

# Falcon Ridge Public Charter School



## *Athletic Handbook*

278 S Ten Mile Rd, Kuna, ID 836344

[www.falconridgecharter.org](http://www.falconridgecharter.org)

(208) 922-9228

# *Falcon Ridge Public Charter School*

## *Athletic Handbook*

### *Our Mission*

The mission of Falcon Ridge Public Charter School is developing students who are competent, productive, and responsible by promoting the academic skills and character to succeed in life.”

### *Athletic Teams*

Falcon Ridge is a member of the Western Idaho Conference (WIC) 1A Division and offers the following athletic opportunities for middle School students.

- Middle School Girls Volleyball, Grades 6-8
- Middle School Girls Basketball, Grades 6-8
- Middle School Boys Basketball, Grades 6-8
- Falcon Ridge offers SKI Club outside of the Western Idaho Conference.

### *Eligibility Requirements*

- Students and their families are responsible for completing necessary forms prior to the start of first practice. Forms may be found on the school website under the Sports/Club section.
- Maintain passing grades in all classes and have no more than one "C" in all classes.
- Must complete **Concussion education** prior to first practice.
- Must have appropriate attire including: court shoes/tennis shoes, shorts, knee pads (volleyball), water bottle, and a positive attitude.

### *Code of Conduct*

Falcon Ridge Athletes are expected to:

- Represent the school and its mission. Students will be Competent, Productive, and Responsible.
- Must respect and have a positive attitude towards teammates, coaches, teachers, fellow teammates, opponents, and administrators.
- Be respectful of the person providing transportation to the game.
- Inappropriate language will not be tolerated. This includes coarse jesting, vulgar speech (swearing), and language that is disrespectful in tone. Speech needs to be edifying to those around you. This includes off-campus activities. Violation of this rule will result in immediate dismissal from team, forfeiture of the next sports season, and disciplinary action by the school.
- Failure to uphold the code of conduct can result in immediate dismissal from the team.

- Play the role of “assistant coach” by aiding the coaches as needed. This builds program unity.
- Always give your maximum and strive to get better every day. Hold one another accountable at all times and trust in teammates to do their job.

### *Academic Requirements*

- Students must keep up with their school work and **turn in all assignments in on time.**
- Maintain passing grades in all classes and does not have a grade of "D" in all classes. Grades will be assessed when progress reports are distributed and at each academic quarter. If the athlete has a letter grade of “D”, the athlete will not be eligible to play for the upcoming sport or the sport they are currently participating in. In this case, the student will be given 1 week from the date of notification to bring their grades up to a “C” standard. It is the responsibility of the athlete to check into Family Link regularly.
- NOTE: Students are not eligible to practice during this 1 week period. If the student is successful in bringing up their grades then the student is eligible to play. HOWEVER, due to missing practice, it will be left up to the discretion of the coach to determine **playing time.**

### *Practice Expectations and Game Policy*

Falcon Ridge Athletes are expected to:

- Attend all scheduled practices and let their coach know in advance of any practices that will be missed.
- Show up to practice on time and be ready when practice starts. Dedication is essential for team success and students need to prioritize their schedules accordingly.
- Playing a team sport is a **commitment.** You are expected to be at all practices on time. If you are at school, then you need to be at practice. If you are sick, you may sit out after notifying your coach. You are NOT allowed to participate in games or practices if you are sick for the last ½ of the day.
- Excessive absences or tardies may result in your dismissal from the team.
- A student who participates on an Falcon’s Ridge team should be willing to commit to two-three days a week after school. An excused absence from practice or a game is an absence from school due to sickness or a family emergency. Athletes must notify the coach before the absence.
- Attend a full day of school on the day of a game.
- Be positive and listen when a coach or teammate is speaking.
- Give 100% in practices, games, and teammate relationships. Work as a team.
- Inform the coach immediately of an injury. If an athlete has asthma, they are responsible for having an inhaler available at all times.
- If an athlete misses practice, he or she will sit out during a game for the time determined by the head coach. If an athlete continues to miss practice, a meeting will be set up with coaches, parents and the administrator to determine the player’s level of commitment to the team.

- It is the athlete's responsibility to notify the head coach in advance of any missed practices. If in the event that the head coach cannot be reached, athletes will contact or email the office at [office@falconridgecharter.org](mailto:office@falconridgecharter.org)

### *Game Policy*

- A middle school athlete must have **attended 3 practices** before they can participate in their first game regardless of when they joined the team.
- Falcon Ridge athletes will exhibit the highest level of sportsmanship at all times regardless of the official's call or the outcome of a game.
- Athletes will hustle to the bench or sideline during time-outs and promptly return to the court or field at the conclusion of the time-out.
- If an athlete is not in the game, they are expected to remain focused on the game. Every minute is a learning opportunity. Take this time to listen, observe, and ask questions about the game. At this time your coach will take the opportunity to give you feedback for improvement.
- Falcon Ridge athletes will support their teammates. Mistakes will happen. It is how athletes react to those mistakes that demonstrate what type of player they are. Focus on the next play and improving.
- Be coachable! When a coach gives a suggestion, don't immediately dismiss it: work on implementing the suggestion and ask for help or clarification.
- Athletes will be transported by bus to the athletic event. At the conclusion of the event, parents and/or guardians will sign out their child with the head coach. Parents are expected to be at least 15 minutes prior to the end of the game.

### *Playing Time*

Falcon Ridge is a member of the Western Idaho Conference (WIC) 1A Division. This is a Middle School competitive program. Playing time will be determined by the Head Coach based on the player's attitude and practice attendance.

