



**DESERT HEIGHTS
PREPARATORY ACADEMY
*HIGH SCHOOL ATHLETIC HANDBOOK***

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Desert Heights Preparatory Academy

Dear Student-Athletes and Parents/Guardians:

Welcome to Coyote Athletics!

As Athletic Director, it is my pleasure to welcome you to the Desert Heights Preparatory Academy Athletic family.

In making the commitment to participate in interscholastic athletics at DHPA, you have also chosen to become a part of a tradition that recognizes the scholar-athlete as the embodiment of the soundest of minds and of bodies.

DHPA is committed to providing opportunities through athletics for our student-athletes to mature physically, emotionally, academically, and socially. While we recognize the value of participation in athletics, we also acknowledge the primacy of academic pursuits and utilize our sports programs to support and enhance our academics.

DHPA Coyote Athletics measures success not only by won-loss records and league championships, but also by the development in our student athletes of exemplary character traits, a commitment to excellence in all endeavors, and the lifelong pursuit of an active and healthy lifestyle.

Thank you for your continued support with the Desert Heights Preparatory Academy (“DHPA”) Athletic Program. DHPA is excited to continually grow and build a positive community aligned with our three pillars (Academic Excellence, Integrity of Character, and Social Awareness). Participation in an athletic team can be a rewarding experience and it is important that students realize the time demands, accountability, dedication, and sacrifices required when making this kind of commitment. The following information defines the interscholastic policies and procedures for all students participating in our athletic programs. The Athletic Department hopes this document provides parents and athletes with a better understanding of our values, philosophy, goals, and policies. Please refer to the following information when a question about your child’s athletic experience arises. Additionally, please note that each team’s coaching staff may further identify team rules and set expectations for their specific team that are aligned with the DHPA Athletic Department’s values and DHPA three pillars. Athletes are expected, and will be accountable, for the team rules and expectations as outlined and enforced by the team’s coaching staff.

Sincerely,
Brian Wicker
Athletic Director
Desert Heights Preparatory Academy

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ATHLETIC DEPARTMENT VALUES

Consistent with the vision of Desert Heights Preparatory Academy, the athletic department facilitates a wide range of athletic opportunities with the following core values:

- ❖ We promote the highest standard of excellence in academics, athletics, and personal/social/emotional growth and development.
- ❖ We promote sportsmanship by displaying the Six Pillars of Character in all activities.
- ❖ We are committed to creating and sustaining an environment that promotes enthusiasm and positive experiences.
- ❖ We will emphasize the team concept while fostering the development of individuals.
- ❖ We support maximum participation.
- ❖ We require all stakeholders to respect participants as competitors while honoring the traditions of sport.
- ❖ We promote the development of healthy lifestyle choices.

Note: Six Pillars of Character: Trustworthiness, Respect, Responsibility, Fairness, Caring, Citizenship

PHILOSOPHY OF ATHLETICS

The Athletic Department's philosophy is to promote and provide our students with opportunities to develop leadership skills and to learn the ideals of fair play and ethical behavior which are necessary for competition and cooperation in society. DHPA encourages all students to participate in athletics by offering a well-rounded program in the Arizona Interscholastic Associations.

ATHLETIC TEAM INFORMATION

Standards for Participation

In order to participate in organized athletics, all student-athletes must complete the following:

- Pay a participation fee that helps cover league and game fees.
- ✓ All Varsity Sports: \$200

*Note: **Participation fees do not include the cost of the team's required spirit pack.** Also, participation fee due dates will be provided at the initial parent/athlete meeting, but as a general rule, a minimum of 50% is due 5 days after the team's roster is complete with the balance due no later than 30 days afterwards. Participation fees are non-transferable and non-refundable once an athlete has participated as a team member (official practice, game, etc.). Additionally, athletes will be ineligible for proceeding seasons if fees are not paid by the current season's due date.*

- In addition to participation fees, athletes will be required to purchase the team's spirit pack. Team packs will have a deadline to be purchased the Friday of the tryout week. Varsity spirit packs will not exceed \$400. Spirit packs will be purchased directly from the approved vendor. If spirit packs are not purchased on time, athletes will incur additional fees for rush orders, and the athlete's participation in athletic events may be affected until the necessary items arrive.
- Complete and sign the athletic enrollment packet. This includes the Athletic Enrollment Form and Checklist along with the applicable sport's Inherent Risk and Release form. These documents must be signed and will be held on file at the start of each athletic season. All required information must be completed on our Register My Athlete site prior to the first day of tryouts. This can be easily accessed from our school's website.

