

Clear Creek Amana Clippers



Athlete-Parent Handbook

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Objectives of Participation

1. To provide a positive image of school athletics at Clear Creek Amana.
2. To develop in each student the proper attitude toward success and failure. Each student should learn how to win and lose gracefully. Each student should be aware that winning is important but not most important and that losing is no disgrace.
3. To expose as many students as possible to healthy competition.
4. To develop in each student good character and appreciation of the value and importance of citizenship.
5. To develop the participants physically, emotionally, intellectually, and socially.
6. To develop in each student an appreciation for the ability to participate in worthwhile leisure activities.
7. To give all participants an opportunity to relate with peers and adults.
8. To develop good interscholastic relationships.
9. To provide for positive school-community relationships.
10. To involve as many students as possible.
11. To develop in the participants confidence and composure in performing before audiences.
12. To develop in each student a true comprehension of the activity so the student may perform to his/her desired level of performance.
13. To develop in each student a proper perspective that activities provide opportunities for students to develop leisure activities and proper attitudes towards participation.
14. To develop in each student an understanding of the value of teamwork and an opportunity to participate as part of a group.
15. To inculcate in a student a sense of fair play and justice.
16. To encourage enjoyment of the activity.
17. To build participants' self-image so they have the confidence to accomplish the various challenges of that activity.
18. To establish a positive, supportive, and caring relationship with participants and coaches.

Coaching Staff

Football

Head Coach - Gabe Bakker
Asst. Coach - Kyle Stoner
Asst. Coach - Matt Trosky
Asst. Coach - Jackson Litterer
Asst. Coach - Evan Schulte
Asst. Coach - Trevor Bollers
Asst. Coach - Jake Sedlacek
Asst. Coach - Mike DeWaard

Volleyball

Head Coach - Jackie Clubb
Asst. Coach - Rachel Berkland
Asst. Coach - Jamie Stratton
Asst. Coach - Natalie Fry
Asst. Coach - TBD

Cross Country

Head Coach - Ben Robison
Asst. Coach - Jim White
Asst. Coach - Paige O'Brien
Asst. Coach - TBD

Cheerleading

Head Coach - Jamie Bowman
Asst. Coach - Jennifer Newendorp

Dance Team

Head Coach - Kayla Karsten

Boys Basketball

Head Coach - Brandon Clubb
Asst. Coach - Mark Stern
Asst. Coach - Nick Neuendorf
Asst. Coach - Chuck Wolfe

Girls Basketball

Head Coach - PJ Sweeney
Asst. Coach - Nathan Elliott
Asst. Coach - Abigail Kite

Wrestling

Head Coach - Kyle Forness
Asst. Coach - Adam Endres
Asst. Coach - Lee Hansen

Boys Soccer

Head Coach - Tim Benson
Asst. Coach - Jake Sedlacek
Asst. Coach - Tyreke Williams

Girls Soccer

Head Coach - Matt Harding
Asst. Coach - Kasey Bortz

Boys Golf

Head Coach - Chad McCarty
Asst. Coach - Brad Fox

Boys Track

Head Coach - Ben Robison
Asst. Coach - Gabe Bakker
Asst. Coach - Trey MacTaggart

Girls Track

Head Coach - Jane Astor
Asst. Coach - Teri Schultejeans
Asst. Coach - Megan Miller

Girls Golf

Head Coach - Cam Stockman
Asst. Coach - Brad Fox

Baseball

Head Coach - Nick Zumsande
Asst. Coach - Nick Boeset
Asst. Coach - Jeremy Cronk
Asst. Coach - Mitch Boe

Softball

Head Coach - Jodie Scheetz
Head Coach - Ken Thimmesch
Asst. Coach - Blake Wilson
Asst. Coach - Ali Herdliska
Asst. Coach - Madi Miller

Preseason Meeting w/Athletes

Student-athletes are expected to attend the preseason meeting held at least one (1) week before the start of the season. During this meeting or soon thereafter, head coaches will provide their athletes with a team handbook. This can include team rules, guidelines, practice schedules, game schedules, needs, expectations, letter criteria, and any other pertinent information.

