



**STUDENT-ATHLETE  
HANDBOOK  
2016-2017**

*Trailblazers*

**Chris Fulton  
Director of Athletics**

## **Mission Statement**

Capital Preparatory Magnet School aspires to create a community of life long learners that will provide society with citizens who work toward social justice in a college preparatory environment. Capital Preparatory Magnet School staff will provide an educational environment that creates opportunities for all students to realize and fulfill their social, academic and civic responsibilities. Capital Preparatory Magnet School will develop skills necessary for students to become agents of social change.

CAPITAL PREPARATORY MAGNET SCHOOL  
Dr. Kitsia Hughey Ferguson, Principal  
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Website: [www.capitalprep.org](http://www.capitalprep.org)

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## **INTRODUCTION**

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The Capital Prep Athletic Department would like to extend an invitation to all students to participate in the many interscholastic athletic programs offered.

The material presented in this handbook contains information pertinent to policies, regulations, and rules of Capital Prep, C.I.A.C., and the Constitution State Conference.

The Capital Prep Athletic Department is concerned with the educational development of students and feels that a properly controlled, well-organized sports program will meet the students' need for self-expression, mental alertness and physical growth.

Athletes are selected for Varsity, Junior Varsity, Freshmen, or Middle School teams based on their demonstrated abilities. The numerous programs are designed to accommodate as many students as possible. Unfortunately, deleting or "cutting" athletes from certain programs may become necessary due to various constraints.

Students who choose to participate in athletics are making a choice that requires self-discipline. For this reason, we place a strong emphasis on good training habits. Failure to comply with rules of training could affect an athlete's performance and contribution to the team. Students who do not adhere to these rules will be jeopardizing their participation in the program. They should be aware that involvement in athletics is a *privilege*, not a *right*. Student-Athletes are role models and should constantly remember to exhibit a positive image.

## **PHILOSOPHY**

The Capital Prep Athletic Department's mission is to provide a comprehensive, diverse, wholesome, and dynamic program which is consistent with the basic philosophy of the Hartford School District. As an integral part of a student's total education, Capital Prep Athletics makes a significant contribution to the personal growth and development of those involved.

Capital Prep is extremely proud of the success of its many programs but does not condone a "win at all costs" attitude. The purpose of the program is to ensure a positive experience for those students who choose to participate. It also is a goal to provide all student-athletes with an opportunity to learn the importance of ethical behavior, good sportsmanship, positive values, a realization of their self worth and a healthy lifestyle.

The Capital Prep Athletic Department staff is a professional group that takes great pride in their concern for the welfare of each athlete. They are cognizant of the tremendous influence of their position and strive to instill the highest ideals and character traits in our students.

## **DESCRIPTION OF PROGRAM**

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**Varsity Athletics:** Varsity athletic programs afford opportunities to those athletes who exhibit the greatest skills. These athletes will compete against equally talented athletes from opposing schools. The skills of Varsity athletes will be refined to provide Capital Prep with the best win-loss record possible.

**Junior Varsity Athletics:** Junior Varsity athletic programs offer to those students who do not yet possess the skills required of Varsity athletes an opportunity to participate in a competitive setting. Junior Varsity athletes are in the process of gaining valuable knowledge, skill, and experience required for Varsity competition. Junior Varsity athletes may, on occasion, participate in Varsity contests. Decisions of this nature are based on the evaluation of the athletes' abilities, by the coaching staff, and are not absolute.

**Freshmen Athletics:** Freshmen athletic programs are designed to provide ninth-grade students with the opportunity to participate in an instructional yet competitive setting. These programs will teach basic skills of the sport and afford athletes an opportunity to gain valuable knowledge, skill development, and experience necessary for Junior Varsity competition.

Freshman athletes may participate in junior Varsity or Varsity contest, respectively. Decisions of this nature are based on the evaluation of the athlete's abilities by the coaching staff. These decisions should not be misinterpreted as an absolute move to the next level of competition.

