



# **Athletic Handbook**

**For Parents and Scholars**

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## **Purpose of Athlete/Parent Handbook**

This handbook is intended to provide Heritage Academy athletes and their parents with information that is essential to successful and fulfilling participation in Heritage Academy interscholastic athletic programs. As a condition of participation, all student athletes and their parents will be required to sign an acknowledgment that they have completely read, and that they understand the contents of this handbook. It is the Heritage Academy expectation that student athletes and their parents will be held responsible for adherence to the requirements and expectations set forth in this handbook. If you have any questions about any of the following information, please contact the Athletic Director at your school, who will be happy to discuss those with you.

## **Philosophy of Athletics**

We believe that athletics is a beneficial and valuable experience for our scholar athletes. Being involved in athletics allows each scholar athlete to develop the skills they need to meet the demands and challenges of adult life in a responsible way. The personal traits of citizenship, sacrifice, determination, dedication, and the will to succeed will always be part of the scholar athlete experience. However, classroom performance must and will always come first to the athletic programs here at Heritage Academy. Our athletic department will strive to be a source of pride for our athletes, scholars, staff, and community. Our main goal is to continually seek to make significant contributions to the total education of our scholars.

## **Core Values = Heroes R.I.S.E.**

All athletic programs at Heritage Academy will strive to fulfill the core values of Heroes R.I.S.E. These values will be emphasized and present in every athletic program and provide a consistent base for scholar athlete development.

- **R**espect = Our athletic programs will always treat others with respect. Coaches will be the example of this in their dealings with scholar athletes, officials, parents, and each other. This will bring our programs together and foster a relationship that encourages multi-sport athletes and scholar growth.
- **I**ntegrity = Our athletic programs will act with integrity and adhere to all guidelines and rules. Our emphasize on education first will teach our scholar athletes how to be successful in the classroom and lead to further success in their athletic arena.
- **S**portsmanship = Our athletic programs will demand sportsmanship and character development from all its members. These lessons create greater scholar athletes that turn into exceptional adults.

- **Excitement** = Our athletic programs will create a level of excitement that permeates throughout the entire school community and enriches school spirit. This excitement will help bolster the other departments on campus as we share a goal of scholar achievement, character development, and positive community engagement.

## **Athletic Department Goals and Objectives**

By striving towards these goals and objectives, the athletic department will seek to contribute to the growth, development, and education of all our scholar athletes.

- Through the principles of justice, fair play, and good sportsmanship, each scholar athlete will develop good citizenship, respect for fellow competitors, and respect for the rules and authority.
- Through athletic participation, each scholar will learn the value of responsibility.
- The athletic programs will develop the leadership qualities that exist in each of our scholars.
- Each scholar will realize the benefits of self-esteem, self-discipline, a desire to achieve, and a commitment to excellence.
- Each scholar will become aware of the importance of setting goals and implementing plans to achieve their goals.
- Each scholar will be provided the opportunity to develop his/her athletic skills to their fullest potential.
- Each scholar will become aware of the importance and value of a physically fit body, how to reach an acceptable physical fitness level, and how to maintain that level.
- The athletic programs will seek to promote community interest and involvement in school activities by providing enjoyable experiences for participants and spectators.

## **Athletic Department Student/Athlete Assumption of Risk Statement**

### **An Important Safety Statement**

Safety for scholar athletes during participation in the interscholastic athletic program is of utmost concern. We attempt to provide all scholar athletes with a safe practice and playing environment. Our coaching staffs are carefully selected to ensure competence in conducting their sport. We provide high quality protective equipment and include proper facilities maintenance as an important aspect in injury prevention.

Despite these efforts, injuries do occur. Athletic competition by its very nature creates various situations where injuries cannot be avoided. As an athletic participant, there is always the

possibility that an injury may occur. The injury sustained could range from a minor contusion to a severe spinal cord injury resulting in quadriplegia or death.