Note: Completion of the Athletic Enrollment Form and Checklist is only required once per year, but the applicable Inherent Risk and Release form is required per sport.

- Copy of the athlete's insurance card must be provided to the school once per year. Please provide a new copy if there is a change in insurance during the school year.
- Parent or Athlete must attend the required in-person meeting hosted by the Athletic Department.
- A valid physical examination completed **by the first day of school.**
- Must complete the Brainbook Certificate and Opioid Awareness through AZPreps365.com. This is valid for all 4 years.
- Complete online coach's survey at the end of each season.

Tax Credit

Athletic participation fees are considered tax deductible under the AZ School Tax Credit Law. Families are responsible for tracking their contributions up to the allowable limit.

Athletic Scholarships

Athletic scholarships can be awarded by the Athletic Department to cover athletic participation fees. Athletes that want to be considered for a scholarship will need to complete the following:

- Complete and return the Athletic Scholarship Application to the Athletic Directors Assistant along with 2 professional references from DHPA staff members.
- Complete a 500-word essay using the following prompt: "The DHPA 3 Pillars are exemplified in sports by...."
- Selected candidates will be interviewed with a minimum of 3 members of the Athletic Department for final selection.

Note: Athletic Scholarships can only be used towards the athlete's participation fees. Athletes will continue to be responsible for the payment of the team's spirit pack or other identified team items.

Program Goals

Though the unique nature of each sport dictates its specific objectives, all teams will attempt to:

- Promote the development of good health and positive character of each athlete through the 3 pillars. (Academic Excellence, Integrity of Character, and Social Awareness)
- Provide safe, supportive, and knowledgeable coaching to promote the physical, mental, ethical, social, and emotional well-being of each athlete.
- Help students and parents understand the responsibilities which accompany the opportunity and privilege of sport and team participation by providing a model of good sportsmanship.
- Clearly communicate behavioral expectations and to enforce consistent consequences for violations of school rules and regulations.
- Provide a positive and meaningful experience for all athletes.

The coaching staff will determine the level of play for each student-athlete (Varsity, Junior Varsity) based on what is most beneficial to the development and progress of each player and team. However, participation at the Varsity level is generally limited to the most highly skilled players and those with the ability to interact constructively with other players for team success. It should be understood that playing time could be limited.

Athletic Offerings

DHPA provides three (3) seasons of play and will provide a variety of athletic opportunities, but all teams are subject to student participation.

Fall Sports

The fall season begins in August and ends in October. Teams that qualify for the postseason tournament may participate into early/mid-November. Informational meetings will be held in July. The following sports compete in the fall:

- Football - Varsity
- Girls Volleyball – Varsity and Junior Varsity
- Cheer & Pom – Varsity

Note: Athletes are expected to be here for school scheduled breaks, and games may be played during this time.

Winter Sports

The winter season begins in November and ends in February. Teams that qualify for the post-season tournament may be participating into the end of February. Informational meetings will be held in October.

- Girls Basketball – Varsity
- Boys Basketball – Varsity
- Cheer & Pom – Varsity

Note: Athletes are expected to be here for school scheduled breaks, and games may be played during this time.

Spring Sports

The spring season begins the end of February and ends in May. Teams that qualify for the post-season tournament may be participating until May 15th. Informational meetings will be held in February.

- Baseball – Varsity
- Softball – Varsity
-

Note: Athletes are expected to be here for school scheduled breaks, and games may be played during this time.

Levels of Play

Many decisions are made on a regular basis by members of the DHPA coaching staff. These decisions may include, but are not limited to,

- which position an athlete will play
- amount of playing time an athlete will receive.
- pulling an athlete up to a higher level if physically, emotionally, and mentally prepared. (approval from AD required)

Only members of the DHPA coaching staff can make these very difficult coaching decisions after weighing a considerable number of factors. Generally, the most competitive, skilled team members will play the major portion of contests, but the level of play will also be taken into consideration.

