

# **Benjamin Franklin Athletic Handbook**



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# Athletic Mission Statement

Benjamin Franklin High School exists to develop and elevate the minds and character of its students. The driving purpose of the athletic program at BFHS is to practice and perfect virtue, ennoble the heart on the field of competition, as well as inspire athletes, competitors, and spectators alike to be strong in mind, body, and soul.

## Athletic Vision Statement

Benjamin Franklin High School believes that a dynamic program of student activities is vital to the educational development of the students.

The BFHS athletic plan should provide a variety of experiences to aid in the development of favorable habits and attitudes in students that will prepare them for adult life in a democratic society.

Athletics should function as an integral part of the total curriculum. It should offer opportunities to serve the institution, to assist in the development of fellowship and sportsmanship, and promote self-realization for all-around growth.

### **WE BELIEVE:**

1. Athletics help develop stronger minds and bodies as well as healthier lifestyles.
2. Athletics promote and develop self-esteem and self-worth.
3. Athletes learn sportsmanship and the value of teamwork while practicing and playing sports.
4. Interscholastic competition provides a medium for school spirit and school pride for the student body and community.
5. Athletic programs are an important and necessary part of the total school experience. Such participation is a privilege that carries with it responsibilities to the school, to the activity, to the student body, to the community and to the students themselves.
6. Athletics provide wholesome opportunities for students to develop favorable habits and attitudes of social and group interactions.
7. Leadership qualities of many athletes are improved with athletic programs.
8. Student activities are considered a supplement to the school's program of education, which strives to provide experiences that will help to develop boys and girls physically, mentally, socially and emotionally.
9. The interscholastic athletic program shall be conducted in accordance with existing policies, rules and regulations. While we take great pride in winning, we will not condone "winning at any cost" and discourage any and all pressures which might tend to neglect good sportsmanship and good mental health. At all times, the athletic program must be conducted in such a way so as to justify it as an educational activity.

In summary, the ultimate goal of the athletic program should be:

1. To realize the value of participation while acting with honor and integrity.
2. To develop virtue among the program's participants.
3. To encourage overall fitness.
4. To reinforce the relationship between effort and achievement.

## **Athletic Program at BFHS**

The fee-based, after-school sport program at BFHS is run in accordance with the Canyon Athletic Association (CAA) and the Arizona Interscholastic Association (AIA). The after school programs are for 7th-12th grade boys and girls. The participation fee for high school students is \$125 per sport.\* The junior high participation fee is \$75 per sport\*. There is a family maximum of \$500 per year.

\*Swim Team has additional fees to offset facility rental which may vary per year. \$125 of the HS swim fee and \$75 of the JH swim fee will be applied to the family maximum of \$500.

\*HS Spiritline participation fee is \$250 per year, JH Cheer participation fee is \$150 per year.

The athletic fee helps to defray the cost of uniforms, league fees, officials, coaching stipends, transportation and the rest of the costs associated with running a sports program.

## **Student Athlete Eligibility**

Student athletes must be enrolled in a minimum of **four** core classes at Benjamin Franklin High School to be eligible to participate in the athletic program. Home-schooled students who have registered with the County Superintendent and follow a curriculum approved by the County Superintendent may participate in the BFHS athletic program. Parents must provide grades on Thursday of each week to the athletic department to remain eligible. Students who take classes online through an external institution, who are not enrolled at Benjamin Franklin High School, may not participate in the BFHS athletics program.

### **GRADE CHECK PROCEDURES:**

Grade checks will be conducted weekly. Student-athletes who are not passing all classes (has a D or F) and maintaining a 2.0 GPA will enter a 'Warning Week'. During the Warning Week, student-athletes are eligible for competition and practice. If the grades are not meeting expectations during the following week's grade check (GPA falls below 2.0 or has an F for two or more consecutive weeks), the student will be ineligible for competition\*. Student-athletes will continue to practice with the team until their grades meet expectations. Once grades are determined to be meeting expectations, the student will be considered eligible for competition. Final decisions are made by the Athletic Director.

