

Uintah High School

Athletic Handbook

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Dear Student Athletes and Parents,

On behalf of the entire faculty and staff, I am very pleased that you have expressed an interest in participating in the interscholastic athletic program at Uintah High School. It has been my experience that students who get involved in extra-curricular activities whether they are music, drama, clubs, student government or athletics have a much better and richer experience in high school. I am honored to be able to work with the athletes, coaches and community in making this experience both rewarding and positive. I hope that you will take the time to familiarize yourself with this booklet and understand the school's guidelines and expectations for the student athletes.

To begin however, I would like you to read through the philosophy of our athletic department as this is the foundation by which we make our decisions.

The Athletic Program of Uintah High School recognizes the importance of athletic activities in providing students with important opportunities for a total education. These activities teach students' lifetime values such as commitment, discipline, hard work, leadership, teamwork, and physical fitness; all of which are the foundation for academic success. Participation in athletic activities contributes to the physical, emotional and social health of our students and promotes a sense of unity and cooperation among athletes, the student body, and the Uintah High School community. Our sports teams will always strive to win, but never at the expense of character, healthy attitudes and habits, and good judgment. We will always emphasize excellence, effort, improvement, and respect for coaches, teammates and officials. All Uintah High School athletes should be known for their character and class; humble in victory and gracious in defeat.

At the sub-varsity levels, winning is a goal, but is less important than participation and skill development. Regardless of level, however, our athletic program is designed to develop, promote and provide the following: self-esteem, school spirit and pride, good citizenship, sportsmanship, cooperation, higher academic performance, responsibility to self and others, respect, positive role models, healthy lifestyles, teambuilding, and lifelong wellness. We will be relentless in our pursuit to fulfill the UHS Athletics motto: Goals, Accountability, Preparation (GAP).

Participation in extracurricular activities [is not a right, but a privilege](#). With that said, we believe that the sports experience should not only be rewarding but fun and recognize the unique roles and responsibilities of its coaches and parents in making sports activities a positive and rewarding experience. Coaches' and parents' primary roles should be to teach the lifetime values of our sports philosophy and to always lead by example. The UHS athletic programs are an integral part of the school and the community. Their impact is immensely important in promoting a positive school climate because they offer opportunities for adults to interact with our students in meaningful ways not available in the classroom.

Once again, I thank you for taking the time to read through this athletic handbook. I look forward to your support and involvement in our athletic program, and if you have any questions please feel free to contact me.

Best regards,

Bill Sivert

Vice Principal/Athletic Director

Code of Ethics for Parents, Spectators, Student/Athletes and Coaches

Code of Ethics for Parents of Athletes

- Encourage your child and team – be enthusiastic – show school spirit.
- Maintain a positive attitude whether your team is winning or losing.
- Refrain from being insulting or showing bad sportsmanship during the competition. Any problems or concerns should be brought to the attention of the coach or the athletic director at another time.
- Support the team with team sponsored events, such as fundraising initiatives.
- Parents, as spectators, are expected to exhibit good sportsmanship at all times.
- Spectators, including parents, who, in the judgment of the principal, athletic director, and/or the site administrator, behave in ways that are inappropriate and in violation of the code of ethics will be warned about the behavior, and then will be asked to leave the competition, immediately.
- Respect the judgment and strategy of the coach
- Do not criticize players, coaches, or officials for loss of game
- Remember that high school athletics is for the student athletes, not the adults

Code of Ethics for Spectators

- Attempts to understand and be informed of the playing rules
- Appreciates a good play no matter who makes it
- Cooperates with and responds enthusiastically to cheerleaders and drill team
- Shows compassion for an injured player; applauds positive performance; does not heckle, jeer or distract players; and avoids use of profane and obnoxious language and behavior
- Respects the judgment and strategy of the coach, and does not criticize players or coaches for loss of game
- Respects property of others and authority of those who administer the competition
- Censures those whose behavior is unbecoming
- Respects officials and accepts their decisions without gesture or argument
- Remember that high school athletics is for the student athletes, not the adults