Junior Varsity and Varsity

At DHPA's highest level of athletic competition, athletes and parents should expect the following concepts to be emphasized:

- ✓ Average 5-6 practices/week during the season with off season requirements and camps
- ✓ Developing a high level of proficiency in the physical skills of the sport
- ✓ Having the coach's evaluation of an athlete's attitude, skills, and team role determine playing time.
- ✓ Developing sophisticated strategy, situation analysis, and other mental aspects of the sport
- ✓ Specifically defining an individual athlete's role within the team concept
- ✓ Fostering maximum commitment to the athletic team
- ✓ Understanding and valuing the physical conditioning components of one's sport.
- ✓ Understanding the importance of individual sacrifice for the good of the team
- ✓ Winning within the rules of sportsmanship and fair play

Team Tryouts / Selection

All DHPA teams will participate in a tryout process, and during this period, each coach will provide a verbal explanation of his/her expectations to all participants. It is the duty of the student to demonstrate to the coach that they can fulfill these expectations. If a student is not selected for a team, he/she may contact the coach personally for an explanation. Students who are not selected are encouraged to explore other DHPA athletic opportunities on teams that have not finalized their rosters. Students will not be allowed to join a team after its third official practice without the approval of the Coach and Athletic Director. Switching sports is also not allowed after the first contest.

Eligibility for Team Tryouts

In order to become a member, or to try out for an athletic team, the following eligibility requirements must be satisfied by the athlete and enforced by the coach.

- ✓ The student-athlete and parent must attend the pre-season coaches meeting in order to be eligible for tryouts.
- ✓ The student-athlete must complete all requirements through Register My Athlete to be eligible.
- ✓ A Student has not reached his/her nineteenth (19th) birthday on or before September 1 of the school year of competition.
- ✓ A student is enrolled in at least five (6) credit-bearing classes for the semester in which the event takes place.
- ✓ A student's school attendance has not lapsed for a period of more than ten (10) consecutive days (disabling sickness of self or immediate family excepted).
- ✓ A student is an amateur, having never accepted a monetary award in any form or amount.
- ✓ A student has never competed under a false name.
- ✓ A student is enrolled in grades 9, 10, 11, or 12 for not more than eight consecutive semesters and has not competed or had the opportunity to compete for more than four seasons in any sport.
- ✓ Any student-athlete who has been suspended for all or part of the tryout period, cannot try out for a team.
- ✓ Any student-athlete deemed by the President and Athletic Director whose conduct or character would reflect discredit upon the school is ineligible.
- ✓ Student-athletes may not participate on more than one team simultaneously per season in which they represent the school.
- ✓ A student-athlete with a prolonged illness or sustained injury must have written permission from a physician to engage in athletics.
- ✓ A student-athlete actively participating in a season will not be permitted to engage in another sport tryout until the current season's schedule is complete. Refer to the AIA (Arizona Interscholastic Association) Handbook for additional

- ✓ A transfer student has obtained the proper AIA waiver.

Commitment

Each member of an athletic team MUST:

- ✓ Commit to being present at all team activities in season and out of season, including but not limited to tryouts, practices, meetings, and contest with other schools. This includes holiday practices as defined by the Coach.
- ✓ Dedicate him or herself to becoming an excellent team member and school citizen.
- ✓ Strive to continually improve as an athlete.
- ✓ Demonstrate pride in team performance and in him or her as members of a team.
- ✓ Communicate with parents about changes and updates.

Game/Practice Sessions

Practice days and times are determined by the Coach but can be held up to 5-6 days a week for approximately 1 to 2 ½ hours or as deemed appropriate for the activity. Additionally, practices and games may be held on weekends. Most practice sessions will not begin before 2:30 PM and will be held outside on grass, cement, and street courts. Any team member who may be late or miss a practice, game or scheduled team meeting must confer with his/her coach at least 24 hours prior to the event start time. Practice and game schedules, particularly in the case of winter and spring sports, will include school vacation weeks. Students and families should take this into consideration when deciding whether or not to try out for a team. Additionally, game schedules are not always under the school's control and can be modified by opposing teams or the league even after schedules have been distributed. DHPA will make every effort to distribute notifications as soon as possible when changes occur.

Note: Practices for all teams are closed to the public.

Game/Practice Uniforms

DHPA Athletes must wear appropriate DHPA logoed athletic wear or non-logoed items that are school colors (black, burgundy, grey or white). Shoes worn by the athlete must also be school colors, or as specified by each team's Coach. DHPA will evaluate the purchase of new uniforms as needed and approved by the school's Administrative staff.