\*Student-athletes who are ineligible may not be released early from class for competition, home or away.

Student-athletes may be required to attend study hall for failing grades. Practice time does not excuse students from attending study hall.

### **TRANSFER STUDENTS:**

Transfer students (9-12th grade) are subject to the AIA transfer rules:

15.10 TRANSFER RULE – After enrolling and attending one or more classes, a student changing enrollment from one school (sending school) to another school (receiving school) shall be considered a transferring student. For information and record keeping purposes, the receiving and sending school shall reasonably cooperate and complete Form 550.

15.10.1 In State Transfers – a student shall be ineligible for all contests at all levels until after the first 50% of the maximum allowable Power Rankings regular season contests in those sports in which the student participated during the twelve (12) months immediately preceding the transfer. Participation is defined as a student participating in the sport during a regular season game as is specified by the AIA standardized calendar.

15.10.1.1 For individual sports, the student will be ineligible for 50% of allowable competitions for that school on the AIA calendar.

15.10.1.2 If a transfer occurs during the season, the student is ineligible for one year from the date of first attendance at the receiving school in that sport.

15.10.1.3 In case of any subsequent transfer by the student, the student is ineligible for one year from the date of first attendance at the receiving school.

**“Statement of Philosophy / Rationale for Transfer Rule”**

- Promotes the educational philosophy that participation in interscholastic athletics is a privilege, which should not take a dominant role over academics;
- Recognizes the overwhelming administrative difficulty in attempting to determine the motives or reasons for each and every transfer, and, therefore, adopts a uniform objective standard to be followed by all member schools.
- Helps to protect opportunities for participation by students who attend school in the attendance zone of their domicile;
- Helps to protect and promote continuity of school programs;
- Serves as a deterrent to students running from or avoiding an athletic discipline that has been or may be imposed; Except as otherwise stated, this rule is intended to and shall encompass any and all transfer situations and shall apply to any and all member schools, be they public, private or parochial.

# Athletic Fee Scholarships

Benjamin Franklin charges a fee to participate in after-school athletics. This fee helps to defray the cost of uniforms, league fees, officials, coaching stipends, transportation and the rest of the costs associated with running a sports program. BFHS makes scholarships available, on an individual basis, to students who need financial assistance in order to participate in after-school sports. When the school provides scholarships to athletes, it requires that the parents and/or athlete participate in fundraising activities as well as volunteer during team activities and games. Volunteer activities may include helping with concessions, set up, clean up, scorekeeping, field maintenance, or other team responsibilities.

The BFHS Athletic Fee Scholarship Policy is as follows:

1. BFHS will make Athletic Fee Scholarships available to students on an individual basis based on demonstrated need.
2. Scholarship applications must be signed by the parent and player's coach and submitted to the athletic director.
3. Scholarship players/families must provide ten hours of volunteer time in return for a full scholarship.
4. Volunteer hours must be signed off on and filed with the Athletic Secretary.
5. If volunteer time is not completed by the start of the playoffs, the player will not be able to play until hours are completed.
6. If volunteer hours are not completed during the scholarship season, the player will be ineligible for future athletic fee scholarships.

## Code of Sportsmanship

### EXPECTATIONS:

#### FOR COACHES

- Coaching Qualifications – Coaches shall be approved in accordance with the personnel policies of the school district and in accordance with the Arizona Revised Statutes
  - o All head varsity coaches must complete the following criteria from the National Federation of State High School Associations online at [www.nfhslearn.org](http://www.nfhslearn.org) (Level I Certification):
    - Fundamentals of Coaching
    - Concussion in Sports
    - First Aid/CPR
    - Sport specific course or teaching sport skills if sport is not offered
  - o All assistant coaches must complete the following criteria from the National Federation of State High School Associations online at [www.nfhslearn.org](http://www.nfhslearn.org):
    - Fundamentals of Coaching
    - Concussion in Sports
- Physical aspects - The athletic program should be conducted so as to insure the health, physical well-being and safety of the student participants. Appropriate competencies here would be:

- o Has knowledge and understanding of physical fitness and its relationship to the overall health of the student.
  - o Prepares students for activities by developing optimal fitness levels.
  - o Follows physician's recommendations concerning physical activity for the student.
  - o Has knowledge of safety and injury prevention.
  - o Identifies and interprets the effect of nutrition on health and performance.
  - o Identifies and relates basic safety information pertaining to sport.
  - o Can administer appropriate first aid according to the updated EAP (Emergency Action Plan).
- Sociological - Psychological aspects - The program should be conducted with appropriate consideration for the impact of sport upon the behavior of the student athlete and his/her relationship with society. Appropriate competencies here would be:
    - o Understands the psychological, sociological and physical characteristics of adolescence.
    - o Plans a school program consistent with the philosophy of the school district, the needs of the community, and growth and development of the students.
    - o Identifies principles and techniques of officiating the sport being coached.
    - o Motivates athletes toward immediate and long—range goals.
    - o Identifies and interprets the values developed from participating in athletics of a specified sport.
    - o Demonstrates knowledge of legal responsibilities and liabilities pertinent to the field of coaching.
    - o Motivates a student to want to learn.
    - o Helps students to develop positive self-concepts.
    - o Helps students to accept self-responsibility.
    - o Helps students to accept and fulfill responsibility to others.
    - o Recognizes and initiates procedures to resolve behavioral and emotional problems.
    - o Helps students to understand the liability of participation in a particular sport.
    - o Instruct players in proper sportsmanship and practice responsibilities and demand that they make sportsmanship and teamwork their #1 and #2 priorities.
    - o Develop each player to his fullest potential, giving candid feedback on strengths as well as opportunities to improve.
    - o Develop creative, structured and fun practice sessions.
- Professionalism - The program should be conducted by individuals with positive attitudes towards students, faculty and administration, and for the total competitive athletic program. Appropriate competencies here would be:
    - o Accepts the basic general philosophy of interscholastic athletics and coaching consistent with the role and policies of the school.
    - o Assumes professional responsibility within the school.
    - o Maintains normal ranges of self-control and emotional stability under stress.
    - o Understands the place of interscholastic competition in the educational program and does not place athletics above academics in the minds of athletes.
    - o Understands and applies ethical procedures in the sport.
    - o Maintains rapport with school staff, athletic director and administration.
    - o Relates and interprets the program to co-workers, athletes, parents and public.
    - o Displays sincere enthusiasm for sport being coached.
    - o Is knowledgeable of and conforms with league, state and national rules and regulations pertaining to athletics.
    - o Has knowledge in regard to purchase, care, use and storage of equipment and supplies.



- o Maintains accurate records and inventories.
  - o Has understanding of and/or demonstrates efficient procedures of team management (facility scheduling, travel arrangements, home event, etc.).
  - o Has knowledge of evaluation procedures for student performance and/or evaluates student performance.
  - o Utilizes findings and interpretations from evaluations for revision of program.
  - o Always set a good example for players to follow, exemplifying high moral and ethical behavior.
  - o Respect judgment of referees, abide by the rules of the game and display no behavior that could provoke players or parents (e.g., questioning calls, gestures, etc.).
  - o Treat opposing coaches, players and fans with respect. Shake hands with officials and the opposing coach before and after each game.
  - o Communicate with parents at least once a week and as changes occur.
  - o Keep parents informed on practices, games, directions, etc.
  - o Uniform checkout procedures will be determined by the Athletic Secretary.
  - o Attendance reports are emailed to coaches daily- Head Coaches are responsible for enforcing attendance/participation policy.
- Theory and Techniques of Coaching - The program should be conducted by qualified individuals with full respect for accepted educational principles, philosophies and practices of each competitive athletic activity. Appropriate competencies here would be:
    - o Selects appropriate strategies and tactics of teaching to facilitate learning.
    - o Analyzes skills, rules, theory and strategy of specified sport.
    - o Identifies and plans specific game strategies and tactics.
    - o Demonstrates ability to analyze following the contest.
    - o Demonstrates ability to formulate practice plans.
    - o Demonstrates ability to design drills to challenge individuals and teams to reach potential.
    - o Keeps current in sports techniques and theory.
    - o Has understanding of organizational techniques for practice in specified sport.
    - o Has knowledge of the use of teaching aids.
    - o Has knowledge of strengths and weaknesses of various offensive and defensive systems in a specified sport.
    - o Commit to the multi-sport philosophy for all athletics.
    - o Develop and enforce consequences for players who do not abide by sportsmanship and practice standards.

