



**Salt Lake Academy High School  
Student-Athlete Handbook (2025–2026)**

Welcome to the Salt Lake Academy High School Athletic Program! As a student-athlete, you are part of a proud tradition of excellence in athletics, academics, and leadership. This handbook outlines the **policies, procedures, and expectations** for all Salt Lake Academy (SLA) student-athletes and their parents/guardians for the 2025–2026 school year. Our goal is to ensure a **safe, fair, and enriching** athletic experience for every participant. Please read this handbook carefully and **adhere to its guidelines**, which reflect the latest Utah High School Activities Association (UHSAA) and Utah State Board of Education (USBE) rules, as well as Salt Lake Academy’s school policies.

## **Athletic Program Mission and Philosophy**

Salt Lake Academy is committed to fostering a **dynamic athletic and academic environment** where students develop discipline, teamwork, sportsmanship, and leadership skills. We believe in developing well-rounded athletes:

- **Multi-Sport Participation:** We encourage students to explore multiple sports rather than early specialization. Research shows that delaying single-sport specialization until after puberty reduces injury risk and can improve athletic success. Our program is designed to support multi-sport athletes and provide opportunities across a variety of sports.
- **Academics and Athletics:** Being a student-athlete means **academics come first**. We hold our athletes to high academic standards and provide support (such as study halls and tutoring) to help you succeed in the classroom as well as on the field or court.
- **Character and Sportsmanship:** Participation in sports is an extension of your education. We emphasize **integrity, respect, and character development**. Athletes are expected to win with humility, lose with grace, and always show respect to teammates, opponents, coaches, officials, and fans.

By participating in SLA athletics, you agree to uphold these values and represent your school and community with pride.

## **Athletic Administration and Coaching Staff (2025–2026)**

Our athletic department staff and coaches are here to support your development and ensure a positive experience. Below is the **updated list of key athletic staff and coaches** for the 2025–2026 school year:

- **Simon McFall** – Athletic Director; Head Coach, Girls Varsity Soccer (USSF B License)
- **Doran Brooks** – Head Coach, Girls Volleyball (Varsity)

- **Greg Ferrie** – Boys Soccer Program Director & Boys Varsity Head Coach (USSF B License)
- **Shaylee Wilson** – Head Coach, Girls Soccer Junior Varsity
- **Marv “Marv” Leon** – Head Coach, Boys Soccer Junior Varsity
- **Joshua MacKenney** – Head Coach, Boys Basketball (Varsity)
- **Kevin Harris** – Head Coach, Girls Basketball (Varsity)
- **(Additional coaches for other sports** such as cross country, track & field, cheer/dance, eSports, etc., will be listed in team-specific materials or the school directory. Please contact the Athletic Director for the full coaching roster.)

**Contacting Coaches:** If you need to reach a coach or staff member, email is usually the best method (see the school website’s Athletics “Our Team” page or contact the athletic office for addresses). Coaches are also available to meet by appointment. We promote an open-door policy – questions or concerns are welcome (following the grievance procedure outlined later).

## Eligibility Requirements for Participation

Student-athletes must meet **all eligibility requirements** set by UHSAA, USBE, and Salt Lake Academy to **practice or compete** in school athletics. Below are the key eligibility criteria for the 2025–2026 year:

### Academic Eligibility

High academic performance is a cornerstone of being a student-athlete. **UHSAA scholastic standards** (which apply statewide) require the following minimums:

- **Full-Time Enrollment:** You must be enrolled as a full-time student at Salt Lake Academy, or meet USBE dual-enrollment criteria if splitting enrollment (e.g., part-time at SLA and part-time elsewhere). Generally, full-time means you take at least half of the periods offered (or are a senior on track to graduate).
- **2.0 GPA Minimum:** You must earn at least a 2.0 **Grade Point Average** (on a 4.0 scale) in the **preceding grading period** (quarter/term).
- **Limited Failing Grades:** You **cannot fail more than one class** in the preceding grading period. (If you fail two or more classes, or your GPA is below 2.0, you are ineligible for the entire next grading period.)

- **Grade Posting/Deadlines:** Eligibility is checked when term grades are officially posted by the school registrar. Grade changes after the posting date (except to correct a clerical error) will *not* restore eligibility for that term. Essentially, once grades are finalized, those determine eligibility for the next term.
- **Remediation:** If you do not meet the academic requirements at the end of a school year (final grading period), you **may make up deficiencies over the summer** through credit recovery, summer school, or other approved programs to regain eligibility for fall. The make-up work must be in the same subject area of the failed class and completed *before* the new school year. Grades from remediation will be used to recalculate your GPA.
- **Additional School Standards:** The above are **minimum** standards. Salt Lake Academy may impose higher academic expectations. Currently, SLA follows the UHSAA 2.0/1 F rule without additional grade requirements, but student-athletes are strongly encouraged to maintain their best academic performance. Coaches and the Athletic Director will monitor grades. If you are struggling academically, the school will provide support (e.g., mandatory study hall, tutoring) to help you improve, but you must meet the minimum standard to play.

**Note:** Academic eligibility rules do *not* apply to first-quarter 9th graders (freshmen get a grace period for their initial term). After the first term of 9th grade, all students (grades 9–12) are held to the same scholastic standards for subsequent terms.

## Attendance and School Participation

Salt Lake Academy believes that **regular school attendance** is critical to both academic and athletic success. The following attendance-related policies apply to athletes:

- **Game Day Attendance:** To participate in a practice or contest on a given day, you must **attend school that day** for at least a half day (4 class periods) *unless* you have an excused absence (e.g. medical appointment, school-related activity). If you have an unexcused absence or are checked out ill for the day, you will **not be permitted to practice or play in games that day**. Plan your appointments appropriately and communicate with coaches about any special circumstances.
- **Truancy/Unexcused Absences:** Habitual truancy or unexcused absences may result in athletic **disciplinary action**, including game suspensions. Athletics is a privilege; you are expected to attend classes faithfully. Coaches and administrators will be notified of attendance issues, and repeated problems could lead to a loss of eligibility until attendance improves.
- **Tardiness:** Be on time to class. Multiple tardies can accumulate into an unexcused absence under school policy. Coaches may impose extra conditioning or game-day sitting for athletes who develop a pattern of tardiness, in addition to any school academic penalties.

- **School Suspension:** If you are suspended **in-school or out-of-school** as part of a disciplinary action (per the Salt Lake Academy Student Discipline policy), you **cannot** participate in practices or games during the suspension period. Further team consequences may also apply. We expect you to exhibit good behavior in school; poor conduct that results in school discipline reflects on your team as well.

Always communicate with your coaches about any attendance issues. If you must miss a practice or game (due to illness, family emergency, etc.), notify your coach as far in advance as possible. Unexcused missed practices or games can impact your playing time or team status.

