

North Star Charter School Athlete-Parent Handbook 2018-2019



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North Star Participation Form 2018 - 2019

Student's Name Birth Date Grade Level in 18-19

Parent/Guardian Name Phone Email

Your child has expressed a desire to participate in a North Star Athletic Program. Please read this information carefully, if you have any questions please contact your student's activity adviser, coach, or the school athletic director. Before your child is allowed to participate, you are required to read, sign and return this participation and release form to the appropriate adviser or coach.

Notice of Risk: Both students and parents/guardians need to be aware that enrolling/participating in certain activities involves a risk of injury. I understand the risk involved and I desire my child to participate in North Star Athletic Programs.

- _____/_____
(Initial of parent/guardian AND student)
1. North Star is **NOT** liable or responsible for any medical, dental, or hospital bills occurred as a result of injuries sustained by a student while participating in a school program or activity. All injury related expenses shall be the responsibility of the student's parents/guardian. Further, the undersigned Parent/Guardian agrees to indemnify and hold harmless North Star Charter School from any and all liability that may arise from the students' participation in any program or activity which is the subject matter of this Participation Form. ____/____ (Initial of parent/guardian AND student)
 2. Recognizing that, as a result of participation in a school activity, emergency medical care may be necessary and that school personnel may be unable to contact me for my consent for emergency medical care, I do hereby consent in advance to such emergency medical care, including tests, x-rays, surgery, and hospital care for my child as may be deemed necessary and agree to be responsible for and pay all costs incurred. (Initial of parent/guardian AND student)
 3. Insurance waiver (parent/guardian Initial one)
 - a. _____ I have insurance that will pay for medical expenses if my child is injured while participating in a school activity
 - b. _____ I do not have insurance for my child and understand that the school is **NOT** responsible and **WILL NOT** pay any doctor, hospital, or medical expenses if my child is injured while participating in a school activity.
 4. Transportation:
 - a. North Star will provide transportation to other schools for activities upon payment of corresponding transportation fee.
 - b. Most school activities require the use of private carriers with the proper owner-operator vehicle form completed and on file in the Athletic Director's office.
 5. North Star Charter School official, coaches, or athletic director may use photographs taken at activities to promote the program and by signing this form, I consent to all use of photographs of my child.

I give permission for my child to participate in the following activities/programs. Please circle and initial the programs/activities the student plans on participating in this school year.

Volleyball _____ Cross Country _____ Cheerleading _____ Basketball _____ Track _____ Ski Club _____

Open Gyms _____ Conditioning programs _____ Track _____

1. Prior to being eligible to practice, each student must have a passed physical examination on file (renewable every two years) and a yearly interim questionnaire filled out by the parent/guardian.
2. All students are expected to conform to the rules of scholastic eligibility, participation, and trainings as prescribed by the Idaho High School Activities Association, North Star Charter School, and the athletic coaching staff. This information will be reviewed at parent/guardian preseason meetings.

I have carefully read, understand, and will comply with all of the above information as outlined in this participation form and hereby agree to indemnify and hold harmless the North Star Charter School from any and all liability that may arise from my child's participation in any activity which is the subject matter of this Participation form.

Signature of Parent/Guardian

Signature of Student

Date: _____

Concussion Consent Form 2018 - 2019

Parent/Guardian Acknowledgment Form

I, _____, by signing below, hereby acknowledge that North Star Charter School has provided me with the necessary and appropriate education information on concussion as mandated under subsection (3) of section 33-1625, Idaho Code. The education included appropriate guidelines and information that identified the signs and symptoms of concussion and head injury, and described the nature and risk of concussion and head injury in accordance with standards of the Centers for Disease Control and Prevention.

I acknowledge that in addition to receiving the education designated in the above paragraph, that I have had adequate time to review the materials and to have all of my questions addressed by school personnel or other appropriate medical personnel. I acknowledge that I understand the nature of concussion, the signs and symptoms of concussion, and the risks of allowing a student athlete to continue play after sustaining a concussion.