Game Day Attire

Game day attire will be determined by the coach, but the players and managers must be in compliance and unified on game days.

ATHLETIC HONORS AND AWARDS

To be considered for a team or individual award presented by the Coach at banquets or at any other athletic function, a student must:

- ✓ Display upright conduct and a spirit of fair play at all times.
- ✓ Complete the entire season including, but not limited to, season and playoff/championship games.
- ✓ Exhibit respect for school personnel, coaches, game officials, and opponents
- ✓ Return all equipment at the completion of the season.
- ✓ Meet criteria established by the Coach.
- ✓ Finish the season as a member in good standing on his/her team, which includes, but is not limited to, being academically eligible.

At the end of each season, all teams will have an opportunity to participate in a team banquet. Banquet details can change from season to season and may be unique per team. Banquet details will be distributed by the Coach towards the end of each season and the awards will be presented as outlined below.

Awards and Letters

Each athlete or team manager that completes the entire season will receive an award that has been determined by the Athletic Department. The coach, Athletic Director and President will discuss specific cases as needed when athletes do not meet the established criteria.

Note: Student-athletes or team managers who do not complete the entire season due to a school transfer, removal from the team, choose to quit, or for any other reason determined by the Athletic Department are not eligible for any athletic awards.

✓ **Junior Varsity Sports:**

1. Certificate of Participation
2. 5 Specialty Awards will be awarded by the coach to the designated athletes.

✓ **Varsity Sports:**

1. Certificate of Participation
2. Varsity Awards are presented per sport and based on year of participation.
 - Year #1: Varsity Letter & Sports Pin - Awarded to an athlete only once. Once the varsity letter has been awarded, student-athletes then receive the proceeding awards regardless of sport.
 - Year #2: Varsity Pin
 - Year #3: Bar Pin
 - Year #4: Star Pin
3. 5 Specialty Awards will be awarded by the coach to the designated athletes.

Note: Varsity teams can additionally choose to purchase senior gifts using funds from fundraising. Awards/trophies purchased by parents, or other spectators, will not be presented by the coaches or Athletic Department. These awards will be presented by the parent/spectator directly to the student-athlete.

Banquet Attire (Semi-Formal Events Dress Code)

As outlined in the DHPA Student & Parent Handbook, there are specific, semi-formal dress requirements for special events, including periodic fine arts concerts and the end-of-year ceremonies such as commencement (High School Graduation and 8th Grade Promotion). The Athletic Department also observes the school's Semi-Formal Events Dress Code for athletic banquets. Please refer to the DHPA Student & Parent Handbook for details.

Student-Athletes that do not comply WILL be sent home and will not be recognized from the season.

ATHLETE-COACH RELATIONSHIP

Participation in athletics should be an enjoyable experience for all parties involved albeit the student, coach, or parent. There is no doubt that participation tends to be emotionally charged and dealing constructively with these emotions can be an excellent learning experience. In most cases, athletic competition is extremely positive and compliments the educational experience enjoyed by students at DHPA. Occasionally, conflicts between coaches and students arise. These conflicts must be addressed and resolved immediately so that the many benefits of athletic involvement may continue to contribute to the emotional and physical growth of DHPA student-athletes.

If at any time a student-athlete or parent desires to lodge a complaint or discuss an alleged conflict, the following protocol should be observed:

1. Contact the Head Coach involved through the Athletic Office. For example, Varsity players would contact the Varsity Coach.

2. If the conflict is not suitably resolved, contact the Athletic Director.
3. If the conflict is not suitably resolved, contact the school's President.

ATHLETIC POLICIES & PROCEDURES

Absence Policy

Sick athletes must not be contagious, fever free and attend 4 out of 6 classes in order to participate in sports practices and games after school. If the athletic activity takes place on a Saturday, the student-athlete must be present in school on the preceding Friday 4 out of 6 classes. Athletes who need to leave early or miss school for reasons unrelated to sickness (e.g., orthodontic appointments, etc.), can return and participate in sports practices and games after school.

On practice days, athletes **MUST** be picked up promptly at the designated practice end time. If an athlete needs to leave early from practice, the coach must be notified in writing and the student must be picked up from the practice site/location. Late pick-ups may result in the athlete being removed from the team.

