



**Denver Public Schools  
Middle School Athletics Program**

**2009-2010**

**[http://athletics.dpsk12.org/ms\\_sports](http://athletics.dpsk12.org/ms_sports)**

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## League Schools and Addresses

Schools participating in the Nuggets/Avalanche Prep League are listed below:

<b>Bruce Randolph Grizzlies</b>	(720)-424-1080	3955 Steele Street 80205
<b>Bryant Webster Bulldogs</b>	(303)-433-3336	3635 Quivas Street 80211-3051
<b>Centennial Trailblazers</b>	(303)-433-6489	4665 Raleigh Street 80212-2650
<b>Cole Dragons</b>	(720)-423-9120	3240 Humboldt Street 80205-3934
<b>Denver Center Intl. Studies (DCIS) Phoenix</b>	(720)-423-9000	574 W. 6 <sup>th</sup> Avenue 80204-2197
<b>Fairmont Eagles</b>	(303)-893-1957	520 W. 3 <sup>rd</sup> Avenue 80223-1316
<b>Gilpin Jaguars</b>	(303)-297-0313	2949 California Street 80205-3053
<b>Grant Griffins</b>	(720)-423-9360	1751 South Washington Street 80210-3235
<b>Grant Ranch K-8 Grizzlies</b>	(720)-424-6880	5400 South Jay Circle 80123
<b>Greenlee Stars</b>	(303)-629-6364	1150 Lipan Street 80204-3506
<b>Greenwood Lions</b>	(303)-371-0247	5130 Durham Court 80239-4146
<b>Hamilton Huskies</b>	(720)-423-9500	8600 East Dartmouth Avenue 80231-4204
<b>Henry Eagles</b>	(720)-423-9560	3005 South Golden Way 80227-3849
<b>Hill Skyhawks</b>	(720)-423-9692	451 Clermont Street 80220-5019
<b>Kepner Dolphins</b>	(720)-424-0000	911 South Hazel Court 80219-3418
<b>Kunsmiller Bulldogs</b>	(720)-424-0200	2250 South Quitman Way 80219-5139
<b>Lake Knights</b>	(720)-424-0260	1820 Lowell Boulevard 80204-1549
<b>Martin Luther King, Jr. Panthers</b>	(720)-424-0420	19535 East 46 <sup>th</sup> Avenue 80249-6637
<b>Merrill Jaguars</b>	(720)-424-0600	1551 South Monroe Street 80210-3015
<b>Moore K-8 Eagles</b>	(303) 831-7047	846 Corona Street 80218-3411
<b>Morey Mustangs</b>	(720)-424-0700	840 East Fourteenth Avenue 80218-1803
<b>Place Roadrunners</b>	(720)-424-0960	7125 Cherry Creek North Drive 80224-2044
<b>Rachel B. Noel</b>	(720)-424-0800	5290 Kittridge Street 80239
<b>Rishel Ranglers</b>	(720)-424-1260	451 South Tejon Street 80223-1928
<b>Skinner Scorpions</b>	(720)-424-1420	3435 West 40 <sup>th</sup> Avenue 80211-1921
<b>Slavens K-8 Explorers</b>	(303) 753-9151	3000 South Clayton Street 80210-6704
<b>Smiley Cougars</b>	(720)-424-1540	2540 Holly Street 80207-3228



### Philosophy

It is the expectation that participants in the Nuggets/Avalanche Prep League will enjoy positive learning experiences with an emphasis on providing knowledge and skills necessary for them to develop into successful student-athletes.

### Mission Statement

The principal objectives of the Nuggets/Avalanche Prep League are:

- ◆ To use sport to motivate and encourage student athletes to succeed academically.
- ◆ To provide exemplary leadership to promote the emotional, intellectual, physical, and social development of students who participate by selecting the best qualified coaches and officials available.
- ◆ To provide an environment that will facilitate students to develop good sportsmanship, leadership, and communication skills.
- ◆ To provide middle school students with an opportunity to participate in a school-organized sports program.
- ◆ To provide a program that will help students develop fundamental skills in a variety of sports.
- ◆ To provide a program that will benefit and challenge students who possess potential skills, interests, and capabilities beyond those found in the regular instructional program.
- ◆ To provide students an opportunity to explore a variety of athletic activities.

## Sportsmanship and Conduct

As participants in the Nuggets/Avalanche Prep League, all persons, whether coaches or athletes are expected to conduct themselves with the utmost integrity and sportsmanship. This will include, but will not be limited to, respectful behavior toward all opposing team members, officials, and other adult support staff. The expectation is that all participants will be courteous, honest, and maintain the integrity of the sport. All coaches are expected to maintain this as a primary objective. The Nuggets/Avalanche Prep League Manager retains the right to intervene if a coach, a participant, or any other support staff does not uphold this standard.

As adults, coaches hold the greatest responsibility for maintaining the Nuggets/Avalanche Prep League philosophy. Coaches are role models for young athletes—students will learn as much from how a coach acts as from what a coach says. Coaches must be fair and honest, and must conduct themselves with the highest level of sportsmanship. An athlete's attitude and behavior is greatly influenced by the coach.

## Participation and Eligibility

It must be understood by players and their parents that participation in the Nuggets/Avalanche Prep League, as in high school sports, **is a privilege and not a right**. The principal, the coach, and the League Manager collaboratively are responsible for determining which students may participate in the Nuggets/Avalanche Prep League. Students who, due to poor attendance or misbehavior, are attending an alternative program at one of our middle schools are not eligible to participate in the Nuggets/Avalanche Prep League. Otherwise, participation in the Nuggets/Avalanche Prep League will be open to all students attending any of the district's 32 middle schools and or K-8 Schools. Furthermore, students that live in the city of Denver but attend a school other than a DPS school, whether it be private, charter, or home school, are allowed to try-out for what would be their home school's team. Finally, charter schools that desire admission to the Nuggets/Avalanche Prep League shall agree to all items in a Memorandum of Understanding that describe the relationship between the charter school and the League.

The Board advocates full participation at each school. It is also understood that while the Nuggets/Avalanche Prep League Manager will provide assistance as possible to secure coaches when a school cannot provide one, it is ultimately the responsibility of the principal at each school to provide a coach for each sport.

Students may only compete for their school of attendance or, in the event their school of attendance does not offer a sports program, their home school unless the Board has approved an athletic waiver for participation. The Board member from the school at which the athlete wishes to compete must submit waiver requests in writing. Waivers will only be granted in the presence of hardship.

### Daily Participation

All participants must attend school or have verification from a parent or guardian for any partial absence in order to participate in a league contest. Eligibility for participation in practice on the day of an absence will be decided by the school principal.

### Grade Requirements and Eligibility (Currently under review)

All students participating in the Nuggets/Avalanche Prep League are required to maintain academic eligibility in each class in order to participate in contests. Grades will be collected on a weekly basis. If a student is deficient in one or more classes, that student is ineligible to participate in sports contest until the weekly grade collection process (which follows) demonstrates that the student has regained their academic eligibility.

### Grade Collection/Eligibility Determination Process

The Athletic Director will distribute the list of all athletes participating in games the following week to all teachers by the end of the last class period on Thursday. Teachers will scan the list for their students, and return list to athletic director with name of student circled if he/she is ineligible and grade for that week. Each student must maintain their academic standing in each class, each week in order to be eligible. The teachers may only consider work turned in that week for eligibility requirements. The list of ineligible athletes must be returned to the Athletic Director by the beginning of the first class period on Monday of each week for the students to be declared ineligible.

The Athletic Director at the school will make the determination of eligibility for their school.

### **Sportsmanship (on the playing field) and Citizenship (off the playing field):**

The Manager, school principal, and coach will hold high standards for good sportsmanship and citizenship. The administration reserves the right to suspend any coach or player who does not demonstrate proper conduct while participating in the Nuggets/Avalanche Prep League. These expectations include, but are not limited to, good sportsmanship and safe play. Each school is encouraged to develop conduct and training standards for athletes, using participation as a reward for good conduct.

If a report of poor sportsmanship or conduct before, during, or after games is received by the Manager, the Manager will contact coaches involved for statements and request statements from other witnesses, such as officials. Upon a full investigation by the manager, coaches and players can receive a letter of concern, be placed on probation, or be removed from participation in the Prep League, based on previous offenses and the severity of each individual incident.

A violation of League rules may result in forfeit or ejection from a game at the officials' discretion.

### **Suspension**

Students who are suspended from school are not eligible to participate in practice or contests.

### **Duration of Eligibility**

All middle school students have three years of eligibility if they participate as a sixth grader; otherwise, each student has two years of eligibility.

## **Organization and Procedures**

The organization interpreting the policies and procedures will be the Middle School Board of Control, hereafter referred to as the Board.

### **Composition of the Board**

The membership of the Board will include principals or assistant principals from schools that contain sixth, seventh and eighth grades; the League Manager; one coach of girls' sports and one coach of boys' sports as representatives of the coaches; and a liaison from the Nuggets/Avalanche Organization.

### **Method of Membership Selection**

A Principal from at least one school will be expected to serve as a member of the Board. This Principal either volunteers or is appointed by the Manager.

A coach of girls' sports and a coach of boys' sports will be voted to a two-year term of Coaches' Representative by the coaches. The terms shall be staggered so that they overlap. Elections will take place at the beginning of the school year. Elections will be held at the end of each two-year term or when a position is vacated. Elections will be conducted by the Manager of the League.

### **Criteria for Selection**

Principals or Designees must be employed at the school that they wish to represent on the Board.

Coaches' representatives must be active coaches who have signed a coaching approval form for the school year(s) that they are elected to the Board.

Members of the Board will strive to maintain an ethnic and gender balance that best reflects that of the district as a whole.

## **Expectations of Board Members**

Board members are expected to attend all regularly scheduled meetings.

Each member is responsible for reviewing all material in preparation for informed discussion and voting.

Each member is expected to review schedules and rules generated through Board action in an attempt to minimize discrepancies.

## **Committees**

The League Manager is responsible for creating ad hoc committees as needed.

## **Voting**

All Board action must be approved by a simple majority vote of those members present. Each member of the Board will be entitled to one vote, and that vote will be recorded. The liaison from the Nuggets/Avalanche Organization also will be a voting member.

## **Meeting Dates**

The Board will meet five times each year to coincide with the beginning and conclusion of the three sports seasons. The time and place of meetings will be determined by the Manager.

## **Agendas**

The Manager will be responsible for providing agendas for each meeting. Agendas and related materials for Board meetings will be mailed or faxed to each Board member at least one day prior to the meeting.

Additions to the agenda may be made 24 hours (one day) prior to a scheduled Board meeting or at the meeting.

## **Minutes**

The Manager will distribute minutes to each school and each Board member within 10 days following each meeting.

## **Revisions**

Policy and procedures may be revised by submitting a "Board Handbook Proposal Form" to the Board.

Unless the matter is of an urgent nature, these proposals will be subject for review at the last meeting of the school year and, if accepted, will be implemented the following school year.

## **Visitors**

Visitors to Board meetings must have a Board member's approval or invitation to attend.