Participation in athletic competition provides the individual with a positive educational experience that can add to the individual's development. The participant and participant's parents must realize, however, that there is a potential for serious injury. Individuals who cannot accept the injury risk should redirect their energies to either a non-athletic activity or select a sport with a reduced injury potential. Please note that each sport and facility may have unique kinds of injury risks that each scholar athlete and family should be aware of.

### **Due Process for Athletes**

In the event of a reported major violation requiring extreme discipline of an athlete (ex: lengthy suspension up to removal from the team), the following procedures will be followed:

- The coach shall conduct a reasonable investigation of the circumstances, including interviews of the accuser, the accused, any eyewitnesses, and other key parties. If possible, as a part of this investigation the coach shall determine whether the parents have knowledge of, or information concerning, the reported violation.
- Upon completion of this investigation, and determination of appropriate sanctions, the coach shall inform the athlete, parent and athletic director of the alleged violation and disciplinary action to be taken.
- The athletic director shall immediately communicate the allegation and discipline to the school Principal.
- Within two school days, the athlete has the right to appeal the coach's decision to the athletic director.
- Within five school days, the athletic director shall conduct an appropriate review and rule on the appeal.
- Within two school days, the athlete has the right to appeal the athletic director's decision to the principal.
- Within five school days, the principal shall conduct an appropriate review and rule on the appeal.
- The coach has the right, after notifying the principal, athletic director, and parents to immediately suspend a scholar athlete who violates school or team rules and regulations until the due process procedure has been completed.

## **Important Sources of Information for Parents and Students**

Heritage Academy Laveen Website = <https://halaveen.com/>

- School information, Athletic information, links and athletic forms

Register My Athlete = <https://www.registermyathlete.com/>

- All requirements for athletic participation (school athletic registration forms, AIA physical forms, fees, etc)

Arizona Interscholastic Association = <http://aiaonline.org/>

- AIA by-laws, rules and regulations for all sports, state tournament information, classifications, AIA programs offered

AZPreps365 = <https://www.azpreps365.com/>

- Scores, Power Rankings, articles on high school sports

Canyon Athletic Association = <https://azcaa.com/>

- CAA Constitution, forms, sports specific information for Junior High

National Federation of State High Schools = <https://www.nfhs.org/>

- Rules and information relating to high school athletics across the nation

National Clearinghouse Association = <https://web3.ncaa.org/ecwr3/>

- Contains information regarding requirements for eligibility for all levels of NCAA athletics as well as scholarship qualifications

## Sportsmanship Requirements

### **“Victory with Honor.... Sportsmanship and Citizenship”**

Heritage Academy supports the Arizona Interscholastic Association in the Victory with Honor Program. Sportsmanship and Citizenship will form the foundation of all Heritage Athletic Programs. Scholar athletes, parents, coaches, and spectators are expected to adhere to the principles of good sportsmanship at all times. Interscholastic athletics serves an educational function in schools. It is not about winning. It is about student athletes being taught the competitive cornerstones of a democratic society. Quite simply, the fields, gyms, courts, pools, and courses are classrooms. **Remember, as a spectator you are a guest at our educational activities and expected to be a good sport at all times. Coaches and athletes are the participants and held to the same high standards of good sportsmanship!** Finally, we fully endorse the AIA Victory with Honor Program and the principles of good sportsmanship in the “Six Pillars” below:

#### **Trustworthiness**

- Be honest – do not deceive, cheat or steal
- Be reliable – do what you say you will do
- Have the courage to do the right thing
- Build a good reputation
- Be loyal – stand by your family, friends, and country

#### **Respect**

- Treat others with respect; follow the Golden Rule.
- Be tolerant of differences
- Use good manners, not bad language
- Be considerate of the feelings of others
- Do not threaten, hit, or hurt anyone
- Deal peacefully with anger, insults, and disagreements

#### **Responsibility**

- Do what you are supposed to do
- Persevere: keep on trying! Always do your best
- Use self-control. Be self-disciplined
- Think before you act – consider the consequences
- Be accountable for your choices

