



ATHLETIC HANDBOOK

**NADABURG UNIFIED
SCHOOL DISTRICT #81**



Nadaburg Unified School District No. 81

Quality Education: Every Student! Every Day!

Dr. Aspasia Angelou | Superintendent
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Alysia Wells | Principal, Nadaburg Elementary School
Angelina Geraci | Principal, Desert Oasis Elementary School
Dr. Kathryn Strevell | Principal, Mountainside High School
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DISTRICT ADMINISTRATIVE OFFICES

32919 Center Street
Wittmann, Arizona 85361
(623) 388-2100



Mountainside High School (9-12)
32919 Center Street
Wittmann, AZ 85361
Dr. Kathryn Strevell, Principal
Katelynn Paine, Athletic Director
(623) 388-2111

Monday - Thursday
Start Time: 9:30 A.M.
End Time: 3:30 P.M.
Schools are closed on Fridays

This booklet has been prepared in accordance with the Arizona Interscholastic Association and Nadaburg Unified School District Governing Board Policy and is meant to give you a better understanding of interscholastic athletics. Included topics are:

- Arizona Interscholastic Association rules of eligibility
- Nadaburg Unified School District policy and rules
- General information enabling you to adjust to interscholastic athletics

A complete guide of district policies, procedures, rights and responsibilities can be found in the NUSD Parent/Student Handbook.

INFORMATION FOR PARENTS AND GUARDIANS

This information is presented to you as a parent or guardian because your student has indicated a desire to participate in interscholastic athletics and you have expressed your willingness to permit them to participate. We believe that participation in high school athletics provides student athletes with opportunities and experiences which assist them in personal growth and long-term development. We feel that a well-organized sports program can meet student needs for self-expression, social, mental and physical growth.

Parents and athletes must accept a degree of risk from participation in sports. The Release of Liability and Assumption of Risk form is included in the Athletic Clearance Packet. A signature is required of both parent and athlete on this form before participation in practice.

The coaches and trainers accept responsibility for instructing all athletes of the rules and safety guidelines related to their sport.

Parents and school staff must be willing to fully share all information regarding the athlete's health, including injuries, illnesses, and other health symptoms.

Athletes who are mentally, emotionally, and physically conditioned for an activity are less susceptible to injury. With this thought in mind, the athletic department has determined that the following training rules will be applied to all sports:

- Annual physical examinations performed by a qualified doctor or healthcare professional are required before a student may participate in a sport. This physical must be completed on or after March 1 to be eligible the following school year.
- A completed Athletic Clearance Packet will be turned into the Athletic Office each year.
- Athletes are expected to be drug free. Athletes will be informed about the dangers of mixing sports and drugs.
- Whenever possible, workouts will be scheduled during cooler mornings and evening hours if the weather is extremely hot. Outside practices will be cancelled if the temperature plus the relative humidity totals more than 150.
- Athletes will be acclimated to hot weather activity by carefully graduated practice schedules.
- Adequate body fluids are critical. Water intake is to be encouraged before practice. Water breaks will be provided every twenty minutes during the hot weather season. The athlete's water intake will not be limited.
- Parents can assist coaches in watching for signs of trouble, particularly the determined athlete in any sport who may not want to report discomfort.
- Athletes are not allowed to use dehydration devices.
- An athlete will not be allowed to return to physical activity after a serious illness or injury without written permission of the athlete's doctor. The return to practice note must be given to the athletic trainer. If an athlete participates without a medical clearance from the doctor or athletic trainer, they will be disqualified from practice or competition until released by the Athletic Director.
- The Athletic Trainer can override the doctor's permission to allow participation if the Athletic Trainer does not believe the athlete is ready. An athlete who is injured playing their respective sport, practice or game situation, cannot be dismissed from a team unless one or more of the following occurs:

- The athlete does not make a reasonable effort to obtain proper medical attention and rehabilitation for the injury from the Athletic Trainer.
- The athlete does not attend practices and follow directions from the coach and Athletic Trainer.
- The athlete's attitude becomes disruptive to the team's ability to perform in an acceptable manner. If an athlete is being sent to the training room, please make sure you are with another student or accompanied by a coach.
- Each high school will have a Certified Athletic Trainer. Certified Athletic Trainers are qualified in the care of prevention and rehabilitation of athletic injuries and are available to the athlete for help and advice. Decisions regarding medical treatment for serious injuries are left to qualified physicians.