## **Communications**

Principals are encouraged to communicate regularly with their respective athletes, parents, and coaching staff regarding current Board handbook policies, revisions, issues, etc.

## General Rules and Regulations

### Financial Resources

The Nuggets/Avalanche Prep League receives the majority of funding through resources provided by the Denver Nuggets and Colorado Avalanche Community Funds, the Colorado Rockies (in conjunction with the McCormick Tribune Foundation), the Denver Broncos and the DPS Foundation. Other sources of funding are provided through sponsorships and fundraisers arranged through the central administrative offices of the Denver Public Schools, and through collection of the athletic participation fee.

### Participation Fee

See Appendix for collection guidelines and forms.

### Title IX Considerations

The middle school sports philosophy promotes equal and/or separate programs for members of both sexes. Participation is restricted by gender in activities that are offered on an equal basis to boys and girls. Historically, athletic opportunities have been greater for males than for females; thus, females are entitled to try out for a male team if a female team equivalent is not available. Female sports are to remain strictly female.

### Printed Roster

Each coach is to provide a printed roster to the opposing coach and the score table prior to each game. If a coach does not supply a roster the opposing team will be awarded the following points prior to the start of the game.

Flag Football and Basketball – 2 points  
Volleyball, Baseball, Softball and Soccer – 1 point

### Cheerleaders

Cheerleaders are allowed to perform only at home games. Cheerleaders are not allowed to ride the bus.

### Coach Ejection

The ejection of a coach will result in a letter of concern from the Athletic Manager to the Principal of the ejected coach. If a coach is ejected a second time during the same season he/she will be subject to a one game suspension and loss of one day's pay.

### Conduct of Spectators

Spectators are permitted to attend all Nuggets/Avalanche Prep League events, space permitting. **Spectators are expected to observe district and individual building policies, including but not limited to the no-hat policy.** Principals and the Manager maintain the right to remove or suspend any spectator from school grounds if district and/or building policies are violated. (See Policy KFA—Public Conduct on School Property).

### Forfeiture of Contests

Schools who forfeit a contest may be subject to action by the Manager and/or the Board. Forfeited games may not be rescheduled. Schools that forfeit the contest must notify the Manager of Athletics prior to 10:00 a.m. or the school will be responsible for officials' fees and transportation.

## Health and Safety

### Student Requirements

Prior to any middle school student's participation in a sport, the school will have on record a physician's health status report, an athletic insurance waiver, and a parent permission form. These required documents will be valid for one calendar year. When athletic teams are participating away from their home school, coaches shall have in their possession duplicate copies of emergency cards for all participating athletes. (See Policy JLCE – First Aid and Emergency Medical Care)

Insurance coverage is to be provided by parents. The Student Accident Plan, which includes medical, dental, and life insurance, is available at the parents' expense from the Denver Public Schools. Forms for the Student Accident Plan may be obtained at the child's school.

### Injury

The coach shall obtain and have available the telephone numbers of the parents and the family physician of each of the participants. It is required that coaches carry copies of the students' emergency cards to all athletic practices and contests.

In the event of an injury, the coach shall file an accident report (see Forms) with the school principal and the school nurse. A copy of the report also shall be sent to the League Manager. Each coach shall develop and maintain an emergency action plan that can be enacted in the event of an emergency. An example of an emergency action plan is provided in Section IV of this handbook.

In case of injury, every reasonable attempt must be made to contact an injured student's parent.

After an injury requiring a doctor's attention, injured students must have a doctor's release before they may resume participation in the athletic program.

### Coaches' Qualifications

**It is strongly advised that each coach in the Nuggets/Avalanche Prep League be a certificated employee of the district.** Non-certificated coaches are subject to fingerprinting and a records check, at their own expense, before they can be employed. Each coach must demonstrate a working knowledge of the sport.

Principals must submit a completed Coaching Approval Form with an addendum for each coach for each sport each season prior to the coach being allowed contact with the students. Teams will forfeit all contests if it is determined that a non-certificated coach is coaching in practice or games.

Denver Public Schools Board of Education policy requires that all head coaches have a valid CPR certification prior to the start of the season. No coach will receive financial compensation without providing the Manager with a valid CPR card. A valid CPR card must not expire during the sport season for which the coach is contracted.

It is mandatory that all assistant coaches for each team have a valid CPR certification. A coach with CPR certification must be at practice at all times.

It is mandatory that all coaches have a valid Red Cross standard first aid card.

Coaches are responsible for maintaining a first aid kit for treating minor injuries and for having it available during practice and competition.

### **Practices and Contests**

Coaches are required to establish practice frequency and duration based on the expectations of the administration at their school.

Practices and contests may be held only on days that school is in session, except as recommended by the building principal.

Time limits for contests will be determined by the Board.

Athletic team practice shall not exceed 2 hours and 30 minutes from the time of school dismissal, including time to shower and dress.

Every effort will be made to schedule practice and games so that they do not conflict with class time.

All games will be governed by the rules currently being used by the Colorado High School Activities Association unless specified in this handbook.

Home teams will furnish all necessary game equipment except uniforms and personal equipment.

Any school whose coaches, players, or spectators are guilty of serious misconduct during the period of transit and/or participation in a middle school sport activity may forfeit games or have its teams suspended by the building administrator or Manager for one or more contests in the particular activity in which the misconduct occurs.

## Officials

It is recommended that the officials who work games in the middle schools be certified by CHSAA or by other appropriate associations. High school students 18 years of age or employees of the district also may serve as officials.

It is recommended that preseason clinics be provided as needed for coaches and officials.

Officials, scorers, and timers shall be paid in accordance with rates approved by the Board.

The Manager will be responsible for contacting and paying all necessary officials.

Officiating complaints requiring immediate action should be directed to the building administrator and the Manager.

When conditions warrant, the Manager may release officials from their responsibilities for the remainder of a sports season.

## Scheduling and Inclement Weather

Game and season schedules will be determined by the Board.

### Rescheduling Due to Inclement Weather

The Manager reserves the right to postpone or cancel all or any part of League play based on the weather if conditions are deemed unsafe or unplayable. In the event of a league-wide cancellation, the Manager will contact each school involved as soon as possible.

Games may be canceled by the home team only with the consent of the Manager. In making the decision to cancel, coaches must consider field conditions and the weather forecast at game time. If a game is canceled, the home team coach is responsible for contacting the visiting team by 1:00 p.m. The Manager will be responsible for contacting the Transportation Department and the officials. The Manager will reschedule the game if time is available.

The Manager has the discretion to reschedule games canceled for reasons other than weather, taking into account availability of officials, transportation, and other limitations.

## Transportation and Travel

Transportation for participants in all athletic events sponsored by the League will be in district-owned vehicles and at the district's expense. Exceptions may be made by the coach if approved by the building principal and in accordance with district guidelines (Transportation and Information Procedures Manual, Denver Public Schools Department of Transportation, November 1997, tab C, pages 2 and 3).

**Only** participants, coaching staff, and administrators may ride buses to and from events unless otherwise permitted by the Manager. Spectators, spirit club members, and the like, are not considered part of the team, and therefore may not ride the bus. Consideration will be made for teams competing in playoff or championship games. If a school is willing to pay the cost of a bus for spectators it can be arranged if buses are available. Buses for spectators must follow the same guidelines as for excursions. The conduct of players while on the bus, as at any other time, is the responsibility of the coach. All athletes are expected to behave properly and demonstrate respect for the driver and the bus at all times.

If a coach wants to compete in an unscheduled contest, travel to and from the contest is not the responsibility of the League.

There **must** be a certificated supervisor on each bus. It is expected that this person will be the coach. If someone other than the coach is to ride the bus, it must be agreed upon with the building principal in advance.

## **Responsibilities of Coaches and Administrators**

Coaches and school administrators are responsible for providing adequate supervision for their participants. A coach must be present when any members of a team are practicing and must remain with students after practice until all team members leave school grounds. A coach is responsible for adequate supervision for all members of a team when at another school or game site.

Safety of students is a primary responsibility of all school personnel. Principals shall provide supervision for athletic activities during recesses as students are properly on school grounds or in other school areas. (See Policy JLI – Student Safety)

Coaches are required to attend mandatory pre-season meetings. The dates of these meetings are announced prior to the beginning of each school year. Arrangements can be made for an assistant principal or principal to attend the meeting instead of the coach in case of emergency. Coaches who do not attend the meetings and do not arrange for an administrator to attend will not receive game balls and are required to schedule a make-up meeting with the manager.

Coaches must have a completed Coaching Approval Form and all other required materials on record in the Athletics Office before they coach. Failure to fulfill all the paperwork will result in forfeiture of all games for which the coach was not properly registered.

Coaches and administrators will provide information on budget, equipment, participants, and supplies as requested by the building principal.

Coaches will see that equipment and supplies are cleaned, repaired, inventoried, and stored at the conclusion of each season.

Coaches are charged with keeping the building administrator informed of concerns, problems, etc., relating to their sport. This includes any student, parent, or community action that may reflect adversely on the program, the school, or the district. Further, the coach and administrators are required to take prudent action to prevent such activities.

Each coach must be qualified by education and/or experience for the position.

Coaches and administrators will be held responsible for adherence to the rules and regulations stated in this handbook.

Coaches must be provided access to telephones for reporting accidents, injuries, or emergencies during school-sponsored athletics.

Coaches are required to notify building administrators of safety or health hazards. Building administrators are to expedite all work orders in order to correct safety or health hazards.

If for disciplinary reasons a participant is removed from an athletic event by a coach or administrator, the coach or administrator will notify the parents of the action taken and the reasons for the action taken as soon as possible.

Should a parent wish to discuss the removal of their athlete from an event, the principal will set up a meeting to address the matter at the earliest convenient time. The coach and possibly the Manager are expected to be at this discussion.

The ejection of a coach will result in a letter of concern from the athletic Manager to the school principal. If a coach is ejected a second time during the same season, he/she will be subject to a one-game suspension and loss of one day of coach's pay.

At the end of each season each coach is responsible for submitting a participation report, and is highly encouraged to nominate an Nuggets Student-Athlete of the Year.

## Coaches' Game Day Responsibilities

### Home Team

- ♦ The coach will check the DPS Website to review game times and schedules.
- ♦ The gym or field must be set up to provide a place for the scorer and timekeeper, as well as the visiting team.
- ♦ The coach must have a printed roster for use by the score table and visiting team.
- ♦ The coach must notify the visiting team coach and the Manager as soon as possible if, for any reason, a team cannot be fielded for a given competition.
- ♦ The coach, with the aid of an administrator, must provide for the supervision of the crowd.
- ♦ The coach is responsible for all equipment necessary to play the game, with the exception of visiting team uniforms and personal equipment.
- ♦ The coach will provide all equipment for timing and scorekeeping the games.
- ♦ The coach will secure a scorekeeper and timer for a game.
- ♦ A place should be provided for the visiting team to change clothes if they were not able to change at their home school.
- ♦ The home coach should initiate a discussion with officials and the visiting coach with regard to the particulars of the gym or playing field and indicate what exceptions must be made. Any exceptions should follow National Federation Guidelines and those guidelines set forth by the Prep League.
- ♦ The home coach is responsible for submitting the official score card to the Manager's office. The score card should include the signatures of the officials, names and signatures of the scorer and timer, the two teams that competed, and the score. *This is very important.*
- ♦ The coach must call in results to the Manager by 8:00 a.m. the morning following the game.

