

Shelton Charger Athletic Policy and Practices



BELIEVE * COMPETE * FINISH

Athletics Coaching Philosophy: Building Champions

We enjoy coaching for what sports has offered our lives. Being an athlete has enriched and strengthened our understanding of many important things. Through our coaching and administrative experiences, we have had the opportunity to shape and mold many fine athletes into champions... and not necessarily the kind of champion that crossed the finish line first. Champions conquer their fears, overcome their doubts and focus on what some would say is unachievable. It is a matter of understanding and then managing your personal strengths and weaknesses. It is the desire of Shelton athletics to build champions in three areas:

1. Character
2. Academics
3. Athletics

Our coaching philosophy is centered on developing a positive belief in the attainment of realistic goals. It has been said, "What you believe, you can achieve." Although this is simple, it is accurate. With proper work ethic, reasons for motivation and proper planning, you CAN achieve what you believe.

Purpose

The Shelton School Athletic Department provides a training experience that enhances the academic, social, emotional and physical development of the learning different child to assist and support the development of the whole child. Success in this area depends on coaching the child first and the fundamentals of the sport second.

Athletic Excellence

Athletic excellence at Shelton School shall include the following personal benefits:

- Promote accountability and responsibility

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- Instill sportsmanship, teamwork and pride in accomplishments
- Develop concepts of teamwork by putting the desires of the team before personal desires
- Develop a respect for team, community, peers, authority and self
- Develop the ability to handle adversity and learn from mistakes
- Provide opportunities to develop friendships and develop social skills

- Build school pride and promote school spirit

- Improve physical fitness, cardiovascular fitness, strength and endurance
- Improve motor skills, perceptual skills, reaction times, and eye hand coordination
- Increase knowledge and understanding of the particular sport
- Test capabilities and help determine limits of physical ability and endurance

Shelton Spirit Organizations

SEASON	MIDDLE SCHOOL (Grades 7-8)	UPPER SCHOOL (Grades 9-12)
Year-Round	Cheerleading (girls)	Cheerleading (girls) Chargerettes (girls) Mascots (boys/girls) Wranglers (boys)

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Sports Team Offerings at Shelton

Shelton's goal is to place an emphasis on offering sports governed by the Texas Association of Private and Parochial Schools (TAPPS) for Upper School sports and Texas Association of Private Schools (TAPS) for most Middle School sports.

SEASON	MIDDLE SCHOOL (Grade 6)	MIDDLE SCHOOL (Grades 7-8)	UPPER SCHOOL (Grades 9-12)
Fall	Volleyball (girls) (see #1 below) Cross Country (boys and girls)	Cross Country (boys and girls) Football (boys) Volleyball (girls)	Cross Country (boys and girls) Football (boys) Volleyball (girls)
Winter	Basketball (girls) (see #1 below) Basketball (boys) (see #1 below)	Basketball (boys) Basketball (girls) Soccer (co-ed team, playing in a boys league)	Basketball (boys) Basketball (girls) Soccer (co-ed team, playing in a boys league) Swimming (boys and girls)
Spring	Golf (boys and girls) Tennis (boys and girls) Track and Field (boys and girls)	Baseball (boys) Golf (boys and girls) Tennis (boys and girls) Track and Field (boys and girls)	Baseball (boys) Golf (boys and girls) Tennis (boys and girls) Track and Field (boys and girls)

1) 6th graders will be added to the Volleyball or Basketball rosters, as needed, to complete a school team. However, tryouts will determine who makes the team.

PLEASE NOTE:

- Middle School athletes who try out and are not included on the final rosters will be offered weekly training to develop their skills to try out again the following year.
- There will be no 6th grade participation in Football, Soccer or Baseball.

***** THE BEST ATHLETE IS DEVELOPED DURING OFF-SEASON *****

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Upper School Athletic Period

The Upper School athletic period is a class and follows the same guidelines as any academic class at Shelton. Attendance is required, whether it is during in-season or off-season. **Athletes will be graded on their performance in this class.** Grading will be based upon the following criteria:

- Participation
- Effort
- Attendance

Numeric grades will be shown on the progress report. Grades will be reflected on the athlete's report card and transcript as Pass/Fail. Failure to complete the Upper School athletic class will also be reflected on the athlete's transcript according to the Upper School guidelines/policies per the handbook.