Student-athletes must attend a minimum of one-half of their classes during the school day in order to participate in practice or competitions. In the case of extenuating circumstances, school administration may grant relief from this requirement.

Unexcused Absences

In order for an absence to be considered excused, there must be a Doctor's or Dentist note, and the athlete must confer with his/her coach at least 24 hours prior to the athletic event (practice/game) start time. Absences that unexpectedly occur within 24 hours of the start time will be evaluated and missing a practice(s) or game(s) may jeopardize an athlete's ability to retain a position on the team, earn awards and varsity letter, and/or playing time at the coaches' discretion. Each player will receive 3 unexcused absences in the season. After the 3rd unexcused absence, the athlete may be released from the program and team without a refund.

Excused Absences

Absences will be excused by the Coach when an athlete misses school due to illness or has a previously received approval for an appointment. Absences based off illnesses need to have a Doctor's note to clear the athlete is safe and healthy to return. However, missing any practice or game regardless of reason may impact the athlete's position on the team and playing time. This is not a punitive measure, but for the safety of that individual, fairness to the rest of the team, and for strategic reasons.

Note: Any player who misses more than five days of practice for any reason will be required to meet with the Athletic Director to determine eligibility.

Vacation Policy

Teams may have scheduled practices or games during school vacation weeks. It is important that students consider this commitment when determining whether or not to participate in a sport since absences will not be considered excused unless prior approval from the Coach is received. When athletes miss practice during vacation weeks, Coaches will also determine the consequences on:

- ✓ Principles of fairness to players who attended all scheduled practices.
- ✓ The importance of conditioning
- ✓ Professional discretion

Fall Break

Practices and games will be scheduled at any time during this break.

Winter Break

No season/league games will be scheduled on December 24th – 26th, but holiday tournament schedules may generate a game during this time. Practices will be scheduled at the Coach's discretion, but will not take place on December 25th and practice times may occur prior to P.M.

Spring Break

Practices and games will be scheduled at any time during this break.

Summer Break

Athletes are expected to be at the first day of fall season practice even if it takes place during summer break. Summer Camps are necessary for Varsity sports. If an athlete is not at practice/tryouts, he or she may jeopardize his or her chances of making the team. Athletes should contact the Coach to identify the first day of practice prior to scheduling summer vacations.

Sportsmanship Policy

Some people define good sportsmanship as the "golden rule" of sports — in other words, treating the people you play with and against as you would like to be treated yourself. You demonstrate good sportsmanship when you show respect for yourself, your teammates, and your opponents, for the coaches on both sides, and for the referees, judges, and other officials. DHPA Sportsmanship policy states that the following behavior is unacceptable at all DHPA contests:

- ✓ Berating opponent's school or mascot, berating opposing players, obscene cheers or gestures, negative signs, artificial noise makers, or complaining about officials calls (verbal or gestures).
- ✓ Coaches and athletes are expected to behave in a manner that demonstrates good sportsmanship, use appropriate language and to otherwise act in ways that are not detrimental to the reputation of the team or the school.
 - Consequences for Inappropriate Behavior: DHPA student-athletes who behave inappropriately should expect to suffer negative consequences for their actions. Coaches and school administrators will meet to discuss the severity of the infraction and to agree upon appropriate consequences for the student-athlete's behavior. Depending upon the nature of the infraction, consequences may include a warning, detention, suspension, loss of participation privileges for

a specified period of time, or dismissal from the team. Student-athletes who are dismissed from a team for behavior violations forfeit their certificate and risk the loss of participation privileges during the following athletic seasons. A student-athlete that is ejected from a game, at minimum, will be suspended from participation in the next contest.

Athletic Equipment Policy

Student-athletes are responsible for, and expected to maintain, proper care of all equipment issued to them. Student-athletes are responsible for payment of any lost, stolen, or damaged items. Each item not returned will be assessed at a rate comparable to the current replacement cost. All equipment is to be returned at the completion of the season. Athletes that do not return or pay the fee for loss of equipment will be ineligible for the next season sport, until fees are paid, or the uniform is returned. Additionally, those student-athletes will not be allowed to participate in another sport. Student-athletes are not to wear uniforms, either practice or game, at any time other than those allowed by specified team regulations. Lastly, student-athletes should not allow other students, family members or friends to wear any or all parts of a team's uniform, spirit pack or any other team identified item.