### Visiting Team

- ♦ The coach will check the DPS Website to review game times and schedules.
- ♦ The coach should have athletes in uniform and ready to get on the bus at 2:45 p.m. Due to restrictions or security concerns at some schools, locker rooms may not be available for use by a visiting team. This is a site decision.
- ♦ The coach must have a printed roster for use by the score table and opposing coach.
- ♦ The coach must bring emergency cards, first aid kit, and all equipment needed for the game.
- ♦ The coach must contact the Manager and **Transportation** at 2:46 p.m. if the bus has not arrived.
- ♦ The coach should contact the home team coach as soon as they arrive.
- ♦ The coach should meet with the home team coach and officials prior to the contest to formalize any rule adjustments or safety precautions that would limit play.
- ♦ The coach must call in results to the Manager by 8:00 a.m. the morning following the game.

## **Uniforms and Equipment**

Each student participant in the Nuggets/Avalanche Prep League is responsible for the loss of or unnecessary damage to any assigned equipment or uniform and will be expected to replace it. Each school should devise a policy to guarantee the return and/or compensation for lost or damaged equipment and uniforms.

At the discretion of the principal, game jerseys may be worn by team members on the day of a game to promote school spirit. All other district-owned uniforms are to be worn only during competition.

Members of the same team shall wear identical uniforms. Players may wear an undershirt as long as the shirt is of a single color similar to the school uniform. Players also may wear compression shorts under the school issued uniform provided they are unadorned and of a single color similar to the predominant color of the uniform pants.

Money that is acquired through fundraisers or sponsorships may be used at the discretion of the school principal and the team coach for equipment or supplies.

The Board must approve any alteration, addition, or replacement of uniforms used in competition, including warm-ups, in the Nuggets/Avalanche Prep League prior to purchase. Criteria for approval are appearance and cost.

No jewelry will be worn in any sport, including practices and contests.

## **Coaches and Players Clinics**

The League Manager may schedule an annual clinic for coaches in each sport. Coaches are expected to attend these clinics as part of their coaching responsibility.

Clinics will be offered for players on an intermittent basis. Due to availability and cost, clinics cannot be offered for all students on a regular basis.

**Baseball Rules**  
Nuggets/Avalanche Prep League

Revised August 9, 2000

**Playing Time**

- ♦ Six innings will constitute a full game.
- ♦ No new inning will begin after the one hour and twenty-five minute time limit has expired unless the game is tied.
- ♦ If a game is called off due to poor weather conditions, the game will be rescheduled for the earliest possible date and continued where it left off, unless four innings have been played or the time limit has expired. In the event the home team is winning, only three and one-half innings must be completed.

**Rules**

- ♦ Athletes are not allowed to wear metal cleated shoes.
- ♦ After four innings of play, if a team is up by 10 runs or more they will be declared the winner and the game will end.
- ♦ A pitcher is allowed to pitch only three innings per game. One pitch constitutes an inning.

**Dimensions of the Field**

Due to the availability of fields, size and conditions of different fields may vary. If slight modifications need to be made to a given field to make it playable or safe, the head coach must notify the League Manager so modifications can be made and all coaches can be notified.

- ♦ Bases will be 80 feet apart.
- ♦ The pitcher will be 56 feet from home plate.

**Tie Breaker – Game**

New innings will be played until the tie is broken or both coaches agree to let the game end in a tie.

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With the exception of the above rules, the Nuggets/Avalanche Prep League will abide by the rules set forth by the National Federation of State High School Associations.

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**Basketball Rules**  
Nuggets/Avalanche Prep League

Revised March 2, 2005

**Game Time**

Each game will consist of four 10-minute quarters. The clock will run continuously for the 10-minute quarters with only two exceptions:

Exception 1: If the difference in the scores of the two teams is 10 points or less, the clock will stop during the last two minutes of the fourth quarter for all fouls, free throws, violations, and throw-ins. The clock will not resume until the ball is touched by a player in the field of play.

Exception 2: The clock will stop for time outs.

There will be a two-minute break between the first and second quarters. There will be a two-minute break between the third and fourth quarters. There will be a five-minute break at half time.

**Time Outs**

Each team will have two one-minute time outs per half.

**Fouls**

Players will be considered fouled out on their fifth foul and will have to leave the playing field for the remainder of the game.

**Scoring**

If there is a dispute about the score of the game, the head official will consult with the second official and the scorer to determine the correct score. The head official's decision will be final.

**Back Court Defense Rule**

Teams are allowed to establish defense in the back court only if the difference in scores is less than 15 points. If the difference is 15 points or greater, only the team with the least points is allowed to continue a full-court defense. If a team has a 15-point or greater lead, they must not present any defense in the backcourt. All defenders must retreat to the half-court line after possession of the ball has been established by the defensive team.

**Tie Breaker – Game**

In the event of a tie at the end of a game, the two teams will play a five-minute overtime period after a one-minute break. The game will conclude at the end of the first overtime when the score is not tied. The clock will stop in the last minute of the overtime.

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With the exception of the above rules, the Nuggets/Avalanche Prep League will abide by the rules set forth by the National Federation of State High School Associations.

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**Flag Football Rules**  
Nuggets/Avalanche Prep League

Revised August 19, 2008

Due to the volume of the flag football rules it is maintained as a separate document. This document is available through the League Manager. You may download the rules for Flag Football at [http://athletics.dpsk12.org/ms\\_sports/coaches.shtml](http://athletics.dpsk12.org/ms_sports/coaches.shtml)

**Soccer Rules**  
Nuggets/Avalanche Prep League

**Game Time**

Each game will consist of two 30-minute halves with a running clock and a 10-minute half time.

In the event of a tie at the end of regulation play there will be two five-minute overtimes after a two-minute intermission. If the score is still tied after the overtime period the game will end in a tie unless both coaches agree to a five-player shoot out. If a team wins the shoot out then one point will be added to the score. If the shoot out is a tie, the game will end in a tie with no adjustment to the score.

If a team leads the score by seven goals, they will play with one less player. If the team leads by eight goals, they will play with two less players. If the team leads by nine goals, they will play with three less players. If a team leads by ten goals, the game is over.

**Field Dimensions**

The most desired dimensions for a soccer field are 100 yards long by 50 yards wide. Unfortunately, many of the fields will not meet these dimensions, while others will exceed them.

Home coaches will designate a team area that all players and coaches will remain in during the course of the game. Parents are not allowed into this area. Coaches may designate this area using cones or other marking method.

**Mercy Rule**

Once a 7 goal differential between two teams is achieved the team who is ahead will remove one player from the playing field. If the differential reaches 8 point a second player will be removed. Once a 9 goal differential is reached a third player will be removed. If a 10 goal differential is reached the game will be concluded.

If the team who is behind scores a goal to reduce the differential the coach may add players back to the field of play.

**Sportsmanship**

Officials will be required to submit “red card” information to the Manager of Athletics. Any player receiving a “red card” will not be allowed to play in the next contest that the player is eligible for.

It is the responsibility of the coaches to monitor the “friendship” line at the conclusion of the game and promote positive sportsmanship.

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With the exception of the above rules, the Nuggets/Avalanche Prep League will abide by the rules set forth by the National Federation of State High School Associations.

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**Softball Rules**  
Nuggets/Avalanche Prep League

Revised June 21, 2005

**Playing Time**

- ♦ Six innings will constitute a full game.
- ♦ No new inning will begin after the one hour and twenty-five minute time limit has expired unless the game is tied.
- ♦ If a game is called off due to poor weather conditions, the game will be rescheduled for the earliest possible date and continued where it left off, unless four innings have been played or the time limit has expired. In the event the home team is winning, only three and one-half innings must be completed.

**Rules**

- ♦ Athletes are not allowed to wear metal cleated shoes.
- ♦ After four innings of play, if a team is up by 10 runs or more they will be declared the winner and the game will end.

**Dimensions of the Field**

Due to the availability of fields, size and conditions of different fields may vary. If slight modifications need to be made to a given field to make it playable or safe, the head coach must notify the League Manager so modifications can be made and all coaches can be notified.

**Tie Breaker – Game**

New innings will be played until the tie is broken or both coaches agree to let the game end in a tie.

**Points of Emphasis**

Batter at plate-The player in the batters box is encouraged to move out of the box when a play is being made by the catcher. Officials will be reminded of this emphasis during the officials clinic.

Hit batters-Officials will use their discretion when a pitcher is consistently hitting the batter.

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With the exception of the above rules, the Nuggets/Avalanche Prep League will abide by the rules set forth by the National Federation of State High School Associations.

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### **Volleyball Rules**

Nuggets/Avalanche Prep League

Revised August 9, 2004

A match will be two out of three games to twenty one (21) points using rally scoring. These games will be capped at twenty five (25) points. If a third game is necessary it will be played to fifteen (15) points using rally scoring. The third game will have a cap of nineteen(19) points. In the event one team wins the first two games, a third game may be played with the consent of both coaches so that more athletes have an opportunity to play; this game will not count in record keeping for playoff seeding.

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With the exception of the above rules, the Nuggets/Avalanche Prep League will abide by the rules set forth by the National Federation of State High School Associations.

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### **Tie Breaker Rule for Playoff Positions**

The policy for breaking ties will be as follows:

In the event two or more teams have the same record at the end of the regular season The Nuggets/Avalanche Prep League will depend first and foremost on head-to-head competition in order to break the tie.

If there are two teams tied for the same position in the league standings, head-to-head comparisons will be used to break the tie if possible. If head-to-head comparisons do not break the tie then win/loss record against common opponents will be used. If the teams are still tied a formula where points are awarded based on the overall finish of divisional opponents defeated during the season will be utilized. (In a 6 team league: 6 points are awarded for defeating the 1<sup>st</sup> place finisher, 5 points are awarded for defeating the 2<sup>nd</sup> place finisher. Etc.) In the event that two teams remained tied within their division after all tied breakers have been exhausted a coin toss will be used to determine placement on the bracket.

Playoffs:

Throughout playoffs the higher seeded team will host if the facility of the host school is playable. In the event that two teams with identical seeds meet during the playoffs a coin toss will be used to determine the home team.

This method was developed by the Nuggets/Avalanche Board of Control after deciding that the best way to choose between tied teams was head-to-head competition and that whenever possible head-to-head competition must be used.

## Flag Football Season Practice Guide

Teaching and practicing the basic fundamental skills are essential in middle school athletics. Sequence and time spent practicing these skills are also important. This guide is intended to give basic information in planning and preparation of the entire season. It is simply an outline. Please seek additional information from texts, clinics and individual resources.

