The purpose of the Colorado Altitude organization is to put forth a quality fastpitch softball program for girls and young women playing 10U and older. This organization will teach, coach, and guide these young ladies in the fundamentals of fastpitch softball, team play, sportsmanship, and have fun doing so. Our goal is to assist the players to achieve their highest competitive level of fastpitch softball so that they may succeed at higher levels in college and in life.

As a Colorado Altitude Fastpitch Softball player and parent it is our responsibility to carry out these goals to the best of our ability.

|  |  |  |
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••• Please copy this agreement in its entirety for your records. •••

# **Contact Information**

Player Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Player Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Zip Code \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Birth \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Year in School \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Years in Softball \_\_\_\_\_\_\_\_\_\_\_

Email Address (s) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Father’s First Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Mother’s First Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Father’s Occupation \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Mother’s Occupation \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Father’s Work Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Mother’s Work Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Father’s Cell Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Mother’s Cell Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Father’s Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Mother’s Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If parents cannot be reached in a case of emergency, please contact:

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Relationship \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Relationship \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Family Physician \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Health Insurance Carrier \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Existing Medical Conditions \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# **Authorization for Emergency Medical Treatment**

The undersigned grant permission to the Coach-in-charge, or his designated representative, to authorize emergency medical treatment considered necessary by qualified medical personnel for the athlete whose name appears below. It is understood that every effort will be made to contact the parents immediately when an emergency occurs.

# **Waiver**

I, the undersigned parent or legal guardian of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ do hereby

waive and release, to the fullest extent permitted by law, all claims, demands, actions and rights of action of whatsoever kind, nature, or description which may hereafter arise against the Colorado Altitude Fastpitch Softball program and each and every individual associated therewith, including but not limited to, coaches, game officials, scorekeepers and the like, on account of my daughter’s participation in the youth softball program sponsored by the said organization.

I understand and agree that this release is intended to cover, and does cover, all actions, causes of action, claims and demands for, upon or by reason of any damage, loss or injury which may be traced either directly or indirectly to my daughter’s participation in the Colorado Altitude Fastpitch Softball program no matter how remotely related to the aforesaid participation.

I understand that no physical examination is required as a prerequisite to participation in the Colorado Altitude Fastpitch Softball program. However, a physical exam is recommended.

My daughter has the following limitations and takes the following medications:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I hereby certify that I have read the foregoing waiver and know and understand its meaning and contents, and have executed it as my free and voluntary act and deed for all of the uses and purposes set herein.

Parent Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

# **Medical Clearance After a Player Suffers Injury**

The Colorado Altitude requires that any athlete, who has been removed from physical participation in any activity, shall not return to physical activity until he or she has been evaluated by an appropriate health professional.

Any athlete who is diagnosed any physical injury that requires an appointment or treatment by a medical provider must have a licensed health care provider, of your choice, provide written clearance from that health professional authorizing the athlete’s return to physical participation in the athletic activity.

 Once an athlete sustains an injury which requires medical attention, the athlete will not be allowed to participate until a Return to Play (RTP) has been completed and returned to the coach. All injuries should be reported to a coach immediately.

# **Colorado Altitude Fastpitch Concussion Policy**

Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from participation and shall not return to play until cleared by a licensed healthcare practitioner (Doctor of Medicine, Doctor of Osteopathic Medicine, Licensed Nurse Practitioner, Licensed Physician Assistant, or Licensed Doctor of Psychology with Training in Neuropsychology or Concussion Evaluation and Management).

Any health care professional or coach may identify concussive signs, symptoms or behaviors of a student athlete during any type of athletic activity. Once concussive signs are identified, only a licensed healthcare practitioner (as defined above) can clear the athlete to return to play.

**Recognition and Management**

If an athlete exhibits any signs, symptoms, or behaviors that make anyone suspicious that a player may have had a concussion, that athlete must be removed from all physical activity, including sports and recreation. Continuing to participate in physical activity after a concussion can lead to worsening concussion symptoms, increased risk for further injury, and even death.