We believe that keeping athletes and parents well informed encourages an environment which greatly reduces the potential for catastrophic injury.

- Parents and athletes must accept a degree of risk from participation in any sport.
- Staff members must communicate to athletes the full extent of and reasons for rules of safety related to their sport.
- Safety appropriate regulations will be established for every activity and taught to all participants.
- Open lines of communication (through meetings, written materials, phone calls, preseason parent meetings) must be established and maintained between staff and parents to make them aware of risks and how to reduce them.

Only students enrolled at a member high school will be eligible for interscholastic athletic/activity practice or competition. Students must be enrolled at the school in the student's attendance area unless granted Open Enrollment to a school not in the student's attendance area. No part of the student eligibility rules will be set aside for any contest whatsoever.

If a parent has a complaint involving a coach, the parent must first speak with the coach to share the concern. If the parent is not satisfied, contact should be made with the Athletic Director who will arrange for a meeting with the parent, student-athlete, and the coach.

MANDATORY PRESEASON PARENT AND ATHLETE MEETING

There will be a mandatory preseason player and parent meeting. The purpose of this informational meeting is to welcome your athlete onto their new team and to meet your athlete's coaches. Parents will be informed of any necessary requirements for participation and learn team expectations.

Winning is not the primary goal of the program. Development of the athlete's physical, emotional and intellectual well-being is the primary objectives. Our coaches believe in promoting ethics, sportsmanship, and integrity in extracurricular activities. Players, coaches, administrators, parents and spectators will:

- Be polite and respectful to opponents and officials
- Control spectator behavior
- Structure cheers to support the team
- Involve students and parents in a comprehensive sports citizenship program

SPECTATOR CONDUCT AT ATHLETIC AND EXTRACURRICULAR EVENTS

Any person, adult or child, who behaves in an unsportsmanlike manner during an athletic or extracurricular event may be ejected from the event. This person can be denied admission to school events for up to a year. Some examples of unsportsmanlike conduct include:

- Using vulgar or obscene language.
- Possessing or being under the influence of any alcoholic beverage or illegal substance.
- Possessing a weapon; fighting or otherwise striking or threatening another person.
- Failing to obey the instructions of a security officer, referee, coach or school district employee.
- Engaging in any activity that is illegal or disruptive.

SPECTATOR BEHAVIOR AND SPORTSMANSHIP FOR HIGH SCHOOL STUDENTS

What is expected in general:

- Students are to follow all rules that are in affect during the school day and at after-school events.
- Students are to demonstrate respect toward fellow students, opponents, players, coaches and officials.
- Students are expected to demonstrate respect and pride for the school.

What is specifically expected:

- Proper language is to be used at all times. No swearing or language that is offensive to others will be tolerated. Individual and group vulgarity is unacceptable, as are taunting, trash-talking and other verbal forms of harassment, and booing of players, coaches and officials.
- Obscene gestures are unacceptable.
- Dangerous and boisterous behavior—pushing, shoving or fighting is not acceptable.
- The throwing of objects at fellow spectators, band members, cheerleaders, officials, players, or onto the playing surface is unacceptable, and could result in injury or the team being penalized by the game official.
- Be concerned with anyone who is injured. Give concerned applause when an injured athlete is aided from the field.
- At halftime, watch any performance or presentation, acknowledge the work, preparation and performance of those involved, and do not in any way distract from the performance.
- After the game, do not tease or belittle the opponent in any way and be pleasant and gracious to everyone.

What the school wants most:

- A large turnout at student events.
- Exemplary sportsmanship from players and fans.
- To be proud of its teams and fans at contests.
- All regular school rules are in affect.