**Middle/Elementary School Athletics:** Middle/Elementary School athletic programs are designed to provide K-8 students with the opportunity to participate in activities which will assist in the development of self-esteem, high ideals, and physical fitness. These programs will teach the basic skills of the sport to students who may choose to pursue these activities in the future. The main objective is to insure that the competition provide is educationally sound without placing an overemphasis on “winning”.

**Note: At all levels of competition, decisions relative to playing time are made by the coaching staff and are not absolute.**

## **ATHLETIC DEPARTMENT POLICIES**

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**Participation:** Athletes may participate in only one sport program in a sport season. Athletes may not transfer team membership to another sport after they have completed tryouts and have been selected as a member of a given team/sport.

**Tryouts:** Student-athletes will be encouraged to try out for various athletic teams. A two to three-day mandatory tryout period will be in effect for each team. Upon reaching the first contest date, as indicated by the C.I.A.C., currently enrolled students will not be allowed to gain membership to any team.

**(Note: HS football and cheerleading tryouts occur during the spring for the preceding school year.)**

**C.I.A.C. Sport Seasons: Fall August 26, 2016-November 24, 2016 (Football August 15, 2016)**

**Winter: December 3, 2016-February 28, 2017**

**Spring March 18, 2017-May 31, 2017**

### **Attendance-School and Class:**

1. Athletes will attend classes regularly and on time. Tardiness and cutting will not be tolerated.
2. Athletes will not use their sport as an excuse to miss class time unless the team is departing early from school. In the case of early dismissal, teachers will be notified by the Director of Athletics and/or Coach.

Any violation of the aforementioned rules may lead to dismissal from the team for the duration of the season or indefinite suspension.

**Attendance – Practice and Games:** Attendance at all practice sessions and/or games (including tournament and vacation periods) for all team members is mandatory. If for some reason you will be absent or tardy for a practice/game, you must speak personally to a member of your team’s coaching staff prior to the absence. Athletes should be aware that high school contests may be scheduled or rescheduled for Saturday’s (Sundays in case of football) and vacations.

**Dress Code:** The Athletic Department expects all student-athletes will maintain a clean, neat, and modest appearance. Shirts, ties, blazers, shoes or school sanctioned attire must be worn at all times including to and from contests. No doorags or jewelry. Any violation of the aforementioned rule may lead to dismissal from the team for the duration of the season or indefinite suspension.

### **ATHLETIC CODE OF CONDUCT**

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The community, school administration, and coaching staff believe high standards of conduct and citizenship are essentials to a sound athletic program.

1. Athletes will conduct themselves as ladies or gentlemen at all times. Remember you a representative of Capital Preparatory Magnet School, your team, coach and family.
2. Athletes will conduct themselves in an exemplary manner in school, the community, and on any campus which their team is visiting.
3. Acts of unacceptable conduct such as, but not limited to theft, vandalism, arrest, or any violation of the law, will result in disciplinary action.
4. Detentions/suspensions from school of any type will not be tolerated.

Any violation of the aforementioned rules may lead to *dismissal from the team or Captaincy for the duration of the season or indefinite suspension.*

## **TEAM CAPTAINS**

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The position of Captain is not just an honor but a privilege. This honor will require the utmost leadership knowing that the captain will be a role model for other team members. Student-athletes begin to the position of Captain when announced by the coach. Failure to comply with rules and regulations of the Athletic Department and Team may lead to dismissal as a captain.

## **FIGHTING PRIOR, DURING, OR AFTER CONTESTS**

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This type of behavior by Capital Prep athletes will not be tolerated for any reason. It does not matter if you are the victim of an unsportsmanlike act, if you are provoked or taunted, if you are verbally or physically abused, or any other set of circumstances.

The relevant question is, did you, the Capital athlete, actively participate in a fight in progress? If the answer is *YES* any part of this question, you, the athlete, will be subject to serious sanctions such as, but not limited to, suspension from school, team, and/or dismissal from the team.

## **MOOD ALTERING CHEMICAL USE – TOBACCO, ALCOHOL, DRUGS (illegal and non-prescription)**

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There will be absolutely no use or possession of any quantity of tobacco (including smokeless), alcohol, illegal/non-prescription drugs (*including steroids*) or drug paraphernalia by a Capital athlete. Any individual who violates this rule (either on or off campus) will be subject to disciplinary action.