## Age and Grade Level Eligibility

All Utah high school athletes must comply with UHSAA age regulations:

- **Age Limit:** A student **must not turn 19 years old before September 1** of the school year of participation. If you will be 19 prior to Sept. 1, 2025, you are not eligible to compete in UHSAA sports during 2025–2026. (Very few students are affected by this; contact the Athletic Director if you have questions about an age waiver in case of late school start, etc.)
- **Years of Participation:** Students have **four consecutive years** (eight semesters) of athletic eligibility starting from the moment they first enter 9th grade. In other words, a student generally may participate in high school sports during their 9th, 10th, 11th, and 12th grade years. Repeating a grade or delaying enrollment does *not* grant extra eligibility – the clock starts once you begin 9th grade. There are no “redshirt” seasons at the high school level.
- **Middle School Students:** Only high school students (grades 9–12) are eligible for UHSAA-sanctioned high school teams. *Exception:* 9th graders who attend a junior high (not on our high school campus) may still participate on the high school team if approved by their local board and if they meet all other eligibility requirements. Salt Lake Academy does not normally have 8th graders on high school teams; per UHSAA, students below 9th grade cannot practice or compete with high school teams in most sports. (There are a couple of narrow exceptions, such as 8th graders allowed to try out for drill team or cheer in the spring for the next year, but those are handled case-by-case with administration.)

## Physical Exam and Parental Consent

All student-athletes must complete the required **pre-participation physical examination** and permission forms each year:

- **Physical Examination:** You must undergo a sports physical performed by a qualified health care provider (MD, DO, PA, or NP) and submit the UHSAA Pre-Participation Examination form,

signed by the medical provider, **before the first practice**. Physicals are valid for one school year (they must be dated after April 15, 2025, to count for the 2025–26 year). No athlete will be allowed to participate in any physical conditioning, practice, or contest without a current physical on file.

- **Parental Consent and Emergency Form:** A parent or guardian must sign the school’s consent form, which includes acknowledgment of risk, emergency contact information, travel permission, and agreement to abide by handbook rules. This form will be distributed at the start of the season and must be returned before participation.
- **Insurance:** All athletes are **required to have medical insurance coverage** (either through family insurance or a student accident policy). Please provide the insurance information on the consent form. If you need assistance obtaining insurance, contact the Athletic Director for resources.

## Transfer Students and UHSAA Transfer Rule

If you **transfer to Salt Lake Academy** from another high school, or you transfer away during your high school career, UHSAA’s **Transfer Rule** will affect your athletic eligibility. Key points include:

- **Varsity Ineligibility Period:** A student who transfers high schools **without a bona fide change of residence or other exception** is ineligible for varsity competition for the first 50% of the season in any sport they played at the previous school. (You may still practice and often may play at the sub-varsity/JV level during this period.) UHSAA calculates 50% of a season by the number of allowable contests (e.g., in basketball, 50% = 12 games). For transfers occurring after a season has started, a minimum 30 calendar day sit-out may apply.
- **Second Transfer:** If you transfer a second time without meeting an exception, the penalty increases – **you become ineligible for all varsity sports for one full year** from the date of enrollment at the new school.
- **Sports Not Played Previously:** The transfer sit-out applies only to sports you participated in during the 12 months before your transfer. If you go out for a sport you never played at your prior school, you may be eligible for varsity immediately in that new sport (assuming all other rules are met).
- **Exceptions:** UHSAA does have defined exceptions that allow immediate varsity eligibility after a transfer, such as a **bona fide family move** into a new school boundary, a **change in guardianship** ordered by a court, a school closure, etc. These require documentation and UHSAA approval. If you believe you qualify for a transfer exception, you must work with the Athletic Director to submit a request and evidence to UHSAA *before* competing.

- **Charter/Private to Public (Co-Op Rule):** If you attend Salt Lake Academy (a charter school) and we do **not offer a sport** that you wish to play, you may be allowed to play that sport at your local district public high school under a **cooperative agreement**. This requires written approval from both schools' principals and is only for sports **not available** at SLA. You would still represent the other school in that sport while remaining an SLA student academically. (Example: SLA doesn't offer football, so an SLA student could try out for the football team at their neighborhood school, with permission.)
- **One Team per Season:** If you transfer during a sport season or quit a team at one school and move to another, you cannot join the same sport at the new school in that same season. UHSAA prohibits "team hopping" mid-season. Once you start a sport in a given season, you're tied to that team for the remainder of the season (unless an extreme hardship petition is granted).

All transfers must be cleared through the Athletic Director and UHSAA. If you are new to SLA this year and have previously participated in high school sports elsewhere, ensure you have discussed your situation with the Athletic Director. **Competing while ineligible due to transfer rules will result in forfeits and penalties**, so honesty and proper procedure are a must.

## **Amateur Status and Outside Competition**

- **Amateurism:** All high school athletes must remain amateurs. You cannot accept money or valuable prizes for your athletic performances. Do not sign any contract with an agent or professional team. Accepting a nominal award (like a trophy or medal) is fine, but **cash awards are not allowed** in UHSAA events. If you have questions about an award or gift, check with the Athletic Director.
- **Club Teams and Outside Participation:** Participating in non-school sports (club, recreational leagues, Olympic development programs, etc.) is permitted *in general*, but school sports should take priority during the season:
  - **In-Season Conflicts:** When you are "in season" for a school sport, **your loyalty should be to the school team first**. Missing a school practice or game because of a club or outside team may result in consequences (reduced playing time, etc.) unless pre-approved by your coach. Communicate well in advance if you have an unavoidable conflict.
  - **Leaving a School Team for Club:** UHSAA rules state that if you quit or are removed from a school team mid-season to focus on club sports, you **cannot rejoin** that school team later in the same season. Additionally, you may not go join a club team and then attempt to compete for another school in that sport in the same season. Make your commitment decisions carefully at the start of the season.

- **Off-Season:** In the off-season, you are free to play club sports. In fact, many athletes do so to improve skills. Just be mindful of not burning out or risking injury. Off-season conditioning programs offered by SLA are optional but recommended.
- **Non-School Competitions During Season:** If there is a special outside competition you wish to enter during your school season (for example, a nationally ranked tournament or qualifier event), you must seek permission from the coach and Athletic Director. There are limits on events that conflict with the high school schedule, and we want to ensure no eligibility rules are violated. We will try to accommodate exceptional opportunities if they don't negatively impact the team.