Ethics for Student Athletes

- Remember that academic performance is your primary responsibility
- Read, familiarize yourself and comply with policies outlined in the Athletic Handbook AND your coach's specific set of team policies.
- Treat advisors, coaches and opponents with respect.
- Respect officials and accept their decision without argument or gesture.
- Exercise self-control at all times, setting an example for others to follow.
- Win without boasting, lose without excuse, and never quit.
- Always remember that you represent Uintah High School and the community, and it is a privilege.
- Return any equipment; uniforms issued to the participant must be returned in the same condition at the end of the activity. Equipment that is lost, damaged or stolen is the responsibility of the participant, and it is the responsibility of the participant to make restitution to the school.

- Report any injury to the coach no matter how slight the injury may appear. If the injury requires a physician's care, the participant must have written permission from the doctor before returning to the activity.
- Attend classes the day before, the day of, and the day after a competition.
- Extracurricular activities are not an excuse for being tardy on the day following a competition.

Ethics for High School Coaches

- The responsibility of a coach is to teach attitudes, proper habits, knowledge and skills. The athletic program is designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student athlete should be treated as an individual whose welfare will be primary at all times. The coach must be aware that he or she serves as a model in the education of the student athlete and, therefore, will never place the value of winning above the value of character building.
- The coach must constantly uphold the honor and dignity of the teaching profession. In all personal contact with the student athlete, officials, athletic director, school administrators, the state high school athletic association, the media and the public, the coach will strive to set an example of the highest ethical and moral conduct.
- The coach will support and enforce school rules for the prevention of drug, alcohol and tobacco use and abuse, and under no circumstances will authorize the use of these substances.
- The coach will promote the entire interscholastic program of the school and direct his or her program in harmony with the total school program.
- The coach will be thoroughly acquainted with contest, UHSAA, league and local rules, and is responsible for their interpretation to team members. The coach will abide by the letter and spirit of these rules at all times.
- Coaches will actively use their influence to enhance sportsmanship by their spectators, working closely with spirit groups, booster clubs, and administrators.
- Contest officials will have the respect and support of the coach. The coach will not indulge in conduct that will incite players or spectators against the officials or against each other. Public criticism of officials or players is unethical.
- Before and after contests, rival coaches should meet and exchange friendly greetings to set the correct tone for the event.
- A coach will not exert pressure on faculty members to give student athletes special consideration.
- Remember that high school athletics is for the student athletes, not the adults

Requirements for Participation

Academic Eligibility and the UHSAA Scholastic Rule

Uintah High School is a member of the UHSAA and adheres to scholastic rule as found in the UHSAA Handbook. Additionally USD Policy 007.0605 Eligibility for Participation in Extracurricular Activities will be followed to the letter. A brief summary of eligibility requirements follows, but it is the responsibility of the athlete to ensure he/she meets these requirements and adheres to district policy, even those not listed in the summary (for the complete policy, please visit <http://www.uintah.net/districtpolicies/007/0070605.htm>). All questions regarding eligibility should be referred to the athletic director.

To be eligible to participate in UHSAA sanctioned activities at Uintah High School, a student:

1. Must be a full-time student at UHS (or charter, private, or alternative high school within the boundaries of UHS), or otherwise comply with all Utah State Board of Education dual enrollment requirements;
2. Cannot fail more than one subject in the preceding grading period (for purposes of this rule, a failure in a multi-period subject shall be counted as the number of failures equal to the number of periods in the class); and, must have obtained a minimum grade point average (GPA) of 2.0, for the preceding grading period, based on a 4.0 scale or its equivalent.
3. A student who has failed to meet the minimum requirements set forth shall be ineligible for participation in UHSAA activities throughout the next grading period, provided however, that deficiencies in the final grading period of the school year may be made up prior to the first term of the succeeding year by any method acceptable to the school district (summer school). Deficiencies must be made up in the same subject area.
4. The scholastic regulations apply to students who are entering high school for the first time.
5. Eligibility under this rule is determined when grades are posted. Grades are "posted" when the school registrar enters all grades electronically and are available to students, parents and teachers. In no case may the posting date be more than five (5) school days following the last day of the grading period. Grade changes after the posting date cannot restore lost eligibility, except for a documented clerical error.