#### **Fairness**

- Play by the rules. Take turns and share
- Be open-minded; listen to others

- Do not take advantage of others. Do not blame others carelessly

### **Caring**

- Be kind. Be compassionate and show you care
- Express gratitude. Forgive others. Help people in need

### **Citizenship**

- Do your share to make your school and community better?
- Cooperate. Stay informed; vote
- Be a good neighbor. Obey laws and rules
- Respect authority. Protect the environment

## **Hazing Prevention Procedures**

It is the responsibility of all Heritage Academy personnel (including principals, athletic directors, coaches, teachers, and staff) and scholars to be aware of and strictly adhere to the following policy. Hazing is strictly prohibited and will not be tolerated. This prohibition includes:

- Any solicitation to engage in hazing.
- Aiding and abetting another person that is engaged in hazing
- “Hazing” means any intentional, knowing, or reckless act committed by a scholar whether individually or in concert with other persons, against another scholar, and in which both of the following apply:
  - 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 Heritage Academy.
  - The act contributes to a substantial risk of potential physical injury, mental harm or degradation or causes physical injury, mental harm, or personal degradation.
- “Organization” means an athletic team, association, order, society, corps, cooperative, club or other similar group that is affiliated with an educational institution and whose membership consists primarily of students enrolled at that educational institution.
- The fact that a person consents to being “hazed” does not constitute a defense to violation of this policy.
- All scholars, teachers and staff shall take reasonable measures within the scope of their individual authority/ability to prevent violations of this policy.



The following procedures are to be employed by scholars, teachers, and staff in reporting violations of this policy, or for filing complaints for violations of this policy:

- Standard administrative procedures will apply for all teachers and staff, as directed by the administration, and include the appropriate due process provided and implemented by school administration for investigation of reports of violations of this policy.
- The principal/athletic director will be responsible for remediation.
- Penalties and sanctions for violation of this policy shall be imposed in accordance with standard Heritage Academy due process procedures.
- The appeals process for those who are subjected to disciplinary action under this policy shall follow current district disciplinary guidelines.

Violations of these hazing procedures may result in notification to the appropriate law enforcement agencies.

## **Heritage Academy Sports Participation Guidelines**

### **Athlete Responsibilities**

Participation in high school athletics is a privilege that carries with it a certain amount of individual responsibility. The following guidelines are set forth to help each athlete meet and accept those responsibilities:

- Report all injuries to the coach and athletic trainer as soon as possible.
- Team practices are usually scheduled for every school day, as well as some Fridays, Saturdays, and holidays, unless otherwise canceled. Squad members are expected to be punctual in reporting to practice. In case of a necessary absence from practice, it is the athlete's responsibility to notify the coach before the practice or contest.
- All athletic trips will be made on school transportation. The only exemption is for a parent that wishes to furnish transportation home from an event for their son or daughter. See the section entitled "ATHLETIC TRAVEL PROCEDURES FOR STUDENTS" for specific rules pertaining to these situations. This procedure is to be used only under circumstances when it is essential and not on a routine basis.
- As members of an athletic team, athletes are representing much more than themselves. Our athletes should strive at all times, in their appearance, actions, and behavior, to reflect only those qualities and characteristics that will bring pride to themselves, their team, and their school.
- The athlete is held responsible for all athletic equipment issued him/her. Athletic equipment should not be worn around school unless the athlete is directed by his/her coach to do so. Any lost or stolen athletic equipment should be reported immediately to the coach so that the appropriate steps can be taken to locate the item. The athlete will be required to pay for any equipment that is not returned.

- As an athlete, one should realize that some conduct is in poor taste and below socially accepted standards. Stealing, disrespect, fighting, excessive displays of affection, or any other inappropriate behaviors are certainly not in the best interest of the school. Any action that causes embarrassment to the athletic program will be cause for disciplinary action.
- On the field or court, athletes must conduct themselves in a commendable manner. The expectation is that all athletes have complete control of themselves at all times. Coaches will review and discuss more specific regulations related to proper athletic conduct. Refer to AIA Sportsmanship Rule in this handbook.
- Athletes are expected to follow training rules as outlined by their coaches. Association with or use of drugs, and poor citizenship are grounds for immediate disciplinary action. The Heritage Academy has a zero tolerance for tobacco, alcohol, drugs or performance enhancing drugs.
- Any athlete who voluntarily leaves a team or is released from the team for any reason may not participate in any other sport until the sport from which he/she dropped has ended. Exceptions are subject to coaches' approval. Any athlete planning to voluntarily leave a squad must first notify his/her coach in advance of this action.