#### FOR PLAYERS

- Act honorably and with integrity in all situations.
- Abide by all rules set forth by the BFHS student handbook.
- Seriously accept the responsibility and privilege of representing BFHS – represent BFHS in a positive manner in and out of school.
- Demonstrate respect for opponents, coaches, and referees before, during, and after games.
- Live up to high standards of sportsmanship.
- Treat opponents with respect: shake hands after games and take a knee quickly when they are injured. Clap when they leave the field.
- Respect judgment of referees, abide by the rules of the game and display no behavior that could provoke fans (e.g., questioning calls, gestures, taunting, etc.).
- Show respect to teammates, coaches, opponents and officials.
- Accept favorable and unfavorable decisions, as well as victory and defeat, with equal grace.

- Come prepared to practice daily and understand that there will be consequences for disruptive behavior – whether in practice or a game (e.g., reduced playing time, sitting out practice, etc.).
- Maintain 2.0 GPA and be passing all classes.
- Attend all practices
- Report for all practices and games at the correct time
- Listen to coaching
- Hustle at all times

Recognize that you represent your school and that your conduct is a reflection on your school. Keep good faith with your school, your coach, your teammates and yourself. Follow your coach's instructions, be respectful to officials; accept adverse decisions.

#### FOR PARENTS

- Pay athletic fee
- Pick up your athlete promptly
- Be flexible as game times, locations, dates and transportation are subject to change.
- Communicate concerns, change in contact information, schedule conflicts, and injury or illness as soon as possible.
- Do not express concerns to coaches during or immediately following a game. Use the 24 hour rule when contacting coaches with concerns. If needed, reach out to the Athletic Director to schedule a meeting.
- Conduct yourself with class during all sporting events. Failure to do so will result in your being asked to leave. Profanity and abuse of refs/opponents is grounds for suspension (see Parent/Student Athletic Contract)
- Support the team and coaches
- Respect opposing fans, coaches and participants.
- It is a parent's responsibility to supervise siblings at all times. Siblings may not be left with athletes during a game or practice.

#### FOR STUDENTS

Remember you represent your school in the same manner as the athletes. Encourage good sportsmanship, courteous treatment of visitors, and absolute fairness under all conditions. We ask you to make your visitors feel welcome and to see that proper standards of sportsmanship are followed. Become familiar with the rules of the game and support your team.

#### FOR SPECTATORS

Regard the playing of the game as an art and appreciate and enjoy it as such. Show respect for officials, respect for the young men and women participating and respect for yourself. These are essential for raising the standards of good sportsmanship. Become familiar with the rules of the game, and you will enjoy it much more. Leave coaching to the coach and officiating to the officials.

#### FOR ALL

**Be Loud – Be Enthusiastic – Be Respectful!**

# Athletic Offerings

## High School (9-12 grade)

FALL: AUGUST-NOVEMBER

Football, Cross Country, Girls Volleyball, Swim, Esports, Spiritline (all year)

WINTER: NOVEMBER-FEBRUARY

Boys Basketball, Girls Basketball, Wrestling, Boys Soccer, Girls Soccer

SPRING: FEBRUARY-MAY

Baseball, Softball, Track & Field, Boys Volleyball, Esports, Golf

## Junior High (7-8 grade)

QTR 1: AUGUST-OCTOBER

Baseball, Girls Volleyball, Cross Country, Swim\*, Cheer (all year)

QTR 2: OCTOBER-DECEMBER

Softball, Wrestling

QTR 3: JANUARY-MARCH

Tackle Football, Girls Basketball

QTR 4: MARCH-MAY

Track & Field, Girls Soccer, Boys Soccer, Boys Basketball, Golf

\*Sports offered are not guaranteed and are subject to change based on number of participants.