_____ Student Name (Please Print)	_____ Student Signature	_____ Date (mm/dd/yyyy)
_____ Parent/Guardian Name (Print)	_____ Parent/Guardian Signature	_____ Date (mm/dd/yyyy)



CONCUSSION INFORMATION

Concussions are a type of brain injury that can range from mild to severe and can disrupt the way the brain normally works. Concussions can occur in any organized or unorganized sport or recreational activity and can result from a fall or from players colliding with each other, the ground, or with obstacles. Concussions occur with or without loss of consciousness but the vast majority occurs without loss of consciousness.

In accordance with Section 33-1620, Idaho Code the Idaho High School Activities Association has provided information on its website for coaches, parents, and athletes, concerning the Identification and Management Strategies regarding concussions. The IHSAA encourages all coaches, parents, and athletes to educate themselves about the recognition and treatment of concussions. Please take the time to visit our website at www.idhsaa.org. If you have any questions or need of further information, please contact your school or the IHSAA Office at admin@idhsaa.org.

It is the wish of the IHSAA that you have a safe and enjoyable sport or activity season.

Idaho High School Activities Association



HEALTH EXAMINATION *and* CONSENT FORM

It is required all students complete a history and physical examination prior to his/her first 9th and 11th grade practice in the interscholastic (9-12) athletic program in the State of Idaho. The exam is at the expense of the student and may not be taken prior to May 1 of the 8th and 10th grade years. This examination is to be done by a licensed physician, physician's assistant or nurse practitioner under optimal conditions. Interim history forms are required during the 10th and 12th grade years and must be submitted to the school administration prior to the first practice.

Name: _____ Sex: M / F Date of birth: _____ Age: _____
Address: _____ Phone: _____
School: _____ Sports: _____ Participation Grade: _____

MEDICAL HISTORY

Fill in details of "YES" answers in space below:

- | | Yes | No | Yes |
|---|--|--------------------------|--------------------------|
| 1. Have you ever been hospitalized?
Have you ever had surgery? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Are you presently taking any medication or pills? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Do you have any allergies (medicine, bees, other insects)? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Have you ever passed out during or after exercise?
Have you ever been dizzy during or after exercise?
Have you ever had chest pain during or after exercise?
Do you tire more quickly than your friends during exercise?
Have you ever had high blood pressure?
Have you been told you have a heart murmur?
Have you ever had racing of your heart or skipped heartbeats?
Has anyone in your family died of heart problems or a sudden death before age 50? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Do you have any skin problems (itching, rash, acne)? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Have you ever had a head injury?
Have you ever been knocked out or unconscious?
Have you ever been diagnosed with a concussion?
Have you ever had a seizure?
Have you ever had a stinger, burned or pinched nerve? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Have you ever had heat or muscle cramps?
Have you ever been dizzy or passed out in the heat? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Do you have trouble breathing or do you cough during or after exercise? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Do you use special equipment (pads, braces, neck rolls, mouth guard or eye guards, etc.)? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Have you ever had problems with your eyes or vision?
Do you wear glasses, contacts or protective eyewear? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Have you had any other medical problems (infectious mononucleosis, diabetes, ect.)? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Have you had a medical problem or injury since your last evaluation? | <input type="checkbox"/> Yes <input type="checkbox"/> No | | |
| 13. Have you ever sprained/strained, dislocated, fractured, broken or had repeated swelling or other injuries of any of bones or joints?
<input type="checkbox"/> head <input type="checkbox"/> back <input type="checkbox"/> shoulder <input type="checkbox"/> forearm <input type="checkbox"/> hand <input type="checkbox"/> hip <input type="checkbox"/> knee <input type="checkbox"/> ankle
<input type="checkbox"/> neck <input type="checkbox"/> chest <input type="checkbox"/> elbow <input type="checkbox"/> wrist <input type="checkbox"/> finger <input type="checkbox"/> thigh <input type="checkbox"/> shin <input type="checkbox"/> foot | | | |
| 14. Were you born without a kidney, testicle, or any other organ? | <input type="checkbox"/> Yes <input type="checkbox"/> No | | |
| 15. When was your first menstrual period? _____
When was your last menstrual period? _____
What was the longest time between your periods last year? _____ | | | |