Any violation of the aforementioned rules may lead to *dismissal from the team for the duration of the season or indefinite suspension.*

**Please refer to the Capital Prep High School Handbook regarding violations of the drug and alcohol policy.**

## **TRAVEL**

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All athletes must travel to and from athletic contests in transportation provided by the Athletic Department.

1. Athletes will remain with their team and under the supervision of the coach.
2. Athletes who miss the bus will not be allowed to participate in any contest unless there are extenuating circumstances and with the coach's approval.
3. Parents will not transport unless written request are submitted to the Director of Athletics at least 24 hours prior to the contest for approval. **NO EXCEPTIONS!**
4. When transportation is not provide to off-campus home venues. Athletes may not transport other student – athletes to any contests or practice sessions.



**C.I.A.C. / CAPITAL ELIGIBILITY RULES: To be eligible to participate**

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**GRADE AVERAGE: CIAC ELIGIBILITY RULE I.A.**

1. You must be enrolled in at least (5) classes/units\* of work or the equivalent. \* A unit of work is defined as a course which meets five (5) times per week for credit.
2. You must have *passed at least four (4) units* or the equivalents at the last regular marking period with the exception of Fall eligibility (Rule I.A). Incomplete (inc.) grades *are not* considered to be passing grades.
3. *Marking period grades (not semester grades) are to be used in determining scholastic edibility.*
4. For fall sports eligibility, a student must be a continuing student (eighth to ninth grade) or have received credit for four (4) units or its equivalent towards graduation at the conclusion of the school year preceding the contest

**AGE RESTRICTIONS: CIAC Eligibility Rule II.B**

5. You must not be more than 19 years of age before July 1<sup>st</sup> of this school year.

**TRANSFER RULE: CIAC Eligibility Rule II.C**

6. You must not have changed schools without a change of legal residence (See complete CIAC rule for exceptions.).

**YEARS OF PARTICIPATION: CIAC Eligibility Rule II.B.**

7. You must not have played the same sport for more than three (3) seasons in grades 10, 11, and 12  
*(Class of 2010 will have had only 8 semesters of eligibility)*

**OUTSIDE PARTICIPATION: CIAC Eligibility Rule II.E**

8. You **must not play or practice with an outside team** in the same sport while a member of the school team during CIAC season of that sport. (Grade 9 through 12).

The expectation of CIAC Eligibility Rule II.E shall be:

- a. Participation in parent-child and caddy tournaments, and
- b. Swimming, tennis, gymnastics – a pupil may practice but not compete with a non-C.I.A.C. team during the season.

**FALSE IDENTIFICATION: CIAC Eligibility Rule II.F.**

9. You must not play under an assumed name on an outside team

**ECONOMIC GAIN: CIAC Eligibility Rule II.F.**

10. You must not have received personal economic gain for participation in any C.I.A.C. sport.

## **C.I.A.C. / C.S.C. EJECTION POLICY**

If a player is ejected from a varsity, junior, varsity, or freshman, league or nonleague contest, he/she will be suspended for a *minimum* period of one contest at that level of play and all contests at that level of play and all contests at any level played interim.

### **“CAPTAIN’S PRACTICE”**

The C.I.A.C. and the Hartford School District *do not* in any way sanction or condone “Captain’s Practice” in *any sport*. “Captain’s Practice” may be a clear violation of C.I.A.C. Eligibility Rule II. D, and, therefore, is not permitted on any Hartford School District facility.

***C.I.A.C. RULES MAY BE OBTAINED FROM THE  
CIAC WEB SITE: [WWW.CASCIAC.ORG](http://WWW.CASCIAC.ORG) OR FROM THE  
AMITY REGINAL SCHOOL DISTICT ATHETIC DEPARTMENT***

## **HAZING / INTITATIONS AND BULLYING**

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Hazing, initiations, or bullying of student-athletes by other team members ***are not acceptable***, and any practice of this type of behavior ***will not be tolerated***. Actions (such as but not limited to taunting, teasing, bullying, and harassment) of this type is illegal, and those involved may be subject to police action as well as dismissal and/or suspension from the participation in any athletic program.