Parents and coaches are not expected to be able to “diagnose” a concussion. That is the role of an appropriate health-care professional. However, everyone involved in athletics must be aware of the signs, symptoms and behaviors associated with a concussion. If you suspect that an athlete may have a concussion, then he or she must be immediately removed from all physical activity.

**Signs Observed by Coaching Staff**

* Appears dazed or stunned
* Is confused about assignment or position
* Forgets an instruction
* Is unsure of game, score or opponent
* Moves clumsily
* Answers questions slowly
* Loses consciousness (even briefly)
* Shows mood, behavior or personality changes
* Can’t recall events prior to hit or fall
* Can’t recall events after hit or fall

 **Symptoms Reported by Athlete**

* Headaches or “pressure” in head
* Nausea or vomiting
* Balance problems or dizziness
* Double or blurry vision
* Sensitivity to light
* Sensitivity to noise
* Feeling sluggish, hazy, foggy or groggy
* Concentration or memory problems
* Confusion
* Does not “feel right” or is “feeling down”

When you suspect that a player has a concussion, follow the “Heads Up” 4-step Action Plan.

1. Remove the athlete from play.
2. Ensure that the athlete is evaluated by an appropriate health-care professional.
3. Inform the athlete’s parents or guardians about the possible concussion and give them information on concussion.
4. Keep the athlete out of play the day of the injury and until an appropriate health-care professional says he or she is symptom-free and gives the okay to return to activity.

The signs, symptoms, and behaviors associated with a concussion are not always apparent immediately after a bump, blow, or jolt to the head or body and may develop over a few hours or longer. An athlete should be closely watched following a suspected concussion and should never be left alone.

Athletes must know that they should never try to “tough out” a suspected concussion. Teammates, parents and coaches should never encourage an athlete to “play through” the symptoms of a concussion. In addition, there should never be an attribution of bravery to athletes who do play despite having concussion signs and/or symptoms. The risks of such behavior must be emphasized to all members of the team, as well as coaches and parents.

If an athlete returns to activity before being fully healed from an initial concussion, the athlete is at greater risk for a repeat concussion. A repeat concussion that occurs before the brain has a chance to recover from the first can slow recovery or increase the chance for long-term problems. In rare cases, a repeat concussion can result in severe swelling and bleeding in the brain that can be fatal.

**Return to Play**

After suffering a concussion, no athlete should return to play or practice on that same day. In the past, athletes were allowed to return to play if their symptoms resolved within 15 minutes of the injury. Studies have shown us that the young brain does not recover quickly enough for an athlete to return to activity in such a short time.

An athlete should never be allowed to resume physical activity following a concussion until he or she is symptom free and given the approval to resume physical activity by an appropriate health-care professional.

**Concussion Management**

1. No athlete should return to play (RTP) or practice on the same day of a head injury.

2. Any athlete suspected of having a concussion has to be evaluated by an appropriate health-care professional:

**NO ATHLETE WILL BE ALLOWED TO RETURN WITHOUT WRITTEN CONSENT FROM A HEALTHCARE PROFESSIONAL**

3. Any athlete with a concussion **MUST** be medically cleared by an appropriate healthcare professional prior to resuming participation in any practice or competition.

4. After medical clearance, RTP will follow a step-wise protocol with provisions for delayed RTP based upon return of any signs or symptoms.

Coach’s Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_

Athlete Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_

Parent Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date \_\_\_\_\_\_\_\_\_\_\_

**Player Guidelines**

We, the undersigned PLAYER, in order to blend academic and athletic excellence, foster a competitive atmosphere, and provide for normal mental and physical development, agree to uphold, encourage, and enforce the following rules of conduct, eligibility, and training guidelines of the Colorado Altitude Fastpitch Softball program included in this contract.

## **Conduct**

As a Colorado Altitude Fastpitch Softball Player, I will:

Enthusiastically participate at all team practices and contests whether or not I am positioned by the coaches in a lead or supporting role.

Notify the coach or coaching staff in advance of any anticipated absences from practices or contests.

