

Ceres Unified School

District

Student-Athlete/Parent

Handbook



Ceres Unified School District Athletic Code

CERES HIGH SCHOOL

I. ATHLETIC CODE OF CONDUCT

- A. **Sportsmanship** – Athletics is more than competition between individuals and/or teams representing different schools. It is a means of learning the lessons of life. Winning and losing are part of competition and should be done with modesty in victory and graciousness in defeat.
- B. **In the Classroom** – A student-athlete is expected to demonstrate success in the classroom. They shall demonstrate good citizenship; and maintain a good attendance record without instances of truancy.
- C. **On Campus** – Student-athletes should be leaders and exhibit traits that will inspire fellow students to follow the example of student-athletes.
- D. **As Visiting Student-Athletes** – Student-athletes are representing the Ceres Unified School District and their respective schools; therefore, student-athletes shall act and dress accordingly.
- E. **Participation** – Athletics is a voluntary activity. Participation is not a graduation requirement; therefore, being on an athletic team is a privilege which must be earned.
- F. **Team Membership** – Student-athletes learn many skills to play their chosen sport, but the most important skill that must be learned is teamwork.
- G. **Prepared to Play** – Student-athletes should come to practice on time, ready to listen and learn. They should be prepared physically and mentally for the season including training in the preseason and taking care of your body and mind at all times.
- H. **Conduct During Competition** – Student-athletes shall demonstrate respect towards their teammates, coaches, opponents, fans and officials at all times. Student-athletes shall play by the rules at all times.

II. DISCIPLINE POLICY AND JUSTIFICATION FOR SUSPENSION FROM A TEAM

- A. **Immediate Suspension** – A student-athlete may be immediately suspended from a team at any time under the following circumstances:
 - 1. Fails to follow the direction of an athletic coach
 - 2. Caused, attempted to cause, or threatened to cause physical injury to another person, official, coach or other school personnel.
 - 3. Committed verbal abuse of a coach, official or other school personnel.
 - 4. Engage in disruptive behavior in and around the athletic team during practice, school, school time, travel, competition, etc.
 - 5. Engage in harassing other students, coaches, officials, fans or other school personnel.
 - 6. Violation of the Athletic Code of Conduct.
 - 7. Committing an obscene act or gesture, or engaging in habitual profanity or vulgarity.
 - 8. Academic ineligibility.
 - 9. Violation of team rules.

Student-athletes will not be able to participate in practice or games while they are suspended from a team. If a student-athlete is dismissed from a team, he/she shall not participate in another sport until the sport from which he/she was dismissed has concluded.

III. REQUIREMENTS FOR PARTICIPATION

A student-athlete is eligible to participate once the following items have been completed:

- 1. Completion of the Athletic Participation/Parental Consent/Physical Exam Form (completed annually)
- 2. Parent signature acknowledging receipt of Concussion Information Sheet
- 3. Completion of the Annual Voluntary Excursion/Field Trip Waiver Form
- 4. Complete and sign the Non-Use of Steroids Agreement Form
- 5. Submit proof of insurance, or purchase school insurance
- 6. Meet all CIF-SJS and district eligibility requirements
- 7. Sign and return acknowledgement of having received and read the Student-Athlete/Parent Handbook

IV. ELIGIBILITY FOR EXTRA-CURRICULAR ACTIVITIES

Student-athletes who represent the Ceres Unified School District (CUSD) in any sport sanctioned by the California Interscholastic Federation (CIF) must comply with eligibility rules.

A. Eligibility standards:

1. A minimum of a “C” average (2.0 GPA).
2. No more than one (1) “F” in the certification period. (Incomplete grade (I) counts as an “F” for eligibility)

B. Eligibility Probation

1. All incoming freshman are given 1st quarter eligibility. **Freshman students are prohibited from using their waiver during their freshman year.**
2. 10th, 11th and 12th grade students are eligible for a **one time** waiver at any time during their *final* three years of high school if they have less than a 2.0 GPA **and** no more than two F’s in the preceding grading period.

V. CONFLICTS IN EXTRACURRICULAR ACTIVITIES

An individual student who attempts to participate in more than one activity simultaneously will, undoubtedly, be in a position of conflict of obligations. The athletic department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities; and to this end, will attempt to schedule events in a manner so as to minimize conflicts.

Students have a responsibility to do everything they can to avoid continuous conflicts. This would include being careful not to belong to too many activities in which conflicts are bound to occur. The student also has the responsibility to notify coaches/faculty advisors involved immediately when a conflict occurs.