Academic Eligibility Policy

To participate in school athletic practices and games, the student must.

1. Be in good standing regarding grades and not on suspension,
2. Be present 4 out of 6 classes on the day of the activity, and if the activity is on a Saturday, be present in school on the preceding Friday 4 out of 6 classes.
 - Grades will be pulled on Monday. It is the expectation of the student that will complete the eligibility correction form in order to be eligible for their game per week.

Unless otherwise determined by the coach, ineligible students are expected to attend all athletic activities in the non-uniform attire approved by the coach but may NOT wear the team's uniform or participate in the activity. Additionally, student's ineligible will not be allowed to wear their team jersey on school spirit days.

Note: The following eligibility protocol is intended to be used as a guideline and is the minimal standard for all athletic teams. However, student-athletes may be held accountable for a higher standard as determined by the team's coaching staff. Additionally, athletes that do not adhere to the required eligibility items or those with excessive eligibility issues, risk being removed from the team at the Athletic Department's or Coach's discretion.

Practice and Game Pickup

The team's coach needs to remain on campus and accessible until every athlete is picked up from every athletic event. Athletes are expected to be picked up following an athletic event on the north side of the gym. Additionally, coaches are responsible for all team athletes until they are picked up. Unless otherwise arranged in advance with the coach, the following will occur for late pickups.

- ✓ 1st late pickup: Student-athlete and parent will be notified regarding 2nd late pickup policy.
- ✓ 2nd late pickup: Student-athlete's account will be assessed a \$10 late pickup fee which will be allocated towards team fundraisers and students cannot participate in athletic events (practices, games, etc.) until the fee is paid.
- ✓ 3rd late pickup: Student-athlete will be dismissed from the team.

Transportation

Transportation is provided by the school to athletes when available. When transportation is provided, student-athletes are expected to adhere to the policy outlined for the appropriate level of play.

High School Level (Junior Varsity & Varsity Teams) Transportation Policy

When DHPA provides transportation to and from athletic events, high school level student-athletes are required to ride that transportation. The members of the athletic staff feel it is in the best interest of team unity that everyone travel together and share the game experience. As the "guardian" during these trips, the athletic staff

must be able to account for the whereabouts of all student-athletes and ensure their safety. It is expected that our student-athletes will conduct themselves appropriately while utilizing transportation. Any misconduct will result in a penalty including and up to dismissal if warranted.

In the event that there are extenuating personal circumstances or JV/Varsity games are scheduled back-to-back and a parent wishes to take responsibility for the transportation of his/her son or daughter, it is required, barring unforeseen circumstances, that the parent/guardian complete the DHPA transportation form prior to the event. The form must be signed by the Head Coach. A parent/guardian must also present himself/herself to a member of the coaching staff informing the coach that his/her child is leaving with him/her. Student-athletes may then ride with their parent/guardian.

Student-athletes may not ride with other student-athletes or anyone else other than the parent/guardian who filled out the form.

Early Release Policy

Under most circumstances, normal school dismissal time is suitable for the release of student-athletes. If early releases are required and approved by the Athletic Director, athletes are required to complete the following:

- ✓ Pick up their early release ticket from the front office **before lunch the day of game.**
- ✓ Student-athletes should take the early release ticket to all teachers for which they will miss a class due to the early release. During this time, the student-athlete should request all missing classwork/homework and have their teacher sign the early release form.

Note: Student-athletes are expected to complete missing work/homework in accordance with the teacher's expectations and cannot use the early release as an excuse for not completing assignments on time. Student-athletes should proactively communicate with teachers as needed to address deficiencies that may occur due to missing class and request assistance or attend tutoring as needed to learn missed concepts, etc.

- ✓ Once dismissed, athletes will report to the appropriate location to return the complete early release ticket and sign the early release form so school attendance can be properly updated.

All athletes will be marked present for a school event and will need to make up all work on their own time. If a teacher prefers to make up time at lunch, the athlete must meet these terms.