### Week #1 –

**Design practice organization and routine. (stretching, warm-up and conditioning routines)  
Training rules, team expectations and team goals should be discussed.**

**Skills emphasis:** Passing, receiving, blocking, playmaking and defensive match-ups are skills players spend the majority of the game and practice at this level. It is important to use the majority of practice on the development of these skills. Once all the skills have been introduced, skills need to be reviewed and incorporated into drills, modified game play and scrimmage situations to maximize the player learning potential.

Mon.	Tues.	Wed.	Thurs.	Fri.
Organize	Warm-up	Warm-up	Warm-up	Warm-up
Warm-up	Review passing & receiving	Review blocking	Review plays	Review weak areas
Introduce passing & receiving	Intro to blocking	Intro pass patterns	Blocking/plays	Modified scrimmages of 4 on 4
Defensive coverage	Defensive coverage	Pass coverage	Defensive coverage	Punting review
Man-to-man	Conditioning	Intro to playmaking	Passing/catching	Conditioning
Conditioning		Conditioning	Intro to punting	
			Conditioning	

### Week #2 –

**Organize practices with an emphasis on team concept. Team building and successful team drills can be applied and practiced. Practices should move quickly from one drill to the next. Drills and modified game play should incorporate skills to maximize practice time.**

**Skill emphasis:** Passing, receiving, blocking, comprehension of defensive and offensive strategies and playmaking. 50% of the practice should be spent on practicing defensive match-ups and blocking skills, incorporated into drill work, modified game play and scrimmage situations. The other 50% of practice concentrates on offensive playmaking, passing, running and catching skills

Mon.	Tues.	Wed.	Thurs.	Fri.
Warm-up	Warm-up	Warm-up	Warm-up	Players in uniform
Skill drill work	Skill drill work	Skill drill work	Skill drill work	Pre-game warm-up routine
Defensive coverage	Defensive coverage	Defensive coverage	Defensive coverage	Formal scrimmage to determine line-ups and reduce anxiety levels
Play making	Play making	Play making	Play making	
Conditioning	Conditioning	Conditioning	Conditioning	
			Hand out uniforms	

### Week #3 –

**Attention to game preparation, including pre-game and post-game information.  
Make sure players and parents have schedules, game information and transportation home.**

**Skill Emphasis:** Concentration is on developing the accuracy of passing, catching and blocking skills. Execution of running patterns, plays, and blocking assignments is important. Players need to know individual roles and game situation expectations.

Mon.	Tues.	Wed.	Thurs.	Fri.
Warm-up	Warm-up	Warm-up	Warm-up	Warm-up
Evaluation of scrimmage	First game	Game evaluation	Game	Game evaluation
Skill work 40%		40% skill work		40% skill work
Modified scrimmage		40% modified		40% modified
Situations		Modified scrimmage		Scrimmage situations
		Situations		

**on developing the team as well as individual strengths and weakness.**

**Skill emphasis:** Reinforce fundamentals through game situations and multiple skill movement drills. Introduce special situations, last minute situations and individual plays.

Mon.	Tues.	Wed.	Thurs.	Fri.
Warm-up	Contest	Warm-up	Contest	Warm-up
Skill work		Skill work		Skill work
Special situations		Special situations		Review game
Game preparation		Game preparation		Special situations
Light conditioning		Light conditioning		Conditioning

**Week #5 –**

**Pay attention to team and individual weaknesses. Drills should be made more challenging and as game related as possible.**

**Skill emphasis:** Provide a variation of drills which require transitions, movement and skills to make them interesting and challenging which reinforce fundamental skills. Introduce more advanced defensive and offensive skills or sets.

<b>Mon.</b>	<b>Tues.</b>	<b>Wed.</b>	<b>Thurs.</b>	<b>Fri.</b>
Warm-up Skill work New defensive or offensive set Game preparation Light conditioning	Contest	Warm-up Skill work Review game Game preparation Light conditioning	Contest	Warm-up Skill work Review game Review new defensive or offensive set Conditioning

**Week #6 –**

**Focus on team goals. Design practices to meet these goals and objectives. Provide challenging game related situations to practice. Focus on making each player feel a valuable part of the team.**

**Skill emphasis:** Use challenging drills for individual and team practice to sharpen fundamentals.

<b>Mon.</b>	<b>Tues.</b>	<b>Wed.</b>	<b>Thurs.</b>	<b>Fri.</b>
Warm-up 40% skills 60% game related play Game preparation Light conditioning	Contest	Warm-up 40% skills 60% game related play Game preparation Light conditioning	Contest	Warm-up 40% skills 60% game related play Game preparation Conditioning

**Week #7 –**

**Tournament or play off week. Prepare team for the tournament.**

**Skill emphasis:** New skills should not be introduced. Focus on game strategy.

<b>Mon.</b>	<b>Tues.</b>	<b>Wed.</b>	<b>Thurs.</b>	<b>Fri.</b>
Practice	Final league contest	Tournament schedule – see schedule for information		
Drills should be designed to impart game strategy and should be as game like as possible. (i.e., challenging, game stress, noise levels, fatigue factor, etc.)				

**Week #8 –**

**Tournament finals week. Prepare team for tournament and/or the season end.**

<b>Mon.</b>	<b>Tues.</b>	<b>Wed.</b>	<b>Thurs.</b>	<b>Fri.</b>
Prepare for tournament games. See tournament schedule. Turn in uniforms and equipment. Inventory all equipment and put away. Team meeting or party to recognize team and support staff. Assess the season goals for successes and failures.				Send in season evaluation and summary sheets.

## Volleyball Season Practice Guide

Teaching and practicing the basic fundamental skills are essential in middle school athletics. Sequence and time spent practicing these skills are also important. This guide is intended to give basic information in planning and preparation of the entire season. It is simply an outline. Please seek additional information from texts, clinics and individual resources.

### Week #1 –

**Design practice organization and routine. (stretching, warm-up and conditioning routines)**

**Training rules, team expectations and team goals should be discussed.**

**Skills emphasis:** Passing, serving, setting and spiking. Players spend the majority of the game passing and serving at this level. It is important to use the majority of practice on the development of these two skills. Once all the skills have been introduced, skills need to be incorporated into drills, modified game play and scrimmage situations to maximize the player learning potential.

Mon.	Tues.	Wed.	Thurs.	Fri.
Organize	Warm-up	Warm-up	Warm-up	Warm-up
Warm-up	Review passing	Passing drills	Passing	Passing/setting
Introduce passing	Passing drills	Serving drills	Review spiking	combo drills
Passing drills	Review serving	Review setting	Spiking/setting	Serving/passing
Introduce serving	Serving drills	Introduce spiking	combine drill	combo drills
Serving drills	Introduce setting	Setting/spiking drill	Defense/offense	Defense/offense
	Setting drills		strategy	strategy

### Week #2 –

**Organize practices with an emphasis on team concept. Team building and successful team drills can be applied and practiced. Practices should move quickly from one drill to the next. Drills and modified game play should incorporate skills to maximize practice time.**

**Skill emphasis:** Passing, serving, setting, spiking, comprehension of defensive and offensive strategies. 60% of the practice should be spent on practicing passing and serving, incorporated in drill work, modified game play and scrimmage situations.

Mon.	Tues.	Wed.	Thurs.	Fri.
Warm-up	Warm-up	Warm-up	Warm-up	Players practice in
Passing drills	Passing/setting	Passing/setting	Passing/setting	uniforms
Serving drills	Serving/passing	Serving/passing	combo serve/pass/	pre-game warm-up
Combo set/spiking drill	Setting/spiking	Setting/spiking	set/spike drill	routine
Introduce defense	Review defensive	Introduce the dig	Offensive/defense	Formal scrimmage
and/or offensive	and/or offensive	setting/spiking drill	work	to determine line-
Strategy		Offensive/defensive	Hand out uniforms	ups and reduce
		work		anxiety levels

### Week #3 –

**Attention to game preparation, including pre-game and post-game information.**

**Make sure players and parents have schedules, transportation and arrangements to return home.**

**Skill Emphasis:** Concentration is on developing the accuracy of passing, serving, setting and spiking skills. Players need to know individual roles and game situation expectations.

Mon.	Tues.	Wed.	Thurs.	Fri.
Warm-up	Contest	Warm-up	Contest	Warm-up
Scrimmage		Passing/setting		Skill work
Evaluation		Serving/passing		40% passing
Skill work		Spiking		40% serving
40% passing		Game evaluation		20% spiking/setting
40% serving		Game adjustments		Game evaluation
20% setting/spiking				and adjustments

### Week #4 –

**Specific attention is given to game preparation. Specific attention to incorporating team concept. Identify and concentrate on developing the team as well as individual strengths and weakness.**

**Skill emphasis:** Reinforce fundamentals through game situations and multiple skill movement drills. Introduce blocking and tipping skills.

Mon.	Tues.	Wed.	Thurs.	Fri.
Warm-up	Contest	Warm-up	Contest	Warm-up
Skill work		Skill work		Skill work
Passing/setting		Introduce blocking		Blocking/
Serving/spiking		and tipping		tipping drill
Game preparation		Game preparation		Game preparation

**Week #5 –**

**Pay attention to team and individual weaknesses. Drills should be made more challenging and as game related as possible. Provide motivation for attaining practice and game goals.**

**Skill emphasis:** Provide a variation of drills which require transitions, movement and skills to make them interesting and challenging which reinforce fundamental skills. Introduce defensive skills, diving and rolling.

<b>Mon.</b>	<b>Tues.</b>	<b>Wed.</b>	<b>Thurs.</b>	<b>Fri.</b>
Warm-up Skill work Introduce diving/rolling Game preparation	Contest	Warm-up Skill work Review diving/rolling Game preparation Review game	Contest	Warm-up Skill work Review game Reinforce tipping, blocking, diving and rolling drill Game review

**Week #6 –**

**Focus on team goals. Design practices to meet these goals and objectives. Provide challenge and motivation in game related situations to practice. Focus on making each player feel a valuable part of the team.**

**Skill emphasis:** Use challenging drills for individual and team practice to sharpen fundamentals.

<b>Mon.</b>	<b>Tues.</b>	<b>Wed.</b>	<b>Thurs.</b>	<b>Fri.</b>
Warm-up 40% skills 60% game related play Game preparation	Contest	Warm-up 40% skills 60% game related play Game preparation	Contest	Warm-up 40% skills 60% game related play Game preparation

**Week #7 –**

**Tournament or play off week. Prepare team for the tournament.**

**Skill emphasis:** New skills should not be introduced. Focus on game strategy.

<b>Mon.</b>	<b>Tues.</b>	<b>Wed.</b>	<b>Thurs.</b>	<b>Fri.</b>
Practice	Final league contest	Tournament schedule – see schedule for information		
Drills should be designed to impart game strategy and should be as game like as possible. (i.e., challenging, game stress, noise levels, fatigue factor, etc..)				

**Week #8 –**

**Tournament finals week. Prepare team for tournament and/or the season end.**

<b>Mon.</b>	<b>Tues.</b>	<b>Wed.</b>	<b>Thurs.</b>	<b>Fri.</b>
Prepare for tournament games. See tournament schedule. Turn in uniforms and equipment. Inventory all equipment and put away. Team meeting or party to recognize team and support staff. Assess the season goals for successes and failures.		Send in season evaluation and summary sheets.		

