Acalanes Union High School District

Athletics Handbook

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I. PHILOSOPHY STATEMENT

The philosophy of the **ACALANES UNION HIGH SCHOOL DISTRICT** is that interscholastic athletics are an integral part of the educational program and are designed to have a positive influence on students. Our athletic program supports student participation in multiple sports and promotes equal opportunities and experiences for all students, male and female. In addition to athletic skill development, we are charged with the responsibility of instilling in our athletes proper attitudes and behaviors that reflect the ideas of citizenship, sportsmanship, and cooperation, as well as building self-discipline and self-esteem. This can only be accomplished by a well-organized, goal oriented program, conducted by competent adult leaders.

II. COMMUNICATION POLICY

We are very pleased that your student has chosen to participate in the school's athletic program. The expectation is to provide a positive experience for him / her. An important ingredient to achieve this outcome is to ensure lines of communication are developed to allow for resolutions of questions before they become issues. As a parent you have a right to know what expectations are placed on your student. A Coach / Parent Preseason Meeting should provide you with the following information:

- Philosophy of the coach.
- Schedules and practice times.
- Team requirements and rules.
- Injury procedures.
- Participants code of conduct (Contract).

There are situations that may require a conference between the coach, the athlete, and the parent. These are encouraged. When these conferences are necessary, the following procedure should be followed to help resolve the concern.

- When appropriate your student should first talk with the coach about the concern. If the coach / athlete meeting does not clear the situation then the parent(s) should call and set up an appointment with the coach.
- If the parent(s) need further discussion on the issue the school Athletic Director is the next contact.
- The Associate Principal in charge of Athletics is the next person a parent should contact. Please do not approach a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meeting at these times generally does not work well for any of the parties involved.

The following are appropriate concerns to discuss with coaches.

- Advanced notice of schedule conflicts
- The treatment of your student.
- Ways to help your student improve.
- Concerns about your student's behavior.

III. ELIGIBILITY

The student must:

1. Be currently enrolled at a comprehensive high school in at least 25 semester credits.
2. Have passed 20 semester credits of work at the completion of the last regular school grading period and be on track for graduation.
3. Maintain a minimum academic standard of a 2.0 GPA.
4. Maintain satisfactory citizenship and sportsmanship.

IV. MEDICAL CLEARANCE

Parents and students must submit a completed athletic clearance form each year in order to participate in athletics. The FORM must be dated by the physician after July 1 of the school year. The physical itself may be taken prior to July 1. The district understands that some organizations such as Kaiser may only perform a physical every two years. However, Kaiser or the organization must sign a new form (dated after July 1) annually as required by CIF and NCS. If you have any questions, please contact the athletic director at your school.

V. PROBATIONARY ELIGIBILITY

A student who has been declared academically ineligible may appeal to the Eligibility Committee if there is a severely extenuating circumstance. The principal at each school will establish an Eligibility Committee and appoint a chairperson thereof. The committee will meet within one week after grades are issued or an appeal request is received. Appeals must be made in writing within two weeks following the close of each quarter grading period and within two weeks from the beginning of the first quarter of school. During the intervening time, the student is eligible to participate in a tryout period only if it is a sport that has a limited roster size. The student is prohibited from participating in any extracurricular or co-curricular activity including games and scrimmages with another school. If the student does not make the team the request for eligibility will be terminated.

The Eligibility Committee at each school shall consist of the following individuals:

1. The principal or an administrator designated by the principal;
2. A Guidance person;
3. The Athletic Director or Activities Director;
4. The appellant may select a student (chosen by the SBA president) and/or teacher to be present at the hearing.

VI. RESIDENTIAL ELIGIBILITY

If your student attended another high school prior to this school year he / she may be residentially ineligible to participate in interscholastic athletics. Contact the Athletic Director and /or Associate Principal in charge of athletics regarding eligibility. Foreign exchange students need to take the same precaution.

VII. RULES AND REGULATIONS FOR ATHLETES

As an athlete I am aware that being part of a team is a Privilege and I am expected to abide by the following. Athletes are expected to:

1. Apply themselves to their studies and maintain a minimum 2.0 GPA
2. Maintain a satisfactory record of conduct, citizenship and attendance.
3. Take and pass a physical examination each year. Athletes will submit to the school, prior to the season the required verification card signed by the physician and parents or guardian before being allowed to participate in a sport. CIF rule 306 states, “An annual physical examination, or a statement by a medical practitioner, certifying that the student is physically fit to participate in athletics is required before a student may try out, practice, or participate in interscholastic athletic competition.”
4. Provide proof of health and accident insurance policies to cover the period in which the student is involved in school athletics. If student needs it, district or CIF insurance is available.
5. Attend school all day the day of a contest or if a weekend event, the previous day. If it is necessary to be absent from school due to illness, a half-day medical excuse may be acceptable. If more than a half-day of school is missed, the athlete is not permitted to play that day. Exceptions can be made only by the principal.
6. Take responsibility for all school equipment checked out to them. The student must pay for lost or willfully damaged equipment.
7. Complete their season of sport unless a mutual agreement between the coach and the athlete is reached permitting the athlete to participate in another sport. Freshman athletes will be encouraged to try another sport during the same season if they find they are not suited for their first choice.
8. The North Coast Section of the California Interscholastic Federation requires student / athletes to sign an Ejection Policy Notification and the Condition of participation form prohibiting the use of steroids. The policy states penalties that must be enforced for unsportsmanlike or dangerous conduct.

