



## **2018-2019 MIDDLE & HIGH SCHOOL STUDENT-ATHLETE & PARENT EXPECTATIONS CONTRACT**

### **GIRLS ATHLETIC LEADERSHIP SCHOOLS**

Athletic Director

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Representing yourself and GALS as a student-athlete is an earned privilege and an incredible opportunity, not a right. We hold a high expectation for all of our student-athletes to be a student first, athlete second. Students are expected to be leaders in and out of the classroom, as well as be accountable and fulfill all expectations and obligations involved around school, sports and other school activities in order to participate and compete for GALS.

#### **GALS MIDDLE SCHOOL ATHLETICS OFFERED:**

##### **Fall**

\* Cross Country  
\* Volleyball

##### **Winter**

\*Basketball

##### **Spring**

\*Soccer  
\* Lacrosse

##### **All Year**

\* Spirit (Cheer/Dance)  
(if there is enough interest)

#### **GALS HIGH SCHOOL ATHLETICS OFFERED: (Varsity Level)**

##### **Fall**

\* Volleyball

##### **Winter**

\*Basketball

##### **Spring**

\* Soccer

##### **All Year**

\* Thunder Roars

#### **INFORMATION/RESOURCES**

All information and resources regarding GALS Athletics (schedules, logistics, forms, payment, etc.) can be accessed through the "GALS Denver" App or on the GALS Website!

\*\*\* The primary form of communication will be through the GALS Denver app and also through e-mails. It is strongly encouraged to check your phone/e-mails frequently for updates and reminders.

#### **ELIGIBILITY**

**In order to be eligible to participate in a sport or activity at GALS, all student-athletes must be in good academic standing, be up to date on all coursework, as well as uphold good behavior.**

Eligibility of all GALS student-athletes will be checked WEEKLY - **ON EVERY THURSDAY** through an academic tracker by the Athletic Director.

- Every Wednesday, teachers will submit whether a student-athlete is ELIGIBLE (can continue to participate) or INELIGIBLE (cannot participate) based on grades and the status of assignments turned in. The Dean of Students will also be tracking behavioral referrals and detentions of student-athletes.

- The AD will then communicate who is ineligible to the coaching staff at practice on Thursday afternoons, and the coach will then inform the student-athlete after practice.
- The AD will also send out an email informing the parents/guardians.
  - The student-athlete will be able to participate for the remaining week (Thursday, Friday, and Saturday) with the 1<sup>st</sup> day of ineligibility starting the following Monday-Saturday

**If a student-athlete is deemed ineligible, they are either failing more than 1 class, received a behavioral referral, or received 2 detentions, from two different teachers, in the one week check period.**

➤ **Middle School Requirements:**

- **Must not be failing more than 1 class.**
  - **Failing is having under a 2.5 in Habits & Classwork/Homework**
  - **Failing is having under a 2.5 in the overall Movement Class grade**

➤ **High School Requirements:**

- **Must not be failing more than 1 class.**
  - **Must have above a 2.0 in overall grade to not fail class.**
    - **Movement class is included within the 2.0 grade requirement.**

- If a student-athlete is considered INELIGIBLE, they will not be allowed to participate in game competition for a full week. During the 1 week of ineligibility, if the student-athlete becomes in good academic standing and is deemed eligible, they must still serve the 1 week of ineligibility.
- If ineligible, the student-athlete may attend and participate in practices, as well as attend games to support the team, but the student-athlete may not dress in uniform for the game.
  - It is encouraged that the student-athlete use their time instead to focus on their academics until they are in good academic standing.
- **It is the responsibility of the student-athlete to communicate and work directly with the TEACHER(S) to get back into good academic standing!**

Please Note:

- Grades will not be checked until the 4<sup>th</sup> week of each quarter to allow for multiple class grades to be entered.
- **\*\*\* Students with 504 or IEPs will be held to the same standards of eligibility since provided the necessary support needed\*\*\***
- If a teacher mandates a tutoring session for a student-athlete for any reasons (eligible or ineligible), the student-athlete must attend the tutoring session or make alternate arrangements with that teacher. It will be the responsibility of the student-athlete to communicate this to the coach ahead of time. Academic responsibilities will always take priority over athletics and will never count against a student-athlete if this is needed/required by the student or the teacher.