### *Equipment and Team Uniforms*

- Please help keep our gym, school bus, and other facilities clean.
- For home games the team is responsible for the set up and clean up after the game.
- You are responsible for the equipment and uniforms lent to you from Falcon Ridge. You will be charge a fee of \$50.00 for Uniforms that you don't return to Falcon Ridge.
- Represent Falcon Ridge with proper attire and dress in keeping with coach's expectations.
- Follow any additional team requirements set forth by the head coach.
- Must respectfully use, maintain, and return school uniforms. If any of these items are damaged or not returned immediately following the end of the season, the player will be held responsible.

## *Concussion Education and Protocol*

In accordance with House Bill 632 Section 33-1625, Idaho Code the Idaho High School Activities Association has provided the information below for parents and athletes concerning the Identification and Management Strategies regarding concussions. To comply with the law visit the following online sites.

[Idaho's Concussion Law](#)

[Free Concussion Course for Students and Parents](#) Players must take the course prior to first practice.

All athletes, coaches, and parents must follow the following protocol:

- Athletes must report all injuries to the coach immediately.
- Athletes with suspicion of a concussion will immediately be placed on the WIC's concussion protocol.
- If a player is suspected of having a concussion, the coach will:
  - Remove the athlete from play.
  - Ensure the athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of an injury yourself.
  - Inform the athlete's parents or guardians about the known or possible concussion and give them the fact sheet on concussions.
  - Allow the athlete to return to play only with written permission from an appropriate health care professional.

## *Coach Responsibilities*

A Falcon Ridge Coach is expected to:

- Have a positive attitude towards players, assistant coaches, parents and opponents.
- Represent the school and its mission.
- Remain current on rules, and complete required coaching clinics, trainings, or webinars.
- Adhere to injury and concussion protocols.
- Schedule games and practices prior to the season with the assistant of the Athletic Director. These schedules will be made available to parents and players no later than the start of the season.
- Will promptly end practices as scheduled and will not require athletes to stay after practice or have optional activities before or after practice.
- Will not be pressured or required to produce an undefeated season or play certain athletes.
- Are encouraged to rotate all players into the games in order to provide playing time.
- Coaches will teach proper technique and will try to make the environment as safe as possible. However, there are inherent dangers in all sports; minor injuries occur regularly and major injuries may occur.
- Coaches will have a first aid kit at all times during practices and games.
- Provide weekly updates for the school newsletter during their team's season.
- Coaches must stay at school or game location until all students are picked up by their parent(s).
- Coaches are required to keep records of emergency and contact information at all times in case an emergency occur.

- Coaches are required to ride the bus or follow the bus with athletes to away games.
- Coaches will take attendance at practices and games.

### *Parents' Expectations*

Parents are expected to:

- Be supportive of everyone in the athletic program and work as a team with all coaches and the Athletic Director/Administrator.
- Speak with coaches first to discuss a concern; please speak positively and respectfully.
- Schedule a meeting if there are further concerns beyond the initial meeting with a coach. A meeting can be scheduled with the coach, the parent, and the player. The administrator will be notified of all meetings and be involved at his or her discretion.
- Display the highest level of sportsmanship to coaches, players, opposing teams, and officials.
- Refrain from giving instructions to players during practices or games. Parents should remain in the stands and not leave the stands to communicate with a player or a coach.
- Wait until a team and their coaches have reflected on their performance and recovery before asking to speak with the coach about strategy or game playing time. Contact the coach before practice **the next day** and schedule a meeting if needed.
- In some cases, Falcon Ridge will provide transportation after the game. Please notify the head coach, that you will be taking responsibility for the athlete after the game so that we can account for players.
- Arrive on time to pick up your child after practices or games or have made previous arrangements for pick up.

### *Athletes Pick Up Procedures:*

The following are procedures follow by the coach to ensure that students are safe and in the care of designated adults following practices and games.

- In the event there is a student emergency or issue coaches will contact the Administrator, and if need be, the coach will contact the following staff in the order listed:
  - Assistant Principal: Heather McKenna
- Falcon Ridge students may not be left at school or at games without the supervision of a coach or school staff member. We have established the following policy to ensure that students are safe and parents given opportunities to inform the school of delays.
- Follow the below listed procedures for any student not picked up at the end of practice or a game.
- At the end of practices or games Coaches will facilitate students contacting their parents with an estimated time of arrival at location 10 minutes after practice or game.
- Coach to call parent to confirm pick-up in Gym Foyer and estimated arrival time.
- 15 minutes after practice/game Call Mark Green or above listed administrators if contact with parent has not been made.
- 20 minutes after practice/game Call emergency contact if contact with parent has not been made.

- 1 hour after practice or game Mark Green will call Child Protection Services if no parent or emergency contact has been made. CPS # 208-334-0808 Liability
- Under no circumstances can a staff member or coach take a student home, nor can a staff member or coach bring a student to their home.

I have read the Athlete Handbook and I understand the statements above and agree to do my best to meet the requirements of being a student-athlete.

Student Signature

\_\_\_\_\_

Date

\_\_\_\_\_

I have read the Athlete Handbook and I understand the statements above and understand that my child must meet the requirements of being a student-athlete.

Parent Signature

\_\_\_\_\_

Date

\_\_\_\_\_

**Cut this part and turn in to your Coach before FIRST practice -----**

I have read the Athlete Handbook and I understand the statements above and agree to do my best to meet the requirements of being a student-athlete.

Student Signature

\_\_\_\_\_

Date

\_\_\_\_\_

I have read the Athlete Handbook and I understand the statements above and understand that my child must meet the requirements of being a student-athlete.

Parent Signature

\_\_\_\_\_

Date

\_\_\_\_\_