Preseason Meeting w/Parents

Parents are strongly encouraged to attend the preseason parent-meeting. This can be done online and shared with parents as well. Coaches are encouraged to share the team handbook with parents and go over the program's goals and expectations. During this meeting coaches are required to provide some form of communication tool(s) to use with athletes AND parents. This must be either group email and/or group text app and will be used throughout the season.

Coach's Handbook and Responsibilities

Coaches serving the Clear Creek Amana School District (paid or volunteer) are responsible for adhering to the guidelines outlined in the Clear Creek Amana Coach's Handbook. A copy of the handbook is available by request and can be provided by the activities director.

WaMaC Conference

Clear Creek Amana is very fortunate to be a member of the 13-team WaMaC Conference.

West Division

Benton Community
Center Point-Urbana
Clear Creek Amana
Independence
South Tama
Vinton-Shellsburg
Williamsburg

East Division

Beckman Catholic
Maquoketa
Marion
Mount Vernon
Solon
West Delaware

Transportation

All athletes must use Clear Creek Amana school-provided transportation to and from athletic contests. The only exception to this is when an athlete's parent(s) requests in writing for permission to take their son/daughter home after the game. Coaches are not allowed to transport athletes in their personal vehicles unless they have permission from the Superintendent, in addition to the permission from the athlete's

parent(s).

Schedules

Schedules for each sport can be obtained by visiting the Clear Creek Amana High School Athletics website. Simply click on the sport on the right-hand side of the page and click schedule.

<http://www.ccaschools.org/index.php/high-school/hs-athletics>

You can also obtain schedules for Clear Creek Amana and all other WaMaC schools on the official conference website. Once you're on the website, select Clear Creek Amana (or other school) from the menu and you will be able to select the sport schedule you wish to see/print out.

<http://www.wamacconference.org/g5-bin/client.cgi?G5genie=150>

The Clear Creek Amana School District also maintains a Google Calendar that contains athletic events as well as all the events within the District. This calendar is located on the homepage of the school website. There are various way to view the calendar, however, it does not provide the option of printing schedules or viewing location addresses. This calendar will provide you with the most up-to-date information on schedule changes.

Admissions

The Clear Creek Amana Athletic Department relies on revenue generated from admissions to finance the payment of equipment, uniforms, officials, entry fees, and all other expenditures. Admission prices for high school events are \$5.00 for both adults and students (5 years and up). Admission price for middle school events are \$3 for adults and \$2 for students (5 years and up).

Activity Passes

A variety of Activity Passes are available to all community members in the Clear Creek Amana School District providing them admission into every regular season home athletic event. Please note that pass holders must physically have their pass with them or a picture of their pass on their cellular phone when they enter the event to receive admission, otherwise, they will be expected to pay full admission. Lost or stolen passes can be replaced in the high school office.

Athletic Passes

PreK-5: \$35.00/annual

Grade 6-12: \$50.00/annual

Adult Ten Punch: \$50.00

Adult Annual: \$95.00

Family Pass: \$255.00

Senior Passes

Senior Citizen residents of Clear Creek Amana (age 62 and up) are eligible to receive a free Senior Pass that will provide them complimentary admission to all home regular season athletic events. Seniors wishing to receive a pass can get one through the high school office but will need to provide proof of residence and age in the form of a driver's license or identification card. Senior Passes do not expire.

Spectator Behavior

All WaMaC Schools have adopted and follow the IAHSAA and IGHSAA expectations for spectator behavior at athletic competitions as articulated in their "Conduct Counts" initiative.

The following spectator behaviors will result in a warning and possible removal from an athletic event.