Athlete Registration

Parents and athletes will use [RegisterMyAthlete](#) in order to complete the necessary forms and documents required for participation in any sport or activity. Instructions to register can be found on the UHS athletic website uhsutes.com and in the school's athletic office. Athletes not completing the necessary forms will not be allowed to try-out. Participation fees can be paid once teams are selected, but students will not be able to compete until all school fees are paid, or arrangements for payment are made. For non-try-out teams, fees must be paid, or payment arrangements made, prior to participating.

Physical Examination Required

No student shall be eligible to compete with, or try-out, in any athletic team/contest sponsored by Uintah High School and UHSAA unless such student has a physician's certificate stating that he/she is physically able to compete in inter-school athletic contests.

A health examination must be performed and the student athlete cleared for participation in a sport before any student may compete in athletic activities sponsored by UHSAA. A properly completed and signed Pre-Participation Athletic Health Examination Form indicating the student's clearance to

participate plus a properly completed Disclosure and Consent Form must be on file at the school. Such an examination shall be valid for 365 days (i.e. July 1- June 30 or Jan 1- Dec 31). The health examination may be completed and the form signed by a qualified medical professional, operating within the legal scope of their practice. These are minimum requirements. Forms can be found on the UHSAA website: uhsaa.org. Additional concussion baseline testing is required for some sports and must be completed prior to participation and/or try-outs.

Participation and Try-Outs

In some sports, it may be necessary to reduce the number of participants to a manageable size; particularly when considering safety, fiscal resources, equipment, facilities, and coaching personnel. Region 10 and the entire 4A classification is a very competitive league featuring some of the state's best athletes. Membership on a team is a privilege and the individual's ability, attitude, work ethic, and the team's specific needs or game situation will determine playing time at the varsity level. Playing time is not guaranteed. Students who try out and are cut from the team are not eligible to participate or practice in that sport at any other school.

The Freshman, Sophomore, and JV programs within each sport at UHS are both developmental and sequential. JV programs are designed to help student athletes develop skills and teamwork necessary for successful varsity competition. It is expected that members of the Freshman, Sophomore, and JV level teams will be given appropriate and quality playing time in each game as long as they comply with their coach's team policies and work hard in practice. Also, consideration must be given to the physical well-being of the athletes as determined by the coaching staff.

In order to assist the team, coaches may select manager/managers to assist them. Managers are not required to be of the same gender as the team with which they work, but coaches must follow the [Extracurricular Activity Travel policy](#) when traveling. In most cases, teams are limited to two managers and must meet the academic eligibility requirements outlined just like the athletes. Managers will be designated on the team rosters provided to the athletic office. Managers may not be nominated for Academic All-State awards.

Communication Plan for Athletic Concerns

Good communication is critical in athletics, on and off the field. A communication plan is in place to assist and to improve communication between parents, coaches and administrators, ultimately for the benefit of the student. Involvement in athletics and activities will allow the students to experience some of the most rewarding times of their lives. However, there will likely be times when things don't go their way or they disagree with a coach. It is important that students and parents realize these difficult situations are as much a part of the learning experience as are the good times. The coaches work hard to do the best they can for all of their athletes, and we ask the students and parents to respect the fact that their decisions are often extremely difficult, and are made based on factors of which students and parents may not be aware. The first step of the communication plan is for the student athlete, not the parent, to talk to the coach about any issues or problems that arise during the season. This is not only the most direct and productive means of communication, but also a valuable method of teaching responsibility. And remember, the intent of this communication plan is to help make the experience in the Uintah High School athletic program more enjoyable and productive for all athletes, coaches, parents and fans.