Realize I am privileged to be a highly visible representative of the community (athletes, parents, coaches and benefactors) and will conduct myself in accordance with good sportsmanship and good conduct at all times, on and off the playing fields, in and out of season, and in victory or in defeat, and most specifically when wearing a Altitude Fastpitch Softball uniform for any reason.

Abide by the Colorado Altitude Fastpitch Softball Player Code of Conduct. (page 10)

## **Eligibility**

As a Colorado Altitude Fastpitch Softball Player, I must:

Be aware of these specific season eligibility policies and comply in full with them. The level of participation and amount of playing time will be determined solely by the Manager and his/her staff. Ability, conduct, effort, attendance and punctuality are the key parameters to be measured and rewarded.

## **Training**

As a Colorado Altitude Fastpitch Softball Player, I will:

Strictly honor all curfews imposed by coaches, parents and local municipalities.

Strictly avoid the use of, possession or sale of tobacco, alcohol or drugs as stated in the Player Code of Conduct. (page 10)

Strive to the best of my ability, to balance my academic, social and family interests so I can be a happy and fulfilled student-athlete.

Treat the coaches, parents and other players with the same respect you would want them to offer you.

Participate in practices, games, and any other team activities as scheduled and provide coaches advance notification via email or phone call if less than 24 hours of any schedule conflicts.

Players will maintain all equipment and uniforms in good, playing condition and wear the proper safety equipment to include, but not limited to, face guards on batting helmets; fielder’s masks are highly encouraged for all players.

# **Parent Guidelines**

We, the undersigned PARENTS, in order to blend academic and athletic excellence, foster a competitive atmosphere, and provide for normal mental and physical development of the PLAYER, agree to uphold, encourage, and enforce the following rules of conduct, eligibility, and training guidelines of the Colorado Altitude Fastpitch Softball program included in this contract.

## **Conduct**

As a Parent of a Colorado Altitude Fastpitch Softball Player, I will:

Be aware of the conduct-related guidelines described in this document and encourage my daughter (through both words and example) to adhere to these guidelines.

Understand that I will abide by the rules established by the Board of Directors, and in the By-Laws and Standing Rules of the Colorado Altitude Fastpitch Softball Organization. We recognize the Board of Directors as the governing body and will abide by and accept its decisions as final.

Realize I am privileged to be a highly visible representative of the community (athletes, parents, coaches and benefactors) and will conduct myself in accordance with good sportsmanship and good conduct at all times during Altitude activities and out-of-town trips, and in victory or in defeat.

Understand that possession and/or use of alcohol or controlled substances is both illegal and prohibited at all Colorado Altitude practices and games. Violation of this policy will have consequences as determined by the Colorado Altitude Fastpitch Softball and could include the offender’s removal from the organization.

Understand it is my responsibility to be a role model and a positive influence, not only for my own daughter but for other young ladies in the organization as well. This includes not exhibiting unacceptable behavior at games or Altitude activities and being responsible adults when traveling to Colorado Altitude Fastpitch Softball practices, games, and tournaments.

## **Eligibility**

As the Parent of a Colorado Altitude Fastpitch Softball Player, I will: Be aware of the eligibility-related guidelines described in this document, and support the Colorado Altitude Fastpitch Softball program in their efforts to enforce these guidelines.

Discuss matters with Coaches and Athletes only at appropriate time (i.e. immediately prior to, during, or immediately after a game is **NOT** the most effective time to engage a Coach or Athlete in discussion regarding anything but congratulations). This can be discussed 24 hours after the incident first with the appropriate coach or manager.

Only registered coaches are allowed on the field during the games. **NO** parents are permitted on the field at any time once preparation for the game has begun and through the end of the team’s post game wrap up (if it’s held on the field). Parents wishing to discuss any time sensitive matters with coaches will do so at an appropriate time outside of the dugout.

Refer all grievances to your coach or the team’s designated player/parent rep, if necessary you may contact the Colorado Altitude Fastpitch Softball Board of Directors as is appropriate. Please allow non-emergency grievances 24-hours before contacting the coach directly.