When conflicts do arise, the staff sponsors will meet to work out a solution so that a student is not placed in a “no-win” situation. If a solution can not be reached, the principal will make a decision based on the following:

- A. The relative importance of each event
- B. The importance of each event to the student
- C. The relative contribution the student can make to or gain from the experience
- D. How long each event has been scheduled
- E. Input from the parents

Once the decision has been made and the student has followed the decision, they will not be penalized by the staff sponsor. If it becomes obvious that a student cannot fulfill the prearranged obligation of a school activity, they shall withdraw from the activity.

VI. ALCOHOL, STERIODS, OR CONTROLLED SUBSTANCES NON-USE AGREEMENT

In order for a student-athlete to achieve both team and personal goals, and to be a positive role model, possessing or using alcohol, unauthorized controlled drugs, or other substances is unacceptable at any time; this includes during the school year as well as the season of sport; it also includes at any CUSD or non-CUSD school-sponsored events, on or off-campus. If a student-athlete uses, possesses or is found to be under the influence of any of the aforementioned substances, the student will be suspended from athletic participation for a nine week period (45 school days) from the date that this information is received.

If a student-athlete becomes ineligible under this section, he/she may not try out for the next sport if the tryout period occurs during the term of the suspension.

These athletic code requirements are **minimums**. Each coach reserves the right implement more strict standards if he/she so chooses.

VII. ATHLETIC DEPARTMENT POLICIES

A. **Dropping or Transferring Sports** – On occasion, a student-athlete may find it necessary to drop or quit a sport. If this does occur, the student-athlete is required to adhere to the following procedures:

1. Talk with the coach of the team and then the varsity head coach.
2. Report the situation to the Athletic Director.
3. Check in all equipment.

If a student-athlete wishes to change or quit a sport during the season, he/she must receive approval from both coaches concerned and the Athletic Director. Failure to follow these procedures in dropping, quitting or changing sports can result in the loss of all athletic privileges. **No student-athlete who has dropped a sport may practice or compete in another sport until all events in the dropped sport, including playoffs, have been completed (Unless released by the coach of the team the athlete dropped).**

B. **Equipment** – School equipment checked out to the student-athlete is his/her responsibility. He/she is expected to keep it clean and in good condition. Loss or loss of use, of any equipment is the athlete's financial obligation. A student-athlete must turn in all uniforms and equipment for one sport before being issued a uniform or equipment for the next sport.

C. **Missing Practice** – A student-athlete should always consult his/her coach before missing practice or leaving campus. Missing practice or a game without a valid reason will be dealt with at the discretion of the coach. Sudden illness or a family emergency are examples of a valid reason for missing practice or a game. It is the student-athlete's responsibility to inform the coach **prior** to the event the student-athlete will miss.

D. **Travel** – All student-athletes must travel to athletic contests with the team on CUSD-provided transportation with the exception of inter-county events (when authorized). Student-athletes will remain with their team and under the supervision of the coach while attending away contests. Student-athletes must return from contests on CUSD-provided transportation unless riding home with the student's parent or guardian. All district transportation rules will be followed.

E. **Minimum Attendance** – While students are expected to attend all classes each school day, a student must attend a minimum of four classes to be eligible to participate on the day of a contest, per CIF regulations.

VIII. CHAIN OF COMMAND

There are times when questions or conflicts arise either between student-athletes, student-athlete and coach, and/or parent and coach. The athletic department believes that most conflicts can be resolved quickly and fairly if the appropriate parties meet to discuss the issue. When conflicts do occur, there is an appropriate chain of command to be followed:

- A. Player to Coach
- B. Player to Head Coach
- C. Parent to Coach
- D. Parent to Head Coach
- E. Player/Parent to Athletic Director
- F. Parent/Player to Principal
- G. Player/Parent to Superintendent or the Superintendent's designee.
- H. Player/Parent to CUSD Governing Board

IX. PARENT CONDUCT

Parents want their student-athletes to be successful on and off the field of competition. The athletic department strives to mesh the needs of the individual with the goals and objectives of the athletic department and its teams. Each student-athlete is given a fair opportunity to become a member of a team and to improve his/her individual skills. It is important that parents understand that effort does not always equate with skills. It is the coach's determination based on experience, observation at practice and the needs of the team as to who makes the team, starts, plays, plays in which position and substitutes.

The coaches will be happy to discuss with parents (and student-athletes) things such as attitude, behavior, discipline and the student-athlete's role on the team and what a player can do to change that role. There may be a

time when a parent may not be satisfied with the explanation given by the coach. If the issue in question is who made the team, starts, plays, plays in which position, substitutes, or non-agreement about the role of the student-athlete, the coach's decision is final.

Additionally, coaches will not discuss with any parent information or opinions about other student-athletes.