Communication the PARENT should expect from your child's COACH:

- The coach's philosophy and criteria for the team selection process
- Specific team policies and consequences for when policies are not followed or training rules not adhered to
- Expectations the coach has for your child as well as all the players on the squad
- Locations and times of all practices and contests
- Team requirements, i.e. practices, special equipment, out of season conditioning
- Any special events or activities planned, including optional uniform items that the team is considering to purchase
- Procedure to follow should your child be injured during participation
- Specific ways to improve upon athlete's ability

PARENTS should discuss with COACHES:

- Notification of any schedule conflicts well in advance
- Specific concerns with regard to a coach's philosophy and/or expectations
- If their child, at any time, feels threatened or uncomfortable in any way by actions of teammates or coach(es)
- Any specific information that the parent feels would be of value to the coach to help him/her coach their child
- Ways the parent can help the child improve
- Any concerns a parent may have about their child's behavior or performance in or out of school (oftentimes a coach may have a very positive influence in the lives of their athletes).

It is recognized that situations may arise where parents find it necessary to raise a concern with a coach, and it is imperative the parent(s) adhere to the following communication guidelines:

1. Contact the coach first, to set up a meeting, and in most cases, please make sure that the athlete is present.
2. If the coach cannot be reached, contact the Athletic Director.
3. MOST IMPORTANTLY, DO NOT CONFRONT A COACH BEFORE, DURING OR AFTER A PRACTICE OR CONTEST. THESE CAN BE EMOTIONAL TIMES FOR BOTH PARTIES. MEETINGS OF THIS NATURE DO NOT PROMOTE RESOLUTION.

It can be very difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those listed below, must be left to the discretion of the coach.

Issues NOT appropriate to discuss with coaches:

1. Playing Time
2. Play Calling
3. Team Strategy
4. Other student-athletes

There are situations that may require a conference between the coach and the parent. In most instances, it is vital that the athlete be present. It is important that all parties involved have a clear understanding of the other's position.

Next Steps after parent/athlete coach meeting:

What a parent can do if, in their opinion, the meeting with the coach did not provide a satisfactory resolution:

1. Call and set up an appointment with the Athletic Director (781-3110 Ext. 2607) to discuss the situation. Please do not ask an administrator not to share concerns or complaints with a coach.
2. After this step, an additional meeting may be held with the parent, coach, athlete, and athletic director.
3. If the meeting with the athletic director does not resolve the issue then contact the principal and follow [USD Due Process Policy](#).

Other Important Talking Points: Please do not discuss with your child a coach's tactics or playing strategies, starting line-up decisions, or decisions a coach makes about the playing time of other players. This will only undermine the coach's ability to help your child improve, to develop team harmony and develop constructive team play.

Team Participation – Leaving or Removal from a Team

An athlete may not quit a team without first talking to the coach. The athlete will not be allowed to participate in another UHSAA sponsored sport unless authorized by the Athletic Director after meeting with the coaches of both teams involved and the athlete and parent/guardian. In addition, if an athlete is removed from a team for disciplinary reasons the above process will be followed. In either instance there is no guarantee that the athlete will be allowed to participate in future athletic seasons. All efforts will be made to educate the athlete on team expectations in an effort to assure a positive outcome. Athletes who quit or are removed from a team for disciplinary reasons are not eligible to receive UHS post-season Athletics Awards, Scholarships and other school/community awards involving character and leadership associated with that sport.

Athlete Attendance and Academic Guidelines

It is the expectation of Uintah High School that students maintain high academic and attendance standards. Because of our geographic location, travel is a must, and missing school is part of the life of our students and athletes. It is imperative that good attendance is maintained throughout the season so that students do not fall behind and compromise their ability to meet the academic requirements set by UHSAA and Uintah School District.

Students are expected to attend school the day before, day of, and day after each competition. Any violation of this expectation may result in suspension from competition. Exceptions to this expectation include, but are not limited to, doctor visits or family emergencies. Any exception must be approved by the head coach and the athletic director. Additionally, **any athlete with an unexcused absence, either one class or multiple classes, will be suspended from the next competition.** Students and parents are expected to resolve any unexcused absences prior to competition days and cannot excuse mid-day absences after the fact. For example, if a student left school during lunch without checking out and did not return for their next class, the absence will remain unexcused and will result in a one-game suspension.