Explain "YES" answers: _____

CONSENT FORM

(Parent or guardian and student permission and approval)

I hereby consent to the above named student participating in the interscholastic athletic program at his/her school of attendance. This consent includes travel to and from athletic contests and practice sessions. I further consent to treatment deemed necessary by physicians designated school authorities for any illness or injury resulting from his/her athletic participation. I also consent to release of any information contained in this form to carry out treatment and healthcare operations for the above named student.

PARENT OR GUARDIAN SIGNATURE _____

DATE: _____

This application to compete in interscholastic athletics for the above school is entirely voluntary on my part and is made with the understanding that I have not violated any of the eligibility rules and regulation of the State Association.

SIGNATURE OF STUDENT _____

DATE: _____

PHYSICAL EXAMINATION FORM

Name: _____

Height	Weight	BP	L	T	Pulse	R
Visual acuity	R 20 /	L 20 /	Corrected:	Y N	Pupils	
Ears, Nose, Throat		Normal	Abnormal			
Cardiopulmonary						
Pulses						
Heart						
Lungs						
Skin						
Abdominal						
Genitalia						
Musculoskeletal						
Neck						
Shoulder						
Elbow						
Wrist						
Hand						
Back						
Knee						
Ankle						
Foot						

CLEARANCE / RECOMMENDATIONS

Clearance:

- A. Cleared for all sports and other school-sponsored activities.
- B. Cleared after completing evaluation / rehabilitation for:
- C. **NOT** cleared to participate in the following IHSAA sponsored sports:

Volleyball	Cross Country	Basketball	Track	Cheer
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Not cleared for other school-sponsored activities:
 (Example) 1. .2. 3.
- D. Student is **NOT** permitted to participate in high school athletics. Reason:

Recommendation:

Examiner's Signature:

Date:

(This Physical form must be signed by a licensed physician, physician's assistant or nurse practitioner)

I, _____, by signing below, hereby acknowledge that **North Star Charter School** has provided me with the information in the Athletic Handbook, pages 1 through 21 as posted on the school website. I acknowledge that in addition to receiving the information in the Athletic Handbook, that I have had adequate time to review the materials and to have all of my questions addressed by appropriate school personnel.

Parent Name: _____

Parent Signature: _____

Date: _____

Athletic Fees Schedule:

Due to our desire to have a quality athletic programs, fees are required to offset the costs of officials, coaching staff, uniforms, and equipment. Fees along with facility rental income are necessary to cover these cost so that educational funding is not utilized.

- **All athletes will have the option to purchase the North Star Activities ID card.**

You will receive a 10% discount on each Pay to Play fee, free entrance to all home high school and middle school sporting events, and discounted activities tickets.

All middle school sports - \$150.00 per sport, \$30 Activity ID Card

High School Sports - \$175.00 per sport, \$60 Activity ID Card

Forms necessary for Participation:

These forms are **required prior to the first PRACTICE:**

IHSAA Health Exam form 9th & 11th grades

[completed after May 1st of the previous school year]

IHSAA Interim Questionnaire – All grades

Participants Form

Concussion Consent Form

These forms are **required prior to the first CONTEST:**

Athletic Fee **Paid** or arrangements made

Transportation Agreement Signed

Your transportation fee will be due at the end of the season if there has not been enough fundraising to offset this cost.

NO REFUNDS of Athletic and Activity ID card fees after the date of the first contest.

North Star Athletic Philosophy

Humble, hungry, happy people make better athletes.