## Transgender Student-Athletes

Salt Lake Academy and UHSAA are committed to **providing opportunities for all students** while also complying with state and federal regulations regarding transgender participation in sports. The policy for a transgender student-athlete's participation on gender-specific teams is governed by state law and UHSAA guidance (updated 2022–2025):

- **Notification and Commission Review:** A student whose gender identity differs from the sex listed on their birth certificate and who wishes to play on a gender-designated team that does *not* match their birth sex **must notify the UHSAA** of their transition and request a determination from the state's **School Activities Eligibility Commission**. This commission (appointed by the state) will review the case and decide if the student may participate in the requested category. The process can be detailed and may require medical information. **It is crucial to start this process well in advance** of the sports season.
- **School and UHSAA Verification:** Salt Lake Academy's administration and the Athletic Director will work with any transgender student-athlete to ensure all requirements are followed. When we submit team rosters to UHSAA, we must **verify that any student on a girls' or boys' team is eligible under this policy**. UHSAA will rely on the school's verification and/or the Commission's decision.
- **Current Utah Law:** As of 2025, Utah state law (Utah Code 53G-6-1004) and federal directives stipulate that **girls' and women's sports are protected for those assigned female at birth**. UHSAA has affirmed it will comply with **federal law requiring participation in female-designated sports to be based on biological sex at birth**. This means that transgender females (students who transition from male to female) will generally not be permitted to compete in girls' sports unless they obtain approval through the official state commission process (which involves stringent criteria, such as medical testosterone suppression levels, etc.). Transgender males (students transitioning from female to male) may participate on boys' teams, but if they have taken certain hormones, other rules could apply for safety.

- **Co-Ed Sports Exception:** Sports or activities that have a **co-ed designation or mixed teams** (for example, a co-ed relay or a sport without separate boys/girls divisions) are typically exempt from gender eligibility rules. Also, girls are generally allowed to try out for boys' teams if no girls' team is offered in that sport (this is a longstanding UHSAA policy for equivalent opportunities).
- **Support and Respect:** Our school is dedicated to treating every student with respect and dignity. Any student who is LGBTQ+ or questioning their gender and interested in athletics is encouraged to speak confidentially with the Athletic Director or school counselor. We will provide support and guidance on options. **Harassment or bullying of any student, including transgender students, will not be tolerated** – see our Conduct policy for more on anti-bullying expectations.

This is an evolving area of policy; we will update any changes from the UHSAA or USBE. The priority is to ensure fairness, player safety, and compliance with the law, while being as inclusive as possible.

## Code of Conduct and Sportsmanship

When you put on a Salt Lake Academy jersey, you represent yourself, your family, your school, and the community. We expect **high standards of conduct** from all student-athletes, on and off the field. This section details the conduct policies, sportsmanship rules, and disciplinary procedures for behavior violations.

### Student-Athlete Conduct Expectations

All SLA student-athletes must agree to the following **Code of Conduct**:

- **Follow All School Rules:** You are first and foremost an SLA student. The Student Code of Conduct (as outlined in the Student-Parent Handbook and school policies) applies during practices, games, travel, and any team activity. Violations of school rules (e.g. cheating, fighting, vandalism, bullying) can lead to both school discipline and athletic consequences.
- **Respect and Sportsmanship:** Treat coaches, teammates, opponents, officials, and spectators with the utmost respect. **Unsportsmanlike conduct** such as arguing with referees, taunting opponents, trash-talking, or showboating is unacceptable. The UHSAA Sportsmanship program (“**Raise the Bar**”) holds athletes to high standards and so do we. Profanity, obscene gestures, or insulting language have no place in high school sports. In particular, any form of **taunting that includes slurs or discriminatory remarks** (e.g. racial or homophobic slurs) is considered a serious offense with severe penalties.
- **No Bullying or Hazing:** Hazing, bullying, or harassing others is strictly **prohibited** in any form – physical, verbal, or online. Initiation rites or “rookie hazing” of team members is forbidden. This includes any prank, pressure, or humiliation of a teammate or student. Such behavior is against school policy and state law (Utah has anti-bullying and anti-hazing statutes). Incidents will result

in discipline up to removal from the team and possible school suspension or law enforcement involvement, depending on severity.

- **Integrity:** Play fair and adhere to the rules of the sport. Cheating or dishonest conduct (for example, lying about an absence or academic status, using banned equipment, etc.) will erode trust and may lead to sanctions.
- **Commitment and Teamwork:** Honor your commitment to the team. Attend all practices and games (unless ill or excused), give your best effort, and display a positive attitude. Accept your role on the team – whether starter or substitute – and support your teammates. Selfish or disruptive behavior that hurts the team will be addressed by coaches.
- **Social Media Use:** You are a public representative of the school. Anything you post on social media related to your team, school, or other players should be positive and appropriate. Do not post derogatory comments about opponents, officials, teammates, or coaches. Refrain from posting images or text that violate school conduct standards (such as partying, bullying, etc.). Coaches and administrators may monitor social media and can discipline athletes for online misconduct that undermines team harmony or school reputation.
- **Appearance and Dress Code:** When representing SLA at games or traveling, you are expected to adhere to the team dress code or uniform standards set by your coach. Generally, you should present a neat, clean, and school-appropriate appearance. For certain events, coaches may require team travel gear or more formal attire (e.g., shirt and tie on game day). Follow your coach's guidelines. Uniforms issued by the school should be worn only for games and as directed; take care of them and return all issued gear at season's end.

By following this code, you contribute to a culture of class and excellence. Coaches will review these expectations at the start of the season, and both athletes and parents may be asked to sign a statement acknowledging the code of conduct.

## **Sportsmanship and Ejection Policy**

Salt Lake Academy and UHSAA are united in promoting **good sportsmanship**. The UHSAA has clear rules about behavior during contests, and penalties for ejections (being removed from a game by an official):

- **Ejection (Player):** If a player is ejected from a game for unsportsmanlike conduct (e.g., fighting, excessive profanity, serious dissent), the **minimum penalty** and suspension are set by the

UHSAA. In addition to the discipline determined by the UHSAAA you may be subject to additional game suspensions as determined by the schools Athletic Director and Principal and you are **ineligible for the next scheduled contest** at that level. (For example, if you get ejected in a varsity game, you miss the next varsity game, and you also cannot play JV in between.) You will also be required to complete an online sportsmanship course (such as the NFHS “Sportsmanship” or “Teaching and Modeling Behavior” course) before returning, especially if the ejection occurs during postseason play.