VIII. DRUG, TOBACCO, STEROIDS, AND ALCOHOL INFRACTIONS

Students participating in athletics are prohibited from using or possessing tobacco, androgenic/anabolic steroids, alcohol or any illegal drugs or narcotics during their season of sport. Infractions of these rules could result in the loss of privilege to participate in athletic activities for up to 45 school days. (AR6145) Sale will result in a recommendation for expulsion from school as well. Loss of athletic privileges will carry over from one season to the next or one school year to the next if necessary.

Athletes could be suspended and removed from the team activity for infractions of the rules and expectations

that occur during any school activity and may be suspended and removed from the team activity for substantiated infractions outside of school.

Any athlete violating this policy for the first time may be given the opportunity to reduce the athletic suspension period by completing an intervention plan. The plan may include, but is not limited to the following interventions: the AUHSD Brief Intervention counseling program, outside drug testing, community service, meetings with the site crisis counselor, weekly academic progress reports and a student behavior plan. The components of the plan and the timeline will be determined by the Superintendent designee following consultation with the student, parent and appropriate staff.

During the time of the athletic suspension an athlete may attend practice as an observer, but not participate.

IX. TRANSPORTATION OF ATHLETES

Transportation by Bus (AUHSD Board Policy 3541.1 and Ed. Code 35330 - 35332)

1. Transportation to and from all off-campus student activities shall be in school buses, except that the principal may authorize any school employee or parent who has completed the appropriate district form to carry students in the private car of such employee or parent.
2. Adequate faculty and/or adult supervision must be provided for activities when school buses are used. It will be the responsibility of the school principal to determine adequate supervision.
3. Teachers, advisors, and coaches shall assume major responsibility for the maintenance of proper and safe student conduct at all times.
4. No unauthorized passengers may ride a school bus.
5. School employees transporting pupils to and from school functions are covered by school liability policies.
6. When pupils are being transported for school activities, parents providing such transportation are eligible for secondary insurance coverage, if the principal authorizes such transportation.

Transportation by Auto

1. Students are not allowed to drive themselves or others to athletic contests that are scheduled immediately after school. In specific emergencies a student may drive themselves only with the permission of the principal, coach and parent.
2. Adults, who have completed the appropriate district forms, may under the direction of the head coach drive students to athletic contests.
3. Under no circumstances are those who are driving to have more than seven (7) students plus the driver in any vehicle. If there are more than seven students plus the driver, a regular bus driver's license is mandatory. Also, NO RECREATIONAL VEHICLES, motor homes, open vehicles etc. are to be used, regardless of numbers of passengers.
4. The only time athletes may arrive at an athletic contest without traveling in transportation coordinated by the school is:
    a. On a Saturday, when the contest is at a district school and it is the parent's responsibility to provide transportation to the site of the contest.
    b. When the contest is in the evening at one of the schools in the district and it is the parent's

responsibility to provide transportation to the contest.

Release to Parents

- Any student attending away-from-school activities may be released only by the certificated person in charge and only to his parents/guardian or a person designated in advance by his/her parents or guardian in writing.

X. EXPECTATION FOR PARENTS AND SPECTATORS

The many values and attitudes learned by student-athletes include responsibility, self-discipline, sportsmanship, teamwork, work ethic, integrity, and personal sacrifice for the good of others. Parents are expected to support these values at all times by displaying the behavior that is generally referred to as "good sportsmanship." Included in the display of good sportsmanship by spectators are the following behaviors:

- Spectators are expected to treat players, coaches, and officials with respect. No personal, non – performance related comments are tolerated. Show respect for the decisions made by contest officials.
- Modeling positive support for the teams in every manner possible, including the content of cheers and signs.
- Spectators must follow all host site rules and follow directions and rules set by the administrators or designees from either school.
- Respecting and following the rules required of spectators at the venue where the contest is being held. These rules are put in place to create a safe environment where the goals of high school athletics can be fully supported.

In the high school gym or football field, spectators are required to:

- Respect the portions of the bleachers set aside as student cheering sections for both the home and visiting schools.
- Not bring in items, which could be disruptive to the game. Included among these are noisemakers, flags, balls, and laser-lights.
- Remain off of the court or field at all times. League rules prohibit spectators from being on the court during time-outs, half times, or between contests.
- Remember that the only spirit-leaders allowed out of the bleachers are the official squads supplied by each school. Request for spirit-bands must be made in advance of the game.
- Realize that there are no "return privileges" for the gym or football field. That once a person has left, they have left the event for the evening.
- Face painting is contrary to league rules and not acceptable.