As with any class, if athletes enrolled in the Upper School athletic period need to finish quizzes, work, tests, etc., they should take care of this before school, during advisory or after the Upper School athletic period as they will not be excused from the athletic period. Further, sessions with the athletic trainer should also be scheduled outside of the Upper School athletic period. This also includes consultations or treatments with the athletic trainer. Only athletes who are injured and physically unable to participate can see the athletic trainer during the Upper School athletic period.

Who is involved and when?

- Football, Volleyball, Basketball, Soccer, Baseball and Track & Field athletes will be in the Athletic Period **both semesters**
- If a manager is a non-athlete, then they will not be enrolled in the athletic period.
- All other sports WILL NOT be enrolled in the Upper School athletic period.

Students must be enrolled in the Upper School athletic period by the 1st school day in September in order to be eligible to participate in sports that require both semesters.

New students joining Shelton mid-year will be required to add the Upper School athletic period immediately upon enrollment.

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Once an athlete is enrolled in the athletic period, they will remain in the athletic period for the entire semester. Half a PE credit is given for the semester.

Upper School Athletic Period and Practice Uniforms

Just like the uniform policy of the Shelton School for classes, the Athletic Department requires athletes to adhere to daily attire requirements for the Upper School athletic period and team practices. This uniform policy will encourage an atmosphere for training and eliminates needless competition in dress and further will allow the athlete to practice as they would compete. Athletes who are not in compliance with the uniform guidelines may be asked to call parents to bring the correct uniform or return home to get the correct uniform, and any training/practices missed during this time will be recorded against the participation portion of their grade.

Daily Uniform Items

Each athlete will be required to wear the Shelton Athletics practice gear (royal blue t-shirt and black shorts) for the Upper School Athletic Period and for team practices (with the exception of Golf and Swimming).

Spandex shorts can only be worn for sports that require it in competition (i.e. Volleyball). However, modesty shorts must be worn over the spandex directly upon practice/game completion.

Team travel suits/warm-ups (jacket and pants) will be required to be worn for competitions.

All required gear can be purchased via the link on the Athletics' webpage: www.shelton.org/athletics.

Footwear

Athletes are required to wear closed-toed athletic shoes. Only court shoes (not cleats) should be worn on the gym floor.

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ALL athletes must wear the Athletic Uniform for 8th period class. However, please review the below chart for your specific sports' needs:

Required US Items:

Season	Sport	Shirt	Shorts	Travel Suit/Warm-ups	Other
Fall	Football	✓	✓	✓	
	Volleyball	✓	✓	✓	May provide own solid black <i>non-branded/Adidas</i> spandex (4" inseam) shorts for practices
	Cross Country	✓	✓	✓	May provide own solid black <i>non-branded/Adidas</i> running shorts for practices ONLY
Winter	Basketball	✓	✓	✓	
	Soccer	✓	✓	✓	
	Swim			✓	Shelton swimsuit or jammers
Spring	Baseball	✓	✓	Jacket Only	
	Track	✓	✓	✓	May provide own solid black <i>non-branded/Adidas</i> running shorts for practices ONLY
	Tennis	✓		✓	
	Golf			Jacket Only	Shelton Polo and own khakis

Outside of the above, additional items may be included in your Parent Meeting Document

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Middle School Practice Uniforms

Daily Uniform Items

Each athlete will be required to wear the Shelton Athletics practice gear (gray t-shirt and royal shorts) for team practices (with the exception of Golf).

Spandex shorts can only be worn for sports that require it in competition (i.e. Volleyball). However, modesty shorts must be worn over the spandex directly upon practice/game completion.

All required gear can be purchased via the link on the Athletics' webpage:
www.shelton.org/athletics.

Footwear

Athletes are required to wear closed-toed athletic shoes. Only court shoes (not cleats) should be worn on the gym floor.