Violation of rules may cause: Ejection from the game/premises; in-school suspension or suspension from school; a required parental conference before re-admittance to class; prohibition from attending future events; possible revocation of all spectators' rights to attend a sport; and/or possible cancellation of sports.

ARIZONA INTERSCHOLASTIC SPORTS OPPORTUNITIES FOR STUDENTS

<u>FALL SPORTS</u>	<u>WINTER SPORTS</u>	<u>SPRING SPORTS</u>	<u>ALL SEASON SPORTS</u>
Football Girls Volleyball Girls Soccer Boys Soccer	Wrestling Girls Basketball Boys Basketball	Softball Baseball Golf	Spiritline

Team Selection

In some sports, there is a limit to the number of athletes that can be selected for the team. Coaches have developed selection procedures which have been approved by the school athletic director. Each athlete who shows up for tryouts is given a fair opportunity to demonstrate their skills and attitude.

Decisions made by the coaches are final. Each coach must provide written criteria that score each of the athletes at various skills and other criteria. Each coach will keep a copy of their rubric or written criteria on file, in case any parent/guardian/athlete asks why they did not make the team. All rubrics and written criteria must be approved by the school athletic director prior to their implementation with athletes. Parents may request a meeting with the coach to review their child’s tryout evaluation form.

Practices

If you are a member of a school team, you may not practice or compete with a non-school team in the same sport during the same season. You will become ineligible if you violate the above rule.

Transportation

NUSD will provide transportation for all players, personnel and coaches of athletic teams in authorized school vehicles when a contest has been scheduled at an opposing school. The district will transport them both to and from the site of the away contest.

- Parents may not transport student athletes except in emergency situations or upon written approval by the school administration. Athletes are prohibited from driving to an out of town competition, scrimmage or practice.
- Student athletes will not be released after contests for transportation home to anyone other than immediate family members (parent/guardian) that is a legal driver. Written permission from the parent/guardian can release an athlete to a brother, sister, grandparent, aunt or uncle, or other immediate family member.

Sportsmanship Rule

Our administrators, teachers, and athletic staff expect athletes to demonstrate good sportsmanship and citizenship at all times. Athletes not living up to this expectation may lose team membership or playing time.

If you are ejected from an interscholastic contest for unsportsmanlike conduct, you will be ineligible for your team's next contest. If this action occurs a second time, the student will be dismissed from the athletic program for the remainder of that season.

NADABURG UNIFIED SCHOOL DISTRICT ACADEMIC ELIGIBILITY

All students must be passing all classes in order to participate in extra-curricular athletics. Grade checks will be held every 2 weeks. Students who, at the end of each two-week period, show that they have one or more failing grades will be placed on an ineligibility list:

- The first time a student is on the ineligibility list, the student will be placed on a pending list for a two-week period and will be allowed to practice and participate in athletic contests.
- The second time a student is placed on the ineligibility list for the **same class**, the student will be ineligible to participate in an athletic contest but will be allowed to practice.
- The third time a student is placed on the ineligibility list for the **same class**, the student will be ineligible to participate or practice for any athletic contest.

Athletes not meeting the grade requirement will become ineligible the following Monday after the grade check and remain ineligible to participate in any athletic or activity contest until the student has a passing grade. Once the student's grade is passing, the student will need to communicate to the Athletic Director for reinstatement for participation.

REQUIREMENTS FOR PARTICIPATION IN ARIZONA INTERSCHOLASTIC ASSOCIATION SPORTS

Academic/Enrollment Rule

- You must be enrolled and attending classes in your high school no later than the 14th day of the semester in order to establish eligibility.
- If you have been enrolled in school for 15 or more days during any one semester, it will count as one of the eight semesters of high school attendance during which you may have eligibility.
- A student must be enrolled in a minimum of five courses the first six semesters of high school and a minimum as determined by the district during the seventh and eighth semester.