**IN or OUT of SCHOOL SUSPENSION**

- **IN SCHOOL SUSPENSION (ISS)** – some cases could warrant immediate removal from the team.

- If a student-athlete is not removed from the team, a re-entrance to the team after an ISS is contingent of successfully completing the Restorative Justice deemed by the Dean of Students.
  - If a student-athlete is removed from the team, a Restorative Justice process will happen and further action will be determined on a case by case basis.
- **OUT OF SCHOOL SUSPENSION (OSS)** will warrant an immediate removal from the team.
- A Restorative Justice process will happen and further action will be determined on a case by case basis.

**\*\*\* GALS is an alcohol free, tobacco free, and drug free environment. Any student under the influence or appears to be under the influence will be kicked off the team immediately. No exceptions!**

### **ATTENDANCE/PARTICIPATION**

- Student-athletes are expected to attend all practices and games/meets unless for academic obligations.
- Attendance at practices is required to earn playing time for games/meets and is non-negotiable.
- If a student-athlete misses practice the day before a game, their playing time will be impacted which will be decided by the coach on a case-by-case scenario (depending if absence is excused or unexcused).
- Student-athletes are not allowed to participate in any Home/Away games or meets if they are away from school on the day of a game for any reason unless approval is given ahead of time.

### **PRACTICE**

The season is fairly short and as a result we are limited to the amount of practices we can have. With that said, attendance at practice is crucial to the team's success. All practices are mandatory.

- Two (2) unexcused absences from practices/games will result in suspension from the team.
- If a student needs to miss a practice/game, a coach needs to be given notice BEFOREHAND for it to be excused. If there is no prior communication, the missed practice/game will be deemed unexcused.

### **Weather:**

- For outdoor athletics - If weather becomes an issue on a practice day, the team will practice inside the school. If weather becomes an issue on a game day, a decision will be made by 2pm and an email will be sent out with the plan for that day and the rest of the week.

### **Other Notes for Practice:**

- Be on time, give 100% effort, have a positive attitude and give respect to all coaching staff and teammates at ALL times.
- Assist with the set up and breakdown of all equipment, as well as help with cleaning up of the gym on a daily basis. Help leave the gym better and cleaner than how you got it.
- No cell phone use is allowed during practice and games/meets unless it is for an emergency or the coach gives permission.
- No jewelry allowed during practices or games/meets. This means all piercings. Tape over piercings will not be allowed.

**\*\*\* PLEASE PICK YOUR STUDENT UP ON TIME OR MAKE OTHER ARRANGEMENTS!!!**  
**This is really important as our coaching staff cannot leave until every student-athlete is picked up. PLEASE HELP US WITH THIS!**

### **GAME DAY**

- All student-athletes are allowed to wear their game jersey to school on the day of a game/meet.
- Student-athletes must be in attendance for the full day to participate in the game after school
- Student-athletes should have a water bottle and snacks/food for the afterschool game/meet.
- For traveling to away games/meets, the team will either travel in the GALS van, with a coach, or possibly with a parent. With that said, we will need parents to help drive. After away games/meets, if a student's parent/guardian is present, the student can ride home with the guardian, but only if they check out with the coach before leaving. All other students will ride back to GALS where parents/guardians can pick them up (on time!).