Students are also expected to maintain high academic standards. We understand that with the amount of time many of our student athletes are away from school, grades may suffer. We do, however, expect that grades will be improved in a timely manner and that all missed work be made up as soon as possible. Athletic competitions and activities excuse students from school, but not from the work. **Coaches are prohibited from scheduling any workouts or practices on Mondays from 8-9 AM, so athletes can attend Golden Time.** Please take advantage of Monday morning Golden Time and after school help sessions. Activities in season may even require that students attend Golden Time in order to maintain the high academic standards we expect from our student athletes. Students should also use the time on the bus to complete homework and stay current with their studies. **Any student that has two or more failing grades for a period longer than two weeks will be placed on academic probation and cannot compete until the grades improve.** The coaches and athletic director will work with individual students and their teachers to help the student improve.

Each program will also have a set of guidelines outlining attendance requirements for practices and games. It is up to each head coach to establish a norm for dealing with absences which will be written and available for each athlete and parent. The athletic director may be included in the disciplinary process, but most often, the head coach will handle each athlete on an individual basis according to the team's attendance guidelines outlined prior to the season.

Travel and Overnight Trip Guidelines

Travel to and from Contests

Student athletes and member of UHS activities are expected to be positive representatives of our school and community. Trips to and from UHS sponsored events are an extension of the school day. This means that any activity that is prohibited at school is also prohibited while traveling. Students are expected to meet all bus travel expectations as provided by the UHS Transportation department. These guidelines can be found in the UHS handbook provided to each student at the beginning of the school year.

It is the expectation of UHS Athletics that students travel to each competition with their teams. This ensures that all team members are on time and ready to compete, but also provides an opportunity for team building not available if students travel with parents. Prior approval must be given for a student to ride with parents. Students will not drive themselves to any away contest.

UHS Athletics has the expectation that students will travel home with the team after each event. Team unity is critical for any organization, and the trip home is another great opportunity to bond and create a strong team. Exceptions will be made on an individual basis and will be approved by the head coach. Students traveling home with other parents is strongly discouraged. In the event that another parents must take a student home, parents must communicate via phone call or in person and must have a valid reason, otherwise students will be expected to ride the bus.

Coaches will provide an itinerary for each contest so that students and parents are aware of leave times, stops, contest start times, and any other pertinent information. Itineraries for overnight trips are critical and will provide hotel information and return times.

Overnight Trips

When staying overnight, students will be assigned a room (no more than four students per room) and are expected to stay in the room after nightly room checks are completed by the coaching staff. Any violation of this expectation may result in suspension for future events including being prohibited from attending any future overnight events. Under no circumstances are students to enter the room of another student of the opposite gender and are not allowed to leave the hotel premises without the permission of the head coach.

Uintah High School has an excellent reputation for good behavior and we would like to continue this positive tradition. Any curfew or behavior violation may result in suspension from future contests and/or overnight trips. Simply said, we have high expectations for our students and any problems will result in disciplinary action by the team and school administration.

Dismissal from School and Leave Times

Students are expected to be in attendance at school up to the scheduled dismissal time. Coaches have the expectation to keep their students in class as long as possible. When possible, dismissal times should correspond with the end of the class hour. For example, a team wanting to leave at 11:30 AM will dismiss students after 3rd hour. This means that students must be ready to go prior to arriving at school so that the team or group can leave at the prescribed time. Coaches should not plan time for students to go home and get ready. The UHS Administration understands that students involved in sports and activities miss a lot of school, so every effort will be made to keep students in school as long as possible.

State Tournaments

In the event that a team makes it to the state tournament, athletes will be provided one meal during the tournament. Players will not be given cash, but coaches will take the team to a restaurant at some point during the tournament at the expense of the team.

Multi-Sport Athletes

The UHS Athletic department recognize, and encourage, our students to participate in multiple activities throughout their high school career. However, care must be taken to not overschedule and overwork students.