Attendance

- Students must be in attendance at least half of the school day in order to participate in games or practices. Verified medical/dental appointments are accepted as excused absences. Approved school related absences are considered excused absences.
- Excessive absences may result in poor grades and loss of playing privileges.
- An unexcused absence from school automatically forfeits participation that day.
- Students are required to be in attendance for their first scheduled class the day after a contest. Failure to do so may result in the student being suspended from participation in the next contest.

Informed Consent

A parent/guardian must give signed permission for their student athlete to participate in athletics. This will be included in the Athletic Clearance Packet.

Emergency Information

- The Emergency Card is contained in the Athletic Clearance Packet. A complete and signed emergency card is required before practice begins.
- The coaches carry the emergency cards with them to all games. Parents are expected to keep the coach updated on any change in emergency information.

Insurance

- All athletes are required to provide proof of insurance by signing the insurance information form and providing the school district with the policy number and name of the insurance company.
- Parents must provide insurance information to assist coaches, athletic trainers, other staff, and medical personnel to provide or arrange for any medical assistance that the athlete may need as a result of an injury.
- If the student does not have insurance, NUSD has resources to help guide families in obtaining insurance for their student athlete. Please contact the school Athletic Director for information.

Fees and Expenses

- Athletes pay a fee for participation in each sport. These fees help to defray travel expenses for away events, AIA dues, and for supplies to support the program. Please contact the school Athletic Director for more detailed information regarding the participation fees associated with athletics.
- In some sports, the athlete is expected to purchase athletic shoes, socks, and other basic apparel. The coaches will explain these charges before the season begins.
- Under state law, up to \$400 may be taken as an Arizona State Tax Credit. (Fees are included in this law.)

Equipment

- The coaches and/or equipment manager will check out uniforms and other necessary equipment to the athlete. Students will be held responsible for all athletic equipment issued to them.
- The athlete is expected to take care of the uniform and to return it in good condition based on the normal wear and tear. The athlete will be charged for any uniform that is damaged or not returned.
- Lost or stolen uniforms and equipment checked out to the individual athlete become his/her and a parent's financial responsibility.
- School uniforms are to be used or worn only under three strict conditions:
 - Practice
 - Competition
 - Informed by the school administration and/or coach
- Students shall pay for items not returned at the end of the season
- Students shall turn in all athletic equipment issued to them at the end of the season. Students who do not complete the season are required to return all equipment immediately.

Residence

- Generally speaking, athletes must reside within Nadaburg Unified School District in order to participate in our high school program, unless enrolled through Open Enrollment.
- Athletes establish eligibility on the first day of attendance in a high school in our district.
- Parents and athletes should consult with the Athletic Director for information regarding other residential related requirements.
- In all cases, the AIA constitution supersedes any rules printed by the school district.

Discipline

The school administrators will deal with school offenses, with the backing of the coaches. It must be remembered however, if you are suspended, or for any other reason not in school, you will not be allowed to participate until the school disciplinary action has been completed.

Athletes of any age who exhibit unacceptable conduct may be suspended from interscholastic competition in accordance with Nadaburg Unified School District policy.

Hazing

Hazing is any intentional, knowing, or reckless act committed by a student, whether individually or in concert with other persons, against another student, in which both the following applies:

- 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 the school;
- The act contributes to a substantial risk of potential physical injury, mental harm or degradation, or causes physical injury, mental harm or personal degradation. (A.R.S. 15-2301)

There shall be no hazing, solicitation to engage in hazing, or aiding and abetting another who is engaged in hazing of any person. School organizations that violate the hazing policy may forfeit their right to conduct operations on campus. Any staff member who is directly involved in, knowingly permits, authorizes, or condones any form of harassment, bullying, hazing, or threats of harm is subject to disciplinary action and may be reported to law enforcement.

Recruitment

There shall be no recruitment of athletes. Recruitment is defined as the act of influencing a student to enroll in a school or to transfer from one school to another in order that the student may participate in interscholastic athletics. No school administrator, athletic coach or employee of a high school district shall engage in recruitment either by direct contact with a student or indirectly through parents, legal guardians, school employees, directors of summer athletic programs or other persons who are in a position to influence the student's choice of a school. See AIA Bylaw 15.12 for more information.