## Basketball Season Practice Guide

Teaching and practicing the basic fundamental skills are essential in middle school athletics. Sequence and time spent practicing these skills are also important. This guide is intended to give basic information in planning and preparation of the entire season. It is simply an outline. Please seek additional information from texts, clinics and individual resources.

### Week #1 –

**Design practice organization and routine. (stretching, warm-up and conditioning routines)**

**Training rules, team expectations and team goals should be discussed.**

**Skills emphasis:** Ball handling, passing, shooting and dribbling, offensive and defensive principles are skills players spend the majority of the game and practice at this level. It is important to use the majority of practice on the development of these areas. Once all the skills have been introduced, skills need to be reviewed and incorporated into drills, modified game play and scrimmage situations to maximize the player learning potential. Conditioning can be incorporated into drills with proper planning.

Mon.	Tues.	Wed.	Thurs.	Fri.
Organize	Warm-up/footwork	Warm-up/footwork	Warm-up/footwork	Warm-up
Warm-up/footwork	*Review ball handling	*Ballhandling	*Ballhandling	*Ballhandling
Intro ball handling	Passing/dribbling	Passing/dribbling	Passing/dribbling	Passing/dribbling
Introduce ball passing	Lay-ups/shooting	Lay-ups/shooting	Lay-ups/shooting	Lay-ups/shooting
Introduce dribbling	Intro defense	Intro offense	Offensive/defensive	Offensive/defensive
Introduce lay-ups	Drill work	Drill work	drill work	drill work
Intro shot mechanics	Intro rebounding	Review rebound	Intro outlet/fast break	Modified scrimmage
Conditioning	Conditioning	Conditioning	Conditioning	Conditioning

\*Stations is a great method to practice basic fundamental skills every day. Stations are quick and efficient usage of time, space, equipment and skill repetitions. Incorporate any and all skills to be practiced daily in stations. (passing, rebounding, dribbling, shooting, lay-ups, ball handling, footwork)

### Week #2 –

**Organize practices with an emphasis on team concept. Team building and successful team drills can be applied and practiced. Practices should move quickly from one drill to the next. Stations, drills and modified game play should incorporate skills to maximize practice time.**

**Skill emphasis:** Shooting, ball handling, dribbling, rebounding, passing and comprehension of defensive and offensive strategies. 60% of the practice should be spent on practicing skills and 40% reinforcing skill work into drill work, modified game play and scrimmage situations.

Mon.	Tues.	Wed.	Thurs.	Fri.
Warm-up	Warm-up	Warm-up	Warm-up	Players in uniform
Skill stations	Skill stations	Skill stations	Skill stations	Pre-game warm-up routine
Outlet/fast break	Introduce press/breaker	Review press/breaker	Press work	Formal scrimmage
Defensive drills	defensive drills	Offensive set	Offensive set	to determine line-ups
Player to player	Player to player	Player to player	Player to player	and reduce anxiety
Free throws	Free throws	Free throws	Free throws	levels
Jump ball situations	Out of bounds plays	Baseline plays	Review inbounds plays	
			Hand out uniforms	

### Week #3 –

**Attention to game preparation, including pre-game and post-game information.**

**Make sure players and parents have game information, schedules, transportation arrangements home.**

**Skill Emphasis:** Concentration is on developing the accuracy of shooting and passing skills. Develop more consistency and control in rebounding, ball handling and dribbling skills.

Players need to know individual roles and game situation expectations.

Mon.	Tues.	Wed.	Thurs.	Fri.
Warm-up	Pre-game warm-up	Warm-up	Pre-game warm-up	Warm-up
Scrimmage evaluation	Contest	Game evaluation	Contest	Game evaluation
Stations		Stations		Stations
Defensive/offensive set up drills		Defensive/offensive set up drills		Defensive/offensive set up drills
Free throws		Free throws		Free throws

**Week #4 –**

**Specific attention is given to game preparation. Specific attention to incorporating team concept. Identify and concentrate on developing the team as well as individual strengths and weakness.**

**Skill emphasis:** Reinforce fundamentals through game situations and multiple skill movement drills. Introduce last minute situation plays and a zone defense and offense.

<b>Mon.</b>	<b>Tues.</b>	<b>Wed.</b>	<b>Thurs.</b>	<b>Fri.</b>
Warm-ups Stations Last minute plays Fast break	Warm-ups Contest	Warm-ups Stations Zone offense/defense Press/breakers	Warm-ups Contest	Warm-ups Stations Zone offense/ defense Break down off/def

**Week #5 –**

**Pay attention to team and individual weaknesses. Drills should be made more challenging and as game related as possible. Provide motivation for attaining practice and game goals.**

**Skill emphasis:** Provide a variation of drills which require transitions, movement and skills to make them interesting and challenging which reinforce fundamental skills. Introduce new plays or special situations designed to increase offensive and/or defensive weapons.

<b>Mon.</b>	<b>Tues.</b>	<b>Wed.</b>	<b>Thurs.</b>	<b>Fri.</b>
Warm-up Stations Offensive/defensive drills Scrimmage situations Free throws	Pre-game warm-up Contest	Warm-up Stations Offensive/defensive drills Scrimmage situations Free throws	Pre-game warm-up Contest	Warm-up Stations Offensive/defensive drills Scrimmage situations Free throws

**Week #6 –**

**Focus on team goals. Design practices to meet these goals and objectives. Provide challenge and motivation for game related situations to practice. Focus on making each player feel a valuable part of the team.**

**Skill emphasis:** Use challenging drills for individual and team practice to sharpen fundamentals.

<b>Mon.</b>	<b>Tues.</b>	<b>Wed.</b>	<b>Thurs.</b>	<b>Fri.</b>
Warm-ups 40% skills 60% game related play Game preparation Free throws	Pre-game Contest	Warm-ups 40% skills 60% game related play Game preparation Free throws	Pre-game Contest	Warm-ups 40% skills 60% game related play Game preparation Free throws

**Week #7 –**

**Tournament or play off week. Prepare team for the tournament.**

**Skill emphasis:** New skills should not be introduced. Focus on game strategy.

<b>Mon.</b>	<b>Tues.</b>	<b>Wed.</b>	<b>Thurs.</b>	<b>Fri.</b>
Practice	Final league contest	Tournament schedule – see schedule for information		

Drills should be designed to impart game strategy and should be as game like as possible. (i.e., challenging, game stress, noise levels, fatigue factor, etc..)

**Week #8 –**

**Tournament finals week. Prepare team for tournament and/or the season end.**

<b>Mon.</b>	<b>Tues.</b>	<b>Wed.</b>	<b>Thurs.</b>	<b>Fri.</b>
Prepare for tournament games. See tournament schedule. Send in season evaluation and summary sheets. Turn in uniforms and equipment. Inventory all equipment and put away. Team meeting or party to recognize team and support staff. Assess the season goals for successes and failures.				

## Baseball/Softball Season Practice Guide

Teaching and practicing the basic fundamental skills are essential in middle school athletics. Sequence and time spent practicing these skills are also important. This guide is intended to give basic information in planning and preparation of the entire season. It is simply an outline. Please seek additional information from texts, clinics and individual resources.

### Week #1 –

**Design practice organization and routine. (stretching, warm-up and conditioning routines)**

**Training rules, team expectations and team goals should be discussed.**

**Skills emphasis:** Throwing, hitting, pitching, fielding, base running, offensive and defensive principles are skills players spend the majority of the game and practice at this level. It is important to use the majority of practice on the development of these areas.

Once all the skills have been introduced, skills need to be reviewed and incorporated into drills, modified game play and scrimmage situations to maximize the player learning potential. Conditioning can be incorporated into drills with proper planning.

Mon.	Tues.	Wed.	Thurs.	Fri.
Organize	Warm-up/base funning	Warm-up/base running	Warm-up/base running	Warm-up/base running
Warm-up/base running	Review throwing/catching	*Skill stations	*Skill stations	running
Intro throwing/catching	Review fielding	Intro pitching	Review pitching	*Skill stations
Introduce fungo hitting	Review fungo hitting	Review swing mechanics	Fungo hitting	Intro sliding/base stealing
	Intro swing mechanics	Batting practice	Work up drills	Work up drills
		Fielding drills; work up drills		Modified scrimmage

\*Stations is a great method to practice basic fundamental skills every day. Stations are quick and efficient usage of time, space, equipment and skill repetitions. Incorporate any and all skills to be practiced daily in stations. (throwing, catching, pitching, fielding, fly balls and grounders, base funning, sliding and batting practice.)

### Week #2 –

**Organize practices with an emphasis on team concept. Team building and successful team drills can be applied and practiced. Practices should move quickly from one drill to the next. Stations, drills and modified game play should incorporate skills to maximize practice time.**

**Skill emphasis:** Pitching, hitting, fielding, base running and comprehension of defensive and offensive strategies. 60% of the practice should be spent on practicing skill breakdown and 40% reinforcing skill work into drill work, modified game play and scrimmage situations.

Mon.	Tues.	Wed.	Thurs.	Fri.
Warm-up	Warm-up	Warm-up	Warm-up	Players in uniform
Skill stations	Skill stations	Skill stations	Skill stations	Pre-game warm-up routine
Review sliding/base stealing	Work up drills	Work up drills	Work up drills	Formal scrimmage to determine line-ups and reduce anxiety
Pitching/catching	Pitching/catching	Pitching/catching	Pitching/catching	
Work up drills	Modified scrimmage	Modified scrimmage	Modified scrimmage	
	Situations	Situations	Situations	
			Hand out uniforms	

### Week #3 –

**Attention to game preparation, including pre-game and post-game information.**

**Make sure players and parents have game information, schedules, transportation arrangements home.**

**Skill Emphasis:** Concentration is on developing the accuracy and control of pitching, hitting, throwing and fielding Refine base running skills. Apply more defensive pressure during drills and stations. Players need to know individual roles and game situation expectations.

Mon.	Tues.	Wed.	Thurs.	Fri.
Warm-up	Pre-game warm-up	Warm-up	Pre-game warm-up	Warm-up
Scrimmage evaluation	Contest	Game evaluation	Contest	Game evaluation
Stations		Stations		Stations
Defensive/offensive drills		Defensive/offensive drills		Defensive/offensive drills
Pitching/catching		Pitching/catching		Intro bunting

**Week #4 –**

**Specific attention is given to game preparation. Specific attention to incorporating team concept. Identify and concentrate on developing the team as well as individual strengths and improving weakness.**

**Skill emphasis:** Reinforce fundamentals through game situations and multiple skill movement drills. Introduce unique situations, pickle situations, base running scoring opportunities, sacrifice situations.