- **Ejection (Coach):** If a coach is ejected, they are also suspended for at least the next contest and must leave the vicinity of the game when ejected. The coach may also be required to complete training and could face additional school disciplinary review.
- **Escalating Penalties:** Multiple ejections carry heavier consequences:
  - A **second ejection** of the same player in a season results in a **two-game suspension** (double the first).
  - A **third ejection** in a season results in a **suspension for 365 days** (one full year) from all athletic participation. Essentially, your season would be over and you’d be out for a year.
  - **Violent Conduct:** Ejections for fighting, assault, or other violent conduct will result in at least a two-game suspension (or longer), even on first offense. Serious incidents are reported to school administration, and additional penalties may apply.
  - **Taunting with Discriminatory Slurs:** As noted, if an ejection involves taunting with racial or other discriminatory slurs, UHSAA policy mandates a **minimum two-game suspension for the first offense** (for a player). A second offense of that nature is four games, and a third is removal for the season (and possibly the entire school year). Coaches who commit this offense face at least a two-game suspension for the first instance and season-long suspension for the second.
- **During Suspension:** A suspended player may attend games as a spectator (out of uniform) but may not suit up or play. A suspended coach may not be in the vicinity of the team during the game(s) they are suspended (out of sight and sound).
- **Carryover:** If an ejection suspension is not completed by the end of the season (e.g., you get ejected in the last game), it **carries over** to the next sport or next season. Seniors who are ejected in their final game and still owe a suspension will have to serve it in their next sport (if playing another sport that year) or it may carry to a future sport if applicable.
- **Approaching Officials:** UHSAA has a strict rule that coaches or players may **not approach or confront officials after a contest**. A “cooling off” period of at least 30 minutes is enforced. If a player or coach chases down an official post-game to argue, the UHSAA can impose a one-game

suspension for that behavior (even if no ejection occurred during the game).

- **No Game-Circumvention:** Schools are not allowed to add an extra game or scrimmage just to satisfy an ejection suspension. The suspension must be served on a regularly scheduled contest.

All SLA coaches will enforce these rules. In addition, our school may impose its own consequences (for instance, extra sportsmanship training, community service, or in extreme cases removal from the team) for athletes who get ejected or display gross unsportsmanlike conduct. **Keep your cool and play with class.** If you disagree with a call, only the coach (respectfully) should discuss it with officials. As a player, your job is to play, not to officiate or litigate calls.

### **Alcohol, Tobacco, Drugs: Substance Abuse Policy**

Participation in athletics is a privilege with the expectation that athletes commit to healthy, substance-free lifestyles. **Use or possession of alcohol, tobacco, vaping products, or illegal drugs is strictly forbidden** for our student-athletes at all times (in season or out of season):

- **UHSAA Rule (Sports Season):** UHSAA's **Drugs, Alcohol and Tobacco Rule** imposes minimum penalties **during the sport season** for any use, possession, or distribution of these substances:
  - **First Offense:** Suspension from **two consecutive games/contests** (at the same level). You may continue to practice *only after* completing a formal assessment/intervention program as directed by the school (e.g., meeting with a substance abuse counselor).
  - **Second Offense:** Suspension for **six weeks** (42 days) of the season – you cannot compete in any games/meets for six weeks. You must undergo another assessment and follow the recommended intervention/treatment plan. Practice may resume only after the assessment is completed and you're actively following the treatment plan.
  - **Third Offense:** Suspension for **18 weeks** (approximately a full sports season plus) from *all* athletic participation (games and practices). Reinstatement after 18 weeks requires proof of successful completion of a certified substance abuse treatment program.
  - These offenses **carry over** from year to year and sport to sport – there is no “clean slate” each season. A violation in one sport affects your eligibility in others. Also, if you transfer schools, any outstanding suspension follows you to the new school. Beyond a third offense, any additional violation is treated the same as a third (18-week removal).
- **School Policy:** Salt Lake Academy's own policies echo these rules. **Use of e-cigarettes/vapes is explicitly banned** just like traditional tobacco. The school may have additional disciplinary consequences under our Student Discipline and Safe Schools policy for substance use (e.g.,

suspension from school, required counseling, etc.), especially if use occurs on campus or at school events. Local school rules may be even more strict than UHSAA's; for instance, SLA enforces the rule year-round, not only in your sport season.

- **Off-Season and Year-Round Expectations:** We expect our athletes to make good choices year-round. Even when you are not in an active season, avoid underage drinking, drug use, or tobacco/vape use. If the school becomes aware of an incident in the off-season (say, an athlete cited for underage drinking over summer), that athlete may face discipline or be held out of upcoming competitions, and the incident will count under the “offenses” for the next season. **Bottom line:** Don't risk your health and your eligibility by experimenting with these substances.
- **Self-Reporting:** We encourage athletes to seek help if they are struggling with substance use. If you come forward to coaches/administration about a problem *before* an infraction is discovered, we will work with you supportively (with counseling, etc.). However, once a violation is confirmed (e.g., caught by school staff or law enforcement), the above penalties will apply.
- **Random Drug Testing:** Salt Lake Academy reserves the right to implement a **random drug testing program** for student-athletes, per our Board policy. If this policy is in effect (parents will be notified), athletes and parents must sign consent to random testing as a condition of participation. Selected students would be tested for illicit drugs or banned substances, with confidentiality maintained. A positive test would typically count as a first offense of the above policy (two-game suspension and intervention program), not to mention requiring a clean test before return. Our goal is deterrence and helping students stay clean. If you know of this requirement, it gives you a great reason to say “No” to peer pressure – you can honestly say “I could be tested; it's not worth it.”

Remember, using these substances not only breaks rules but also harms your athletic performance and, most importantly, your health. Stay substance-free and if you need help or are being pressured, talk to a coach, counselor, or trusted adult.

## **Student and Coach Relationships; Harassment and Abuse Prevention**

All students and coaches at Salt Lake Academy must adhere to professional, appropriate boundaries. Coaches are trained annually in **bullying, harassment, and abuse prevention**. The school has zero tolerance for any form of harassment or abuse, whether it's coach-to-student, student-to-student, or any other combination.

- **Coach Conduct with Students:** Coaches serve as mentors and role models. They must follow a **Coaches' Code of Ethics** that emphasizes sportsmanship, respect, and the well-being of student-athletes. Coaches will not use profanity or engage in demeaning or belittling treatment of players. Physical discipline (corporal punishment) is prohibited. Any form of sexual harassment or inappropriate personal relationship is strictly forbidden and illegal. If you ever feel

uncomfortable with a coach's words or actions, or witness something inappropriate, report it immediately to the Athletic Director or another administrator. We will protect students who come forward and investigate all concerns.

- **Hazing and Initiations:** (Restating because it's important) – Under no circumstances should coaches or team captains allow hazing-type initiation rituals. Coaches are instructed to explicitly forbid this and to monitor team culture closely.
- **Reporting Mechanisms:** The school's Civil Rights and Anti-Discrimination policies provide multiple avenues to report harassment or discriminatory treatment (including based on race, gender, sexual orientation, religion, etc.). You can talk to any school administrator, file a written complaint using the **Discrimination/Harassment Complaint Form**, or even report anonymously through the SafeUT app. We will promptly investigate and address any reports, consistent with USBE rules and the Safe Schools policy.