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Please review the below chart for your specific sports' needs:

Required MS Items:

Season	Sport	Shirt	Shorts	Other
Fall	Football	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
	Volleyball	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	May provide own solid black <i>non-branded/Adidas</i> spandex (4" inseam) shorts for practices
	Cross Country	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	May provide own solid royal blue <i>non-branded/Adidas</i> running shorts for practices; Travel suits/warm-ups worn should be solid black or athletes will have the option to purchase the same as US
Winter	Basketball	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
	Soccer	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Travel suits/warm-ups worn should be solid black or athletes will have the option to purchase the same as US
Spring	Baseball	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
	Track	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	May provide own solid royal blue <i>non-branded/Adidas</i> running shorts for practices; Travel suits/warm-ups worn should be solid black or athletes will have the option to purchase the same as US
	Tennis	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Travel suits/warm-ups worn should be solid black or athletes will have the option to purchase the same as US
	Golf			Shelton Polo and own khakis

Outside of the above, additional items may be included in your Parent Meeting Document

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Communication

Electronic communication via FACTS SIS e-mail system is Shelton's main form of communication to parents. In order to be informed of athletic events, **please make sure your current email address is on file with the school.**

Also, coaches will be utilizing a group text messaging app for group messaging updates. Parents who are interested in receiving these communications should download the app and will be provided with more information/details at the sport-specific parent meetings.

Inclement Weather

Coaches will communicate to parents on days when practices or games are changed or cancelled due to weather conditions. When Shelton School is closed due to inclement weather, all Shelton athletic practices and games scheduled will be cancelled as well. Any game or practice cancellations due to inclement weather will be determined by the Athletic Director.

Athletic Paperwork Required

All athletes are required to have a physical **EVERY** year. The physical form can be downloaded from the Athletics Documents tab on the athletics page of the Shelton website (www.shelton.org/athletics). All other athletic paperwork is completed online using Rank One. The link to get to Rank One for these online documents can also be found under the Athletics Documents tab on the athletics page of the Shelton website.

**** PLEASE NOTE: The physical must be turned in to the Athletic Department prior to the first practice or tryout or the athlete will not be able to participate. Also, if an IMPACT Test is needed, this testing must also be done prior to the first practice or tryout or the athlete will not be able to participate. ****

Transportation

Typically, Shelton School provides transportation to and from games played away from the Shelton campus and to some practices off-campus. In some cases, parents may be needed to assist in transporting a team(s) to an athletic event. Further, in certain situations and with a completed Transportation Form, Upper School athletes will be allowed to drive or ride with a teammate to an athletic event.

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Some coaches have rules in place regarding riding with the team to and from “away” sites. **If approved by the head coach**, parents may provide alternative **return** transportation by providing the coach with **written permission**. Parents who wish to transport students from athletic events must communicate this with coaches ahead of time. All parents/guardians are required to sign out their athlete with the coach after the event. **AT NO TIME MAY ANY ATHLETE RIDE HOME WITH ANOTHER STUDENT WITHOUT APPROVAL OF THE PARENTS AND THE ATHLETIC ADMINISTRATION.**

Multi-Sport Participation (Shelton Teams & Non-School Teams)

Athletes are strongly encouraged to experience a wide range of athletic opportunities. No coach should influence an athlete to give up a sport or imply, either directly or indirectly, that participation in another sport will adversely affect the athlete’s status. However, school sport teams will have priority over club teams and any other non-school team. Exceptions will be dealt with on an individual basis. If a student is involved in the same sport with school and club teams, the coaching staff should and will expect athletes to put the school team first. There will be instances in which this may be reversed (i.e., Junior Olympics, Jr. World Cup, etc.). These will be handled individually through a combined meeting with the coaching staff and athletic administration.

Students in good academic standing and with no behavior or detention issues may participate in more than one sport in a season as long as one is a team sport and one is an individual sport and provided there are no significant schedule conflicts. Students cannot participate in two team sports in the same season. Students who want to participate in multiple sports in the same season must have written approval of the Athletic Director, head coaches and parents prior to the beginning of the season. Members of Spirit Organizations such as Cheer, Chargerettes, Wranglers and Mascots are allowed to participate in Athletics if they have approval from the sponsor, coach and Athletic Director.