### **PLAYING TIME**

- We are a competitive team and program, playing against competitive opponents. **All players will have opportunities to play, but playing time will not be equal.** Playing time will be completely determined by the coaches and earned by the student-athletes based on effort in practice, ability level, and attitude. There will be no discussion over playing time, as playing time is non-negotiable. There can be a discussion on HOW to possibly earn more playing time, but never on the day of a game.
- We ask that parents respect the decisions of the coaches at all times. If a parent would like to speak about how their student-athlete can earn playing time, please schedule a meeting on a non-game day. Please see the below information on the appropriate order of communication.

### **ORDER OF COMMUNICATION**

In order to ensure consistent communication among all student-athletes, coaches, families, and school leaders, the following order of communication has been established to help resolve any issues that may come up during the season.

All concerns, questions, and challenges can be discussed in a meeting on a non-game/meet day following the order below, as long as the student-athlete is present as well.

- 1. Player/Parent** meets with the Coach (Coach informs Athletic Director).
- 2. Player/Parent/Coach** will meet with the Athletic Director (AD informs Head of School).
- 3. Player/Parent/Coach/AD** will meet with the Head of School, if the issue is not resolved after steps 1 and 2.

### **QUITTING PROTOCOL**

The sudden absence of a student-athlete on a team, impacts not only the remaining players on the team and the coaching staff, but it is also not fair to the large amount of students who tried out for the team and did not make it. Earning a spot on a team is a huge commitment and opportunity that not every student gets, and is one that many students wish they could have.

In an attempt to provide fair opportunities to all of our students, we must have this protocol and consequences around quitting. If your student is having difficulty, please communicate with the coaching staff and athletic director IMMEDIATELY, so we can all work together to help find a solution and provide necessary support without it impacting so many people.

If a student-athlete quits during the season, they will meet with the Athletic Director, the Coach and the Dean of School to explain the reasoning. There will be an opportunity for the student-athlete to explain this to the team, as well as provide support to the team through a restorative action decided with the help of the Athletic Director and Dean of School in an attempt to help alleviate any distraction to the team from the student's sudden absence.

### **PARENT EXPECTATION - POSITIVE SUPPORT**

- Positively support and cheer on all student-athletes, team, and coaching staff at all times. Encouragement is all we will accept here at GALS. Negativity towards any players will not be tolerated and any communication with referees will not be accepted.
- Negative verbal and nonverbal language will NOT be tolerated. We will be respectful to all opposing teams, officials, fans, coaches and those apart of the GALS community.

### **EQUIPMENT/GAME UNIFORMS**

- All sport equipment must be treated with respect and care.
- All game uniforms are property of GALS.
  - **Please wash in cold water and hang dry to prevent bleeding/ruining game jerseys and shorts!**
- Game uniforms will be given to each student-athlete with the expectation of all game uniforms being returned at the end of the season to the Athletic Director. All game attire must be taken care of – washed/cleaned and with no stains! If game uniforms are lost or damaged, there will be a fee of \$50 to replace the uniform charged to the parent/guardian.
- All student-athletes need to wear running/athletic/sport shoes to participate in their sport.

### **SPORT SPECIFIC GEAR & INFORMATION to go along with GAME ISSUED UNIFORMS:**

*\*\*If there is any need in assistance in obtaining any additional items, let your Coach and Athletic Director know\*\**

GALS sport specific game/meet uniforms will be given out and MUST be turned in after the season clean & undamaged. Some sports will require personal black shorts to go along with uniforms.

\*\*\* Along with the GALS Uniforms, the following items must be worn to participate in games/meets:

#### **Cross Country**

- Please make sure you have supportive and comfortable running shoes.
- For meets – all student-athletes must wear BLACK shorts with their game shirt. The shorts must be plain and no school names, logos, etc. on it.

### **Volleyball (MS and HS)**

- Kneepads are necessary.
- For games – all student-athletes must wear BLACK shorts with their game jersey. The shorts must be plain and no school names, logos, etc. on it. The shorts can be spandex or running/athletic shorts.

### **Basketball (MS and HS)**

- Basketball shoes are required for all practices and games.

### **Soccer**

- Cleats & shin guards are required to wear for all practices and games.