In summary, **everyone deserves a safe and respectful environment** in which to learn and compete. Salt Lake Academy will enforce these behavior expectations to make sure that is the case.

## Spectator Conduct and Parent/Guardian Expectations

Our athletes' supporters — including parents, family members, students, and fans — are an important part of the sports environment. We ask all spectators to exhibit **positive sportsmanship and appropriate conduct** at every event. The UHSAA "Raise the Bar" sportsmanship program provides guidelines for fan behavior, and Salt Lake Academy will hold our spectators to those standards:

- **Cheer Positively:** Support the team with enthusiasm, cheers, and applause. **Do not engage in derogatory yells, chants, or comments** towards referees, opposing players, coaches, or other fans. Negative or abusive language is unacceptable.
- **No Taunting or Harassment:** Like players, spectators must refrain from taunting, using profanity, or shouting slurs/insults. UHSAA empowers game officials and administrators to remove spectators who behave inappropriately. In fact, UHSAA has implemented a "**Yellow Card/Red Card**" system for spectators:
  - A **Yellow Card** is a warning given by game management to a spectator who is crossing the line (e.g., constant heckling or minor unsportsmanlike behavior). This is essentially "stop now or you'll be ejected." School officials will record the individual's name. If the behavior continues, a **Red Card** (ejection) will follow.
  - **Red Card** ejections for spectators can also be immediate for severe infractions (for example, the use of a racial slur or personal threat towards an official/player results in an

immediate ejection with no warning).

- **Consequences for Ejected Spectators:** If a Salt Lake Academy spectator is ejected (red-carded) from a game:
  - They will be asked to leave the premises immediately.
  - They will face a **minimum 2-game ban** from attending future contests. For certain offenses like discriminatory taunting, the ban is longer (first offense: 2-game ban; second offense: banned for the remainder of the season; third offense: banned for one calendar year from all UHSAA events).
  - They may be required to meet with school administration and, in some cases, complete a sportsmanship course or counseling before being allowed back as a spectator.
  
- **Official Calls:** As a spectator, do not approach or confront referees *at any time*. Any issues with officiating will be handled by coaches through proper channels. Confronting or abusing an official can result in severe penalties, including being barred from venues. Remember, many of our officials are experienced professionals or even students themselves (in lower levels). Treat them with respect.
  
- **Encourage All Players:** We ask our fans to appreciate good plays by **both teams**. You can be passionate for SLA while also recognizing the efforts of opponents. This creates a positive atmosphere.
  
- **Children and Younger Fans:** If you bring young children to games, please keep them supervised. Do not allow them to run around unsupervised or interfere with the event. Teach them early about good sportsmanship by modeling it.
  
- **Post-Game:** Win or lose, show respect. Applaud our team and then exit graciously. Avoid any negative interactions in the parking lot or on social media afterwards with opponents. What you do reflects on our school's reputation.

**Reminder to Parents:** High school sports are for the **students**. Let the players play, let the coaches coach, and let the officials officiate. Your role is to encourage and enjoy the competition. We appreciate your cooperation in making our games safe and enjoyable for everyone. Parents/guardians will be asked to sign a Parents' Code of Conduct agreement at the start of the season, affirming your commitment to these expectations.

If a spectator's behavior is consistently problematic, the school administration reserves the right to ban that individual from all future athletic events. We truly hope never to do this, so please "let the sportsmanship shine."

## Health and Safety Policies (Concussions & More)

Student-athlete safety is our top priority. We adhere to **UHSAA and CDC guidelines for athlete safety**, including rigorous concussion protocols and injury management procedures.

### Concussion Protocol and Head Injury Management

Concussions and head injuries are taken very seriously. We have an updated **Concussion Protocol** in line with UHSAA rules and the CDC's "Heads Up" recommendations:

- **Immediate Removal:** Any athlete suspected of having a concussion will be immediately removed from play or practice and *will not* return on the same day. Coaches are trained to recognize concussion symptoms (such as headache, dizziness, confusion, nausea, fogginess, etc.). If a coach, athletic trainer, or official observes signs of concussion, or if the athlete reports symptoms, that athlete is done for the day – "When in doubt, sit them out."
- **Notification and Evaluation:** The coach or athletic trainer will notify the athlete's parent/guardian of the suspected concussion as soon as possible (immediately after the game/practice, or by phone if the parent is not present). The athlete should then be evaluated *as soon as feasible* by a qualified healthcare professional. This can be an athletic trainer on-site (if available), but **must** be followed by examination from a physician or licensed health care provider experienced in concussion management.
- **Medical Clearance Required:** Any athlete with a confirmed concussion must obtain written medical clearance from a healthcare provider (MD, DO, PA, NP) before resuming *any* athletic activity. This is mandated by Utah law and UHSAA. The note should state that the student is cleared to begin a return-to-play progression.
- **Gradual Return-to-Play (RTP):** Once symptom-free and cleared by a doctor, the athlete will follow a **gradual, stepwise return-to-play protocol** under supervision:
  1. **Light aerobic exercise** (e.g., easy stationary biking or jogging) to see if symptoms return.
  2. **Moderate activity** with limited body/head movement.
  3. **Non-contact training drills** (more intense, can start light weightlifting).

4. **Full-contact practice** (only after a physician's second clearance, typically) to restore confidence and test in a controlled environment.
  5. **Return to full competition.**
- Generally, each step is at least 24 hours, and if symptoms recur, the athlete goes back to the previous step. This process ensures the brain has time to heal. We closely follow guidelines such as those in the **NFHS Sports Medicine Handbook's concussion protocol**.
  - **No Same-Day Return:** To re-emphasize, **an athlete diagnosed with a concussion will never return the same day**, even if symptoms seem to resolve quickly. Brain injuries need time to show full effect; same-day return is both illegal and dangerous.
  - **Concussion Education:** All SLA coaches complete **annual concussion training (NFHS Concussion Course)**, and per state requirements, we also educate our student-athletes and parents. At the start of each season, we will provide a **Concussion and Head Injury Information Sheet** for athletes and parents to read and sign (as acknowledgement of understanding the risks and protocol). It's important that parents/guardians also recognize signs of concussion and communicate with coaches if you suspect your child has one.
  - **Impact Testing (if available):** In some years, the school may conduct baseline cognitive testing (e.g., ImPACT tests) for athletes in contact sports. If we do so, those baseline results can help a physician evaluate post-injury. This is not mandatory but is a helpful tool.
  - **When in Doubt:** We encourage athletes to be honest about symptoms. Do *not* hide a concussion or "tough it out." Playing through a concussion can result in a far more serious condition (**second impact syndrome**). Let a coach or teammate know if you hit your head and feel any strange symptoms. There is no stigma – concussions are an injury like any other, and must be treated properly.