If conflicts arise, each situation will be handled on a case-by-case basis. The final decision will be made by the Athletic Director.

No-Quit Policy

Athletes take on responsibility when they agree to participate on Shelton’s athletic teams. Therefore, accountability is essential to maintain a cohesive and functional athletic program.

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In the event an athlete chooses to quit or is dismissed from the team after the first competition, he or she may continue conditioning in an off-season sport but may not practice or compete on a new team during the current season or the next consecutive season. This includes not being allowed to participate in organized practices, team meetings, and games for another sport. If an athlete is enrolled in the Upper School athletic period and decides to drop the class, a P.E. credit will not be given and the withdrawal will be reflected on the athlete's transcript.

All awards received will be forfeited for the season. Any extenuating circumstances may be reviewed with the Athletic Director for a final determination.

Varsity Lettering Policy

ATHLETE REQUIREMENTS

1. Athletes must be on Varsity (not JV) and in grades 9-12 to letter.
2. Athletes must letter in order to earn a jacket.
3. Athletes must complete the entire season as an active team member by contributing as much as possible toward the success of the team.
4. Athletes must attend all games and practices unless excused by the head coach.
5. Athletes must participate in at least 1/3 of the regular season **varsity** contests (not including scrimmages).
6. The coach has the right to waive the above requirements when an athlete is affected by injury or other circumstances that are beyond the control of the athlete. However, that athlete is still expected to attend team practices, games, etc.

MANAGER AND TRAINER REQUIREMENTS

1. Managers must be on Varsity to letter.
2. Managers and trainers must be in grades 9-12 to letter.
3. Managers and trainers must letter in order to earn a jacket.
4. Managers and trainers must complete the entire season as an active team member by contributing as much as possible toward the success of the team.
5. Managers and trainers must attend all games (assigned games, if trainer) and practices unless excused by the head coach
6. Managers and trainers must exhibit good sportsmanship and behavior toward players, coaches, and officials at all times.

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PURCHASING PROCEDURE

1. The school will purchase an activity patch or the highest earned TAPPS award patch for each sport. TAPPS Academic All-State patches can be purchased by parents, if the athlete qualifies. Patches purchased by the school will be ordered at the end of the season, except for SSO participants. Patches purchased by the school for SSO participants will be ordered at the end of the fall season.
2. The athlete purchases the letter jacket (if they qualify) at designated times during the year. This is typically done during the winter (December before winter break) and spring (early May). A letter jacket representative will be on campus to assist with this process.

Parent Meetings

A pre-season meeting between parents and coaches will be held for each sport. The purpose of the meeting is to inform parents of policies, scheduling, team parent opportunities, etc. At least one parent/guardian should be present at the meeting. If a parent is unable to attend, they must communicate with the coach prior to the athlete participating in the sport. Parents and athletes will be accountable for all information presented at these meetings.

Potential Dangers in Athletic Participation

Athletic participation creates the possibility of serious injury. However, while the benefits of athletic participation exceed the potential hazards, both athletes and parents/guardians should be aware of the potential dangers and work towards minimizing them. Parents and athletes assume certain risks with participation in sports activities even when protective gear is involved. Furthermore, instruction and supervision may not guarantee athletes will avoid injury. These risks can be significantly reduced by:

- Properly wearing and using sport equipment as designed
- Using proper technique and excelling in the sport fundamentals
- Following all instructions, written and verbal, of coaching staff
- Maintaining proper physical conditioning year-round

Medical Insurance Requirement

Medical insurance is strongly recommended for all athletic participants. Shelton has an accident policy covering students participating in any school activity that may assist families in paying for medical costs.

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Athletic Injuries

- **Report any Shelton Athletic injuries immediately to your coach or the Athletic Trainer**
- Documentation from a physician is required for any injury requiring a doctor's visit. This includes injuries sustained outside of school-related games, practices or competitions (i.e. vacations, club teams, accidents).
- Injuries will not excuse athletes from attending the athletic period, practice, or workouts. **Because an athlete can always contribute something, injured athletes are expected to attend all practices/games unless approved through the coach.**
- Athletes cannot be excused from participation without documentation from a physician.