- Off season workouts are optional and coaches cannot hold students accountable for missing these events.
- Priority is given to the activity in season and coaches conducting off season workouts should have no expectation for athletes from other sports attending these workouts.
- If athletes currently playing a different sport attend an off season workout, coaches will not allow them to participate in any conditioning, but will only conduct skill development drills designed to hone sport specific fundamentals.
- Summer workouts are also optional with the exception being those activities that require acclimation and skill development prior to the fall season.
- Camps and clinics can be required, but coaches will keep these mandatory camps to a minimum.
- Coaches will also work with athletes involved in non-sport activities that may conflict with their season, i.e. band, Student Council, FBLA, DECA, and other clubs and activities within the school.

Two Sports/Activities During Same Season

Students may also participate in two sports/activities at UHS during a single sports season provided they fulfill the following criteria:

- The athlete will present a two-sport proposal to both teams and varsity coaches (in separate meetings) of both programs involved, stating their request and intentions for dual participation, including designating their “priority sport.”
- The coaches will seek input and feedback from their respective team members regarding the dual sport participation request. This feedback will be taken into consideration when making their final decision.
- The coaches of both teams involved must next agree to this two sport proposal.
- The athlete MUST indicate in writing to both head coaches and the Athletic Director which team is their “FIRST PRIORITY”. Should a conflict arise, then the student MUST take part in the activity of the team given priority or not compete at all.
- There will be no opportunity to change priorities after the initial decision has been made. This decision will be irreversible. No exceptions allowed.

Two Teams, Same Sport

A student, while participating as a member of a high school team, may not participate on a team not sponsored by his or her school in the same activity during the same season. A student may compete in a non-school sponsored contest as an individual, not a team member, while a member of a high school team during an activity season. No member of a high school team may compete in any organized competition on any outside team for a particular sport after the competition start date in a given season. One-day auditions or try outs are allowed during the season so long as no high school practices or games are missed and provided there is no coaching involved. The Limited Team Membership Rule applies only to competition. It does not apply to music, forensics and drama performances. These groups are free to perform for parades, concerts, church/community functions, etc.

Position on Non-School Sports Participation

Students frequently participate in sports outside of school which potentially detracts from their ability to focus on academics, their school/team, and personal/family time. Uintah High School expects the commitment to UHS teams to be their first priority should a conflict arise. Students choosing to participate in a non-school team event in favor of a UHS team event should expect to face consequences as decided upon by the coach, including potential suspension and/or dismissal from the team. The coach must be informed of any such conflicts well in advance, but we do want to make it very clear that all student participants are expected to honor their commitment to our teams for the duration of the season.

Varsity Letter

Each activity is required to set specific guidelines regarding Varsity Letter requirements. These requirements may vary from activity to activity, but should consider these items:

- Varsity playing time (a player regularly contributing at the Varsity level during the course of the season)
- Time spent in the program (a senior that participates multiple years, but may not reach the varsity level of competition)

Participants at the sub-varsity level may receive a certificate of participation, but should not expect a Varsity letter.

At the conclusion of a student's senior year, they can apply for a **5 Time Letter Award** to be given at the Senior Awards Night. Eligible students must have lettered at least five times in a combination of UHSAA sponsored activities (i.e. three wrestling letters and two baseball letters or three band and two football letters), fill out an application that states the sports/activities in which they lettered, which years the letter was received, and have the head coach of the sport/activity sign the application. This is a prestigious award that shows the dedication of many of our students in multiple activities.

Academic All-State

Individuals are selected for this award on the basis of the athletic ability and academic proficiency. Nominees must be a senior, be a varsity contributor, and have a GPA of 3.75 or higher. The school will submit the qualified students' names and transcripts to the UHSAA by the specified deadline. Parents are welcome to follow up with the UHS Athletic Department to make sure submissions are completed.