**ATHLETIC DEPARTMENT INFORMATION**

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**PERMISSION FORM**

All candidates and their parent/guardians must complete the online Athletic Registration at: <https://capitalpretrailblazers-ct.e-ppe.com/index.jspa> which will give us the following required documents: Consent to participate in Athletics, Medical Data Sheet, Concussion and Head Injury Awareness and Consent, Sudden Cardiac Arrest Awareness.

**PHYSICAL AND PRE-PARTICIPATION EXAMINATIONS**

1. The district requires that all high school athletes have physicals every 13 months for participation in a sport.
2. Prior to the first tryout/ practice session, all candidates for athletic teams are *required* to be examined their family physician, a walk-in clinic physician, or the second physician.
3. Completed physical examination forms (or copies of) must be on file in the Health Office of the high school or middle school prior to the first tryout/practice session.
4. The physical examination is valid for 365 days and must cover all athletes for the *entire sport season (including tryout period)* as specified by the CIAC.
5. Should the physical examination *expire during the course of the sport season, the athlete will be required to be examined prior to the start of that sport season (including tryout period)*
6. *Physicals must be dated after:* Oct. 3, 2015—Fall Sports; March 1, 2015—Winter sports; May 1, 2015—Spring Sports

**PERFORMANCE ENHANCERS**

The Capital Prep Athletic Department in no way endorses the use of “Creatine” or any other ergogenic aid. It is our position that student-athletes who wish to use these types of performance enhancing products should make that decision with their parents and family physician.

**INJURIES & ACCIDENT FORMS**

All injuries sustained by an athletic team member are to be reported *immediately* to the coach or advisor in charge. This is the responsibility of the student. The second responsibility of the student is to report the injury to the Athletic Trainer and to complete an Accident Report Form.

Athletes with an illness / injury sustained in an athletic event, physical education class, or other activity, that requires a visit to a doctor, hospital, or primary care facility **must receive written clearance by a physician in order to return to participation** in Capital Athletic activities. Students should, when necessary, seek care from their family physician, a specialist or the school physician.

## **INSURANCE COVERAGE**

A plan of *Excess Insurance* covering interscholastic sports provides that valid claims for injuries received as a result of participating in interscholastic athletics will be paid on an *Excess Insurance Policy* will cover bills *after* a parent/guardian's health insurance has first applied.

The Harford School District covers only those *debts up to the limits* set forth in the *Excess* policy.

When an interscholastic sports injury occurs, obtain a claim form from the School Nurse; complete and submit the form with any bills showing credit received from your insurance company. No insurance forms will be provided unless an Accident Report is on file with the health office. Claims should be filled with 30 days and sent to: School Nurse Athletic Director.

## **UNIFORMS AND EQUIPMENT**

Uniforms and equipment are on a *loan basis* and are to be worn *only* when authorized by the coach. Only uniforms issued by the Athletic Department will be permitted to be worn for contests. All uniforms and/or equipment are the responsibility of the athletes during the season and must be returned at the conclusion of the season. If *lost or stolen*, the replacement cost of the uniform/equipment will be assessed to the student.

## **ATHLETIC DEPARTMENT LOCKERS & LOCKER ROOMS**

During the season, student athletes should store and lock all valuables, clothing and equipment in a locker in their respective school locker rooms. Capital Prep will *not* be responsible for any lost or stolen property which is stored improperly.

## **DISCIPLINE**

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### **SUSPENSION OR DISMISSAL FROM A TEAM**

At the beginning of each session, students will be informed by the coach of the types of behavior which may warrant suspension or removal from the team. Each case will be considered individually.

Parents, the Director of Athletics, and Building Principals will be notified by telephone as soon as possible after a student has been suspended or permanently removed from the team.

### **ADDITIONAL TEAM/SPORT REGULATIONS**

Coaches may have additional regulations pertaining to their sport. These regulations will be discussed at the beginning of each season.