### **Athletic Eligibility Rules & Procedures for Athletic Participation**

All students must meet the minimum requirements set forth by the Arizona Interscholastic Association and receive participation clearance from the athletic director before they will be issued any equipment, allowed to practice, or be eligible to participate in interscholastic competition. Completing clearance requirements are done by creating an account and completing all tasks in [Registermyathlete.com](http://Registermyathlete.com). This includes:

- Reading / signing the Heritage Code of Conduct and Athletic Handbook
- Reading / signing the annual Concussion Statement
- Proof of insurance form
- Completing a current AIA Physical Packet
- Payment of Sports Participation Fees

It is the responsibility of the entire athletic department to ensure that all students who participate in athletics have met all eligibility requirements set forth by the Arizona Interscholastic Association. If any student or parent has a question regarding athletic eligibility, please contact the athletic director.

### **Attendance**

The AIA mandates consistent attendance to maintain eligibility. In addition, to be eligible to participate in an athletic contest, a scholar athlete must attend school on the day of the contest for a minimum of two periods. The principal or athletic director must approve any exception to this rule.

### **No Pass No Play Policy**

The State Board of Education as mandated by the Arizona State Legislature requires that each school district must have in place a “No Pass No Play” policy. Heritage Academy policy requires the following to be eligible to participate in any athletic event:

- Underclassmen must be enrolled full time (8 classes) and Seniors must be enrolled a minimum of 6 classes per semester.
- A student must maintain minimum grade of 70% in each class during the weekly grading period preceding the contest.
- The ineligibility period lasts until the scholar has a minimum of a 70% in all classes.
- Ineligibility is declared on the Monday following the weekly grading period and coaches will be notified by the athletic director.
- During a private conference, the coach will notify the scholar of his/her ineligibility.

Remediation plans are available to all scholars. It is the scholar’s responsibility to attend assigned sessions or make special arrangements for any individual remediation services. Parents may contact the coach/sponsor, the teacher, or the athletic director for information and assistance in student remediation at any time.

### **Athletic Participation Fee**

Each sport has a one-time per year participation fee that will be assessed at the beginning of each season. The fee is to be paid prior to competing. Requests for fee waiver consideration due to hardship must be directed to the athletic director. Funds generated will be used to pay for operational expenses of the programs and to benefit our scholar athletes.

### **Guidelines for Team Selection**

Participation in Interscholastic Activities is not a right. The following guidelines will apply to the selection of teams:

- An athlete will be offered ample opportunity to demonstrate their abilities.
- A tryout period of a minimum of three days is a guideline, which may be subject to change by the coach in consultation with the athletic director.
- The coach is responsible to establish a criteria system for team selection.
- The coach will review the selection process with the athletic director prior to tryouts.
- The coach will notify players of tryout results in a timely and sensitive manner.
- Coaches will be proactive with regard to the sensitive process of non-selection of all athletes, especially seniors.
- Coaches will be proactive to prevent any incidence or appearance of nepotism in relation to team selection or playing time. Coaches and athletic directors will be available to discuss any concerns of students or parents related to these relationships.

