

Sedona Red Rock Jr. Sr. High School
Student-Athlete Handbook
2025-2026



Arizona Interscholastic Association, Inc.

Introduction

This handbook is designed as a guide for student athletes and parents who are connected with the Sedona Red Rock Athletic Department. Athletic programs make a significant contribution to the total education of the students on this campus. The content in this handbook will assist in the direction of these athletic programs, in the classification of policies and practices, and ultimately, in the improvement of Sedona Red Rock Athletics. Students at Sedona Red Rock Jr. Sr. High School have the opportunity to qualify for participation in the following Arizona Interscholastic Association (AIA) approved sports:

| <u>Fall</u> | <u>Winter</u> | <u>Spring</u> |
|--|-------------------------------------|--------------------------------|
| Cheer (HS only) | Basketball (Boys & Girls JH and HS) | Baseball (JH and HS) |
| Flag Football (JH only) | Cheer (HS only) | Softball (JH and HS) |
| Swimming (Boys and Girls HS only) | | Golf (HS only) |
| Volleyball (Girls JH and HS) | | Tennis (Boys & Girls HS only) |
| Cross Country (Boys and Girls JH and HS) | | Track (Boys & Girls JH and HS) |
| Soccer (Boys and Girls HS only) | | Co-Ed Soccer (JH only) |
| Football (HS only) | | |

Athletics are an important part of the total junior and high school experience in such things as Hard Work, Commitment, Sportsmanship, and Servant Leadership. We believe that interscholastic athletics and our other activity programs complement our academic programs and provide our students with a well-rounded education. We believe it is a privilege to participate in the athletic program.

The athletic program at Sedona Red Rock Jr Sr High School is intended to develop our athletes. No one performs well accidentally; it is the result of hard work and commitment. The same is true in life as well.

A person who sets goals knows what he/she is doing and where he/she is going and will attain those goals. Preparation instills a sense of confidence to perform well because they are dedicated to a purpose. Athletics prepares our students to be successful in many areas beyond athletics.

We believe that participation in athletics teaches values that help students become more productive community members, builds stronger minds and bodies, and instills confidence that goals can be achieved on the field of play, the classroom, or any other part of life. Athletics is an avenue to demonstrate that race, color, creed, gender, and economic or social status need not be obstacles to participation or success.

Our philosophy is reinforced by many national surveys such as those conducted by American College Testing (ACT) and the National Federation of High School Athletics (NFHS). These indicated that the best predictor of success later in life is previous participation in high school activities, not high school or college grade point averages, test scores, or rank in class. Students participating in high school activities are more likely to have higher academic averages and better attendance records. Of the students who drop out of school, 94% have not been involved in high school activities such as athletics, music, speech, student government, etc (NFHS). Nationally, over 50% of the student population participates in high school activity programs for about 1% of the total school budget.

At the varsity level our goal is to compete successfully, We fully expect to develop winning traditions for our athletic teams. Our philosophy is that the junior varsity and freshman level should be developmental and an effort should be made for all participants to play.

Student Athlete Participation Requirements

Athletic Clearance Card:

Sedona Red Rock Jr Sr High School will adhere to the rules of eligibility as outlined in the AIA Handbook. The procedures for determining eligibility of athletes at Sedona Red Rock Jr Sr High School shall be as follows:

- 1) It will be the responsibility of each athlete to bring to the coach. Each sport season an **“Athletic Clearance Card”** which has been signed off by the athletic department.
- 2) Multiple sport athletes must make sure the cleared card is taken to each coach of the next sport. It is the athlete’s responsibility to retrieve their card at the end of that sports season.
- 3) **No Athlete will be assumed by a coach to eligible to practice, play, or travel with the team unless the athlete has presented an endorsed Athletic Clearance Card**
- 4) This card protects both the athlete and the coach. Remember, the automatic penalty for participation by an ineligible athlete is forfeiture of all contests in which the athlete has participated. The Athletic Clearance Card will indicate to the coach that the athlete has completed the following forms and meets the eligibility requirements that the athletic department requires for participation
- 5) Before an athlete can **practice** in a participating activity, the following criteria must be met:

Participation Requirements:

- 1) **Enrollment:** The student must be registered at Sedona Red Rock and have a daily class schedule.
- 2) **Age:** If a student becomes 19 years of age before September 1, he/she is not eligible for any part of the school year.
- 3) **Physical Examination on file with Athletic Director:** A student is eligible to engage in practice and to compete only after there is on file with the athletic department an annual physical examination for the current school year (after March 1st). Physical examination forms are available in the front office and must be filled out and signed by a physician holding one of the following credentials M.D./D.O./N.P./ PA-C.
- 4) **Mild Traumatic Brain Injury (MTBI)/Concussion Annual Statement and Acknowledgement Form on file with the Athletic Director**
- 5) **Parent Permission on file with Athletic Director:** Parent or Legal Guardian consent is **required** prior to student athlete participation.
- 6) **Completion of all AIA required forms**
 - a. Barrow Brain Book (once in high school)
 - b. Opioid Education Course (each year in high school)
- 7) **Proof of Insurance on file with Athletic Director:** Any participant will be required to show proof of insurance in order to participate. If needed, SRRHS provides insurance forms from an outside

insurance company for student athletes. It is the responsibility of the athlete's parents/guardians to sign-up for and purchase supplemental insurance if inadequate insurance exists to cover the athlete while participating in athletics at SRRHS.

- 8) **Consent to Treat on file with Athletic Director:** A Consent to Treatment Form signed by parent or legal guardian must be on file in the athletic office. The coach must carry a copy of the signed form for any school sponsored activity.
- 9) **Signatures:** Athletes and their parents must have read the Student Athlete Handbook and turned in a signed signature form stating they have done so.
- 10) **Participation Fee:** Participation Fees must be paid in full prior to competing in any games. Students may practice before participation fees are paid.

Academic Eligibility

Eligibility Through a Semester

Students with adequate credits earned based on their grade level are eligible at the start of each season of sport as determined by the AIA.

- Grades will be checked every week. Students with a 59% or below in any class(s) will be ineligible that week.
- These students will remain ineligible (may practice only) until they have raised their grade(s) to 60% or better.
- Students who become ineligible must attend AM or PM tutoring. Once they are passing that class(s) the student will turn in to the Athletic Director official documentation signed by the teacher(s) showing a passing grade(s).
- Teachers have 24 hours to grade make-up work.
- If a student-athlete's ineligibility time frame occurs during a break, that athlete will be ineligible during the break. If a student athlete is fails a class at the end of the semester or year they will be ineligible for their next official contest

Attendance Eligibility

The athlete must be in attendance all day at school to participate that day (game or practice) unless excused by school administration.

Skipping class will result in being ineligible for the next scheduled contest.

Suspension from School: Athletes that are suspended from school are ineligible to practice or compete during the duration of the suspension.

Scorpion Behavior Expectations

All students-athletes will be asked to meet the following expectations.

- 1) Students will not use possess tobacco or vaping products of any kind
- 2) Student will not use of possess alcohol of any kind
- 3) Students will not be involved in theft or vandalism of school, community, or private property
- 4) Students will not consume, possess, buy, or give away any narcotic paraphernalia, or drug that is defined as illegal by law

- 5) Students will not use or possess steroids of any kind

Sedona Red Rock Jr Sr High School believes that students who are granted the privilege of participating in extracurricular activities will be held to higher standards of behavior than students in the general population. Students who participate in extracurricular activities at SRRHS shall not possess, sell, give, or otherwise transmit, or be under the influence of any drug, or counterfeit drug, that which law prohibits possession. This includes any tobacco or vaping product, illegal drugs, alcohol, or intoxicants of any kind.

The principal may exclude any students from all extracurricular participation for one (1) calendar year for a violation that involves the selling, or distribution of any quantity of illegal drugs, counterfeit drugs or controlled substances. Additionally, any violation of school district regulations, state or federal laws that could have negative implications on the health, safety and welfare of students in the school population may also be cause for exclusion from participation.

This policy will be subject to enforcement and/or disciplinary action by the administrative and athletic departments for the entire year. Any offenses in violation of this policy are cumulative during a student's participation in extracurricular activities. The consequences listed in this policy are *in addition* to regular district policies regarding student substance abuse.

First Violation

The first violation will result in immediate exclusion from the activity. No athletic team participation for one calendar year, unless the student and parents/guardians agree to participate in a counseling program and abide by other contractual obligations under the direction of the school administration. If the counseling program is opted for, the penalty will be reduced to two weeks. If less than two weeks of the season remain, there will be a carry over into the next sport including the following year so that the total exclusion is at least two weeks.

Second Violation

Exclusion from participation for one calendar year.

Third Violation

Exclusion from all athletic participation for the remainder of the student's high school enrollment.