- 1.) Disrespectful conduct, including profanity, obscene gestures or comments, offensive remarks, or other actions that demean individuals or the event
- 2.) Throwing articles onto the contest area
- 3.) Entering the contest area in protest or celebration
- 4.) Physical confrontation involving contest officials, coaches/directors, contestants or spectators
- 5.) Spectator interference with the event
- 6.) Jumping up and down on the bleachers
- 7.) Use of artificial noisemakers, signs or banners
- 8.) Chants or cheers directed at opponents

Removal from an athletic event will require a meeting with the AD and a suspension from the next scheduled event. Removal from a 2nd event will require a meeting with the Superintendent and a suspension from the next 5 scheduled events. Removal from a 3rd event will result in a one-year suspension for all athletic events.

Officials

All coaches, athletes, and parents at Clear Creek Amana are expected to treat game/meet/tournament officials with respect regardless of their performance. Every effort should be made to keep coaches, athletes, and parents from reacting negatively to officials and their calls. This behavior will not benefit the team in any way and is a poor representation of Clear Creek Amana.

Wednesday/Sunday Practices

All practices need to be completed by 6:00 PM on Wednesday's during the school year. This policy will be enforced from August 20th through May 15th.

Sunday practices cannot begin before 4:00 PM. Sunday practices should not exceed two (2) hours total.

Equipment/Uniforms

Equipment and uniforms purchased by the school are district property. They should be used for school sponsored teams only. Using school equipment for other purposes is strictly prohibited. Exceptions may take place, but not without prior approval from the activities director. All uniforms must be turned in at the completion of the season. Student-athletes will not be able to participate in another activity until all equipment and uniforms are returned.

Parent Communication

If a parent would like to communicate with the coach of their son/daughter, the expectation is that they will contact the coach via email to schedule a meeting and outline concerns. It is not acceptable for a parent to approach a coach immediately before, during, or after a practice and/or competition. Appropriate concerns for a parent to discuss with a coach:

- 1.) The mental and/or physical treatment of your child
- 2.) What your child needs to do to improve
- 3.) Concerns about your child's behavior

* Coaches have the discretion to involve another coach in any meeting

It is very difficult for parents to accept that their child may not be participating as much, or in the role, the parents had hoped they would. Coaches/advisors make decisions based on what they believe is in the best interests of all team members. As one can see from the list above, certain things can and should be discussed with your child's coach. Other things, such as those listed below, must be left to the discretion of the coach. Issues NOT appropriate for discussion with the advisor/coach:

- 1.) Playing time
- 2.) Team and training strategy
- 3.) Play calling
- 4.) Any situation that deals with other students-athletes athletic performance

There are situations that may require communication between the coach and parent. This communication is not discouraged, as it is important for each party to have a clear understanding of the others' position. When such communication is necessary, the following procedure is suggested to help promote positive resolution to the issue. Communication parents should expect from the coach/advisor:

- 1.) Coach's philosophy
- 2.) Expectations the coach has for the parent's son or daughter
- 3.) Locations and times of practices and contests/performances
- 4.) Team requirements, i.e., fees, special equipment needed, group rules, off-season expectations
- 5.) Procedures that will be followed if your child becomes injured or ill during participation
- 6.) Communication coaches should expect from parents

- 7.) That concerns regarding the parent's son or daughter will be expressed directly to the coach at the appropriate time and place. For example: at a scheduled meeting, not before, during, or after a contest, performance, or practice.
- 8.) Specific concerns in regard to the coach's philosophy and/or expectations
- 9.) Notification of any schedule conflicts well in advance

Attendance Policy

Any student-athlete who is absent for the entire school day (excluding field trips, excused appointments, and college visits) shall not participate in any game, meet, contest or practice that calendar date, unless cleared with the activities director prior to 12:00 PM that day. A student-athlete must be present for both 3rd and 4th block, plus Clipper Learning Time, to be eligible for any game, meet, contest or practice that calendar date, unless cleared with the activities director prior to 12:00 PM that day. This includes students that arrive late for their first academic period of the day.

Academic Eligibility - IHSAA/IGHSAU

In July of 2006, the Iowa Department of Education (DOE) adopted the "Scholarship Rule" requirements that govern eligibility for extracurricular activities. According to guidelines prescribed by the DOE, Clear Creek Amana High School students who are deemed academically ineligible will be unable to participate in athletic contests in his/her respective activity for 30 calendar days due to him/her receiving a failing grade following the completion of semester report cards.