## **PROCEDURE FOR CONTACTING ATHLETIC DEPARTMENT PERSONAL**

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1. Afford your son or daughter the opportunity to discuss the issue with their coach. Many times these types of meetings may resolve an issue or concern.
2. If your son or daughter's meeting with the coach did not resolve the issue, then call to set up appointment to meet with the coach. The Capital Prep Athletic Department Office telephone number is 695-9888.
3. If the coach cannot be reached, call the Director of Athletics, and a meeting will be set up for you.
4. **Please do not confront a coach before or after a contest or practice,** These can be emotional times for everyone involved. Meetings of this nature do not promote resolution.
5. If the meeting with the coach did not provide a satisfactory resolution, call and set up an appointment to meet with the Director of Athletics to discuss the situation.
6. If the meeting with the Director of Athletics did not provide a satisfactory resolution, call and set up an appointment to meet with the building Principal to discuss the situation.
7. If your meeting with the building Principal did not provide a satisfactory resolution, submit in writing, a detailed description of your issue or concern to the Superintendent of Schools in care of the Hartford Public Schools, 950 Main Street, Hartford CT 06103

## **HIGH SCHOOL ATHLETIC AWARDS REQUIREMENTS**

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1. Varsity Letter Requirements: The varsity award shall be presented to an athlete who satisfies the participation requirements as list below, completes the season as a team member in good standing, and receives the recommendation of the coach. (The coach may recommend a waiver of these requirements under an unusual circumstance.)
  - A. Baseball/Softball: 1) play in one-fourth of all innings played;  
2) Pinch hit or pinch run in three-fourths of the games played; and  
3) Pitch in four starts or six game appearances.
  - B. Boy's and Girl's Basketball: participate in 50% of the quarters the contest played.
  - C. Cheerleading: meet 90% of contest and practice requirements.
  - D. Boys' and Girls' Cross Country: score a point in a Varsity meet by placing in top 5 runners or placing 6<sup>th</sup> or 7<sup>th</sup> and ahead of the #5 runner of an opponent.
  - E. Field Hockey: participate in 50% of games played.
  - F. Football: participation in 50% of games played and/or play a specialist position, e.g., punter, kick-off team, return team, punt team.
  - G. Golf: participate in the varsity team in at least 50% percent of the matches.

- H. Boys' and Girls' Indoor Track: qualify for state competition.
- I. Boys' and Girls' Lacrosse: participate in 50% of periods played.
- J. Boys' and Girls' Soccer: participate in 50% of periods played.
- K. Boys' and Girls' Tennis: 1) earn as many points as there are matches 2) one point for playing and one additional point for winning.
- L. Boys' and Girls' Track: qualify for the Varsity level conferences championship.
- M. Boys' and Girls' Volleyball: participation in 50% of games played.
- N. Wrestling: participation in 50% of matches or earn 50 wrestling match points.
2. The season is defined as the period between the dates officially designated by the C.I.A.C. as the beginning of the season for that sport and the close of the post season C.I.A.C. tournaments.
  3. A coach will have the prerogative to award varsity status to a senior who has not met the seasonal requirements.
  4. Injury Rule: any athlete who is Varsity starter or plays in Varsity contest on a regular basis and becomes injured may be awarded a letter if in the coaches' requirements.
  5. Junior Varsity and Freshmen awards will be given on the recommendation of the coach to those athletes who complete the sport season in good standing.

## **AWARDS**

**COACHES AWARD:** This is equivalent to the MVP Award. Coaches should take into account statistical information as well as character and leadership qualities.

**TRAILBLAZER AWARD:** Presented to the athlete for outstanding contributions to the team related to leadership, character, dedication, sportsmanship, and other intangible qualities you, as a coach, deem necessary. Statistics should play a minor role in the selection

**SPIRIT AWARD:** Presented to the athlete who has improved the most over the course of the season. This can include academic, social and athletic progress.

**LEGACY AWARD:** Presented to the athlete who has lettered in a varsity sport all 12 seasons they have been at Capital Prep.

## NCAA ELIGIBITLY

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To be eligible to play college sports at the Division I and II level, prospective students' athletes must:

- ❑ Complete and sign a NCAA clearinghouse student release form and mail white copy and fee to NCAA clearinghouse.
- ❑ Give the yellow and pink copies of the clearinghouse form to your *guidance counselor* to forward.
- ❑ Have an official transcript mailed from any other high school attended.
- ❑ Have S.A.T. scores sent to the NCAA clearinghouse.