With the basis of a strong character we can develop great athletes.

1. The student athletes of North Star Charter School will be committed to the school athletic program on and off season by:

- Following the rules set by the coaches and the school.
- Participating enthusiastically.
- Making appropriate personal sacrifices for the good of the team.
- Recognizing that student participation in athletics is a privilege.
- Setting challenging and realistic goals.
- Developing a winning attitude.
- Maintaining high academic standards.
- Being committed to skill development in their sport.

2. The student athletes of North Star Charter School will communicate openly and honestly with respect for coaches, teammates, parents, officials, and opponents by:

- Developing a team attitude.
- Being coachable, confident, positive, hungry to learn and to improve.
- Sharing appropriate individual and team concerns with the coaching staff.

3. The student athletes of North Star Charter School will demonstrate good citizenship and sportsmanship by:

- Behaving with integrity.
- Exhibiting pride in their team and school.
- Playing by the rules.
- Accepting responsibility as a role model for others.
- Supporting other sports and under level teams.
- Playing with dignity and grace, regardless of winning or losing.

4. The student athletes of North Star Charter School will develop and maintain mental and physical (health) behaviors by:

- Being alcohol, tobacco, vaping and drug free.
- Practicing self-discipline.
- Demonstrating good personal health habits.
- Dealing with challenges in a positive manner.

The high school athletic program at North Star offers the opportunity for all students to try out but the number of participants and team selection will be based upon the skill level of participants, adequacy of facilities, costs of equipment and uniforms, and the availability of qualified coaches. Teams may be formed on various levels in sports officially sanctioned by the Idaho High School Activities Association and available in the 1A Western Idaho Conference including cross country, girls volleyball, boys and girls basketball, boys and girls track, softball, baseball, golf, and tennis.

Each team has a regularly scheduled sport season featuring games or meets against other schools and culminates with the opportunity to participate in District and State competition. These contests are highly competitive and allow students the chance to display their level of skill and development.

Athletics also provides a bond to the school not only for the athletes, but for the student body and community as a whole. The community is developed and there is enthusiasm toward the common goal of success as people become involved and show their support for the various athletic teams.

High school athletic coaches may reduce or cut participation at all levels of participation. Large numbers of participants competing, a shortage of space within existing facilities, costs of equipment and uniforms, and shortages of qualified coaches may prompt such action.

Procedures for Reducing Participants:

The evaluation process of high school athletes is a year long process that culminates in a tryout at the beginning of the season. During this year long process, the coach will evaluate in open gyms before and after the season, summer league when it applies, summer camps, and conditioning programs. Other methods of evaluation will include attitude, tactical ability, work ethic, academics, physical conditioning, skill, and the specific needs of the team.

When a student athlete is not selected for a team, that athlete should be informed by the coach before the selection of the team is publicly announced and given to the athletic director.

North Star Athletics and Activities Grades 7-12 Athletic Eligibility

1. Athletes must have earned five credits the previous semester on a traditional schedule and six credits on an A-B block schedule.
2. An athlete must have an IDHSAA physical on file at the school. A new physical is required the freshman [9th] and junior [11th] years.
3. Athletes must follow all IDHSAA guidelines, rules and regulations.
4. Sub-Varsity and Varsity athletes must adhere to the **Academic Eligibility Policy**.
5. A student must have ten days of practice prior to the first interscholastic athletic competition in a sports season.

Each individual coach will set standards for their team as to behavior in the classroom, practice rules, and team policies. Athletes must abide by these standards to be eligible to play.

Attendance on the day of an activity

A student must be present for at least four full periods [2 on block schedule] during the day of the event, evening performance, game or function to be able to participate in that performance or function unless deemed an extraordinary absence. A student suspended in school for more than one period or out of school on the day of an activity will not be allowed to participate in that activity, game, or practice.