Self-referral by Student-Athletes

Students may take advantage of a self-referral procedure to seek information, guidance, counseling, and assessment in regard to student use of tobacco, vape, alcohol, and other drugs. Voluntary referrals do not carry punitive consequences.

- a. Referral is allowed one time in a student's four year high school career.
- b. Referral must be only by the student or a member of the immediate family.

- c. Referral cannot be used by students as a method to avoid consequences once a code of conduct rule has been violated and a student has been identified as having violated one of the code of conduct rules.
- d. Referrals must be made to a coach, athletic director, teacher, administrator, or guidance counselor
- e. Students meet contractual obligations as established by the athletic director

Additional Expectations

- a. Student athletes are urged not to attend parties where liquor or narcotics are being used or consumed.
- b. The use of profane language or obscene language or acts of vulgarity will not be tolerated.
- c. Student athletes representing teams are expected to exemplify the highest standards of sportsmanship
- d. Student athletes representing teams are expected to demonstrate exemplary conduct on and off campus, adhere to school rules and community laws and show respect for individuals and property
- e. Each coach will specify field and court regulations and procedures. All athletes are expected to obey these regulations and to conduct themselves in a commendable manner.
- f. Losing, as well as winning, is part of the game. Athletes should be gracious in defeat and modest in victory.
- g. Game officials are there for the purpose of ensuring fair play. Officials do not lose a game for you.
- h. No one except the appointed may speak with an official. **NO REMARKS** should be made to game officials or opposing team players.
- i. Any breach of this previously listed rule may result in disciplinary action that may include suspension, dismissal, and the withholding of honors and awards

Sportsmanship Rule (per AIA)

- a. Ejection from a Contest – If an AIA contest official determines that a coach or player has acted in an unsportsmanlike manner during either a period or intermission, the coach or player may be ordered to leave the contest. NOTE: When a coach or player is ejected from a contest, his/her member school should complete an electronic ejection report and submit it to the AIA. 16.3.1.1
- b. Penalties for Ejection – A coach or player ejected from a contest for any reason shall be subject to the following without appeal: 16.3.1.1.1
- c. First Ejection (Player Non-Fighting) – Ineligible for the next contest at that level of competition and all other contests during that interim at any level. 16.3.1.1.1.1 Any person ejected from a contest shall not participate the remainder of that day. 16.3.1.1.2
- d. Second Ejection (Player Non-Fighting) – Ineligible for the next two contests at that level of competition and all other contests during that interim at any level. 16.3.1.1.2.1 Any person

ejected from a contest shall not participate the remainder of that day. (Section 16.3 cont'd. on next page) AIA Bylaws; Article 16. Penalties and Appeals 2025-2026 56 16.3.1.1.3

- e. Third Ejection (Player) – A similar infraction of Article 16, Section 16.3, Paragraph 16.3.1 of the AIA Bylaws by the same player during the same season will result in cessation of the season for the player concerned. 16.3.1.1.4
- f. Fighting Ejection – Ineligible for the next two or three contests (depending on sport) at that level of competition and all other contests during that interim at any level. 16.3.1.1.4.1
- g. Any Player ejected for fighting shall be ineligible for the next two contests in the following sports: badminton, cross country, football, flag football, golf, soccer, swimming, tennis, track, beach volleyball, and wrestling. 16.3.1.1.4.2
- h. Any player ejected for fighting shall be ineligible for the next three contests in the following sports: baseball, basketball, volleyball, and softball. 16.3.1.1.4.3
- i. Any player ejected for fighting must complete an NFHS sportsmanship course and provide a certificate of completion in order to regain eligibility. 16.3.1.1.4.4
- j. Any person ejected from a contest shall not participate the remainder of the day.

Hazing/Initiations

SRRHS and its athletic department prohibit any form of hazing or harassment. Hazing and initiation are defined as acts that injure, degrade or disgrace or are intended to injure, degrade, or disgrace any student. This prohibition applies on and off school grounds. Students are encouraged to report any incidences of this activity to school officials. Consequences related to hazing and initiation will be pursued to the fullest extent allowed under state law and district policy.

Individual Team Rules

Coaches may establish additional rules and regulations with the approval of the Athletic Director for their respective programs. These rules pertaining to a particular sport are given by the coach in writing to all participants and explained fully at the beginning of participation. Penalties for violations of rules will also be in writing and shall be administered by the coach. Copies of all additional rules by coaches will be on file in the Athletic Director's office.