- The coach may discuss tryouts results with the athlete or parent but may not discuss with other athletes.
- Coaches will provide suggestions for improvement to help athletes who are not selected prepare for the future tryouts.
- The coach may not use any off-season program participation as a basis for team selection.
- Multiple sports players must be allowed to tryout. Processes and considerations will be afforded students whose seasons overlap. Their selections to the team shall not result in cutting previously selected players, although it may involve changes in level of team on which those players will participate.
- There will be no public commentary regarding the selection process.
- NOTE: In all instances, the final decisions for team selection will reside with the Head Coach with the process only subject to review by the Athletic Director

### **Guidelines for Students Participating in Two Concurrent Sports**

If it is deemed to be in the best interest of the scholar and the athletic program, athletes may participate in two concurrent sports with the following conditions:

- Both coaches must personally meet with the athlete and his/her parents to review the demands of each sport.
- It must be mutually agreeable with both coaches with consideration given to practice schedules and games.
- The scholar athlete must identify the primary sport. This sport has priority when necessary over the second sport.
- The scholar athlete and his/her parent/guardian must attend a preseason meeting with the athletic director and execute an informed consent form related to each sport.

### **Guidelines for Athletes with Disabilities**

Federal law prohibits any discrimination against scholars with disabilities and requires reasonable accommodation of such scholars to allow for them to be included as broadly as is reasonably possible in all school programs, including extracurricular activities. The following guidelines will be applicable to participation of scholars with disabilities in the Heritage Academy athletic program:

- If they are cleared to participate through the pre-participation screening process, reasonable accommodation must be made for the participation of athletes with disabilities. For example, an athlete with hearing loss must be allowed to have a qualified “interpreter” available during practices, games, and team meetings to assure effective communication with that athlete.

- Other than making reasonable accommodation for their participation, athletes with disabilities must not be treated differently than any other athlete out of concern for their well-being. For example:
  - In football, an athlete with a disability cannot be continuously matched against smaller, younger, less mature participants out of a concern that the athlete will be at greater risk working against participants of similar size, age and maturity.
  - In baseball or softball, an athlete with hearing loss cannot be required to wear protective equipment that is not required of other athletes out of concern that he/she is at greater risk of being struck by a ball or bat.
- Athletes with disabilities and their parents/guardians will not be subjected to more stringent requirements pertaining to risk warning and informed consent than is the case with all other student athletes.

### **Insurance Guidelines**

Availability of insurance coverage is critical to obtaining appropriate medical care for athletes, particularly in an emergency situation; therefore, it is an important safety consideration.

#### **Insurance Requirement**

Heritage Academy requires proof of insurance as a condition of participation in all sports programs. This applies not only to in-season activities but to all out-of-season (including summer) activities planned and facilitated by Heritage Academy personnel. A “waiver” of the insurance requirement by the parent/guardian will not suffice. If a family does not have insurance, Heritage Academy offers the ability to purchase insurance through Arizona Student Assurance Plans, LLC ([www.studentinsurance-kk.com](http://www.studentinsurance-kk.com)).

#### **Verification of Compliance**

It is the responsibility of the school athletic director and the head coach of each athlete, to assure that the insurance requirement has been met prior to commencement of any form of participation by the athlete. Insurance information for all athletes will be maintained through [registermyathlete.com](http://registermyathlete.com) and will be immediately accessible at every activity session, whether conducted on or off campus.

## **Heat Guidelines for Athletic Participation**

All Heritage athletic programs are expected to follow the guidelines for athletic participation in all sport during times of high heat and/or humidity. Exercise in a hot environment with associated fluid loss and elevated body temperature can lead to: Dehydration, Heat Exhaustion, Exertional Heat Stroke and Death. The following procedure provides critical standards to protect athletes against heat illnesses, and potentially save lives. The Heritage Academy procedure follows recommended guidelines from the National Athletic Trainers' Association, American College of Sports Medicine, and the Korey Stringer Institute.

### **Prevention Education**

Heritage Academy recognizes that prevention is the best way to deal with heat illness. Prevention includes several key areas, including:

- A consideration for risks associated with exercising in hot, humid environmental conditions.
- The need for gradual acclimatization over a 3 to 14-day period.
- The need for athletes to progressively increase the intensity and duration of work in the heat with a combination of strenuous interval training and continuous exercise.
- The fact that well-acclimatized athletes should train for 1-2 hours per practice session under the climate conditions that will be present during their competitive events.
- The realization that “proper hydration” must be attended to throughout the day, not just during activity sessions. Athletes need to drink water throughout the day.