Player’s eligibility to continue as a member of a Colorado Altitude team may be affected by the conduct of her parent(s). If a parent’s conduct becomes disruptive or detrimental to the welfare of the team or organization, the player may be removed unless the conduct is controlled.

## **Training**

As the Parent of a Colorado Altitude Fastpitch Softball Player, I will:

Be aware of the training-related guidelines in described in this document, and encourage my daughter (through both words and example) to adhere to these guidelines.

Discuss training-related matters with coaches and athletes only at appropriate times.

Acknowledge that I must place the commitment to academic achievement above the commitment made to the Colorado Altitude Fastpitch Softball program. However, I also understand that the Altitude Fastpitch Softball program provides the benefits of athletic conditioning and competition, as well as recreation, and that a healthy balance of these factors, along with others (i.e. family, religion, & other social activities) is helpful to my daughter becoming a well-rounded person.

Be diligent in providing proper precautions for the safety of the girls and I further understand that failure on my part to abide by or execute the guidelines specified herein will subject my daughter to dismissal from the program.

# **Game Rules and Guidelines**

From the time we arrive at our bench, until we leave it at the end of a game, we will be running. We will run through our pre-game drills, we will run on and off the field between innings, if we are warming someone up we will run to that position. Players with injuries are exceptions.

Players will not argue with or criticize umpires, officials, coaches, players from either team, or with any spectators. Anything deemed as unsportsmanlike will get you benched, or possibly sent home.

Parents will not argue with or criticize umpires, officials, coaches, players from either team, or with any spectators. If you act in inappropriate manner you may be asked to leave the field/complex. If asked to leave or ejected by officials, you will be subject to the officials/ tournament penalties up to and including games suspensions for future games.

During the game, players will remain in the bench area. No visiting boyfriends, parents, siblings, refreshment stands, etc.; talk to them after the game. No one other than the coaching staff and players will be allowed in the bench area, or on the benches, without approval by the coaches.

Cell phones are to be left in the players’ bag during practices and games. If there is an emergency, the coach can be reached or will permit the player to use their phone.

No throwing equipment for any reason.

**Playing time is not guaranteed.** Understand that this is a competitive team and that there is no commitment implied or otherwise stated that a player will play in any or every game. The player’s play time is the coach’s decision and not based on money paid. The coach determines line-ups and playing time based upon other players and the competitive situation of any given game/situation; no minimum amount of playing time is guaranteed. You must be ready to substitute any time during a game for any reason.

Team coaches may have team rules in addition to those specified above. It is the responsibility of players and parents to know and abide by such rules.

The Altitude coaches reserve the right to alter schedules as they deem necessary. If our team(s) qualify for a national tournament, by earning a bid on the playing field, and/or have proven to be worthy and will represent the Colorado Altitude Fastpitch Softball in a positive way, we will encourage participation in a national tournament.

# **Colorado Altitude Mission**

Our mission is to compete in each game we participate in by creating an environment calling for greatness in each of us as individuals and as a team; as we live and learn the meaning of Commitment, Passion, Unity, and Growth. We will strive for an “A” in all parts of our game.

I/We have read, understand and will follow the guidelines as stated in this contract. I/We will provide at a date designated by the Manager the following documents:

* This contract signed by both player and parent.
* A copy of the player’s birth certificate.
* A copy (both sides) of the player’s health insurance card.
* The player fee is $\_\_\_\_\_\_\_\_\_ depending upon the individual team excluding uniform. Please inquire with the coach for more detail.
* Fundraisers are optional to offset individual out-of-pocket player fees.
* Sponsorships and Altitude tournaments may be added by the coach to assist in offsetting player costs.
* An initial non-refundable deposit of $150 is required to secure a position of player. The first $250 of the player’s payments are non-refundable.

Make checks payable to: Colorado Altitude

Any refunds and the amount of such will be at the discretion of the coach.