Student-athletes may, and are strongly encouraged to continue practicing with the team throughout the period of ineligibility. If a student chooses to quit the activity, the period of ineligibility would be outstanding, and applied to the next activity in which they participate.

Care/Prevention of Athletic Injuries

Clear Creek Amana receives athletic training services through Progressive Rehabilitation. They provide us 30+ hours a week of coverage. The trainer's hours may vary depending on the week, but regular hours are from 3:30-5:30 Monday-Friday. If an athlete needs to be seen but can't get in during the scheduled time, they can call the trainer and set up an appointment.

Our trainer will make the final decision(s) on whether athletes will be allowed to play following an athletic injury. Their decision will be supported by the athletic director and school administration. It is imperative that coaches, athletes, and parents notify and communicate with the trainer on all injuries that occur during practices, games, open gyms, etc. The trainer will screen the injured athletes and make the communication with parents on recommended treatment(s).

A trainer will be present at home contests in the following sports: Football, Volleyball, Cross Country, Basketball, Wrestling, Soccer, and Track.

Athletic Development Program

All athletes at Clear Creek Amana will be required to participate in the Athletic Development Program. Athletic programs are required to schedule, at a minimum, two (2) training sessions into their practice plan every week during their season(s). Out of season athletes that wish to use the weight room during specified hours must participate in the supervised program.

Physicals

All athletes must have a current athletic physical on file with the activities director before they can participate in games or practices. Athletic physicals are valid for one (1) calendar year and must be signed by a parent or legal guardian.

A copy of the physical form can be found on the school's activities website under General Information > Overview > Forms / Information.

Concussion Form

All athletes must have a signed "Heads Up" concussion form on file with the activities director before they can participate in games or practices. Concussion forms are valid for one (1) calendar year and must be signed by both the athlete and parent or legal guardian.

A copy of the concussion form can be found on the school's activities website under General Information > Overview > Forms / Information.

Code of Good Conduct

Participation in school activities is a privilege. Students who participate in extracurricular activities serve as ambassadors of the school district throughout the calendar year, whether away from school or at school. Students who wish to have the privilege of participating in extracurricular activities must conduct themselves in accordance with board policy and must refrain from activities which are illegal, immoral or unhealthy.

Students who fail to abide by this policy and the administrative regulations supporting it may be subject to disciplinary measures. The principal will keep records of violations of the good conduct rule.

A copy of the Code of Good Conduct can be found on the school's activities website under General Information > Overview > Good Conduct Rule

Dual Sport Athletes

If a student-athlete has interest in participating in two sports during the same season they must contact the coaches of the two sports and the activities director of their intentions at least two weeks prior to the start of the season of the sport that begins first.

The coaches will schedule a meeting with the athlete to go through team schedules and outline a plan for practices and contests. Coaches are to communicate with each other and let the athlete know what the practice schedule is, and the coaches are never to put the athlete in the middle of a conflict.

In that meeting coaches and athletes will determine participation in situations where there are two regular season contests on the same date. If there is a state event and regular season contest on the same date then they will participate in the state event, unless the two coaches agree on a different plan.

The athlete's first priority is his/her academics. The request to participate in dual sports will only be considered if the applicant is in good academic standing at the time of the request. The athlete is expected to maintain their grades. If this standard is not maintained the participant will be asked to give up one sport.

An athlete making the varsity team in one sport will be given consideration over a sub-varsity team in the other sport they are participating in.

Athletics and Fine Arts

Clear Creek Amana supports students that wish to participate on athletic teams as well as in our fine arts programs. When creating the activities calendar, every effort is made to avoid conflicts between athletics and fine arts events; however, it is inevitable that conflicts will arise given the limited number of days on the calendar.