Transfers

All transfer students from another high school are required by AIA to complete a 520 form online PRIOR to participating in NUSD high school athletics. Despite compliance with the other provisions of AIA Bylaws, a student who attends, participates or was eligible to participate for a school, and then transfers to another school is subject to consequences as set by AIA Bylaws.

Athletic Eligibility Procedures

The following forms must be completed and uploaded to RegisterMyAthlete.com and cleared by the MHS Athletic Office **BEFORE** your first practice/tryout each school year.

- Athletic Emergency/Clearance and Athletic Permission Form with signature of parent/guardian and athlete.
- Complete and turn in the brain book course. **Each athlete must show proof of medical insurance.** NUSD does not provide health insurance for student athletes. NUSD has resources to help guide families in obtaining insurance for their student athlete. Please contact the school Athletic Director for information.
- Read the Release of Liability and Assumption of Risk Form. The form needs the signature of the parent/guardian and athlete.
- The AIA Physical Examination Packet must be completed by a health professional.
 - Physical Evaluation Form should be completed by the parent/guardian.
 - Physical Examination Form should be completed by a healthcare professional. The physical must dated March 1st 2021 or later.
 - Traumatic Brain Injury Acknowledgement Form must be signed by athlete and parent/guardian.
 - Consent To Treat Form must be signed by athlete and parent/guardian.
- **All athletic fees must be taken care of once the athlete has joined a team.**
- **The entire packet must be completed PRIOR to tryouts or the first day of practice—NO EXCEPTIONS.**



Register My Athlete Tech Support:
Email Support: support@registermyathlete.com
Phone Support: 435-213-1601
Phone Support Hours: Mon-Fri: 8:00am – 5:00pm

NUSD uses RegisterMyAthlete.com to collect and process the documentation for athletic clearance. The Athletic Clearance Packet can be found online or in the Athletic Office. The instructions for completing it are below. Once the process is complete, your student will be eligible to participate in athletics at the high school. If you have any question, please call your school's Athletic Director or you can contact Register My Athlete directly.

Instructions for Parents:

Register My Athlete allows parents to register their athletes for sports online. Here are some basic steps to follow when registering your athlete for the first time:

1. Find Your School by going to <http://registermyathlete.com/schools/>, selecting your state, and finding your school. Click on the school to continue to the next step.
2. Create an account by clicking the "Create an Account" button. After filling in the required information the system will automatically log you in and you will be required to accept the terms.
3. Add a new athlete by clicking the "My Athletes" tab on the left-hand side of the page or by clicking "Add Athlete" underneath the "My Athletes" tab. This only needs to be done once during your athlete's entire career at a school. The information entered here will carry over from year to year. This information includes your athlete's contact information and medical information.
4. The athlete's profile: After you've created your athlete account, you will be directed to their Profile page. This page is a summary of their information and involvement.
5. Register for a sport by clicking to choose which sport your athlete is registering for.
6. Your registration checklist: This page shows the status of your athlete's registration. You will be asked to complete several steps to complete registration including agreeing to documents, and completing the physical.
7. Physical documentation includes a health history that should be completed by the parents and the form to be completed by a medical professional. Parents have the ability to upload these physical documents to the system or bring them into the Athletic Office. Uploaded documents will need to be verified by the administration at the school prior to being accepted as complete. (If a document upload is rejected for any reason, the parent will receive an email with the rejection reason. After the error has been corrected, parents will be able to re-upload the document for verification.)
8. Complete registration: Your registration is complete once all items on the checklist have been completed.
9. After registration is complete, you can login at any time to view the status of your athlete and their participation on the team.

Need to add additional athletes: Using the same account, repeat steps 3-9 to register additional athletes.

Future Seasons & Years: Once your athlete has been added to your account, you only need to follow steps 5-8 to register them for another sport.