<b>Mon.</b>	<b>Tues.</b>	<b>Wed.</b>	<b>Thurs.</b>	<b>Fri.</b>
Warm-ups	Warm-ups	Warm-ups	Warm-ups	Warm-ups
Stations	Contest	Stations	Contest	Stations
Scrimmage situations		Scrimmage situations		Scrimmage situations
Pitching/catching		Pitching/catching		Pitching/catching
Game preparation		Game preparation		Hitting accuracy

**Week #5 –**

**Pay attention to team and individual weaknesses. Drills should be made more challenging and as game related as possible.**

**Skill emphasis:** Provide a variation of drills which require transitions, movement and skills to make them interesting and challenging which reinforce fundamental skills. Introduce new plays or special situations designed to increase offensive and/or defensive weapons.

<b>Mon.</b>	<b>Tues.</b>	<b>Wed.</b>	<b>Thurs.</b>	<b>Fri.</b>
Warm-up	Pre-game warm-up	Warm-up	Pre-game warm-up	Warm-up
Stations	Contest	Stations	Contest	Stations
Offensive/defensive drills		Offensive/defensive drills		Offensive/defensive drills
Scrimmage situations		Scrimmage situations		Scrimmage situations
		Evaluate game		Evaluate game

**Week #6 –**

**Focus on team goals. Design practices to meet these goals and objectives. Provide challenge and motivation for game related situations to practice. Focus on making each player feel a valuable part of the team.**

**Skill emphasis:** Use challenging drills for individual and team practice to sharpen fundamentals.

<b>Mon.</b>	<b>Tues.</b>	<b>Wed.</b>	<b>Thurs.</b>	<b>Fri.</b>
Warm-ups	Pre-game	Warm-ups	Pre-game	Warm-ups
40% skills	Contest	40% skills	Contest	40% skills
60% game related play		60% game related play		60% game related play
Game preparation		Game preparation		Game preparation

**Week #7 –**

**Tournament or play off week. Prepare team for the tournament.**

**Skill emphasis:** New skills should not be introduced. Focus on game strategy.

<b>Mon.</b>	<b>Tues.</b>	<b>Wed.</b>	<b>Thurs.</b>	<b>Fri.</b>
Practice	Final league contest	Tournament schedule – see schedule for information		

Drills should be designed to impart game strategy and should be as game like as possible. (i.e., challenging, game stress, noise levels, fatigue factor, etc.)

**Week #8 –**

**Tournament finals week. Prepare team for tournament and/or the season end.**

<b>Mon.</b>	<b>Tues.</b>	<b>Wed.</b>	<b>Thurs.</b>	<b>Fri.</b>
Prepare for tournament games. See tournament schedule.		Send in season evaluation and summary sheets.		
Turn in uniforms and equipment. Inventory all equipment and put away.				
Team meeting or party to recognize team and support staff.				
Assess the season goals for successes and failures.				

## Soccer Season Practice Guide

Teaching and practicing the basic fundamental skills are essential in middle school athletics. Sequence and time spent practicing these skills are also important. This guide is intended to give basic information in planning and preparation of the entire season. It is simply an outline. Please seek additional information from texts, clinics and individual resources.

### Week #1 –

**Design practice organization and routine. (stretching, warm-up and conditioning routines) Training rules, team expectations and team goals should be discussed.**

**Skills emphasis:** Juggling, dribbling, passing, kicking techniques, shooting at goal, offensive and defensive principles are skills players spend the majority of the game and practice at this level. It is important to use the majority of practice on the development of these areas. Once all the skills have been introduced, skills need to be reviewed and incorporated into drills with proper planning.

Mon.	Tues.	Wed.	Thurs.	Fri.
Organize	Warm-up/footwork	Warm-up/footwork	Warm-up/footwork	Warm-up
Warm-up/footwork	*Review skills: use	*Skill stations	*Skill stations	*Skill stations
Intro juggling	station format	Review goalie skills	Intro defense	Review defense
Dribbling and passing	Intro goalie skills	Intro trapping/heading skills	Intro offense	Review offense
Intro shooting on goal	Review shots on goal	Modified scrimmage	Modified scrimmage	Modified scrimmage
		Goalie skills	Goalie skills	Situations

\*Stations is a great method to practice basic fundamental skills every day. Stations are quick and efficient usage of time, space, equipment and skill repetitions. Incorporate any and all skills to be practiced daily in stations. (passing, juggling, dribbling, shooting, trapping, goal kicks, corner kicks, ball handling and footwork)

### Week #2 –

**Organize practices with an emphasis on team concept. Team building and successful team drills can be applied and practiced. Practices should move quickly from one drill to the next. Stations, drills and modified game play should incorporate skills to maximize practice time.**

**Skill emphasis:** Footwork and ball handling, shooting on goal, dribbling, passing and comprehension of defensive and offensive strategies. 60% of the practice should be spent on practicing skills and 40% reinforcing skill work into drill work, modified game play and scrimmage situations.

Mon.	Tues.	Wed.	Thurs.	Fri.
Warm-up	Warm-up	Warm-up	Warm-up	Players in uniform
Skill stations	Skill stations	Skill stations	Skill stations	Pre-game warm-up routine
Intro corner kicks	Review corner kicks	Intro direct/indirect	Review kicks	Formal scrimmage to determine line-ups and reduce anxiety levels
Intro goal kicks	and goal kicks	and penalty kicks	Offensive/defensive drills	
Modified scrimmage	Intro throw in	Review throw in	Hand out uniforms	
Drills	Modified scrimmage	Offensive/defensive	Modified scrimmage	
Goalie skills	Goalie skills	Goalie skills		

### Week #3 –

**Attention to game preparation, including pre-game and post-game information. Make sure players and parents have game information, schedules, transportation arrangements home.**

**Skill Emphasis:** Concentration is on developing the accuracy of shooting, passing and kicking skills. Develop more consistency and control trapping, ball handling and dribbling skills. Refine goalie skills. Apply more defensive pressure during drills and situations. Players need to know individual roles and game situation expectations.

Mon.	Tues.	Wed.	Thurs.	Fri.
Warm-up	Pre-game warm-up	Warm-up	Pre-game warm-up	Warm-up
Scrimmage evaluation	Contest	Game evaluation	Contest	Game evaluation
Stations		Stations		Stations
Defensive/offensive drills		Defensive/offensive drills		Defensive/offensive drills
Goalie work		Goalie work		Goalie work

### Week #4 –

**Specific attention is given to game preparation. Specific attention to incorporating team concept. Identify and concentrate on developing the team as well as individual strengths and weakness.**

**Skill emphasis:** Reinforce fundamentals through game situations and multiple skill movement drills. Introduce last minute situation plays, chipping and corner kicks.

Mon.	Tues.	Wed.	Thurs.	Fri.
Warm-ups	Warm-ups	Warm-ups	Warm-ups	Warm-ups
Stations	Contest	Stations	Contest	Stations
Intro chipping		Scrimmage situations		Evaluate games
Review corner kicks		Goalie work		Intro plays
		Evaluate game		Goalie work

**Week #5 –**

**Pay attention to team and individual weaknesses. Drills should be made more challenging and as game related as possible**

**Skill emphasis:** Provide a variation of drills which require transitions, movement and skills to make them interesting and challenging which reinforce fundamental skills. Introduce new plays or special situations designed to increase offensive and/or defensive weapons.

Mon.	Tues.	Wed.	Thurs.	Fri.
Warm-up	Pre-game warm-up	Warm-up	Pre-game warm-up	Warm-up
Stations	Contest	Stations	Contest	Stations
Offensive/defensive drills		Offensive/defensive drills		Offensive/defensive drills
Scrimmage situations		Scrimmage situations		Scrimmage situations
		Goalie work		Goalie work
		Evaluate game		Evaluate game

**Week #6 –**

**Focus on team goals. Design practices to meet these goals and objectives. Provide challenging game related situations to practice. Focus on making each player feel a valuable part of the team.**

**Skill emphasis:** Use challenging drills for individual and team practice to sharpen fundamentals.

Mon.	Tues.	Wed.	Thurs.	Fri.
Warm-ups	Pre-game	Warm-ups	Pre-game	Warm-ups
40% skills	Contest	40% skills	Contest	40% skills
60% game related play		60% game related play		60% game related play
Game preparation		Game preparation		Game preparation

**Week #7 –**

**Tournament or play off week. Prepare team for the tournament.**

**Skill emphasis:** New skills should not be introduced. Focus on game strategy.

Mon.	Tues.	Wed.	Thurs.	Fri.
Practice	Final league contest	Tournament schedule – see schedule for information		
Drills should be designed to impart game strategy and should be as game like as possible. (i.e., challenging, game stress, noise levels, fatigue factor, etc.)				

**Week #8 –**

**Tournament finals week. Prepare team for tournament and/or the season end.**

Mon.	Tues.	Wed.	Thurs.	Fri.
Prepare for tournament games. See tournament schedule.		Send in season evaluation and summary sheets.		
Turn in uniforms and equipment. Inventory all equipment and put away.				
Team meeting or party to recognize team and support staff.				
Assess the season goals for successes and failures.				

**Physician Permit for Athletic Participation**  
**Denver Public Schools**  
*SCHOOL YEAR* \_\_\_\_\_

I hereby certify that I have examined \_\_\_\_\_ and that the student is found physically fit to engage in middle school baseball, basketball, flag football, soccer, gym hockey, and/or volleyball. (Please cross out any sport in which the student cannot participate).

Student's birth date \_\_\_\_\_ Date of Exam \_\_\_\_\_

Signed \_\_\_\_\_ Telephone Number \_\_\_\_\_  
DOCTOR'S SIGNATURE DATE

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**PARENTS PERMISSION FOR ATHLETIC PARTICIPATION IN DENVER PUBLIC MIDDLE SCHOOL SPORTS PROGRAM**

NAME \_\_\_\_\_, GRADE \_\_\_\_\_, has my permission to participate on the following team(s):

**BOYS**

- Flag Football
- Basketball
- Baseball
- Soccer

**GIRLS**

- Volleyball
- Basketball
- Soccer
- Softball

**COED**

- Cross Country
- Contact Football

at \_\_\_\_\_ Middle School.

**RULES AND REGULATIONS**

1. Students must maintain eligibility in each class during each week of the season in order to play that week.
2. Transportation will be provided **ONLY** to and from all games. Parents will have to provide transportation home after games and practices from the home school.
3. Insurance coverage must be provided by the parents. The Student Accident Plan, which includes medical, dental, and life insurance, is available at parents' expense from Denver Public Schools. (The form for the Student Accident Plan may be obtained at your child's school.)
4. The student will be responsible for lost or damaged uniforms. Parents will be responsible for the cost of replacement.

By its very nature, competitive athletics may put students in situations in which **SERIOUS, CATASTROPHIC**, and perhaps, **FATAL ACCIDENTS** may occur.

I have read the above information with my child and understand that all rules and regulations must be complied with in order to participate in any sports activity.

\_\_\_\_\_  
PARENT/GUARDIAN

\_\_\_\_\_  
DATE

\_\_\_\_\_  
STUDENT

\_\_\_\_\_  
DATE





Physician Permit for Athletic Participation (en español)

DENVER PUBLIC SCHOOLS
PERMISO MÉDICO PARA PARTICIPAR EN ACTIVIDADES ATLÉTICAS

Por medio de la presente certifico que he examinado a \_\_\_\_\_ y que el estudiante se encuentra físicamente apto para participar en beisbol, basquetbol, futbol americano de baderola, futbol (soccer) y/o volibol. (Por favor tache el deporte en el que el/la estudiante no puede participar).