Additional High School Activities include: Speech & Debate, Chess, Theater

# Absence Policy

*Unexcused absences* from practices may jeopardize retaining a position on the team, an opportunity to earn a varsity letter, and/or playing time at the coaches' discretion.

*Excused absences* from practices may impact position on the team and playing time, not as a punitive measure, but for the safety of that individual, fairness to the rest of the team, and strategic reasons.

Students who are absent from school for more than half of the academic day on the day of a game or practice will not participate in that day's activities. Students must be in school 50% of scheduled academic time to participate in extracurricular activities.

\*Schedule appointments accordingly!

\*Release Time is NOT considered part of the academic day.

Coaches will receive attendance reports and are expected to enforce this policy. Release time is not considered part of the educational school day. Final authority for infractions of this rule will rest with the Athletic Director. The expectation is that student athletes are in class.

Example: If a student has 5 classes, one of which is release time (Seminary), that student must be in attendance at 2 of the 4 classes at Benjamin Franklin High School.

A detention should be served on the day assigned and may make a student ineligible for practice or competition on that day.

# Transportation

Students are expected to ride the bus to and from ALL athletic competitions. Arrangements to ride home with parents must be made with the head coach. Parents must sign out with the head coach to take their athlete home from away competitions. Parent Transportation Release forms are available in the front office for those wishing to ride home with individuals who are not their parents. Parent Transportation Release forms must be turned in to the athletic department BEFORE THE BUS LEAVES TO THE COMPETITION. The athletic department will communicate athletes traveling with individuals other than parents to the coach prior to leaving. Students are not permitted to get off the bus at different stops. We believe that riding the bus to and from games is part of the overall experience and commitment to a team.

# Social Media Policy

Benjamin Franklin Charter Schools Department of Athletics recognizes its student-athletes' rights to fully participate in social media; however, it maintains and will enforce the following expectations of its student-athletes.

- Student-Athletes will not post sexist, racist, obscene or profane material of any kind
- Student-Athletes will not use social media to degrade, demean, attack or threaten any person, school, organization, etc. Cyber-bullying of any kind will not be tolerated.
- Student-Athlete will not post material of acts that are in violation of team, Athletics' Department, School, State or Federal laws, policies or rules.
- Student-Athletes will not post materials that reflect negatively on themselves, Benjamin Franklin Charter Schools, BFHS Athletics, their respective teams or other institutions.

**SANCTIONS: In addition to team policies and consequences, additional sanctions may be imposed by the Athletic Director to include but not limited to:**

1. Notification of the violation of the BFHS Athletics Social Media Policy, requiring the removal of unacceptable content
2. Suspension from the team and team related functions.

## KEY POINTS TO REMEMBER WHEN ONLINE

1. ***There is no difference between your online persona and your real-life persona.***
  - a. Nearly all employers use social media background checks prior to hiring.
  - b. Regardless of intent, what you post online has real world consequences.
2. ***The internet is forever***
  - a. Regardless of your privacy settings the Library of Congress is saving all tweets.
  - b. Snapchat does not actually disappear, and can easily have content "screen-shotted," as can all other forms of online communication.
  - c. Courts can subpoena all digital media, including text messages.
  - d. Once you post or share any form of media that application technically has usage rights.
3. ***What you associate with becomes who you are perceived to be regardless of intent.***
  - a. What are you sharing, liking and commenting on?
  - b. What are your friends "tagging" you in?
4. ***Your social media accounts are your brand***
  - a. How are you choosing to represent yourself? Are you sending the right message about yourself to the public? What does your social media portfolio say about you?
  - b. Coaches, Graduate School Admissions, Potential Employers ALL use social media as a reference check.

\*\*If asked right now, would you want an administrator, coach, or employer to see your online persona?