Heat Advisory Policy

For the first few weeks of the fall sports season, the state of Arizona typically experiences record high temperatures. Please note that the athletic department monitors the status of the temperature and is in direct communication with all area school districts and the Arizona Interscholastic Association (AIA). Per AIA, state, federal and DHPA guidelines, the following heat protocol guidelines have been implemented to ensure the safety of all athletes and coaches:

If the on-field temperature is 110 degrees or below

- ✓ Each team must provide a minimum of 20 gallons of water per game.
- ✓ Each team must provide a shaded area. Players must be in the shade at all times when not playing.
- ✓ DHPA will provide each team the opportunity to have a cooler of ice-cold rags dipped in ammonia on the sidelines.
- ✓ Players **MUST** receive a water break at least every 20 minutes with helmet removal for tackle football.

If the on-field temperature is 110 degrees or above

- ✓ Each team must provide a minimum of 40 gallons of water per game.
- ✓ Each team must provide a shaded area. Players must be in the shade at all times when not playing (DHPA is looking into acquiring covered tents).

- ✓ DHPA will provide each team the opportunity to have a cooler of ice-cold rags dipped in ammonia on the sidelines.
- ✓ Players MUST receive a water break at least every 20 minutes with helmet removal for tackle football.
- ✓ During games, officials will call additional official timeouts as needed.

Recommendations for players/parents before each practice/game

If an athlete does not follow these recommendations, they will sit out from practice to ensure their safety. We will treat heat advisories like a sports injury, so if a parent decides that their athlete cannot practice, the athlete will still need to attend the practice. If the parent does excuse the athlete due to a weather advisory and the athlete does not attend practice as stipulated, the absence will be considered unexcused. Three unexcused absences will result in the athlete being removed from the team.

- ✓ Eat a healthy breakfast and lunch.
- ✓ Eat a nutritious diet mainly made up of high-carb foods.
- ✓ Avoid high fat foods, fried foods, alcohol, and caffeine.
- ✓ Drink plenty of fluids-either water, fruit drink or a sports drink.

Game Day

- ✓ Eat a high carb breakfast.
- ✓ Afternoon games: eat a mid-morning snack consisting of carb-rich foods.
- ✓ Drink at least 16 ounces of fluids (water or sports drink) two to three hours before physical activity.
- ✓ Drink at least 8 ounces of fluids (water or sports drink) one hour prior to warm-ups.
- ✓ Drink at least 8 ounces of fluids (water or sports drink) about 10 to 20 minutes before warm-ups.

The Desert Heights Athletic department will continue to monitor and if there are any changes to this information parents will be immediately notified.

Home Game Admission Policy

In an effort to expand and enhance our sports program, and to assist with athletic expenses, the following admissions will be incurred for all spectators at home sporting events:

- Admissions will be \$5/adult and \$1/student.

Note: Admission fees for special athletic events (e.g., Homecoming) may differ and will be determined per event.

Note: GoFan is the only means of admissions & tickets need to purchased prior to entry. Cash will no longer be an acceptable payment method for Varsity Home Games.

DHPA offers discounted season and annual passes for the following fees.

| PASS OPTIONS | COST |
|----------------------------|------|
| STUDENT ATHLETIC YEAR PASS | \$30 |
| ADULT ATHLETIC YEAR PASS | \$80 |

The DHPA Athletics program has a history of being the best in providing a positive sportsmanship environment for all participants. Our program is bigger than any one player, coach, or spectator. The following is expected of all parents and spectators when attending any DHPA athletic event:

1. I will respect the coaching staff and their decisions, understanding this is a competitive program.
2. I will not enter the field/court during a game, scrimmage or practice unless otherwise asked to do so by the coach.

3. I will not verbally or physically abuse, confront, taunt, harass or demean a coach, student-athlete, opposing student-athlete or coach, or referee at any time.
4. If I have questions regarding my athlete, I understand there must be a 24-hour cooling off period before talking to the coach or the Athletic Director.
5. I understand parents cannot coach their child or other student-athletes from the sideline or anywhere else during scrimmages, practices, or games.
6. I will follow the “chain of command” to lodge a complaint.
 - Players on Junior Varsity, and Varsity teams should initiate contact with their coach regarding playing time first.
 - If the player-coach meeting does not solve the issue, a meeting will be scheduled with the parents, player, and coach.
 - If the player-parent-coach meeting does not solve the issue, a meeting will be scheduled with the parents, player, coach, and the Athletic Director.
 - All other issues (other than playing time) should be communicated to the coach.
7. I will not conspire with other parents to undermine the authority of any coach, the program, or the department.
8. I will make every effort to allow my child to attend all practices, games, tournaments, and team functions.