To be certified by the NCAA clearinghouse, a student must:

- ❑ Graduate from high school;
- ❑ Earn a grade point at least 2.0 a 4.0 scale in a core curriculum of at least 16 academic core course during grades 9 through 12
- ❑ **Division I prospects** must earn a minimum sum score of at least 1010 on the S.A.T. with a GPA of 2.0
- ❑ **Division II prospects** must earn a minimum sum score of at least 820 on the S.A.T. with a GPA of 2.0

**Note: for additional NCAA information please check the following websites [www.ncaa.org](http://www.ncaa.org) and [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net) (guide for the college bound athlete link)**

## SPECTATOR EXPECTATIONS

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1. Respect decisions made by contest officials.
2. Refrain from taunting, booing, heckling, and the use of profanity in any manner.
3. Site in the designated area assigned to each school.
4. Leaving a contest prior to its conclusion, with expectations of returning, is not permitted.
5. Admission to this contest is not a license to verbally assault others or to be offensive.
6. The use of alcoholic beverages, drugs, and tobacco products are prohibited from any Capital Prep Campus.
7. Respect athletes, coaches, and fans.
8. **Be a fan...not a fanatic.**

**Nondiscrimination/Equal Employment/Equal Education Opportunity**

In compliance with regulations of the Office of Civil Rights and with Equal Opportunity practices as determined by state and federal legislation, the Amity Board of Education, as a matter of policy, does not knowingly condone discrimination in employment, assignment, program or services, on the basis of race, gender, color, religion, national origin, age, sexual orientation, disability, or related abilities to perform the duties of the position.

The right of a student to participate fully in classroom instruction and extracurricular activities shall not be abridged or impaired because of race, gender, color, religion, national origin, age, sexual orientation, pregnancy, parenthood, marriage, or for any other reason not related to his/her individual capabilities.

**Sexual Harassment**

The Board Of Education prohibits sexual harassment or intimidation of its students and employees.

Any student or employee who believes he or she has been the subject of discrimination/sexual harassment should contact the district's Equity/Title IX Coordinator or an administrator.



# *Capital Preparatory Magnet School*

## **SPORTS PROGRAM**

### **Varsity Boys' Sports**

#### **Fall**

Cross Country  
Football  
Crew

#### **Winter**

Basketball  
Indoor Track

#### **Spring**

Track & Field  
Golf  
Baseball

### **Varsity Girls' Sports**

#### **Fall**

Soccer  
Cheerleading  
Cross Country  
Volleyball  
Crew

#### **Winter**

Basketball  
Indoor Track  
Cheerleading

#### **Spring**

Track & Field  
Softball

**Middle School Athletics**

**Fall**  
Cross Country

**Winter**  
Basketball  
Indoor Track  
Cheerleading

**Spring**  
Track & Field  
Softball  
Baseball  
Lacrosse (B/G)

**Elementary School Athletics**

**Fall**  
Football

**Winter**  
Basketball  
Cheerleading

**Spring**  
Track & Field



**Capital Preparatory Magnet School  
Sports Education Daily Warning**

Student-Athlete Name: \_\_\_\_\_ Date: \_\_\_\_\_

Sport Activity: \_\_\_\_\_

Assessing Coach: \_\_\_\_\_

The aforementioned Capital Preparatory Magnet Upper School student has received a *Sports Education Daily Warning* on the stated day for the following reason(s):

- \_\_\_ Student-athlete did not attend or came to practice excessively late (more than 10 minutes).
- \_\_\_ Student-athlete was not dressed for practice and/or did not bring the necessary equipment to participate.
- \_\_\_ Student-athlete consistently demonstrated rude and/or disrespectful behavior.
- \_\_\_ Student-athlete did not demonstrate appropriate effort to complete minimal performance tasks required for successful participation in daily session.

Additional Assessing Coach Comments:

I understand my student-athlete did not meet the minimum requirements for successful completion of practice on the above date. I am also aware two (2) non-attendance *Daily Warnings* can/will be counted as an unexcused absence.