# Athletic Contract

## ELIGIBILITY

BEHAVIOR	CONSEQUENCE
1. Removal from classroom for disruptive behavior	1. Up to and including suspension from game or possible removal from team
2. Suspension from school	2. Up to and including suspension from next game and possible removal from team
3. Unsportsmanlike conduct	3. Subject to removal for remainder of game
4. Ejection from game by official	4. Up to and including suspension from next game and possible removal from team
5. Three missed practices	5. Up to and including removal from team
LATE PICK-UP	LATE PICK-UP
6. 1 <sup>st</sup> time	6. Warning
7. 2 <sup>nd</sup> time	7. 2 <sup>nd</sup> Warning
8. 3 <sup>rd</sup> time	8. Removal from team

BFHS student-athletes must maintain at least a 2.0 GPA, not be failing any classes and also demonstrate appropriate behavior to be considered eligible for competition. Grade checked students are ineligible as per grade-check policy.

## ATHLETIC FEES

The participation fee for high school students is \$125 per sport. The junior high participation fee is \$75 per sport. There is a family maximum of \$500 per year. Payment is not required for tryouts as **ATHLETIC FEES ARE NONREFUNDABLE**. Athletic fee should be paid **AFTER** the student has made the team. **Becoming ineligible or injured does not entitle you to a refund of an athletic fee.**

## PLAYING TIME

Playing time in games is determined by many factors. These factors include grades, behavior/effort in class, practice attendance, skill level, fitness level, commitment and attitude. It is the sole discretion of the coach as to how much playing time an athlete receives in games.

## RESPONSIBILITY FOR EQUIPMENT RETURN

Students will be held responsible for the safe return of all athletic and/or activity equipment/uniforms issued by the school. Parents will be financially responsible for any item that is not returned or damaged.

## PARENTS/SPECTATORS

**ROLE MODELING-** Consistently exhibit good character and conduct yourself as a role model for your children.

**PRIVILEGE TO COMPETE-** Assure that you and your children understand that participation in interscholastic sports is a privilege, not a right, and that they are expected to represent their team, school and family with honor on and off the field/court.

**SELF-CONTROL-** Exercise self-control; do not fight or show excessive displays of anger or frustration. Have strength to overcome the temptation to demean others.

BEHAVIOR	CONSEQUENCE
1. Ejection from a competition.	1. Suspension for the next home game
2. 2 <sup>nd</sup> ejection from a competition.	2. Suspension for <b>two</b> home games and conference with school administration.
3. 3 <sup>rd</sup> ejection from a competition.	3. Parent/Spectator removal for the remainder of the school-year.

**Parent/Guardian Signature:** \_\_\_\_\_ **Student Signature:** \_\_\_\_\_

# Emergency Action Plan

Benjamin Franklin High School has a written emergency plan that should be followed in the event of a medical emergency. Coaches are trained specific to their respective facilities. Any questions should be directed to the Athletic Trainer or school administrator.

An **emergency** is the need for Emergency Medical Services (EMS) to give further medical attention and/or transport an athlete to the hospital. It is important in these situations that coordination between the athletic trainer, coaches, administrators and student responders be effective. This guide is intended to delineate roles and outline the protocol to be followed should an emergency occur.

## Situations when 911 should be called are:

- An athlete is not breathing
- An athlete has lost consciousness
- It is suspected that an athlete may have a neck or back injury
- An athlete has an open fracture (bone has punctured through the skin)
- Severe heat exhaustion or suspected heat stroke
- Severe bleeding that cannot be stopped

## Chain of Command

- Certified Athletic Trainer
- Athletic Director
- Site Administrator
- Head Coach
- Assistant Coach

Once it has been decided that EMS should be called, the following protocol should be followed: The highest person in the chain of command who is present at a scene will be the designated person in charge, or leader. That person is responsible for calling 911, instructing others how they may be of help and will be the person who stays with the athlete until EMS arrives. EMS should be told what the emergency is, the condition of the athlete and how to get to where the athlete is located. The leader should send runners to all intersections between where the athlete is located and Benjamin Franklin High School/venue-specific location to direct the ambulance to the athlete. The runners should stay in their positions and wave the ambulance through the proper turns to get to the athlete. Tell EMS that someone will meet them at the closest intersection to aid in directing the ambulance. **DO NOT HANG UP UNTIL EMS HANGS UP FIRST.** Phones at Benjamin Franklin High School are located in the main office, as well as the general classrooms.