Our concussion management policy follows the motto: "**Safe play or no play.**" We want you back in action as soon as possible, but only when it's absolutely safe.

## **Other Injury and Safety Guidelines**

- **Pre-Season Conditioning:** To prevent injuries, coaches will provide guidance on conditioning and gradually increasing intensity. Please show up to the season in reasonable shape. If you have not been active, let coaches know so they can help you ramp up safely.
- **Hydration and Heat:** Especially in summer/fall sports, staying hydrated is key. Follow coaches' instructions on water breaks. On extremely hot days, practices will be modified per heat safety guidelines. Likewise, in poor air quality conditions (smoke, pollution), we will adjust outdoor

workouts to keep athletes safe.

- **Protective Equipment:** Use all required protective gear (helmets, mouthguards, pads, etc.) as directed. *Never* alter your equipment in a way not intended (e.g., no removing padding from helmets). If your equipment is damaged or ill-fitting, inform your coach to get it repaired or replaced. For sports like soccer or basketball, we recommend mouthguards even if not required.
- **Injury Reporting:** All injuries should be reported to your coach or the athletic trainer (if present) immediately. Don't hide injuries. Playing injured can worsen your condition and hurt the team. We have processes to help injured athletes (physical therapy referrals, etc.). Minor injuries (sprains, strains) will be accommodated with modified practice. Serious injuries will require medical clearance to return.
- **Emergency Action Plan:** Each sport/facility has an Emergency Action Plan. Coaches carry your emergency contact info and medical info. In the event of a serious injury, we will call 911 if needed and contact parents immediately. Please ensure your emergency contact info is up to date with the school and coaches.
- **Environmental Safety:** We monitor weather (thunderstorms will halt outdoor activities – 30 minute rule after last lightning strike). We also practice safe bus travel (seat belts if available, proper behavior on the bus). For any overnight trips, coaches will review hotel safety rules (curfews, no leaving premises, etc.).
- **COVID/Public Health:** We will follow any public health guidelines in place (for example, if COVID-19 or other illness prevention measures are required by USBE or local health authorities). This could include health screenings, adjusted schedules, or even testing/vaccination requirements, though at this time no extraordinary measures are in effect. We do encourage good hygiene: don't share water bottles, wash practice gear regularly, and stay home if you're genuinely sick (fever, etc.).

Our coaches' number one job is to keep athletes safe while helping you improve. If you or your parents ever have safety concerns, please bring them to our attention.

## **Athletic Fees and Financial Information**

Participating in sports does involve certain fees to cover equipment, uniforms, travel, officials, and other program costs. Salt Lake Academy is a public charter school and strives to keep athletics affordable.

Below is the **fee schedule for 2025–2026** (by sport), as well as information on payment, waivers, and fundraising.

### **Sports Participation Fees (2025–26)**

Each sport has a **Participation Fee** which is the required amount due for that sport’s season. Some sports also have optional or additional costs (for extra gear, spirit packs, etc.). **These fees are the *maximum that would be charged*** – in some cases the actual amount collected might be lower, and we cannot exceed these amounts without reducing something or getting additional approval. The fee amounts are approved as per state guidelines and are as follows (per student):

| <b>Sport / Activity</b>                     | <b>Participation Fee</b> | <b>Optional/Add-on Fees</b>   |
|---|--------------------------|---|
| <b>Boys Basketball (Varsity/JV)</b>         | \$990.00                 | \$0 (none required beyond base fee)                                   |
| <b>Girls Basketball</b>                     | \$990.00                 | \$0 (none required beyond base fee)                                   |
| <b>Boys Soccer</b>                          | \$1072.00                | <i>Up to \$270.00</i> (optional gear package)                         |
| <b>Girls Soccer</b>                         | \$1072.00                | <i>Up to \$475.00</i> (optional gear package)                         |
| <b>Boys Volleyball</b>                      | \$990.00                 | <i>Up to \$85.00</i> (optional gear/apparel)                          |
| <b>Girls Volleyball</b>                     | \$1275.00                | \$0 (no additional fee listed)  |
| <b>Cross Country (Boys &amp; Girls)</b>     | \$295.00                 | \$0 (no additional fee)   |
| <b>Track &amp; Field (Boys &amp; Girls)</b> | \$392.00                 | \$0 (covers both boys and girls, typically includes all meet entries) |
| <b>eSports</b>                              | \$990.00                 | \$0 (no additional fee)   |

*(Fees for any other activities/clubs not listed here can be found on the general school fee schedule. The above covers the primary athletic teams. “PST/Team Sports” courses are separate school classes for specialized training and have their own fees as listed in the school fee schedule.)*

A few notes on fees:

- The **Participation Fee** helps cover the costs of coaching stipends, uniforms (rental), league fees, referees, equipment, and travel buses for away games. Optional fees are typically for personal items the student keeps (e.g. custom spirit gear, warm-ups, shoes, etc.). Coaches will provide details on what optional items are available and their costs.
- Fees are generally **due at the start of the season** (due dates will be communicated, often around the first contest). We prefer fees to be paid before the first game; however, if you need a payment plan or short extension, please speak to the Athletic Director or front office *before* the deadline.
- **Payment:** Fees can be paid via the school's online payment portal (link on school website under "Payments") or by check/cash at the front office. Make checks payable to "Salt Lake Academy" and note the student name and sport on the memo.
- **Family Cap / Aggregate Limit:** The state of Utah sets a **maximum aggregate fee limit** per student. For 2025–26, no student can be charged more than **\$5,000 in total for the year** for all school fees combined. Our athletic fees are well below this, but if a student participates in multiple sports and activities, fees could add up. We track this to ensure no one exceeds the cap. Additionally, if you have multiple children in multiple activities, and are facing a heavy financial burden, talk to us – we can work something out.

## Fee Waivers and Discounts

Salt Lake Academy, as a public school, follows all **USBE rules for fee waivers**. **No student will be denied the opportunity to participate in athletics due to an inability to pay.** If your family qualifies under the income guidelines (similar to free/reduced lunch criteria) or other specific circumstances (e.g., you are in foster care or homeless under McKinney-Vento), you are eligible for a fee waiver of required fees.

- **How to Apply for a Fee Waiver:** You can obtain a Fee Waiver Application from the front office or download it from the school website (Resources > Forms, or directly at our forms portal). You will need to provide documentation of eligibility (for example, proof of income, or a letter stating you receive certain state benefits). This information is kept confidential. Turn in the application to the school administration *as soon as possible*, ideally before the fee due date.
- **What is Covered:** A fee waiver will cover all *required* fees for sports and classes. It may not cover optional merchandise (like if you choose to buy a hoodie), but essential items and any required equipment costs will be waived. If there are team travel costs or overnight trip costs, those are also covered by waivers if they are required for participation.