### **Hydration Requirement Guidelines**

Athletes must be hydrated prior to the beginning of each activity session, and then maintain those hydration levels throughout the session. Methods for assuring compliance with hydration requirements will be provided by coaches and athletic trainers, but are dependent upon complete cooperation of parents and athletes. These requirements must be followed each time an athlete engages in vigorous activity, whether in a school-sponsored session or in a personal workout.

- To assure proper pre-activity hydration, athletes should consume at least 17-20 oz. of water or a sports drink 2-3 hours before the start of the activity session, and another 7-10 oz. within 10-20 minutes before the start of the session.
- During activity, athletes should consume at least 7-10 oz. of fluid every 10-20 minutes.
- Post-activity hydration should attempt to replace all fluid lost during the session within 2 hours. The best way to assure compliance is for the athlete to weigh before and after the session. Replacement of lost fluid is accomplished by returning to pre-session weight.
- Carbonated and caffeinated beverages interfere with hydration and must be avoided.
- Hydration requirements vary between athletes, based upon several factors. Certain athletes may be particularly susceptible to heat illness due to pre-existing conditions or

medical history. Athletes and parents must rely upon their family physician and/or the athletic trainer for guidance on these issues.

- Heat illness is not unique to outdoor activities and can occur indoors under certain circumstances. Follow hydration guidelines for all activity sessions.

### **Injury Evaluation and Care**

While athletic trainers are available to provide immediate evaluation and care to athletes during some practices and competitive events, and Heritage Academy coaches are also trained to administer first aid care, there are instances in which athletes and their parents need to make decisions on their own. Most commonly, this need will arise when the athlete begins experiencing symptoms at home which were not apparent during, or immediately following, the activity session.

Since injuries and other adverse health conditions are inevitable in athletics, and the severity of the problem may not be recognized immediately, it is important for athletes and parents to be continually alert to the development of symptoms. The following guidelines are provided for use as a resource for parents/guardians and/or athletes to assist in determining the need for initial care and treatment of injuries or conditions while at home, or in other instances when an athletic trainer or coach is not immediately available.

How badly am I hurt? Should I see a doctor?

- Consider the degree of pain
  - Debilitating pain – stops performance; cannot move the injured part\*
  - Limiting pain – hinders performance; able to complete the activity
  - Temporary pain – discomfort resolves within a week
  - Chronic pain – interferes with performance for longer than seven days\*
- Examine for deformity
  - Swelling – amount is generally related to the severity of the injury; swelling within the first two hours indicates a significant injury\*
  - Discoloration – amount is related to the severity of the injury
  - Comparison – Does it look like the other one?

\*In any of these cases, see a doctor immediately.

How should I care for my injury until I see a doctor? Your goals are to (A) control pain, (B) control swelling, and (C) prevent further injury. Follow the R.I.C.E Principle:

- Rest – Do not use the injured part if it is painful; immobilize if necessary.
- Ice – Apply ice to the injured part immediately; 20 minutes on, one hour off, repeat; ice will limit swelling and reduce the pain.

- Compression – Use an elastic bandage (which can be soaked in cold water to aid the cooling process) to add firm pressure.
- Elevation – Where practical, keep the injured part elevated higher than the heart for the first 24 hours.

If you sustain an injury when the athletic trainer is not available, and you are in doubt about how to treat the injury or whether or not you should see a doctor, discuss it with your coach or call your family physician. Do not underestimate injuries.

### **Return to Activity Following Injury or Illness**

One of the most critical concerns in athlete safety is the avoidance of unnecessary recurrence of injury or illness after return to activity. This requires that the athlete be fully recovered and properly reconditioned before returning to the rigors of practice and competition. The following principles apply to any situation requiring return to activity:

- If the injury or illness is of a minor nature, not requiring advanced medical care, the athletic trainer shall be responsible for making the decision whether the athlete is fit for a return to activity.
- If the injury or illness has required advanced medical care, written clearance from the treating physician (or team physician, if appropriate) shall be required for the athlete's return to activity. This written clearance shall reference the specific injury/illness and any limitations to be imposed upon the athlete.
- Following receipt of the physician's clearance, the athletic trainer shall evaluate the athlete and provide any necessary reconditioning for the athlete's safe return to full participation.
- Following completion of reconditioning, the athletic trainer shall notify the coach that the athlete is ready for return to full activity.