Fecha de nacimiento del estudiante \_\_\_\_\_ Fecha \_\_\_\_\_

Firmado \_\_\_\_\_ Número telefónico \_\_\_\_\_
FIRMA DEL DOCTOR

PERMISO DE LOS PADRES PARA LA PARTICIPACIÓN ATLÉTICA EN EL PROGRAMA DEPORTIVO DE LAS ESCUELAS INTERMEDIAS DE DENVER PUBLIC SCHOOLS

NOMBRE \_\_\_\_\_ GRADO \_\_\_\_\_, tiene mi permiso para participar en el/los equipo(s) siguientes:

- NIÑOS: Futbol americano de banderola, Basquetbol, Beisbol
NIÑAS: Volibol, Basquetbol, Futbol (soccer), Softball
AMBOS SEXOS: Campo Traviesa, Futbol americano

en la Escuela Intermedia \_\_\_\_\_

NORMAS DISPOSICIONES REGLASMENTARIAS

- 1. El estudiante debe de mantener elegibilidad en cada una de las clases en cada semana de la temporada para poder jugar durante esa semana.
2. Se proveerá transporte SOLAMENTE para ir y para regresar de todos los juegos. Los padres proporcionarán el transporte a casa después de los encuentros y de la prácticas, desde la escuela del niño.
3. Los padres deben proporcionar la cobertura del seguro. Hay disponible un Plan de las Escuelas Públicas de Denver contra Accidentes Estudiantiles, que incluye seguro médico, dental y de vida, a cargo de los padres. (El formato para el Plan contra Accidentes Estudiantiles puede obtenerse en la escuela de su hijo)
4. El estudiante será responsable de la pérdida o del da--o al uniforme. Los padres serán responsables de reponerío.

Por su naturaleza, las competencias deportivas pueden colocar a los estudiantes en situaciones en las que pueden ocurrir ACCIDENTES GRAVES, CATASTRÓFICOS y, tal vez, hasta FATALES.

PADRE/MADRE O TUTOR FECHA
PADRE/MADRE O TUTOR FECHA

Emergency Card for Athletic Participation (en español)  
**TARJETA DE EMERGENCIA PARA LA PARTICIPACIÓN ATLÉTICA**

NOMBRE DEL ESTUDIANTE \_\_\_\_\_

DOMICILIO \_\_\_\_\_

TELÉFONO EN CASA \_\_\_\_\_ TELÉFONO DEL TRABAJO \_\_\_\_\_

PADRE/MADRE O TUTOR \_\_\_\_\_

ASEGURDA POR \_\_\_\_\_ PÓLIZA # \_\_\_\_\_

TELÉF. CELULAR \_\_\_\_\_ LOCALIZARDO (PAGER) \_\_\_\_\_

Si no puede localizarse a los padres, por favor llamen a:

1. \_\_\_\_\_  
NOMBRE RELACIÓN TELÉFONO

2. \_\_\_\_\_  
NOMBRE RELACIÓN TELÉFONO

3. \_\_\_\_\_  
NOMBRE RELACIÓN TELÉFONO

NOMBRE DEL DOCTOR \_\_\_\_\_

NÚMERO TELEFÓNICO DEL DOCTOR \_\_\_\_\_

SI NO ES POSIBLE PONERSE EN CONTACTO CON NINGUNA DE LAS PERSONAS MENCIONADAS ARRIBA, EL ENTRENADOR USARÁ SU CRITERIO PARA PROTEGER Y AUXILIAR A LOS ESTUDIANTES QUE RESULTEN LESIONADOS, DE ACUERDO CON LAS NORMAS DE DENVER PUBLIC SCHOOLS.

Human Resources PACE Form  
DENVER PUBLIC SCHOOLS

**Job Category**  
**Posting Number**

**DEPARTMENT OF HUMAN RESOURCES**  
**Personnel Action/Confirmation of Employment Form/Worksheet**

Action Effective Date:		SSN: - -		Applicant #:	
Last Name:		First Name:		Middle Initial:	
Street:			City:		State:
Zip Code	Home Phone( ) -	Work Phone( ) -	Birth Date:		
School District of Residency:					Code:
Gender: Male <input type="checkbox"/> Female <input type="checkbox"/>		Ethnicity: AN: American Native <input type="checkbox"/> B: Black <input type="checkbox"/> AS: Asian or Pacific Islander <input type="checkbox"/> HI: Hispanic <input type="checkbox"/> WH: White <input type="checkbox"/>			

**DOES THE ACTION ON THIS WORKSHEET NEED TO GO TO THE BOARD?**     YES     NO    If Yes, fill in Reason Code 1 below.

**Reason Code 1:**

**Reason Code 2:**

**Action Type:**

- |  |   |  |  |
|--|---|--|--|
| <input type="checkbox"/> New Hire                      | <input type="checkbox"/> Re-Hire          | <input type="checkbox"/> Job Change        | <input type="checkbox"/> Transfer (Location to Location) |
| <input type="checkbox"/> Leave                         | <input type="checkbox"/> Account # Change | <input type="checkbox"/> Salary Change     | <input type="checkbox"/> Add/Change/End Multiple Job     |
| <input type="checkbox"/> Termination/Resignation       | <input type="checkbox"/> Retirement       | <input type="checkbox"/> Return from Leave | <input type="checkbox"/> Employee Information Change     |
| <input type="checkbox"/> Other (Please Explain): _____ |   |  |  |

**Leave of Absence/Return from Leave**

Type of Leave: <input type="radio"/> Paid <input type="radio"/> Unpaid	Status Choices (LP,LT,LH,LD) <b>Place in Status below.</b>	<input type="radio"/> Return from Leave of Absence
Effective Date:	End Date:	<input type="radio"/> Extension of Current Leave _____

**Resignation/Termination/Retirement**

Resignation/Termination Effective Date:	If Deceased: Check <input type="radio"/> Yes	Termination Reason:
Retirement Effective Date:	Status Choices (TP = Resign/Term, RP = Retirement) <b>Place in Status below.</b>	

**Education**

Degree:	Code:	Subject (s):	Code(s):
Institution:	Code:	Date Completed:	

**Base Job (New Hire, Re-Hire, Job Change, Salary Change, Transfer or etc.)**

<b>Data Items</b>	<b>Data Items</b>
Hire Date:	Schedule:
Adjusted Hire Date:	Grade:
Status:	Step:
Position:	Pay Rate:
Job Code:	Budgeted Hours (Work Schedule):
FTE:	Lawson Account # 1 for Base Job Code:
Location (Process Level):	Percentage of Acct. # 1 for Base Job Code:
Department:	Lawson Account # 2 for Base Job Code:
Check Sort (User Level):	Percentage of Acct. # 2 for Base Job Code:
Annual Hours:	Lawson Account # 3 for Base Job Code:
Salary Class:	Percentage of Acct. # 3 for Base Job Code:
Pay Frequency (3 or 4):	Bargaining Unit:
Exempt (Y or N):	Work Year (Mail Group):
Pay Plan:	Badge Code:
Fingerprints (Union) (Y/N):	Standard Hours (BENEFIT HRS ONLY):
Subject/Grade Level # 1:	Allowance Hours:
Subject/Grade Level # 2:	Special Job Status:
Subject/Grade Level # 3:	Payment Year:

Requested by: \_\_\_\_\_

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

Check here if more info on back page

HR Confirmation of Employment: \_\_\_\_\_

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

SSN \_\_\_\_ - \_\_\_\_ - \_\_\_\_

NAME \_\_\_\_\_

**Additional Jobs**

<b>Data Item</b>	<b>Job 2 (Position Level 2)</b>	<b>Job 3 (Position Level 3)</b>	<b>Job 4 (Position Level 4)</b>
Effective Date:			
Stop Date:			
Position:			
Job Code:			
FTE:			
Process Level:			
Department:			
Schedule:			
Grade:			
Step:			
Pay Rate:			
Budgeted Hours:			
Lawson Account #1:			
Account # 1 Percent:			
Lawson Account #2:			
Account # 2 Percent:			
Lawson Account #3:			
Account # 3 Percent:			

**Comments:**

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**E MAIL PACE FORMS TO THE APPROPRIATE HUMAN RESOURCE SPECIALIST LISTED BELOW:**

## Report of Accident

## Middle School and Park Fields Directions (click link for more specific directions)

### Middle Schools

[Bruce Randolph Middle School](#) – From I-70, south on Colorado Boulevard, west on 40<sup>th</sup> Avenue to Steele St.

[Bryant Webster Middle School](#) – From I-25, take exit 212C for 20<sup>th</sup> St. and make a left. Turn right at Osage St. staying left until W 33<sup>rd</sup> Ave. Turn left at W 33<sup>rd</sup> Ave and turn right at Quivas St.

[Centennial Middle School](#) – From I-70, take exit 271B for Lowell Blvd. towards Tennyson. Head south on Lowell Blvd and go two blocks to W. 47<sup>th</sup> Ave. Turn right at W. 47<sup>th</sup> Ave. and make a left at Raleigh St.

[Cole Middle School](#) – From I-70, south on York, west on Martin Luther King, North on Franklin. Cole Middle School is on the corner of Martin Luther King and Franklin.

[Denver Center for International Studies \(DCIS\)](#) – From I-25, take exit 209A for 6<sup>th</sup> Ave. Merge onto W. 6<sup>th</sup> Ave. Freeway and continue on 6<sup>th</sup> Ave. End at 574 W. 6<sup>th</sup> Ave. across from Denver Health.

[Fairmont Middle School](#) – From Santa Fe Dr., head east on 6<sup>th</sup> Ave. Turn right on Fox St. and left on W. 3<sup>rd</sup> Ave.

[Gilpin Middle School](#) – From I-25, take exit 213 for Park Ave. Merge onto Park St. /Park Ave. W and continue on Fox St. Continue on 22<sup>nd</sup> St. and turn left at CO-33/Lawrence St. Turn right at 30<sup>th</sup> St.

[Grant Middle School](#) – From I-25, south on Washington Street to Colorado Avenue, Grant is on the intersection of Grant and Colorado.

[Grant Ranch School](#) – From I-25, take Santa Fe Drive south to Bowles Avenue, turn right. Turn right again at Grant Ranch Blvd; go through two four-way stop signs. Grant Ranch is at the corner of Grant Ranch Blvd. & Jay Circle.

[Greenlee Middle School](#) – From I-25, take exit 209C for 8<sup>th</sup> Av. Head east on 8<sup>th</sup> Ave and make a left at Lipan St

[Greenwood Middle School](#) – From I-70, take exit 283 for Chambers Rd. and head north. Take Chambers to E. 51<sup>st</sup> Ave and make a left. Turn left at Durham Ct.

[Hamilton Middle School](#) – From I-25, east on Hampden, north on South Tamarac Drive, east on Dartmouth, south on Willow Street, Hamilton is on the corner of Dartmouth and Willow.