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

\*Student-athlete may not participate in any Sport Activity until this form is returned to the Assessing Coach.

## **Excusing of Student-Athletes from Capital Preparatory Magnet School Team Credit**

Capital Preparatory Magnet Upper School students receive educational credits for successfully meeting the minimum requirements for participation in an after-school extra-curricular activity during Capital's 'extended day'.

To meet minimal requirements student-athletes must:

1. Attend and participate in daily sport-specific sessions for a minimum of two (2) hours five (5) days a week. (Actual time requirements will depend on individual activities)
2. Provide a doctor's note for all absences. All other absences will be considered unexcused. A student-athlete may have five (5) unexcused absences before they fail the class and forfeit credit. Three tardies may result in an unexcused absence. Students are allowed to attend Academic Center with prior permission from coaches.
3. Participate in daily sessions designed to improve sport-specific skills, becoming efficient and purposeful movers.
4. Demonstrate good sportsmanship while practicing and competing sport-specific activity.
5. Return signed *Daily Warnings* to the Assessing Coach before returning to the next sport-specific team meeting. Student-athletes must return form before participating in activities. Coaches will provide a copy of *Warning* for the Athletic Director the morning following the incident.
6. Maintain a 70% mean grade in the four academic subjects: Mathematics, English, Social Studies and Science, starting the second week of practice. Student-athletes must follow the "C Rule" requirements as listed below:

### **The Capital Preparatory Magnet School 'C Rule'**

1. A student who has earned a grade average less than 70.0% in the four *core* subjects (English, Science, Social Sciences and Mathematics) on Monday of a given week will be put on the "Step One List". This student-athlete will:
  - a. Be placed on an "Academic Probation List".
  - b. Improve their grade average to greater than 70.0% by the following Monday, to be removed from the 'Probation List'
2. A student who continues to have a grade average less than 70.0% for a second consecutive week will be put on the "Step One List". These students will:
  - a. Attend an academic study hall every school day of the following week with the sole purpose of completing and revising work to improve their grades. A study hall for students on the "Step One List" will be held with staff after school with a Capital Preparatory staff member. Daily attendance is mandatory and failure to attend study hall will result in an unexcused absence.
  - b. Improve their grade average to greater than 70.0% by the following Monday, to be removed from 'List'.

3. If a student's average is less than the required percentage for a third consecutive week, they will remain on the "Step One List". This student will follow all protocol as outlined above.
  4. A student who continues to have a grade average less than 70.0% for a fourth consecutive week will be put on the "Step Two List". These student athletes will:
    - a. Not be able to participate in any team functions. These student athletes will not attend practice or meets.
    - b. Attend academic enrichment AND Academic Center every day of the week with the sole purpose of completing and revising work to improve their grades. Failure to attend a day enrichment and/or Academic Center will result in an unexcused absence.
    - c. Improve the offending grade average to greater than 70.0% by the following Monday.
  5. A student who continues to have a grade average less than 70.0% for a fifth consecutive week will be dismissed from the team. The coach may allow this student to continue participating at "Step One" status if exceptional academic progress has been made during this time.
  6. "Step One" athletes may attend and participate in meets and may be excused from study hall if it is necessary for the team to leave before seminar.
  7. A student on a "Step" list may be re-instated with full team privileges if a grade is changed due to teacher's correction. The student must meet all requirements of "Step" until a coach removes their name from list.
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8. \* A graduating senior must complete the obligation to their athletic team until the conclusion of league or post season play. Failure to complete the season in its entirety will lead to failure of sport and loss of athletic credit.
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### **Athlete and Parent Sign-Off**

I have read and understand the **Excusing of Student-Athletes from Capital Preparatory Magnet School Team Credit** document and understand how it pertains to an athlete's involvement on the Capital Preparatory Magnet School sports teams.

I also understand it is the sole responsibility of the parent/guardian and student-athlete to monitor an individual's behavior, attendance, grades and "Step" status.

Student/Athlete \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

Printed Name: \_\_\_\_\_ Contact information: \_\_\_\_\_