Fundraising money earned by the team will be used at the coach’s discretion and is not part of the budget of the team.

Any player who has an outstanding financial obligation to Colorado Altitude will not be allowed to play on any Altitude Team subject to board discretion and you must provide proof of restitution in writing to the Board of Directors. If the player is dismissed or leaves the team at any time then money that has been paid, assisted in raising through fund raising activities, or sponsorship support will remain with the team and not returned to the player, or to any other team.

Player’s Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# **Code of Conduct**

It is understood that participation in athletics is voluntary, and constitutes a privilege and not a right. Athletes participating in the Colorado Altitude Fastpitch Softball program are representatives of their team, the travel program and the community. The following rules of conduct have been determined to apply to all athletes participating on Colorado Altitude Fastpitch Softball teams.

In order to insure that the rules governing athletic participation are communicated to all participants and their parents/guardian, all athletes and at least one parent/guardian are required to sign this code of conduct document insuring that the policy was read and understood.

## **RULES OF CONDUCT**

No member of the Colorado Altitude Fastpitch Softball shall use, attempt to use, solicit, possess, sell, or assist any other person in the procuring of:

Tobacco or tobacco based products.

Alcoholic beverages.

Any form of drugs or steroids other than those prescribed by a physician.

Any drug paraphernalia

Any misuse of prescription drugs

Violation of state law that leads to an arrest and conviction or admission of guilt.

Any player accused of violating these rules or any items set forth in the contract shall have the right to be informed that she is suspected of violating the rules and be given an opportunity to explain or deny such allegations. The decision to apply suspension policies for a violation shall be within the sole discretion of the coach.

1st Violation: Loss of playing privileges for ten (10) days. Players are expected to participate in practices and attend games in uniform but will not be allowed to play. 2nd Violation: Player will be removed from the team.

Violations will be accumulative over a player’s career with the Altitude Fastpitch Softball program. Additionally, a violation of any school policy that results in suspension from school will also result in an equal suspension from game play by the team. Players are expected to participate in practices and attend games but are not allowed to participate in games while serving the school suspension.

Any parent accused of violating these rules or any items set forth in the contract shall have the right to be informed that he/she is suspected of violating the rules and be given an opportunity to explain or deny such allegations. The decision to apply suspension policies for a violation shall be within the discretion of the coaching staff with support from the Altitude organization. Violations will be accumulative over a parent’s career with the Colorado Altitude Fastpitch Softball program.

1st Violation: Loss of spectating privileges for 10 days.

2nd Violation: Parent will be banned from all practices and games for the remainder of the season. If player remains on the team for the following season, the parent may request a review to be allowed back for that following season.

Removal from the team, or being banned from spectating, will be reported to governing bodies of competitive fastpitch softball and Colorado Athletics. In addition, no refund of team tuition will be issued.

If any friends or relatives are invited to spectate at any practice or game, it is the responsibility of the parents to make them aware of the rules set forth in this contract. The parents will be held responsible for any actions of the friend or relative.

The undersigned agree that they have read, understand, and accept this Participation contract.

They understand that participation in this activity is voluntary on the part of the athlete.

# **Use of Photographs & Video**

I consent to allow team and individual player photographs/videos to be used for the purpose of individual player development, congratulations in local media publications, assisting in college placement and/or the Colorado Altitude Fastpitch Softball website and Facebook page.

Player’s Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# **Altitude Fastpitch Softball Coach’s Code of Conduct**

I will place the emotional and physical well-being of my players ahead of a personal desire to win. I will treat each player as an individual, and expect age appropriate skills from all my players.

I will direct my players at all times to play by the rules and to show respect for the other players, coaches and the umpires.

I will do my best to provide a safe playing situation for my players.

I will teach my players in a positive, nurturing manner. I will not berate, intimidate or bully my players into learning.

I will lead by example in demonstrating fair play and sportsmanship to all my players on and off the field.

I will exhibit respect for the umpires and other coaches. I will speak with the umpires and other coaches in a civil, calm manner.