- **Reduced Fees / Partial Discounts:** If you *nearly* qualify or have a temporary hardship, please talk to us. We strive to accommodate families. We may offer a payment plan or a partial subsidy in those cases. Communication is key – do not suffer in silence or, worse, quit the team due to financial strain. We will find a solution.
- **Fundraising Opportunities:** The school and individual teams often organize fundraisers (like car washes, sponsor drives, etc.) to defray costs. We may allocate raised funds to reduce the fees that need to be charged. In some cases, teams do “player accounts” where a portion of what each athlete raises can offset their fee. Coaches will give details if applicable. Fundraising is optional but highly encouraged as it benefits everyone and can lower costs for all.
- **Multiple Sports Discount:** While we don’t have a formal “second sport discount” built into the fee schedule, we are mindful of multi-sport athletes. If a student is playing three sports, for example, and paying three separate fees, that family’s situation will be considered. The aggregate cap of \$5,000 ensures an upper limit, but we realize even a few thousand in fees is a lot for families. Again, please communicate with the Athletic Director if this is a hardship – we can look at possible adjustments or additional fundraising to help.

All fees and waiver policies are in accordance with Utah state law and administrative rules. For more information on state fee waiver rules, you can visit the Utah State Board of Education website on school fees. We also provide an annual School Fees Notice that outlines these rights.

## Refunds

If a student decides to quit a team **early in the season** or is cut during tryouts (if fees were paid upfront), the school can refund the fee on a pro-rated basis. However, once games have been played or uniforms issued, only partial refunds may be available to cover costs already incurred. If the season is canceled (e.g., due to unforeseen circumstances), we will likewise issue appropriate refunds. All refund requests should go through the Athletic Director or school finance office.

## Grievance Procedure and Communication

We hope that your experience in our athletic program is positive. However, we understand that questions, concerns, or conflicts can arise (whether it’s playing time, coaching decisions, team dynamics, or violations of policies). Salt Lake Academy encourages open communication and has a **grievance procedure** to ensure concerns are addressed fairly and promptly. Below is the recommended chain of communication for athletic issues:

1. **Player–Coach Discussion:** We strongly encourage the student-athlete to first speak *directly with the coach* about their concern, if appropriate. This is a valuable life skill in self-advocacy and can often resolve issues quickly. For example, if you’re unsure why your playing time is low, ask the coach what you can improve. Coaches appreciate players who are proactive and respectful in

seeking feedback. (*Note:* Schedule a meeting or pick an appropriate time – not immediately after a tough loss, for instance. Before or after practice works, or set a time to talk privately.)

2. **Parent–Coach Meeting:** If the issue is not resolved, or if it’s something the student is uncomfortable addressing alone, a parent/guardian may request a meeting with the coach. Please **do not approach coaches with complaints on the sideline or right after games**. For non-urgent issues, observe the “24-hour rule” – wait a day after a game before contacting the coach to cool off and think through the concern. Contact the coach via email or phone to set up an appointment. Both parent and athlete (if appropriate) should attend, and calmly discuss the concern with the coach. The goal is understanding and resolution – be open-minded to the coach’s perspective as well.
3. **Athletic Director Mediation:** If after speaking with the coach (steps 1 and 2) the issue still isn’t resolved, or if the issue is *with* the coach’s behavior itself, you should contact the **Athletic Director (AD)**. The AD will listen to your concerns and can mediate a discussion between the parties. This might involve a joint meeting with you, the coach, and the AD, or the AD investigating the matter. We aim to find a fair solution while supporting our coaching staff and our students.
4. **Administrative Grievance/Appeal:** If you feel the response at the AD level is unsatisfactory, you may bring the concern to the **School Director/Principal**. Additionally, Salt Lake Academy has a formal **Grievance Policy** (available on the website) for addressing serious complaints. This process usually entails submitting a written description of the issue and the steps taken so far, after which the school administration or even the Governing Board may review the matter. This level is typically reserved for significant issues, such as alleged violations of school policy, discrimination, or staff misconduct.
5. **External Avenues:** Issues related to violations of rights (like Title IX gender equity, discrimination, etc.) can also be brought to external bodies (e.g., Office for Civil Rights). We hope to resolve everything internally, but you have not waived any rights to contact appropriate authorities if needed. Also, if the issue pertains to UHSAA eligibility or rules, an appeal can sometimes be made to UHSAA (for example, appealing a transfer ruling). The Athletic Director can guide you through those processes if applicable.

Throughout any grievance, **courtesy and respect** must be maintained. Personal attacks or yelling will not be productive. We understand emotions can run high in sports, but we’re all on the same side ultimately – wanting the best for the student-athletes.

**No Retaliation:** Students and parents should voice concerns without fear of reprisal. We do not tolerate retaliation against a student who has raised an issue in good faith. If you ever suspect retaliation (e.g., punishment in playtime *because* you spoke up), inform the Athletic Director or Principal immediately.

**Anonymous Reports:** If you need to report something sensitive (like suspected abuse or a serious violation) and wish to remain anonymous, you may use the SafeUT anonymous tip app, or send a letter to the administration. We take all reports seriously, though anonymous ones can be harder to investigate. We prefer open communication but understand the need for anonymity in certain cases.

Our goal is to ensure a **fair hearing** for every concern and to resolve conflicts at the lowest appropriate level. Often a conversation clears up miscommunications. Parents and coaches both have the student's best interests at heart; together we can help our athletes grow and succeed.

## Coaches' Code of Conduct and Responsibilities

Our coaches are held to high professional standards. Every Salt Lake Academy coach is expected to abide by the **Coaches' Code of Conduct/Ethics**, which aligns with NFHS (National Federation of State High School Associations) and UHSAA guidelines:

- **Safety and Health First:** Coaches will prioritize athlete safety and well-being above all else. They ensure proper conditioning, teach safe techniques, provide adequate water breaks, and never force an injured athlete to play. All coaches are CPR/First Aid certified or have immediate access to those who are, and they complete yearly training in concussion management, heat acclimatization, and injury prevention.
- **Positive Role Modeling:** Coaches shall model good sportsmanship, fairness, and self-control. They will not use profanity or vulgar language. They will treat all players with respect and avoid favoritism. They should inspire a love of the game and encourage ethical behavior. The way a coach behaves sets the tone for the team.
- **Compliance with Rules:** Coaches will know and uphold all rules of their sport, as well as UHSAA and school rules. This includes playing only eligible players, adhering to playing time restrictions (if any), and following all competition regulations. Coaches must also enforce team rules consistently.
- **Professional Development:** All coaches (head and assistants) are required by UHSAA/USBF to complete certain certifications: the NFHS "Fundamentals of Coaching" course (one-time) and annual courses in Concussion, Child Sexual Abuse Prevention, and Bullying/Hazing/Harassment prevention. They also attend rules clinics for their sport. SLA supports coaches seeking further education (clinics, conferences) to stay current on best practices.
- **Communication:** Coaches should communicate clearly with athletes and parents about team expectations, schedules, and any issues. At season start, coaches will outline team rules (practice requirements, lettering criteria, etc.) in writing. They should be approachable for player concerns (at appropriate times) and handle parent communications professionally.