Our athletic coaches and our fine arts instructors have typically worked together to arrange practice schedules to avoid conflicts, but participants in both should anticipate some scheduling conflicts. If a conflict exists between two activities, the activity that is competing/performing in a contest or performance will take priority. If both are participating in a contest or performance, state level contests/performances will take priority. Otherwise, the decision about which activity to attend will be made by the coaches, instructors, and students in question.

Please note, although our coaches will make every reasonable accommodation, they reserve the right to make playing time decisions based on a student's on-going participation in practices and games in that sport. Each situation will be handled individually and based on its unique characteristics.

Athletic Booster Club

The Clear Creek Amana Booster Club has provided financial support for Clear Creek Amana High School and Middle School athletic programs. Their contributions benefit all Clear Creek Amana High School and Middle School athletes; therefore, the Booster Club should receive support from the parents of all of our athletic programs. In addition to these important donations, the Booster Club continues to provide annual gifts to individual athletic programs as needs arise. It goes without saying that the success of Clear Creek Amana Athletics is contingent on the continued support of the Booster Club, therefore, parents of Clear Creek Amana student-athletes should make it a priority to become active participants. Meetings are scheduled for every second Wednesday of each month during the school year, and locations and times can be found on the District's Calendar.

Lettering Policy/Procedure

Due to the inherent differences of sports programs, each program will create their own criteria for lettering and awards. This criteria will be shared with student-athletes in the team handbook.

1st-time letterwinners are eligible to receive a CCA Chenille Varsity letter and a sport-specific pin insert. 2nd, 3rd, and 4th-time letterwinners are eligible to receive a bar insert. These items are optional and are located in the activities office.

CCA Letter Jackets are available through multiple vendors. Sample styles and sizes are available in the activities office.

Weather-Related Decisions/Policy

Mother Nature plays a significant role in school activities. When the decision is made to cancel events due to inclement weather, the following procedure will be followed:

- 1.) The activities director will notify the coaches
- 2.) The coaches will use their group communication tool to notify student-athletes and parents
- 3.) The activities director and coaches will discuss potential makeup options
- 4.) The activities director will update the school calendar and schedules

The safety of our student-athletes and community members will be at the forefront of all weather-related decisions. Regardless of the decision, if the student-athlete and/or parents are uncomfortable with the travel conditions, the determination to stay home and miss the event (practice or contest) will not result in any form of disciplinary action.

Starting Dates 2020-2021

The second date listed after each sport is the first date on which competition is allowed (eligibility period starts). Eligibility resumes at 12:01 a.m. **on the 31st day.**

Boys Sports/IHSAA Sports

Sport	1st Practice Date	1st Competition Date	Eligibility Date
Football	August 10th	August 27th	Immediate
Cross Country	August 10th	August 24th	Immediate
Bowling	November 9th	November 23rd	Immediate
Swimming	November 9th	November 23rd	Immediate
Wrestling	November 16th	November 30th	Immediate
Basketball	November 16th	November 30th	Immediate
Track/Field	March 1st	March 8th	April 7th
Golf	March 15th	March 29th	April 28th
Tennis	March 15th	March 29th	April 28th
Soccer	March 15th	April 1st	May 1st
Baseball	May 3rd	May 24th	June 23rd

Girls Sports/IGHSAU Sports

Sport	1st Practice Date	1st Competition Date	Eligibility Date
Volleyball	August 10th	August 24th	Immediate
Cross Country	August 10th	August 24th	Immediate
Swimming	August 10th	August 24th	Immediate
Basketball	November 9th	November 20th	Immediate
Bowling	November 9th	November 23rd	Immediate
Track/Field	March 1st	March 8th	April 7th
Golf	March 15th	March 24th	April 23rd
Tennis	March 15th	March 24th	April 23rd
Soccer	March 22nd	April 5th	May 5th
Softball	May 3rd	May 24th	June 23rd

Check websites of IHSAA (www.iahsaa.org) or IGHSAU (www.ighsau.org) to make sure these dates have not changed.

First allowable competition date for track and field is earlier than March 11th. However, per agreement between DE, IHSAA, and IGHSAU, the March 11th date is when academic ineligibility commences.