Concussion Management Plan

Baseline Concussion Test

Prior to the athletic season, every Middle School and Upper School athlete will be required to take a baseline ImPACT test. The ImPACT concussion test is a computerized neurocognitive assessment tool used by medical doctors, psychologists, athletic trainers and other licensed healthcare professionals to aid in the recovery of individuals by providing information to determine an athlete's ability to return to play after suffering a concussion (www.impacttest.com). Baseline testing is imperative to concussion diagnosis and management because it offers information to better care for the athlete. Athletes will take the baseline test during their 6th, 8th, 10th and 12th grade year. Athletes new to Shelton or Shelton Athletics must also take the baseline test. In some cases, athletes will have to take the test two years in a row if they are new to Shelton or to Shelton athletics.

Post-Injury Concussion Care

In the event that a head injury occurs or is suspected during practice or athletic competition, the athletic training staff will evaluate the athlete for possible signs and symptoms associated with concussions. If the evaluation does not warrant removal, the athlete will be allowed to return to play. However, if symptoms are present and the athletic trainer suspects injury, the athlete will be removed from play and the following steps will be taken:

- If symptoms are severe (i.e. severe headache, headache that increases in intensity, vomiting, unequal pupil size, blurry or double vision, slurred speech, changes in level of consciousness, seizure activity, decreased or

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irregular pulse or respiration, etc.), the athlete will be transported to the nearest emergency room for treatment and care.

- If symptoms do not warrant being sent to an emergency room, the athlete will be monitored throughout the remainder of the event and/or sent home (when possible) with parent/guardian for overnight supervision. Home instructions will be provided that will give treatment guidelines and recommendations for parents/guardians to follow, along with information of a pediatric concussion specialist for a follow-up evaluation appointment.
- Approximately 48 hours following an injury, the athlete will be required to take a post injury ImPACT test with an ImPACT certified physician. The post-injury test results will be compared to the results of the baseline test and a plan of care will be provided by the physician complete with both academic and athletic accommodations. Athletes who are restricted from athletics will not be allowed to participate in physical activity. Academic accommodations will be individually planned by the physician for each athlete and given to the Athletic Trainer or school nurse. The accommodations will be provided to the counselor(s) and teachers since concussions can be present in so many ways.

Return to Play

When the athlete's baseline test returns to normal levels, symptoms have ceased and the physician has determined it is safe to return to activity, **the physician will provide a letter for the athlete to complete a mandatory Return To Play (RTP) concussion progression** . This RTP progression would have to be completed **before an athlete would be allowed to return to their sport or activity**.

The RTP is a stepwise increase in physical demands and sport-specific activities without the return of symptoms before the final introduction of exposure to full contact practice/games. The RTP progression proceeds as follows:

- It starts with light activity, increases to moderate activity and concludes with sports-specific activities. These steps are taken to ensure that symptoms do not return with physical activity.
- During this period, neurological/physical symptoms will be monitored daily by Shelton's head athletic trainer. Any persistent symptoms from activity will be reported to the treating physician. The athlete will not be able to proceed to the next step until they can successfully complete each step without having recurring symptoms.
- Each step should take 24 hours so that an athlete would take approximately one week to proceed through the full concussion

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progression protocol, once they are asymptomatic at rest with pro-active exercise.

- If any concussion symptoms occur while in the RTP program, then the athlete will drop back to the previous asymptomatic step and try to progress again after a 24-hour period of rest has passed.
- Once the athlete has completed each step successfully and without issue, the athletic trainer will submit RTP progression documentation to the physician for clearance and when the clearance is received from the physician, the athlete will be returned to full athletic participation.
- **All physician recommendations and guidelines will be followed by the head athletic trainer.**

Conflict Resolution

Both parenting and coaching are difficult vocations. By keeping lines of communication open between parents and coaches, many potential problems can be avoided. One of our goals is to instill in our athletes a sense of ownership and responsibility for their actions. Therefore, it is important that athletes learn necessary communication skills and learn how to resolve conflicts in an appropriate manner. **We have a 24-hour rule: if the subject of discussion occurred during a competition, please give the coaches 24 hours after the contest before approaching them to discuss your concern.**

Please note the order of the conflict resolution policy:

Protocol for Conflict Resolution

1. Players should speak to their coach first.
2. Parents should speak to the coach first.
3. If a player or parent approaches the Athletic Director before talking with their Head Coach, they will be immediately referred to the Head Coach.
4. If a player or parent approaches the Principal, Head of School or Executive Director before speaking with the Athletic Director, they will be immediately referred to the appropriate person in the chain of command.

