

Del Norte High School
Junior High & Senior High



Athletic Handbook

2018/19

Del Norte Schools Athletic Program Philosophy

The Del Norte Athletic Program combines the building of skills, techniques, fundamentals, and conditioning with competitive, participatory interscholastic contests. Del Norte athletes, over the course of a season, will have opportunities to learn skills, perform in contests, and build character. Not only will sportsmanship, enjoyment of the sport, teamwork, development of leadership skills, and responsibility be emphasized, but also development of the athlete to compete successfully for Del Norte Schools. At sub-varsity levels, participation and development of fundamentals will be emphasized. As student-athletes get closer to varsity levels, more emphasis will be placed on winning, while maintaining personal, team, and school integrity as the essential priority.

Interscholastic Sports

Presently, the Del Norte Athletic Program provides opportunities for students to participate at various levels of competition in the following:

High School Sports

<u>FALL</u>	<u>WINTER</u>	<u>SPRING</u>
Girls/Boys Cross Country	Girls/Boys Basketball	Girls/Boys Track & Field
Football	Wrestling	Baseball
Girls Volleyball	Cheer/Dance	Girls Soccer
Cheer/Dance		

Junior High Sports

<u>FALL</u>	<u>WINTER</u>	<u>SPRING</u>
Girls/Boys Cross Country	Girls/Boys Basketball	Girls/Boys Track & Field
Football	Wrestling	Baseball
Girls Volleyball	Cheer	
Cheer		

Requirements for Participation

1. The student must have on file a current physical examination issued by a licensed practitioner, (physicals are good for one year) and complete the *ImPACT* baseline test (junior high, freshman, juniors, new students, and those students who were diagnosed with a recent concussion) provided by the school.
2. The student and parent must sign and complete the required *CHSAA* forms found on *ArbiterAthlete* (high school only).
3. The student must have an *ArbiterAthlete* account
4. The student must be academically eligible.

Eligibility

Each student must meet the eligibility requirements as determined by the Del Norte School District.

DNJH ELIGIBILITY POLICY – Eligibility will be reviewed quarterly for 6th, 7th, and 8th grade student-athletes. The student must be passing at least five classes at each predetermined quarterly benchmark to be eligible. If a student is ineligible at the end of a quarter, then they will remain ineligible for the entire following quarter during that academic year.

DNHS ELIGIBILITY POLICY – Eligibility will be reviewed quarterly. The student must be passing at least five classes at each predetermined quarterly benchmark to be eligible. If a student is ineligible at the end of a quarter, then they will remain ineligible for the entire following quarter.

Del Norte Schools Guidelines for Athletics

1. Students must abide by the guidelines presented in the current *Del Norte Jr./Sr. High Student Handbook*.
2. A student is expected to be at all practices and games unless he/she is ill or has arranged ahead of time why he/she will not be able to attend a practice or a game.
3. A student may ride home with his/her parents after an “AWAY” game. A student’s parent/guardian must check their student out with a coach in order to ride home with them. If a student is riding home with someone else’s parents, he/she needs to receive prior approval from the athletic director or principal and provide a note from his/her parents stating the arrangements and granting their permission.
4. If a student quits a sport, (including multi-sport athletes who are playing two sports in a season), it is at the discretion of the athletic director and/or principal as to whether or not they may be allowed to participate in the next sport or the next sport season.
5. Parents/Guardians of student-athletes are expected to follow the 24 hour rule before conferencing with a coach and should always follow the chain of command (Head Coach, Athletic Director, Principal, Superintendent).
6. Absences the day of or prior to an athletic contest will be reviewed by the athletic director and/or building principal and may be excused at their discretion, thus allowing the athlete to participate in the athletic contest.