### **Substance Abuse by Athletes**

The use of unlawful substances is a safety issue that is of major concern in high school athletics. Such usage has serious short- and long-term consequences to the health and well-being of all high school students, but particularly to athletes. Combining substances which are deemed unlawful for minors, with the rigors of competitive athletics, creates significant risk of health consequences that can be profoundly serious, and even life threatening. The term "substances" includes: alcohol; tobacco; unlawfully obtained, or improperly used, prescription medications; recreational drugs such as marijuana, cocaine (in all forms), methamphetamines (in all forms) and heroin; anabolic/androgenic steroids, and all other performance enhancing substances.

Heritage Academy has a zero-tolerance policy relating to the use of any of these substances. Violation of this policy by athletes will lead to immediate imposition of penalties. The use of any



of these substances is of concern to the school as a matter of student health and safety as well as the integrity of the interscholastic athletic program.

With regard to performance enhancement, it is the position of Heritage Academy that this is effectively achieved through dedicated and disciplined compliance with guidelines provided by athletic trainers and coaches for fitness, strength and skill development. The district does not approve of, or condone, the use of any type of performance enhancing substances for increased muscle development or enhanced athletic ability. Such usage is a direct attack upon the integrity of athletics and is considered to be cheating. Heritage Academy is strongly opposed to the use of any performance enhancing substances by athletes and members of the student body because of health and ethical concerns.

As per the Parent/Scholar Handbook, substance abuse carries a minimum penalty of an 8-day OCS, a discipline hearing, and police referral up to a maximum penalty of expulsion and police referral.

### **Supplements, Drugs and Performance Enhancing Substances**

All AIA member schools are required to annually communicate this AIA Position Statement on the use of supplements, drugs and performance enhancing substances to every participant in interscholastic activities.

The Arizona Interscholastic Association (AIA) views sports, and the participation of scholar-athletes in sport, as an activity that enhances the scholar-athlete's well-being by providing an environment and stimulus that promotes growth and development along a healthy and ethically based path.

- It is the position of the AIA that a balanced diet, providing sufficient calories, is optimal for meeting the nutritional needs of the growing student-athlete.
- It is the position of the AIA that nutritional supplements are rarely, if ever, needed to replace a healthy diet.
- Nutritional supplements use for specific medical conditions may be given individual consideration.
- The AIA is strongly opposed to "doping:" defined as those substances and procedures listed on the World Anti-Doping Agency's Prohibited List ([www.wada-ama.org](http://www.wada-ama.org)).
- It is the position of the AIA that there is no place for the use of recreational drugs, alcohol, or tobacco in the lifestyle of the student-athlete. The legal consequences for the use of these products by a student athlete are supported by the AIA.

In pursuit of Victory with Honor, the AIA promotes the use of exercise and sport as a mechanism to establish current fitness and long-term healthy lifestyle behaviors. It is the position of the AIA that the student-athlete, who consumes a balanced diet, practices sport frequently and consistently, and perseveres in the face of challenges, can meet these goals.

