroyed once the data has been transferred to the aggregate summary.

INSTRUCTIONS TO THE COACHES:

- Forms should be provided to the students to complete and fill out anonymously.
- All forms should be completed and submitted to the Athletic and Activities Director during the last week of regular season practice.

1. The atmosphere of the practice sessions enhances player and team/group morale.
_____Always _____Usually _____Sometimes _____Never

Suggestions for improvement:

2. There is mutual respect between coach/sponsor and player.
_____Always _____Usually _____Sometimes _____Never

Suggestions for improvement:

3. The coach/sponsor demonstrates a sound knowledge of his or her sport or activity.
_____Always _____Usually _____Sometimes _____Never

Suggestions for improvement:

4. All material is presented in a clear and precise manner.
_____Always _____Usually _____Sometimes _____Never

Suggestions for improvement:

5. Before or after practice, there is ample opportunity for exchange of ideas between player and coach/sponsor.

_____Always _____Usually _____Sometimes _____Never

Suggestions for improvement:

6. The coach/sponsor attends every practice.

☐ Always ☐ Usually ☐ Sometimes ☐ Never

Suggestions for improvement:

7. The coach/sponsor is on-time for practice.

☐ Always ☐ Usually ☐ Sometimes ☐ Never

Suggestions for improvement:

8. Practice sessions are well organized and demanding--both physically and mentally.

☐ Always ☐ Usually ☐ Sometimes ☐ Never

Suggestions for improvement:

9. The coach/sponsor provides adequate explanation of new material.

☐ Always ☐ Usually ☐ Sometimes ☐ Never

Suggestions for improvement:

10. The coach/sponsor treats each athlete/participant as an individual.

☐ Always ☐ Usually ☐ Sometimes ☐ Never

Suggestions for improvement:

11. The coach/sponsor sets clear rules and conduct expectations and is consistent in enforcing them.

☐ Always ☐ Usually ☐ Sometimes ☐ Never

Suggestions for improvement:

12. The team/group is well prepared for each contest.

☐ Always ☐ Usually ☐ Sometimes ☐ Never

Suggestions for improvement:

13. The coach/sponsor demonstrates concern for my academic success.

☐ Always ☐ Usually ☐ Sometimes ☐ Never

Suggestions for improvement:

14. I would say that my overall experience with this team has been:

☐ Excellent ☐ Good ☐ Satisfactory ☐ Unsatisfactory

Additional suggestions for improvement:

APPENDIX D

STUDENT - ATHLETE and PARENT CHECKLIST

Forms to be turned into the Front Office before participation

- 1. Permission to Participate Form:** Filled out and signed
- 2. Emergency Contact Form:** Completed and signed
- 3. Yearly Physical Form:** Completed and signed
- 4. List of all known Food and Medication Allergies**
- 5. Mild Traumatic Brain Injury: (MTBI/Concussion) Form:** Completed and signed
- 6. The Signed Student-Athlete and Parent/Guardian Acknowledgement Form:**
That they have read the Student-Athlete and Parent/Guardian Handbook and agree to uphold the K8 Athletic policies of Shonto Preparatory School K8. (Appendix E)

****It is the Student-Athletes and Parent/s/Guardian/s responsibility to notify and update the Coach/s, Front Office and the school Nurse of any changes to: Address, telephone number/s, person designated for pick-up, medications, medical condition and or allergies.**

Appendix F

Examples of Non-Healthy and Non-Tolerated Foods and Drinks (which includes Drugs and Alcohol)

Ensuring a proper balance of nutrients (protein, carbohydrates, fats, vitamins and minerals) is essential to your academics, overall health, muscle development and performance.

This list is meant to help keep Student-Athletes healthy, ready for the school day and beyond. To keep a healthy mind and body means we do Not eat foods, drink drinks, take illegal drugs or drink any type of alcohol that can cause our bodies and mind harm.

Foods that are high in refined (highly processed) carbohydrates or sugars are not good for students or athletes. As they do not provide the body with optimal nutrition and over time can lead to excess fat storage, low energy levels, muscle loss and fatigue.

Examples of Foods to be mindful not to over eat:

- Candy
- Junk food including chips, French fries
- Baked goods (cakes, cookies, etc.)
- Sugary breakfast cereals

Examples of Drinks to be mindful not to over drink:

- Sodas (both sweetened and diet)
- Gatorade or Powerade as they have a lot of hidden sugar. If you want one of these do a 50% water to 50% Gatorade or Powerade split.

Most energy drinks consist of similar ingredients: water, sugar, caffeine, certain vitamins, minerals and non-nutritive stimulants such as guarana, taurine and ginseng. The health risks associated with energy drinks are mostly attributed to their high sugar and caffeine levels. The dangers of drinking energy drinks for students and athletes can be: Cardiac Arrest, Liver Issues, Kidney Damage, Headaches and Migraines, Increased Anxiety, Insomnia, Prescription drug Interaction, Addiction, Risky behavior, Jitters and Nervousness, Vomiting, Allergic Reactions, High Blood Pressure, Niacin Overdose, Caffeine Overdose, Stress Hormone Release

Examples of Prohibited drinks: 1 can of an energy drink can be like drinking 15 or more cans of soda.

- Monster
- Rockstar
- Relentless
- Red Bull
- Or any Energy Drink

****Any Student-Athlete caught buying, asking someone to buy, using or selling any Illegal Drugs and or Alcohol is strictly prohibited and is against the Navajo Nation Law, Arizona State Law, AIA, NFHS, NAIC and Shonto Preparatory School policies.**

Shonto Bears and Fans



Let's make the 2023-2024 school year another awesome year for our Student Athletes, School and Community.

By always showing our Great Sportsmanship!

APPENDIX E

Student-Athlete and Parent/Guardian Acknowledgement Form

I the Student-Athlete: _____ and

Parent/Guardian _____ acknowledge that we have received our copy of the "Student-Athlete and Parent/Guardian Athletic Handbook". That we have read it and understood what our rolls, expectations and responsibilities are as a Student-Athlete and Parent/Guardian are.

I the Student-Athlete understand that: I must have a NASIS account and check it weekly. (5th – 8th grade).

I the Parent/Guardian understand that: I should have a NASIS account to keep up on grades and notify the teacher/s if there is a problem with the grade/s.

We understand that: It is our responsibility to update the Coach/s, Front Office and Nurse of any changes of: Address, phone numbers, medical condition, medications or allergies.

We understand that: All paperwork must be turned in before any Athletic participation can happen.

We understand that: All practices are closed, unless the Head Coach opens that practice.

We understand that: there is a 24 hour "Cooling Off" time after a game/tournament/championship or State game to schedule an appointment to talk to the Coach/s about that game.

We agree to: Always show Good Sportsmanship and to follow the 7 Cardinal Sportsmanship rules.

We have read the Athletic Handbook and agree to uphold the Shonto Preparatory School K8 Athletic policies. We also understand that if we violate these policies, we will accept the consequences of our actions.

Possible consequences for not showing Good Sportsmanship at any sporting event:

1st time: Is a reminder and serves as a warning

2nd time: Is a reminder and you will be asked to leave the event site.

- Examples of offences: using inappropriate language at students, coaches, Officials, fans. Pushing, hitting or causing/inciting a fight.

3rd time: You will no longer be able to attend SPS K8 Home games for that season.

- Examples of offences: Continuing to use inappropriate language toward students, coaches, officials, fans. pushing, hitting or causing/inciting a fight even after being asked to leave.

Student-Athlete Signature: _____

Parent/Guardian Signature: _____

Date: _____