[Henry Middle School](#) – From Highway 285 north on Sheridan Boulevard, west on Bates Avenue, south on South Golden Way. Henry is on the corner of Bates and South Golden Way

[Hill Middle School](#) – From I-25, North on Colorado Boulevard, east on 4<sup>th</sup> three blocks, Hill is on the left.

[Howell Middle School](#) – From I-70, take exit 281 for Peoria St and head north. Turn right at Albrook Dr.

[Kepner Middle School](#) – From I-25, west on Mississippi Avenue, past Federal Boulevard, north on Irving Street. Kepner Middle School is on the right side of the street.

[Kunsmiller Middle School](#) – From I-25, west on Evans Avenue past Federal Boulevard, south on Lowell, west on Iliff. Adjacent to Harvey Park.

[Lake Middle School](#) – From I-25, west on 6<sup>th</sup> Avenue to Federal, North on Federal to 18<sup>th</sup> Avenue, west on 18<sup>th</sup> to Lowell Boulevard, north on Lowell two blocks. Lake is on the right.

[Martin Luther King Middle School \(MLK\)](#) – I-70 east to Tower, north on Tower to 48<sup>th</sup> Avenue, south on Flanders Way, MLK is on the right about three blocks south on Flanders Way.

[Merrill Middle School](#) – From I-25, north on Colorado Boulevard, west on Florida, one block past Monroe Street.

[Moore Middle School](#) – From I-25, east on 6<sup>th</sup> Avenue to Corona, north on Corona 2 ½ blocks. The school is on the west side of the street at 846 Corona.

[Morey Middle School](#) – From I-25, east on 6<sup>th</sup> Avenue to Clarkson Street, north on Clarkson to 14<sup>th</sup> Avenue.

[Place Middle School \(Place Field\)](#) – From I-25, east on Evans, north on Monaco, east on Cherry Creek North Drive, take a left just before the school and the soccer field will be on your left.

[Rachel B. Noel Middle School](#) – From I-70, north on Chambers, east on 48<sup>th</sup> Avenue, north on Kittredge Street. Rachel B. Noel Middle School is on 53<sup>rd</sup> and Kittredge Street.

[Rishel Middle School](#) – From I-25, west on Alameda Avenue to Tejon, south on Tejon to Virginia Avenue. Rishel is on the corner of Virginia and Tejon.

[Roberts Middle School](#) – From Monaco Pkwy, head east on Montview Blvd. Turn left at Central Park Blvd.

[Skinner Middle School](#) – From I-25, west on Speer Boulevard, continue on Speer as it turns into Irving, pass 38<sup>th</sup> Street the school is on the left hand side of the street.

[Slavens Middle School](#) – From I-25, south on University Boulevard, east on Dartmouth to Clayton.

[Smiley Middle School](#) – From I-25, north on Colorado Boulevard, east on 26<sup>th</sup> past Holly; Smiley is on your right.

[Waller Middle School](#) – From I-70, take exit 286 for Tower Rd. and head north. Turn right at Green Valley Ranch Rd/E 48<sup>th</sup> Ave. Turn left at Orleans St. and right at E 51<sup>st</sup> Pl.

[Whittier Middle School](#) – From Josephine St, continue on York. Head west on E. 18<sup>th</sup> Ave. Turn right at Downing St.

## **Denver Parks**

[Bar Val Wood Park](#) – From I-25, take exit 208 for Alameda and turn right heading west. Turn right at S Tejon St.

[Bates & Hobart Park](#) – From Sheridan Blvd, head west on W Bates Ave.

[Bible Park](#) – From I-25, take exit 202 for Yale and head east. Park will be on your right.

[Congress Park](#) – From I-25, take exit 209A for 6<sup>th</sup> Ave. Merge onto 6<sup>th</sup> Ave. and head east. Turn left at Columbine St. and left at 8<sup>th</sup> Ave.

[Cranmer Park](#) – From Colorado Blvd, head east on 3<sup>rd</sup> Ave. Park will be on your right.

[Crestmoor Park](#) – From S Monaco Pkwy, head west on E Cedar Ave. and park will be on your right.

[Eisenhower Park](#) – From I-25, take exit 204 for Colorado Blvd. and head south. Turn left at E Dartmouth Ave.

[Falcon Park](#) – From I-70, take exit 281 for Peoria St. and head north. Turn right on Andrews Dr. and then left on E Elgin Pl/Worchester St. Turn right on E 50<sup>th</sup> Ave. and then left at Xanadu St. Turn right at Maxwell Pl.

[Hallack Park](#) – From Federal Blvd, head west on W 20<sup>th</sup> Ave.

[Harvard Gulch Park](#) – From University Blvd, head west on E Evans Ave and turn left heading south on S Clarkson St. Turn right on E Iliff Ave.

[Huston Park](#) – From Federal Blvd, head east on W Kentucky Ave. and park will be on left hand side.

[Pferdsteller Park](#) – From I-25, take exit 212B for Speer Blvd and head west. Turn left at W 32<sup>nd</sup> Ave and turn right at Wolff St. Turn left at W Moncrieff Pl.

[Robinson Park](#) – From Colorado Blvd, head east on 3<sup>rd</sup> Ave. and pass Cranmer Park. Robinson Park will be on your right.

[Rocky Mountain Lake Park](#) – From I-70, take exit 271B for Lowell Blvd toward Tennyson St. Head south on Lowell Blvd.

[Sloans Lake Park](#) – From I-25, take exit 212B for Speer Blvd. Head west on Speer Blvd. and turn left at W 29<sup>th</sup> Ave. Turn left at Tennyson St. and turn right at W 26<sup>th</sup> Ave. Turn left at Vrain St and make a right at W Byron Pl.

[Village Place Park](#) – From I-70, take exit 281 for Peoria St and head north. Turn right at Albrook Dr.

[Washington Park](#) – From I-25, take exit for Alameda and head east. Turn right on S Franklin St



## Sample Pre-Season Letter to Athletes and Parents

Sport \_\_\_\_\_ School phone \_\_\_\_\_  
Head Coach \_\_\_\_\_ Phone \_\_\_\_\_  
Athletic Director \_\_\_\_\_ Phone \_\_\_\_\_

### Team Goals

- Improve the ability of each athlete on the team.
- Heighten the integrity of the team in respect to developing skills and sportsmanship.
- Have Fun! Fun is defined as;
  - A sense of accomplishment through achievement and improvement.
  - The promotion of team unity.
  - The creation of a positive environment in which athletes will excel.
  - Player and team improvement, which hopefully translates into a successful and winning season.

### Coach's Goals

- My goal is to make playing for our team one of the experiences that you will always look back on with warmth and pride. I feel that this cannot be done without a strong sense of team. I challenge you to make your best effort to build team unity.

### Attendance

- Athletes are expected to be at practice every day ON TIME.
- Any athlete who is not at practice must have prearranged it with the coach. Arrangements include a written note from a parent.
- If an athlete expects to miss more than one practice a week due to other obligations, that athlete will be the last one considered when making assignments for contests.
- An unexcused absence from practice may result in omission from the next contest.
- Failure to attend any of the contests may result in exclusion from the next contest.

### Eligibility

- All athletes are expected to comply with weekly eligibility rules. A weekly eligibility report will be posted.
- Athletes who receive a D or an F in one or more classes will not play. Keep up your grades.

### Equipment

- All equipment issued to each player becomes the responsibility of the player. It is expected that all equipment will be properly maintained and returned to the school promptly upon request.
- Players who lose or damage equipment will be charged the replacement cost for the items.

### Expectations

- As a member of the team, you are a valued athlete. Each player is an important component of the team and is, therefore, expected to work up to their full potential, not only for personal satisfaction, but to meet team goals.
- Your conduct at practice and at contests will be that of a good sportsman.
- You are expected to respect all coaches, officials, athletes and spectators.
- You are expected to work hard at practice.
- You will have personal and team goals that you strive to achieve.

### Parents

- Parents play an integral role in the success of a middle school athlete and therefore are encouraged to attend any practice or contest. If a parent has any questions or concerns, I encourage you to contact me at school or home.

### Final Thought

- It is my concern that all athletes be given the opportunity to enjoy their experience as a member of this team. The fulfillment you can feel at the completion of a successful season cannot be duplicated. On the other hand, a lack of fulfillment at the end of a season can make all effort seem like a waste of time. I encourage all athletes to make the most of the opportunity provided to them. Let's have a great season!

---

I have read the above statement and understand that I have an obligation to the team and to myself. I also understand the penalties involved for poor sportsmanship and poor attendance. I will do my best to make the team the best it can be.

---

Athlete signature

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Parent signature

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Date

---

Date



## Equipment and Uniform Replacement Form

## Sample Emergency Action Plan

### Major Injury

In the event of a major injury, the coach is expected to do the following:

- Assess the severity of the injury.
- Instruct a responsible party to call 911, if warranted.
- Provide aid as needed.
- The coach or a responsible person needs to contact the parents as soon as possible.
- Have someone responsible direct emergency personnel to the injured person.
- Have someone responsible provide crowd control.
- Inform emergency personnel of the family's hospital and doctor of choice and of what actions have been taken to aid the injured person.
- Complete an accident report form, which is available from the school office.
- Inform the school principal of the circumstances leading up to the injury, details of the injury, and what care was provided for the athlete.

### Minor Injury

In the event of a minor injury, the coach is expected to do the following:

- Provide care.
- Contact parents of the injured student.
- Support and advise parents and the athlete as to a course of action.

An emergency action plan should be discussed with team members so that all athletes know what is expected of them in the event of an accident. This discussion should include where the nearest telephone is located, the address of the field or gymnasium where the accident may occur, where emergency cards for athletes are located, who would be expected to make calls, etc. it is recommended that all information necessary for the proper response to an emergency situation be located in a readily available place or posted near the telephone that would be used in the event of an emergency.

## Evaluation of Coaches

Participation Report  
Denver Public Schools  
**Nuggets/Avalanche Prep League**

In an effort to demonstrate the impact of the Nuggets/Avalanche Prep League, and for our own records, it is important that we collect data at the end of each season. Please answer the following questions and return this sheet to the Athletics office.

Sport \_\_\_\_\_ School \_\_\_\_\_

Date \_\_\_\_\_ Boys \_\_\_\_\_ Girls \_\_\_\_\_

The number of 8th graders that participated? \_\_\_\_\_

The number of 7th graders that participated? \_\_\_\_\_

The number of 6th graders that participated? \_\_\_\_\_

**Total number of participants** \_\_\_\_\_

Please indicate the number of athletes you had participating from each ethnic group listed.

\_\_\_American Native, \_\_\_Black, \_\_\_Hispanic, \_\_\_Asian, \_\_\_White, \_\_\_Other

In your best estimation, how many of your athletes responded positively to the academic eligibility standards that are part of the Nuggets/Avalanche Prep League? \_\_\_\_\_

How many athletes were not able to make the grades in order to participate? \_\_\_\_\_

Thank you for your time. Please mail this to the Athletics Department using school mail or fax to 720-423-4246.

## Records

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