Enforcement

- ✓ Individuals will be given one warning for inappropriate activity.
- ✓ Individuals that continue; will be asked to leave the fields and the player will be removed from the game until the spectator has left.
- ✓ Other sanctions as deemed necessary by the Athletic Director or school Administrator may be enforced, including permanent ban.

Note: If at any time a student-athlete or parent desires to lodge a complaint or discuss an alleged conflict, the communication protocol outlined in the Athlete-Coach Relationship section above should be observed.

Grievance

A spectator who chooses to address a concern with the league or DHPA Athletics should submit a Grievance Form. The Grievance Form helps to facilitate the process by addressing concerns in an appropriate manner and provides an opportunity for spectators to offer solutions towards resolution of the grievance. The Grievance Form can be found on the school website.

Athletic Code of Conduct

Daily Attendance

Any student-athlete absent from school the day of a scheduled game or practice session will not be allowed to participate in that game or practice. A student must be in school for a minimum of 3 ½ hours in order to participate. A Friday (all day) absence counts towards Saturday/Sunday and Monday holiday participation. Students who display a pattern of excessive or inappropriate dismissals/detentions, regardless of length, will similarly be withheld from practice and/or games.

Students in “Good Standing”

All athletes must be a student in “good standing” in order to participate in athletics. “Good standing” includes, but is not limited to:

- ✓ Adherence to school and team rules that regulate behavior and attendance.
- ✓ Respectful behavior towards all members of the school and team community

A student is considered not to be in good standing during the season of play/activity if he/she has a school or team suspension or has been “red flagged” by the Coach and Athletic Director. A student found not to be in good standing, or those that have been “red flagged”, may be denied the privilege of participating in an interscholastic sport or extracurricular activity.

Academic Duty

Students will plan their time so that they will devote sufficient energy to their studies to ensure grades representing their true abilities. It is mandatory that athletes struggling in classes attend the tutoring program as designated by the Athletic Department.

Taunting

Taunting (to reproach or challenge in a mocking or insulting manner), either as an active team member or as a spectator, at a sporting event is forbidden and may lead to suspension or elimination from the team.

Hazing

When Administration determines athletes have participated in hazing activities, the identified athletes will be subject to elimination from the team. Hazing is defined as any action taken, or situation created, whether on or off school campus, to produce mental or physical discomfort, embarrassment, harassment, or ridicule for the purpose of initiation into, affiliation with, admission to, or as a condition for continued membership in, a group, team, club, or other organization.

Honesty and Integrity

Honesty is expected at all times. Stealing and lying will not be tolerated and, subject to due process, will result in immediate dismissal from the team. Any individual who is found in possession of another individual’s personal property will forfeit their privilege to participate on any DHPA athletic team for at least one full year. Participation on a DHPA athletic team after the one-year suspension will be contingent upon the outcome of a hearing comprised of DHPA Administration and the Athletic Director.

Representation

Student-Athletes are considered representatives of the school at all practices and contests and events. Students will conduct themselves properly when traveling as they represent the community, school, and team. Profanity will be discouraged.

Respecting the Spirit of the Game

Students will realize that officials do not lose a game but are there for the purpose of ensuring the game they are playing is a fair and safe contest for all participants. The officials will be shown courteous respect at all times. Student-athletes will also not employ illegal tactics to gain an advantage.

Healthy Habits

Students will appreciate the importance of proper rest, diet, and exercise; will practice healthful habits of cleanliness and personal hygiene.

Respect for the Coaching Staff and Athletic Team

Students and Parents will understand that their coaches and Athletic Team have their best interests in mind as they plan and guide the program.

Respect for School Buildings and Grounds

Students will understand that damage to the school building, grounds, or school equipment will result in immediate suspension from the team. The length of such suspension will depend on the severity of the damage as determined by the Athletic Director and Coach. Please note that cleats are not to be worn in the building at any time.

ACKNOWLEDGEMENT OF RECEIPT

Annually, student-athletes and parents will be responsible for acknowledging receipt of the Athletic Handbook as part of the Athletic Enrollment process. Student-athletes and parents are expected to adhere to all policies and procedures outlined within the Athletic Handbook.