Social Media/Cyber Image

Student/athletes represent Uintah High School all year, not just during the sports season. As a result, UHS encourages safe and responsible student behavior with regard to internet use. We highly recommend our students avoid inappropriate use of public web sites such as Facebook, You Tube, Snapchat, or any other such sites and apps. Any identifiable image, photo, video, or posted on-line conversation discovered which implicates a student-athlete to have been in violation of our Alcohol and Drug Policy and/or Athletic Code of Ethics may be investigated and action taken by the administration. Additionally, all on-line communication should be positive and reflect the good aspects of the activity or sport. Negative comments only detract from the team and the efforts of the coaches to promote unity.

Drug and Alcohol Testing

All students participating in athletics at Uintah High School are subject to [random drug testing](#) per USD policy. Failure to comply with this policy may prohibit a student from participating. Failure to participate in a random test will be considered a positive test and disciplinary action will occur.

Coaches

Coaching high school sports and activities is an amazing opportunity. The connections and relationships made with the students are priceless, and even years after coaching, many of these kids still call them “coach”. It is the [expectation](#) of UHS that our coaches are people of the utmost character and truly represent the goals and mission of Uintah School District and Uintah High School. UHS views all coaches as teachers and the playing field as an extension of the classroom. Additionally, every effort will be made to ensure that we hire the highest quality coaches possible and that the coaches will receive ongoing training and professional development to hone their coaching/teaching skills.

The coach/advisor of each extracurricular activity is required to set specific rules relating to dress and grooming, language, attendance at practices and events, respect of persons and/or property, and the consequences for violation of those rules. The rules and consequences for violations will be provided to participants and parents and applied consistently to all participants.

The coach/advisor of each extracurricular activity may adopt higher standards and requirements or impose more severe consequences for violations than those set forth in [USD policy](#). Those rules, standards, and penalties must be in writing and must be equally applied to all participants. Those rules, standards, and penalties must be presented to and approved by the principal and district superintendent, and a copy must be provided to participants at or before the beginning of tryouts or the selection process for the particular activity. Each school is responsible to ensure that participants and their parents or guardians are informed of the specific rules of conduct and consequences as set forth in district policy and activity guidelines and to provide a copy to participants and parents at the beginning of each activity. The school shall maintain documentation showing notification as part of Register My Athlete.

Participants and coaches/advisors in all extracurricular activities are expected to understand and follow basic rules of decency, common courtesy, respect for public or personal property and respect for others including team mates, coaches, fellow students, spectators, officials, and opposing teams, coaches, and fans. The rules of conduct and eligibility standards must be fairly and equally applied to all participants regardless of status or talent (importance to the team), favoritism or discrimination in the application of the rules and standards of eligibility and participation is strictly prohibited. A copy of the

school's handbooks and the rules of conduct for each activity will be submitted to the district office each year prior to the start of fall activities for district approval.

Coaches will also be accountable to follow [USD Purchasing Policy](#) and [USD Fundraising Policy](#). Fiscal responsibility is paramount and coaches are asked to be conservative when requesting the purchase of uniforms and equipment. Every effort will be made to minimize additional costs to students and parents and all fees, spirit pack requests, and financial requests will be made in a timely manner. When requesting donations, care must be taken that programs are not accepting donations in excess. All donations become public funds, and while every effort will be made to use the donations for the purpose for which they were donated, the administration can redistribute donations to ensure equality among all the students and organizations. When fundraising, every effort should be made to get students involved in the efforts to raise money in order to give them more ownership in the activities and equipment the donations provide.

Coaches should also focus on going deep into the state playoffs each year; which means that region competition should be the priority. Preseason events and tournaments are encouraged, but should be kept in perspective as an opportunity to improve and prepare for region play.

At the conclusion of each season, a survey link will be sent to each participant and parent giving them an opportunity to evaluate the head coach, with a portion of the survey containing an assistant coach evaluation section. The purpose of this survey is to provide the head coach with relevant and specific information for their professional development. The focus of the UHS Administration is to help our coaches be effective teachers. Participants in the survey are encouraged to be honest, but fair when completing the survey. In addition to the survey, the athletic director will conduct a post season evaluation and conference with the head coach, the head coach will complete a self-evaluation, and all assistant coaches will be evaluated by the head coach.