I will not openly berate, taunt or otherwise comment negatively on the umpires or other coaches.

I will remember that I am a youth sports coach and that the game is for the athlete and not the adults.

I will adhere to the Coach’s Code of Conduct while participating in any activity related to Colorado Altitude Fastpitch Softball.

I will not use vulgar or discriminating vocabulary at any time.

I will abide by the guidelines and policies of the facilities that I practice and play games in.

I will demand a drug, alcohol and tobacco-free sports environment for my team and agree to assist by refraining from their use at games and practices.

Coach’s Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_

**Social Networking by Athletes and Parents**

In the past, inappropriate use of social networking by athletes and their parents participating in athletics and other co-curricular activities has resulted in the suspension from practices, games and other events. In an effort to foster good sportsmanship and to deter the need to enforce such discipline, the team recommends the following guidelines as best practices for the use of social networking by athletes and parents. For the purposes of these guidelines, social networking means any form of electronic communication, to include texting, and which users create online communities to share information, ideas, personal messages, and other content. By way of illustration and not limitation, social networking includes such sites and apps as Messenger, Twitter, Facebook, Instagram, Snapchat and Tumblr.

The team respects the right of its athletes and their parents to use social media. However, it is important for you to understand the need to exercise care in setting appropriate boundaries between their online behaviors and to understand that what may seem private in the digital world can often become public, even without knowledge or consent. Athletes who use social networking sites and apps must remember that any information posted reflects on the family, team, and the community, and as such, is subject to the same behavioral standards set forth in the Athlete and Parent Contract; the applicable USSSA, NSA, and ASA Rules and Regulations; and state and federal law.

## **Best Practice for Social Network Use**

These guidelines are intended to provide a framework for Athletes to conduct themselves safely and responsibly in a digital environment. As a member or parent of the Colorado Altitude Fastpitch Softball Club you should:

Be Aware that Privacy Settings are NOT Foolproof. Athletes are highly encouraged to use privacy settings on social media sites. However, athletes and parents should be aware that privacy settings are not foolproof. Although social media sites provide their users with privacy improvement updates, the changes occur frequently and can get complicated. Even if you diligently monitor your privacy settings, it’s best to assume that anything you post may potentially be seen by your school, your parents and strangers.

Avoid Posting Confidential Information. Be aware of the kind of information you are posting on social media sites. Posting information such as your date of birth, address, phone number, team schedule, social security number, bank account number, etc. is NOT recommended. Once such information is posted, it becomes the property of the social media site.

Avoid Unprofessional Public Profiles. Any information you put on social media sites or text to others is considered public information and may be viewed by the public. Be mindful of the image you create for yourself as potential, current, and future employers as well as college admissions recruiters may access the information you put on social media sites.

Avoid Posting Illegal Activities. Photos posted via social media or texted to others become the property of the social media site and the public. You may delete the photo from your profile but the photo remains on the social media site’s server. Internet search engines such as Google or Yahoo may still find that image long after you have deleted it from your profile. In addition, even if your profile is set to private, a friend can always download and save incriminating photos that third parties, such as the authorities, can use against you in the future. Athletes should avoid the following:

* Incriminating photos or statements depicting violence
* Hazing
* Sexual harassment
* Vandalism
* Stalking
* Underage drinking
* Selling, possessing, or using controlled substances;
* Cyber-bullying

Avoid bullying/threats of violence. While athletes and parents have a right to free speech, that right is NOT unlimited. Bullying is a serious problem and is not limited to child-to-child interactions. Vicious treatment and hateful words often lead to violence, suicide, depression, and discrimination. Athletes must avoid the following:

* Derogatory language or remarks about teammates, coaches, students, staff members, athletic administrators, or representatives of other teams
* Demeaning statements about and/or threats to any third party
* Creating serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.

Avoid Lying, Cheating & Plagiarizing. Again, all information posted on social media sites is considered public information. It may be viewed by third parties and used against you. It is best to assume that anything you post may be seen by your recruiters, team members, your school, your parents and your peers.