### **Lacrosse**

- Cleats, shin guards and mouth guard are required to wear for all practices and games.
- For games – all student-athletes must wear BLACK shorts with their game jersey. The shorts must be plain and no school names, logos, etc. on it.

### **Cheer**

- Athletic shoes are necessary.
- For games – all student-athletes must wear BLACK shorts with their squad shirt. The shorts must be plain and no school names, logos, etc. on it.

### **Thunder Roars**

- For performances - Black slacks and black shoes are necessary for performances! If you need assistance in obtaining these, please let your coach know.

## **MIDDLE SCHOOL – PRACTICE SCHEDULE & LEAGUE INFO**

### ***PRACTICE SCHEDULE***

#### CROSS COUNTRY:

During morning movement from 8-8:44am (on Mondays, Tuesdays, Thursdays, Fridays) AND After School from 4:15-5:15pm (Tuesdays & Thursdays ONLY) unless there are meets. There will be no practices or games on Wednesdays.

#### VOLLEYBALL/BASKETBALL/SOCCER/LACROSSE:

After School from 4:15-5:45pm (Mondays, Tuesdays, Thursdays, Fridays – unless there are games. There will be no practices or games on Wednesdays.

### ***LEAGUE***

#### DSST LEAGUE:

- All Middle School Sports (with exception of Lacrosse) will compete against schools within the DSST League.
- List of Schools include:
  - GALS, KIPP, DSST Byers/Henry/College View/Conservatory Green/Green Valley Ranch/Cole/Noel

### ***GAME SCHEDULE***

Please check the GALS Denver App, the website and e-mail for all schedules & logistics.

## **HIGH SCHOOL PRACTICE SCHEDULE & LEAGUE INFO**

### ***PRACTICE SCHEDULE***

#### **VOLLEYBALL/BASKETBALL:**

After school from 5-7:00pm unless there are games or the Middle School is playing away at another location and the team could then practice immediately after school \*\*\*(See schedule for details).

- There will be a team study hall or sport psychology class offered before practices from 4:15-5:00pm, while the Middle School Volleyball/Basketball Team practices (when applicable, see schedule).

### ***LEAGUE***

GALS is not in a league yet, but are in the process of applying for CHSAA (Colorado High School Activities Association) and will be following all rules stated by CHSAA.

- If you have questions about the rules of CHSAA, please contact the Athletic Director.

Games will be scheduled against other CHSAA and non-CHSAA schools and we will compete at a Varsity level.

### ***GAME SCHEDULE***

Please check the GALS Denver App, the website and e-mail for all schedules & logistics.

### **3 REQUIREMENTS for EVERY Student-Athlete before participation in the 1<sup>st</sup> Game:**

- 1) Athletic/Activity Fee is paid or monthly payments have been arranged and 1<sup>st</sup> payment received.
  - a. There is an Athletic Fee of \$125 (per sport). This fee helps provide assistance for team equipment, game day/meet fees, league fees, coaches' pay, uniform upkeep, game officials, transportation, etc.
  - b. Payments can be made through our front office.
  - c. GALS also offers scholarships for those who qualify.
    - i. (Please see the Athletic Director – Kylie Shields, with questions regarding the Athletic Fee and/or scholarship needs.)
- 2) Proof of Physical has been signed by your Doctor and turned In
  - a. All Student-Athletes MUST have a Doctor's permission & clearance to participate in Athletics. If your student-athlete is a multiple sport athlete, only one physical form is needed to cover all sports.
- 3) The Liability Waiver has been signed.

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Thank you in advance for your support in providing our student-athletes an opportunity to not only play sports or be involved in a school activity, but also encouraging them in taking ownership of the expectations and responsibilities that go along with it!

If you have any questions, please contact the Athletic Director,  
Kylie Shields at: [Kylie.Shields@galsdenver.org](mailto:Kylie.Shields@galsdenver.org)