Forms

The Idaho High School Activities Association requires that an athlete receive a physical examination **and** have on record **with the school the interim questionnaire prior to his/her first practice** in any IDHSAA sponsored sport (grades 9-12). Physicals are required prior to the first day of practice in the 9th and 11th grades. A student will not be required to have an additional physical examination during the 10th and 12th grades unless:

1. The physician recommends the student have an additional physical exam.
2. The parents request an examination via the Interim Questionnaire.

3. Affirmative answers on 1-9 of the Interim Questionnaire indicate a possible need for a repeat physical examination.

NOTE: The physical examination must **not** be completed before May 1 of the athlete's 8th, 9th, 10th or 11th grade year.

Physical examination forms are available on the website, <http://www.idhsaa.org/>. The Interim Questionnaire is a consent form that **must be completed each year** of participation by the parents/guardians of the athlete. The original, completed Idaho Health Examination and Consent form must be on file at the school **prior to the first day of practice**.

Middle School athletes do not need to complete a physical exam.

Transportation

Students leaving for school-sponsored activities on a school day or who meet at the school prior to leaving must utilize the school transportation to the activity. Students who utilize school transportation to an activity must return to school on school provided transportation. Students may ride home with their parents, provided one parent makes personal contact with one of the activity sponsors. Students are required to pay the transportation fee associated with the sport in which they have chosen to participate.

Activities Substance Policy

It is the policy of North Star Charter High School to prevent and prohibit the possession, use, sale, distribution, and/or intent to distribute any illegal or controlled mood-altering chemical, medication, look-alike drug or abused chemical by any student. This also includes possession or use of alcohol, tobacco and tobacco products. Consequently, should any member of the school's administration, faculty, staff, or coaching staff witness or have evidence that a student is using, in possession of, or under the influence of any of the previously mentioned substances, that student will be dealt with according to the following procedure.

1. **First Offense:** A student will be ineligible to participate for a minimum of 25% of the total regular season contests, a minimum of three weeks of activities, or a maximum of six games/activities. A student must attend practice and complete the current season; the time of ineligibility will begin with the first scheduled event after the infraction. Should a student violate the Code of Conduct between seasons, including the summer, ineligibility will begin at the beginning of the next sport in which the student participates. When figuring a percent of the season to be missed, any part of a contest will be rounded up to the next whole number, i.e. 25% of 13 regular season contests = 3.25; contests missed = 4.
2. **Second Offense:** A student will be ineligible to participate for a minimum of 50% of the total regular season contests. The time of ineligibility will begin with the first scheduled event. These consequences are in effect for the entire school year.
3. **Third Offense:** The student will be ineligible to participate in any athletic activity for a minimum of one year from the date of infraction; the police will be notified. Cumulative offenses will carry through one calendar year, from the date of the first infraction

Academic Eligibility Policy:¹

1. **To start a season:** Student-Athlete must satisfy criteria of the grade policy from the semester/grade check period immediately prior to the season.

¹ These standards are the minimum standard and individual coaches will have the discretion to make their programs more stringent.

- **Step One:** If a student passed the minimum required classes at the previous semester but scores below a 2.0 GPA **or** receives a F grade in the most recent grade check period, that student will be placed on Probation.
- **Step Two:** If a student passed the minimum required classes at the previous semester but scores below a 2.0 GPA **and** receives a F grade in the most recent grade check period, the student will start the season on Suspension 1.

2. During the season: Student-Athlete must satisfy criteria of the grade policy at the appropriate grading periods (quarter, semester) as defined by the Athletic Director.

- **Step One:** If a student scores below a 2.0 GPA **or** receives a F grade, that student will be placed on "Probation".
- **Step Two:** If a student fails to meet the criteria of 2.0 GPA **or** a F grade after "Probation", that student will be placed on "Suspension 1".
- **Step Three:** If a student fails to meet the criteria of 2.0 GPA **or** F grade after "Suspension 1", that student will be placed on "Suspension 2".