The Athletic Trainer, or next in line, will stay with the athlete to monitor their condition and administer necessary first aid. The Head Coach should also stay and assist the athlete.

The leader will designate another person to attempt contact with the athlete's parents. **Emergency contact information can be found with coaches** as they should have it with them at all times. If a parent is not present, the emergency contact information form should accompany the athlete to the hospital.

If transport is deemed necessary by EMS, the athlete will be taken to Mercy Gilbert Hospital, 3555 S Val Vista Dr, Gilbert, AZ 85297, unless the parent requests otherwise.

Benjamin Franklin High School is located at: 18864 E Germann Rd., Queen Creek, AZ 85142. The closest intersection to the school is Power and Germann, just east of The Home Depot.

**Location of AED's:**

\*Outside of Weight Room

\*Outside of the Nurse's Office – For events that take place in the gym.

\*Athletic Trainer may have AED on their person or nearby for specific events.



# Criteria for Earning the BFHS Varsity Letter

The criteria for earning the BFHS varsity letter have been established by the members of the Benjamin Franklin High School. For students at our school, earning a varsity letter should require evidence of commitment to the team. The policies are intended to encourage students to persevere toward the goal of earning the varsity letter. A Varsity athlete is defined as a student athlete who is on the Varsity roster for at least 50% of the regular season competitions. Final decisions are at the discretion of the head coach and athletic director. Any student involved in the athletic program who does not receive a letter will receive a certificate of participation.

## CRITERIA TO EARN A VARSITY LETTER

- Varsity athletes who remain as members of the team in good standing throughout the full season are eligible to earn a varsity letter, subject to the provisions below. Good standing includes but is not limited to:
  - Attended all practice or made arrangements with the coach
  - Has not been grade checked during the season
  - Has not been suspended from school during the season
  - Has not served team disciplinary action that resulted in the missing of a game
  - Has not face disciplinary action from the AIA or any other governing board
  - Any other offense that the coaching staff deems severe
- A Manager or student-trainer may receive a letter after his/her second consecutive season of service in the same sport.
- Cheerleading: varsity members must cheer in at least 85% of the games and attend 85% of the practices during the combined fall and winter seasons in a single academic year.
- Individual sports (XC, Swim, Wrestling, Track): must participate in 50% of team VARSITY meets

**1ST AWARD (ANY SPORT):** Chenille Letter is issued along with a sport specific pin and a service bar.

**2ND AWARD (AND ALL SUBSEQUENT AWARDS):** Sport specific pin if not already received for that sport. (max 1 per sport) and a service bar (see below)

**SERVICE BAR:** A service bar will be received for each academic year a student-athlete participates on at the Varsity level, given that they meet the necessary qualifications. (max 4 bars)

E.g. Billy letters in Wrestling as a Freshman- he receives a chenille letter (1st Varsity Letter of career in any sport), a wrestling pin, and a service bar. When he letters in wrestling (again) the following year as a sophomore, he receives another service bar. When he letters in track that same year as a sophomore, he will only receive a track pin.

# BENJAMIN FRANKLIN CHARGERS FIGHT SONG

Go Benjamin Franklin,  
We all cheer for you!  
As we boldly face the challenge  
In our gold and in our blue...

FIGHT, FIGHT, FIGHT!

Go Benjamin Franklin,  
Advance with all your might!  
Act with honor and integrity,  
Let's go and win that game tonight!

B-F-H-S

B-F-H-S

Fight, Fight, Chargers Fight!

Go Benjamin Franklin,  
We all cheer for you!  
As we boldly face the challenge  
In our gold and in our blue...

FIGHT, FIGHT, FIGHT!

Go Benjamin Franklin  
Advance with all your might!  
Act with honor and integrity,  
Let's go and win that game tonight!