Outside Participation

A student who is a member of a school team shall not practice, participate or compete with any other group, club, organization, or association in that sport during the season of competition.

Appeal Process

Students and their parents/guardians may appeal the decision of the Athletic Director to an extracurricular participation committee. This committee of five shall be appointed by the principal and consists of an assistant principal, Athletic Director, teacher, and two neutral coaches. The appeal will require the following:

- a. The written appeal must be presented to the principal within 5 working days of the initial ruling

- b. The appeals committee shall render a decision within 5 working days, in writing, to the student and his/her parents or guardians. Students will remain ineligible for any sport participation during the appeal process

A Concussion Fact Sheet for Athletes

What is a Concussion?

A concussion is a brain injury that:

- Is caused by a bump or blow to the head
- Can change the way your brain normally works
- Can occur during practices or games in any sport
- Can happen even if you haven't been knocked out
- Can be serious even if you've just been "dinged"

What are the Symptoms of a Concussion?

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light
- Bothered by noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Does not "feel right"

What Should I Do If I Feel Like I Have a Concussion?

- **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might have a concussion.
- **Get a medical check-up.** A doctor or health care professional can tell you if you have a concussion and when you are able to return to play.
- **Give yourself time to get better.** If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional like an athletic trainer to return to play.

How Can I Prevent a Concussion?

Every sport is different, but there are steps you can take to protect yourself.

- Follow your coach's rules for safety and the rules of the sport. This includes technique.
- Practice good sportsmanship at all times.
- Use the proper sports equipment, including personal protective equipment (such as helmets, padding, shin guards, and eye and mouth guards). In order for equipment to protect you, it must be:
 - The right equipment for the game, position, or activity
 - Worn correctly and fit well
 - Used every time you play

It's Better to Miss One Game Than the Whole Season

Sedona Red Rock JR/SR High School Concussion Information Letter

To ensure that all student-athletes return to their sport safely, Sedona Red Rock High School adheres to the following graduated return to athletic participation recommendations of the National Athletic Trainers' Association, the *Arizona Interscholastic Association (AIA) Concussion Policy*, *Arizona Senate Bill 1521 (2011)*, and the *guidelines outlined in the 2023 Consensus Statement on Concussion in Sport (6th International Conference, Amsterdam 2022)*. Per the AIA Concussion Policy and Arizona Senate Bill 1521, a student-athlete must obtain written clearance from an appropriate healthcare professional (LAT, MD, DO, NP, PA) before beginning the return to play protocol. Ensure copies of medical clearance notes or other medical forms are given to the athletic trainer

Return to Play Progression Chart

| Step | Aim | Activity |
|-------------|--|---|
| 1 | Symptom Limited Activity | Daily activities that do not exacerbate symptoms |
| 2 | Aerobic exercise 2a—Light 2b—Moderate | Walking/stationary cycling at slow-medium pace (<55-70% HRmax), light resistance training |
| 3 | Individual sport- specific exercise | Sport-specific training away from team environment (without pads), NO head impact activities |
| 4 | Non-contact training drills; High Intensity | More challenging training drills, can integrate into team environment |
| 5 | Full contact practice | Participate in normal training activities |
| 6 | Return to sport, full contact game | Normal game play |

A student-athlete must remain symptom-free to progress to the next level. If symptoms recur, the student-athlete must return to the previous level. Each step generally requires 1 day/24 hours but could take longer.

Follow up with the school nurse/health aide during the school day & the athletic trainer (AT) after school EVERY DAY for testing and symptom assessment.

Coaches will be informed and under no circumstance will your student-athlete participate in practice/games.

Depending on symptom severity and provocation, they may or may not observe practice/games

Travel Policy

All students must travel to and from away athletic contests by school vehicles or school designated vehicles. The Athletic Department encourages all athletes to travel home with their teammates at the conclusion of away events. However, parents have the right to designate themselves as authorized to bring their own child home. Parents are expected to personally contact the head coach after the event and sign the Transportation Waiver form when deciding to take their child home from the event. Proper conduct will be displayed on the bus/van and at the visiting locations at all times. School dress code applies at all away events and travel to and from those events. Athletes may be released from classes in order to get ready for competitions but they are not expected to leave campus. On all co-ed bus trips, the student athlete must be separated by gender, one gender in the front of the bus, the other in the back of the bus, with coaches in the middle. Students may be dropped off to a waiting parent on the way back to campus.