Athlete Eligibility

Attendance and Absences

Athletes must attend **at least four consecutive periods** in the school day to be eligible for any athletic contest/practice/workout, with the exception of religious holidays. The athlete must be in school for at least **four** consecutive periods on Fridays to be eligible for weekend contests. Excused absences due to college

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day trips, family functions, or other legitimate reasons **approved by administration** ahead of time will be acceptable.

Administration reserves the right to limit participation in extracurricular activities (practice and/or events) due to excessive absences and/or behavioral concerns.

Athletes are expected to communicate with his/her teacher when out of class for athletic reasons. They must make arrangements with the teacher for their missed work **prior to the absence**. Normal make-up policies apply.

Academic Eligibility Rule

Extra-curricular activities can be an important growth opportunity and can enhance the educational experience of our students.

An athlete may be disciplined due to unsatisfactory conduct or grades at any time during an athletic season as determined by the principal, Athletic Director or coach. If this occurs, the athlete may not participate in athletics until approved by the Athletic Director. This could include, but is not limited to, indefinite suspension from the team. Please refer to the appropriate division's guidelines for your student.

Middle School (MS)

1. A student becomes ineligible if he/she receives a failing grade (below 70) in any course at the end of the grading period. The failing grade will be reported to the MS administration by the teacher on the day the grading period ends. The MS Administration will notify the student and parents of the ineligibility and then proceed to notify the Heads of Fine Arts and Athletics, who will then notify coaches/staff, as needed, to aid in enforcing this status.
2. When a student becomes ineligible, the period of ineligibility will last until the next mid-quarter grade report. The student regains eligibility if he/she has raised the grade to a passing grade (above 70) on the mid-quarter grade report. The student remains ineligible until the next report card if the grade is not passing (above 70) on the mid-quarter grade report.
3. Students receiving an **incomplete** grade on the report card **will be ineligible** until the grade becomes complete and passing. If the incomplete grade becomes complete and is a failing grade, the student will remain ineligible until the mid-quarter grade report. The student regains eligibility if he/she has raised the grade to a passing grade (above 70) on the mid-quarter grade report. The student remains ineligible until

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the next report card if the grade is still incomplete or is not passing (above 70) on the mid-quarter grade report.

4. Ineligibility for activities on the mid-quarter grade report of the second semester is based on failing or incomplete grades for the first semester and/or the 2nd quarter.
5. For each grading period, the period of ineligibility begins 24 hours after the day the grading period ends and continues until the mid-quarter grade report.
6. While ineligible, a student may participate in practices, but may **not participate** in extracurricular competitions, performances, or activities (i.e. compete in an athletic event, perform or participate in a play, participate in school-day club meetings, or participate in other extracurricular activities as an organizer or officer.) An athlete cannot suit out for a game when ineligible and cannot travel with the team or organization during school hours or if an early dismissal is required.
7. Ineligible students may not miss class or advisory period for extra-curricular activities.
8. A student who is serving an in-school or out-of-school suspension will be ineligible to participate in or attend any extra-curricular activities or practices during the suspension. The Athletic Director or sponsor of the extra-curricular activity will meet with the division administration to determine any additional consequences.
9. The coach or sponsor of the activity may add other conditions of ineligibility.