- **Mentorship and Academics:** Coaches are not just instructors in sport, but also mentors. They will encourage academic success – for example, by checking on players’ grades and supporting study hall requirements. Many coaches at SLA are also teachers or staff, reinforcing the student-athlete concept.
- **No Abuse or Misconduct:** As mentioned earlier, coaches must maintain appropriate boundaries. Physical or verbal abuse, harassment, or any form of discrimination by a coach is grounds for disciplinary action up to termination. All interactions should be professional. Physical contact should be limited to appropriate coaching/first aid situations. Social relationships should never cross professional lines.
- **Drug/Alcohol Use:** Coaches must adhere to the same (in fact, even stricter) standards as athletes regarding substance use. A coach shall not use tobacco, vape, or alcohol during any team function or in the presence of students. They should never be under the influence of drugs or alcohol at any school event. (This is of course also school employment policy.)
- **Enforcement:** The Athletic Director oversees coaches and will address any deviations from this code. If a parent or student believes a coach is acting inappropriately, they should report it (per the grievance process). Coaches are evaluated on both win-loss records *and* how well they uphold our school values and conduct standards.

We are proud of our coaching staff and confident they will lead by example. Salt Lake Academy coaches aim to “**coach with class**” – pushing athletes to excel while nurturing their growth as respectful young adults.

## **Additional Policies and Information**

### **Academic Support and Eligibility Monitoring**

We periodically check athletes’ grades **during the season** (not just at quarter breaks). If an athlete is veering toward academic trouble (low grades), coaches or the AD may implement interventions: mandatory study hall during part of practice, tutoring, or a temporary play suspension until improvement is seen. Remember, you are a student first. Take advantage of advisory periods or FLEX time for homework. Communicate with teachers and get help early if you struggle in a class. The counseling office and your coaches want you to succeed academically. **If you become academically ineligible mid-season**, you will be benched from competition the rest of that term, but you are expected to continue practicing (unless the academic issue is coupled with misbehavior) and work to regain eligibility for the next term.

### **College Recruiting and Scholarships**

If you are interested in playing sports at the college level, start planning early:

- Talk to your coach and the Athletic Director, who can guide you about recruiting timelines, showcases, and NCAA eligibility requirements (like core course GPA and ACT/SAT for NCAA Division I or II).
- The **NCAA Eligibility Center** requirements should be on your radar by junior year if you aim for college sports. Make sure you're taking the required core classes.
- Coaches are often willing to help with honest recommendations or highlight film for college recruiters, but you must do your part by performing on the field and in the classroom.
- We occasionally host informational sessions on college athletics recruiting and invite college coaches to speak with our athletes.
- Note that per UHSAA amateur rules, **students cannot accept recruiting inducements** or special benefits that would jeopardize amateur status. Always check if unsure about something.

## Equipment and Uniforms

The school provides uniforms and some sport-specific equipment (like balls, nets, etc.). Students may need to provide personal items (shoes, personal protective gear like shin guards, etc.). Issued uniforms and gear must be cared for:

- **Uniform Care:** Follow washing instructions provided. Do not alter uniforms (no cutting sleeves, etc.).
- **Return Policy:** All issued uniforms and gear must be returned at season's end by the deadline given. You will be charged replacement cost for any lost or severely damaged items. Seniors must clear all gear obligations to graduate.
- **Locker Room:** Keep our locker rooms clean. During away games, pick up after ourselves as guests. Do not leave valuables unattended – use a locker with a lock if available, or give items to coaches to hold. The school is not responsible for lost personal property, but we will try to help secure belongings.
- **Team Storage:** Some teams have team rooms or storage for equipment – only authorized personnel should access these. Don't borrow equipment that isn't yours without permission.

## Transportation

For away contests, transportation is typically provided via school bus or vans. All athletes are expected to travel to and from games with the team, unless prior arrangements are made (like a parent is taking you for a specific reason, which usually requires advance written request/permission). Bus conduct rules: remain seated, no loud inappropriate language, no horseplay. We often have long trips – use that time to focus or rest. Show gratitude to our bus drivers as well. If the team stops to eat, demonstrate good manners at restaurants.

If parents transport their own child from an away game (rare cases), they must sign the student out with the coach. We strongly encourage team unity in travel, though.

## **Lettering Policy**

Each sport will have criteria for earning a varsity letter (the letter and any award pins, etc.). Criteria often include factors like: participation in a certain percentage of varsity contests, meeting behavioral and academic standards, and finishing the season in good standing. Coaches will distribute their lettering requirements at the start of the season. Generally, any senior who has been dedicated to the program will letter. Underclassmen must meet the performance/participation benchmarks set by the coach.

Letters are usually awarded at the end-of-season banquet or awards night. Students who letter will receive the “SLA” chenille letter the first time and a sport-specific pin or bar for subsequent letters.

## **Athletic Training and Injury Rehab**

Salt Lake Academy has a partnership for athletic training services (if available, we might have a trainer on-site some days or at games). If you get injured, follow the trainer’s or doctor’s instructions for rehab. The athletic trainer, if on campus, can assist with treatments (taping, ice, rehab exercises) and will communicate with coaches about your limitations.

If you need to see a doctor, we need a **doctor’s note clearing you** before you return to play (especially for serious injuries like fractures, surgeries, or concussions as discussed). Always err on side of caution with injuries. There’s life after high school sports – your long-term health matters.

## **Conclusion**

We are excited to embark on another year of athletics at Salt Lake Academy High School. This handbook has outlined the key policies and expectations that help make our program **successful, safe, and equitable**. By choosing to be a student-athlete here, you are held to a higher standard – one that we know you can uphold.

Let’s make 2025–2026 a fantastic year both in the classroom and on the playing field. **Go Griffins!**

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**Acknowledgment:** *All student-athletes and their parents/guardians must sign the Salt Lake Academy Student-Athlete Handbook Acknowledgment Form, indicating that you have read, understood, and agree to abide by the policies in this handbook, including the Code of Conduct and the school/UHSAA rules.*

*By working together – students, coaches, parents, and administrators – we create an environment where everyone can thrive. Thank you for being a part of the Salt Lake Academy Athletics family and for your commitment to excellence in all you do.*