3. Probation: Students may practice and play in games but will spend time in study hall, tutoring, or an improvement plan, as defined by the Head Coach. The student will be given ten (10) school days to improve grades. If the student fails either grade criteria after ten (10) days, that student will move to "Suspension 1". Students who satisfy the Eligibility Policy on or before the ten (10) days may be removed from "Probation".

4. Suspension 1: Student may practice but not play in games. Student will be given ten (10) days to improve grades to meet the Eligibility Policy. The student will spend time in study hall, tutoring, or improvement plan, as defined by the Head Coach. If the student fails to achieve either grade criteria after ten (10) school days, that student will be moved to "Suspension 2". Students who satisfy the Eligibility Policy on or before the ten (10) days may be removed from "Suspension 1".

5. Suspension 2: Student may not practice or play in games. Student will spend time in study hall, tutoring, or an improvement plan as defined by the Head Coach. The student will be given ten (10) school days to improve grades to meet the Eligibility Policy. The student will not be eligible to participate until all criteria have been met and will remain on "Suspension". Failure to achieve the criteria of the Eligibility Policy will result in removal from the team for the remainder of the season.

*Any extenuating circumstances may be appealed to the Administrative Team.

Sportsmanship

The skill of the contest is talent. The art of the contest is sportsmanship

Good sportsmanship is a commitment to fair play, ethical behavior and integrity.

- Play fair, take loss or defeat without complaint, or victory without gloating
- Respect others and one's self
- Impose self-control, be courteous, and gracefully accept results of one's actions
- Display ethical behavior by being of good character and actions by doing the right thing
- Be a good citizen

Sportsmanship is vital to students' learning about the other values of the game or activity in which they participate. It is a life skill that will help throughout one's life. Teamwork, dedication to

practice, the satisfaction of contributing to a team effort, maturity, diversity, and leadership are all virtues gained by participation activities.

The opponent should be treated as a guest, greeted cordially on arriving, and accorded respect, honesty, and generosity.

Respect officials -they are arbitrators, they are impartial and are trained to know the rules and rules emphasis changes annually. The "way we've always done it" doesn't apply from year to year. Sportsmanship implies the willingness to accept and abide by the decisions of the officials of the contest and the importance of conforming to the spirit as well as the letter of the rules.

Student participants should always remember that it is a privilege and not a right to represent one's school and accept seriously the responsibility of performing for his/her school, teammates, and community. Exercise self-control at all times, accepting decisions and abiding by them. Accept both victory and defeat with pride and compassion never being boastful or bitter, and resolve to continue working for personal excellence.

Maintaining self-control is an educational tool of competition. It helps overcome bias and/or prejudice and the ability to prevent the desire to win at the risk of surrendering appropriate behavior.

NORTH STAR ATHLETE INTERNET POLICY

Social networking sites such as Facebook, Snapchat, Instagram, Twitter, email, or any other forms of electronic communication or social media can be an important part of a young person's life and also pose a serious danger.

Since participation in athletics is a privilege and not a right, an athlete needs to accept responsibility for appearing or posting on Web sites.

This policy complements North Star Internet and Email policy.

When visiting or posting on any Internet site, athletes at North Star Charter School will maintain acceptable standards. You are liable for what you post on your own site and the site of others. Some guideline to use when posting:

- Do not use comments intended to provoke other students.
- Do not use language that would not be acceptable for a school environment.
- Be fair and accurate, do not spread information that has not been confirmed as true – do not spread rumors.

Any posting or communication via social networking Web sites which disrupts either the educational or athletic environment or which advocates the violation of any school or team policy would be unacceptable. This would include but not be limited to:

- The consumption of alcohol or the use of illicit drugs.
- Posting of negative comments about the team, your coaches, other players, or the school – take your concerns directly to those you have an issue with.
- Inappropriate sexually-oriented material
- Activities involving bullying, hazing or harassment

It is the intent of North Star Charter School to provide leadership, education and protection of athletes from the dangers involved with some internet sites and to maintain the positive aspects of an education-based athletic program.