## Travel Procedures for Students

The Heritage Academy guideline is to provide transportation for athletes to all practices and contests which take place away from the home campus of the affected team. All athletes are should use district-provided transportation. The only exception is in the occasional situation where parents need to provide transportation to their child following an event. This requires compliance with specific policies outlined below. It should be done only when essential, and not as a matter of routine. The following guidelines are applicable to all transportation situations:

- Report ahead of scheduled time. It is better to be an hour early than a minute late. The vans/bus will not wait on anyone.
- No one will be permitted to make the trip with the team who is not absolutely necessary. The coach always reserves the right to determine who makes the trip. If necessary, a list of those making the trip will be posted sometime prior to the day of the trip.
- Coaches will instruct participants as to the appropriate dress on all out-of-town trips.
- Instructions will be given to keep the vans/bus clean; and all participants will be asked to clean a portion of the vans/bus.
- Any scholar in possession of tobacco, alcohol, or drugs (including but not limited to performance enhancing substances and steroids) will be subject to disciplinary action in accordance with team and school policies.
- Players should use the travel time to prepare mentally for the game. No horseplay or carelessness will be permitted on the trip.
- It is the responsibility of the parents or guardians to contact the coach regarding departure time/return time, and other regulations relating to each trip.
- Participants are representing their school, coaches, parents, and the community. Everyone mentioned is judged by the behavior of the team.

When parents have a particular need to provide transportation for their child following an event, the following requirements must be met:

- They must communicate/speak directly with the head coach concerning their intentions. An athlete's word will not suffice, a coach must speak directly to the parent/guardian.
- The head coach will allow the athlete to leave the event only with his/her parent/guardian.
- The head coach may adopt and enforce more strict requirements if and when they deem it necessary as approved by the athletic director.
- Failure to follow these requirements could result in the revocation of an athlete's travel privileges.

## **Out of Season/Summer Guidelines**

Out of season activities relating to AIA sports will follow current AIA Bylaws and regulations. Summer participation in activities related to AIA sports shall be under the direction of the Athletic Director. All scholars participating in summer/out of season AIA sports activities shall be enrolled at Heritage Academy and meet the requirements for athletic eligibility.

## **Uniform and Equipment Rules**

Students will be held responsible for all athletic equipment issued to them.

- Abuse of equipment – “Normal” wear and tear is expected. The athlete will be held responsible for unusual abuse or loss of equipment.
- School uniforms are to be used or worn only under three strict conditions:
  - Practice
  - Competition
  - Approved by the coach
- Students shall turn in all athletic equipment issued to them immediately after completion of any sport or after dropping out of that sport.
- Students failing to turn in all equipment issued to them or failing to pay for lost items will not be permitted to take part in any other sport until satisfactory clearance is made.

## **NCAA Initial-Eligibility Clearinghouse**

The NCAA (National Collegiate Athletic Association) regulates many college athletic programs. It establishes rules on eligibility, recruiting, and financial aid. The NCAA has three membership divisions: Division I, Division II, and Division III. Colleges and universities are members of one or another division according to the size and scope of their athletic programs and whether they provide athletic scholarships. It is the responsibility of the scholar-athlete and parents to be aware of NCAA requirements.

If you are planning to enroll in a college or university as a freshman and you wish to participate in athletics, you **MUST** be certified by the NCAA Initial-Eligibility Clearinghouse. The NCAA Clearinghouse ensures consistent application of NCAA initial-eligibility requirements for all prospective student athletes at all member institutions.

Most students start thinking seriously about college when they are juniors in high school. If they want to participate in Division I or II sports in college:

- Be certain a scholar athlete is on track to graduate **ON TIME!**
- Be certain a scholar athlete is taking a **CORE CURRICULUM** that meets NCAA requirements.

- Review course history to determine if the G.P.A. will meet the minimum requirements set forth by the NCAA for the core curriculum classes taken.
- Register to take the ACT or SAT late in the junior year.
- Start the certification process AFTER the final junior year grades are posted on the transcript.
- Submit the NCAA Student Release Form to the Clearinghouse early in the senior year.

NOTE: General Admission Requirements to colleges and universities vary greatly. Scholars should consult the catalog of the institution they are interested in attending.

For current requirements regarding NCAA Eligibility, please visit [ncaa.org](http://ncaa.org) and communicate with the Lead Guidance Counselors at the High Schools.

Addition eligibility requirements for NAIA Athletics can be found at [naia.org](http://naia.org).

### **Heritage Academy Laveen Contacts**

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Contact the athletic director with specific questions or concerns regarding  
Interscholastic Athletics