Upper School (US)

1. A student becomes ineligible if he/she receives a **failing grade** (below 70) in **any** course at the end of the grading period. The failing grade will be reported to the US administration by the teacher on the day the grading period ends. The US Administration will notify the student, parents and coaches/staff of the ineligibility, as needed, to aid in enforcing this status.
2. When a student becomes ineligible at the end of any grading period, the student is ineligible for 21 calendar days. After the 21 calendar days, the student becomes eligible if he/she has passing grades in **all** courses. The student remains ineligible for another 21 calendar days if failing **any** course. If the student is still failing after 42 calendar days, the student will remain ineligible until the next report card.
3. Students receiving an incomplete grade on the report card will be ineligible until the grade becomes complete and is a passing grade. If the incomplete grade becomes complete and is a failing grade, the student

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- will remain ineligible for the remainder of the 21 calendar day period, and will follow the process as listed above.
4. Ineligibility for activities in the first 21 calendar days of the second semester is based on failing or incomplete grades for first semester and/or failing or incomplete grades for the second nine weeks.
 5. For each grading period, the period of ineligibility begins 24 hours after the grade submission deadline and continues for 21 calendar days.
 6. While ineligible, a student may participate in practices, but may **not participate** in extracurricular competitions, performances, or activities (i.e. compete in an athletic event, perform or participate in a play, participate in school-day club meetings or participate in other extracurricular activities as an organizer or officer.) An athlete cannot suit out for a game when ineligible and cannot travel with the team or organization during school hours or if an early dismissal is required.
 7. Ineligible students may not miss class or advisory period for extra-curricular activities.
 8. A student who is serving an in-school or out-of-school suspension will be ineligible to participate in or attend any extra-curricular activities or practices during the suspension. The Athletic Director or sponsor of the extra-curricular activity will meet with the division administration to determine any additional consequences.
 9. The coach or sponsor of the activity may add other conditions of ineligibility.

Athletic Facilities

- Food and drink are allowed in the gym during contests. Use provided trash cans to dispose of all trash. Gum is **never** allowed in the gym.
- **Students are not allowed to be in any athletic facility without coach supervision.**
- All students should remove muddy shoes and cleats before walking on the gym floor. Only court shoes are allowed on the gym floor.
- Shelton does not have enough lockers in the locker room for all athletes to store their bags. Therefore, all athletes should drop off their clothes/equipment bag in the bleachers before school in the morning. Male athletes should store their bags in the bleachers above row 5 by the BOYS locker room and female athletes should store their bags in the bleachers above row 5 by the GIRLS locker room. Any items left in the locker room will be placed in lost and found. At the end of the grading period, unclaimed items will be taken to a charitable organization.

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- During home contests, locker rooms and areas around the locker rooms will be locked and accessed exclusively by the teams participating.
- In-season teams will be responsible for maintaining a first class look in our locker rooms and gym.
- Food and drinks are not allowed in the locker rooms without the coach's permission. If these items are brought into the locker room, it is the responsibility of the athlete to ensure the locker room is kept clean.
- Every effort should be made to get in and out of the locker rooms in a timely manner. **Horseplay, hazing, bullying or hiding each other's belongings will not be tolerated.**
- Students are not to be in the locker rooms **for any reason** during the regular school day without a pass from a teacher or coach.

Weight Room (including Sports Enhancement Center)

- The weight room is restricted to coaches, Shelton faculty, and Shelton students only.
- Students are not allowed to be in the weight rooms without coach supervision.
- All who weight train are required to have a spotter.
- Any lifters who do not follow all posted rules and verbal instructions will lose the privilege of working out in weight rooms until proper behavior can be shown.

Athletic Offices

Students must understand that the athletic offices are not student lounges during the school day, practice times or games. You must have permission to be in any office.

Equipment, Game Uniforms, Fees, Fines

Athletes are responsible for the maintenance, upkeep and protection of all equipment and uniforms. Days will be designated by the coach to check out equipment and uniforms. Athletes are held responsible for the uniform that was checked out to them. They are not allowed to switch uniforms without the coach's approval. No alterations should be made to the uniform. **Uniforms will be collected at the end of each season.** Replacement cost will be assessed as needed for any alterations, destruction or loss of these items.

An athlete will not be allowed to play in another sport until the equipment, uniform and/or fees are turned in from the previous sport played.

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Additionally, an athlete will not be able to take a midterm or end of year final until this has been handled.

At the Upper School level, if an athlete is ejected from a contest, the athlete will be withheld from the next competition and TAPPS imposes a fine, per occurrence. This fine must be paid to Shelton by the athlete within one week of the ejection. Athletes will not be able participate until all fines are paid.