Violation of this policy may result in the athlete being suspended or removed from the team.

MESSAGE TO PARENTS

Parent/Coach Communication

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to all children. As parents/guardians, when your child becomes involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communication You Should Expect from The Coach

1. Philosophy of the coach
2. Expectations the coach has for your child as well as all the players on the squad
3. Location and times of all practices and contests
4. Team requirements, i.e., practices, special equipment, out-of-season conditioning
5. Procedure followed should your child be injured during participation
6. Discipline that may result in the denial of your child's participation

Communication Coaches Expect from Parents/Guardians

1. Concerns expressed directly to the coach
2. Notification of any scheduling conflicts well in advance
3. Specific concerns with regard to a coach's philosophy and/or expectations

Appropriate Concerns To Discuss With Coaches

1. The treatment of your child, mentally and physically
2. Ways to help your child improve
3. Concerns about your child's behavior

It is very difficult to accept your child's not playing as much as you may hope. Coaches take their profession seriously. They make judgment decisions on what they believe to be the best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those that follow, must be left to the discretion of the coach.

Issues Not Appropriate to Discuss with Coach

1. Playing time at the varsity level
2. Team strategy
3. Play calling
4. Other student athletes

When and if a conference is necessary to discuss any of the above issues, the following procedure should be followed.

1. Email the Coach to set up an appointment.
2. If the coach cannot be reached, email the Athletic Director at pbrown@northstarcharter.org A return call from the coach will be arranged or a meeting set up for you.
3. Do not call a coach at home unless the coach has made his/her home phone available to parents and athletes. A coach's time with family is severely limited during the season. The family's privacy should be respected.
4. Do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and coach. Meetings under these circumstances do not promote resolution.

Your concerns are important to us. Never hesitate to follow the above procedures to make those concerns known. Together we can work to improve our athletic programs.

Acknowledging Parent or Guardian Printed Name:

Acknowledging Parent or Guardian

Signature: _____

Date: _____

Athletic Uniforms:

- Athletic uniforms will be issued prior to the first contest.
- Uniforms remain the property of North Star Charter School and are to be worn for athletic contests only and are not practice wear.
- Students will sign out uniforms and any questions or changes that need to be made, please work with your coach.
- Uniforms need to be maintained within the following guidelines.
 - Wash in Cold water
 - Use mild detergent
 - DO NOT bleach or use fabric softener
 - For Best results, uniforms should be allowed to air dry
- Your coach will establish a uniform check-in day at the conclusion of your season. **YOU MUST RETURN YOUR UNIFORM TO YOUR COACH AT THIS ESTABLISHED TIME.**
- Team uniforms come in sets and often the style is discontinued within one to two years making the uniform irreplaceable and rendering the team set unusable. Uniforms that are missing, stained, or in unusable condition will be charged a replacement fee.

Current Uniform Replacement Fees

	X- Country	Volleyball	Basketball	Track
Jersey	\$65	\$90	\$100	\$65
Shorts			\$90	
Warm-up shirt		\$60	\$75	

Guidelines for Varsity Letter:

1. The student must complete the entire season.
2. The student must attend all practices unless excused by the coach for illness or an emergency beyond the student's control.
3. Student must have returned all equipment loaned to him/her in all years of participation.
4. Meet the standards of the respective sport letter guidelines.
5. The head coach has the prerogative to issue or withhold a letter for extenuating circumstances such as early season injuries, value to the team without having played enough, team or district violations, etc.
6. Coaches must provide documentation of these circumstances to the athletic director and administrator. In all cases, students must complete the season as a member of the team in order to letter.
7. Specific Lettering requirements
 - a. Volleyball and Basketball – player be a participant for at least 50% of the varsity season and play in at least 50% of the remaining contests
 - b. Cross-Country and Track – athlete must compete in more than 50% of the available contests.