Parental Engagement. Parents should avoid engaging athletes, coaches, or staff of the team or any team in a way that can be perceived as bullying, derogatory or discriminatory.

Parents and athletes should be aware that if their conduct is deemed inappropriate, such conduct may be subject to discipline, not only by coaches, but also by law enforcement agencies. Participating in athletics and other co-curricular activities is a privilege athletes should be aware that their online actions have consequences. While the Altitude Organization does not monitor member social media accounts, it has the right to act on information provided by third parties (i.e. athletes, parents, & community members). The Altitude organization also has a right to investigate athletes or parents accused of entering into derogatory social media content against other team, team members, and/or parents of team members in the event of allegations of inappropriate online conduct. Pursuant to the Colorado State Laws, including but not limited to:

* Colorado Revised Statutes §22-32-109
* Colorado Revised Statutes §22-93-102
* Colorado Revised Statutes §22-93-103
* Colorado Revised Statutes §22-93-104
* Colorado Revised Statutes §22-93-105
* Colorado Revised Statutes §22-93-106
* All applicable federal and state case law

In addition, athletes and parents should be aware that, in certain circumstances, their online conduct may be subject to criminal prosecution. Parents are not only accountable to the team for these actions but could also be held liable under Colorado State Liability Law. Parental liability laws could hold parents accountable, and financially liable, for the behavior of their children when it is deemed that the parents were negligent in their obligation to provide proper parental care and supervision. The basis for these laws are to compel parents to make sure their kids aren’t behaving in a reckless or delinquent manner. Digital actions that are considered to be substantially or foreseeably disruptive to the Colorado Altitude Fastpitch team, organization, its athletes, coaches, or parents to include activity that is; lewd, vulgar or offensive; and/or advocating violence or illegal activity and therefore subject to the consequences listed below:

**Texting and Online Actions:**

* General inappropriate language of a profane or sexual nature.
* Profane or inappropriate language or remarks directed toward teammates, coaches, other teams athletes, staff, coaches, as well as athletic administrators and representatives.
* Demeaning statements about or threats to any third party.
* Incriminating photos, statements, or language in reference to violence, drug or alcohol use, bullying, or any other inappropriate behaviors.
* Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
* Indicating knowledge of an unreported team violation.
* Engaging in or indicating knowledge of cyber bullying and/or harassing another team member, staff member, or parent.
* “Liking” any of the above comments or photos on Facebook or any other social networking sites indicates your approval of such comments and thereby holds you to the same standard. Should you choose to “Like” such comments/photos made on social networks by your friends, the consequences outlined below will apply.
* “Retweeting” or marking a tweet as a “Favorite” on Twitter also indicates your approval of inappropriate comments and thereby holds you to the same standard. Choosing to retweet or favorite an inappropriate comment or picture will subject you the consequences outlined below.
* “Subtweeting” is not permitted under any circumstances. The notion that you are choosing not to identify the victim of your bullying or inappropriate comments DOES NOT preclude you from the below consequences.

## **Consequences**

Athletes who engage athletes of the team, staff, organization or any team in any way that can be perceived as bullying, derogatory or discriminatory

**1st Offense:** One (1) game suspension. Players are expected to participate in practices and attend games in uniform but will not be allowed to play.

**2nd Offense**: Removal from the team for the remainder of the season.

Parents who engage athletes of the team, staff, organization or any team in any way that can be perceived as bullying, derogatory or discriminatory

 **1st Offense:** Suspended from practices and games for ten (10) days.

**2nd Offense:** Suspended from all team and organizational events, practices, or games.

Removal from the team will be reported to governing bodies of competitive fastpitch softball and Colorado Athletics. In addition, no refund of team tuition will be issued.

It is the expectation of the Colorado Altitude Fastpitch Organization that as an athlete or parent, you will represent our organization in the best possible manner. Your signature below indicates that you understand this information and the attached discipline. Furthermore, you will continue to uphold the high standards and character that is expected of all of our athletes.

Athlete Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Athlete Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_