Off Campus Facilities

Sedona Red Rock High School is not responsible for transportation of the athletes to off campus practice facilities. Parents are responsible for transportation for their student-athlete to off-campus practice facilities.

Inclement Weather

If school is canceled because of severe inclement weather, any practices and competitions will be canceled.

Playing Time

Varsity Level Participation: The philosophy of the varsity program is to place the best combination of athletes into a game or match situation. This combination is to be determined by the coaching staff based on their evaluation of the athletes. No athlete is guaranteed playing time. Junior Varsity and Freshman Level Programs: The philosophy of the junior varsity and freshman level programs is to emphasize the development of physical and social skills for each athlete. All students will receive playing time at the discretion of the head coach.

Awards/Lettering Criteria

Players will receive a letter when they spend enough time on the varsity squad to make an impact on the team and who also finish in good standing on and off the playing surface. Each individual coach will decide on the degree of impact needed to earn a letter. The following policy applies to all awards given for athletes at SRRHS:

Junior Varsity/Freshman Level Programs: earn a certificate

Varsity Programs: earn a letter and a sport pin

Equipment and Uniforms

- a. Equipment and uniforms issued to student-athletes, although property of the school district, is the student's responsibility.
- b. School equipment and uniforms are only to be worn while participating with that school team in sanctioned practices or during scheduled contests, unless approved by the coach.
- c. Students shall turn in all athletic equipment and uniforms issued to them immediately after completion of their sport season.
- d. It is the responsibility of the student to replace or pay for any equipment lost, stolen or damaged at the current replacement cost.
- e. Students failing to turn in their equipment and uniforms issued to them or who fail to pay for lost items shall not receive honors or awards for that sport or be permitted to take part in any other sport until satisfactory clearance is made

SRRHS Athletic Participation Fee

Sedona Red Rock Jr Sr High School has an athletic participation fee. The purpose of the fee is to provide funding for our after school programs.

The Athletic Participation fee is as follows:

- a. There will be a \$100 charge to each student for each sport that he/she participates
- b. Parents will be given a tax credit for fees paid so that they may receive credit from the state of Arizona. Parents are encouraged to contribute the maximum tax credit allowed by the state of Arizona (\$200 single and \$400 married).
- c. The fees collected for athletic participation will be used to help fund the cost of athletic expenses.
- d. The student must pay all fees before he/she is allowed to participate in any athletic competition
- e. The maximum fee amount is \$400 per family
- f. Families that qualify for the School Free and Reduce Lunch Program can qualify for a reduced fee of \$50 per student for each sport of participation
- g. Parents/guardians are encouraged to apply through LISA (Low Income Student Assistance) for assistance with athletic fees and equipment
- h. Tax Credit contributions can only be applied to the current school year's athletic participation fee.
- i. Only cashless Athletic Participation Fees will be accepted
- j. **Tax Credit Contributions cannot be refunded once the transaction is completed**

Parent/Coach Communication

Coaches are only permitted to communicate to student-athletes through their district provided email account or by a district approved messaging system. Coaches will be using the Remind App this year to create a "classroom" for messages and announcements to be made.

Parents/guardians are strongly encouraged to download this app as well to be made aware of practice changes, game changes, and special events. Coaches will also be gathering

parent/guardian email addresses to send weekly updates about vitally important sport season schedule updates.

Issues that should be communicated with the coach

Discuss ways to help your student-athlete improve in the sport

Concerns about your student-athlete's behavior and/or academic performance

Issues not appropriately to discuss with the coach

Playing time

Game strategy or play calling

Other student-athletes

Communication for the Coach

Within the first three weeks of the season, the head coach will have a parent meeting where the following will be addressed:

- a. Coaching philosophy
- b. Coaches expectations of the student-athletes
- c. Program goals
- d. Individual goals
- e. Location and times for practice
- f. Teams rules and discipline
- g. Sports schedule

Keys to a successful season:

- a. Timely communication between parents and coaches
- b. Committing to the Athletic Department Core Values of Hard Work, Commitment, Sportsmanship, and Servant Leadership
- c. Monitor your student's grades and behavior on PowerSchool
- d. Support from you, the parents/guardians, can make all the difference

I, _____ have read the Student Athlete Handbook and agree to abide by all the procedures and consequences for not abiding by the handbook.

(Signed by the Athlete)

Date: _____

(Parent/Guardian Signature)

Date: _____

This page must be signed and returned to your coach during the first week of practices.