X. SPORTSMANSHIP EXPECTATIONS

A. Athletes

The responsibility of the athletes for sportsmanship is extremely important as athletes are expected to lead the student body by example. Their level of sportsmanship exerts a significant influence over the actions and behavior of spectators. Specifically, it is recommended that athletes:

1. Treat opponents with respect that is due them as guests and fellow human beings.
2. Exercise self-control at all times, accepting all decisions and abiding by them.
3. Respect the official's judgment/interpretations of the rules and never argue or make gestures indicating dislike for a decision.
4. CIF Constitution by-laws address consequences for inappropriate behavior.

B. Cheerleaders and Other Spirit Groups

Cheerleaders and other spirit members play a vital role in promoting a positive attitude amongst the spectators. Specifically, it is recommended that cheerleaders and spirit members:

1. Encourage a positive cheer environment that stimulates positive spectator response.
2. Choose the appropriate cheers for what's happening during the competition.
3. Be certain that words used in a cheer do not inflame the spectators.
4. Cheer for your own team.

IV. CONCUSSION INFORMATION - For more information on concussions visit: www.cdc.gov/Concussion

CIF BYLAW 313 – Concussion Guideline - “A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and for the remainder of the day.” **and**

“A student-athlete who has been removed may not return to participate until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion, and received written clearance to return to play from that health care provider”.

- Athletes who have EVER had a concussion are at increased risk for another concussion.
- Teens are more likely to get a concussion and take longer to recover than adults.
- A repeat concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can slow recovery or increase the likelihood of having long-term problems.

SIGNS OBSERVED BY PARENTS

- ✓ 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 ATHLETES

- ✓ Headache 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
- ✓ Just not “feeling right” or is “feeling down”

Athletic Participation/Parental Consent/Physical Examination Form

For School _____
Year _____

Part I – ATHLETIC PARTICIPATION

Male _____
Female _____

Name _____ Student I.D. # _____
(Last) (First) (MI)

Home Address _____ City _____ ST _____ Zip Code _____

Grade _____ Date of Birth _____

Have you attended any other high school other than CHS/CVHS? Y N. If yes, what HS and year? _____

Part II – ACKNOWLEDGEMENT OF RISK AND INSURANCE STATEMENT

(To be completed and signed by parent/guardian)

I give permission for _____ to participate in any of the following sports that are not crossed out: baseball, basketball, cheerleading, cross-country, dance, football, golf, soccer, softball, swimming, tennis, track, volleyball wrestling.

I understand and acknowledge that these activities, by their nature, pose some inherent risk of a participant being seriously injured. These injuries could include, but are not limited to, the following: sprains/strains, disfigurement, fractured bones, head injuries, cuts/abrasions, loss of eyesight, unconsciousness, paralysis, death.

I understand and acknowledge that participation in these activities is completely voluntary and as such is not required by the school for course credit or for completion of graduation requirements.

I understand and acknowledge that in order to participate in these activities, I and my son/daughter agree to assume liability and responsibility for any and all potential risks which may be associated with participation in such activities.

I understand, acknowledge and agree that Ceres Unified School District, its employees, officers, agents, or volunteers, shall not be liable for any injury suffered by my son/daughter which is incident to and/or associated with preparing for and/or participating.

Part III – USE OF STEROIDS AGREEMENT

As a condition of membership in the California Interscholastic Federation (CIF), the Governing Board of the Ceres Unified School District has adopted Board Policy 5131.63 prohibiting the use and abuse of androgenic/anabolic steroids. CIF Bylaw 524 requires that all participating students and their parents/guardians sign this agreement.

By signing below, we agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician, as recognized by the American Medical Association, to treat a medical condition.

We recognize that under CIF Bylaw 200.D the students may be subject to penalties, including ineligibility for any CIF competition, if the student or his/her parent/guardian provides false or fraudulent information to the CIF.

We understand that the student's violation of the District's policy regarding steroids may result in discipline against him/her, including, but not limited to, restriction from athletics, suspension, or expulsion.

Part IV – ALCOHOL, DRUG, AND CONTROLLED SUBSTANCE AGREEMENT

We realize that unauthorized drugs or other substance, including tobacco products is unacceptable at any time; this includes during the school year as well as during the season of sport; it also includes any CUSD or non-CUSD school-sponsored events, on or off-campus. I realize that school policies regarding the possession or use of alcohol, unauthorized drugs, or other substances, as outlined in the student handbook apply to students who participate in school athletics. If I use, possess, or am found to be under the influence of any of the aforementioned substances, I agree to accept a 9 week (45 school days) suspension from participation in athletic contests from the date information is received.

Part V – STUDENT ATHLETE HANDBOOK

I have read and understand the Student Athlete Handbook.

Part VI – CONCUSSION INFORMATION

I have read and understand the Concussion information and the CIF Bylaw 313 information. Also, I recognize that I should inform the coach if I think my student has suffered a concussion or he/she exhibits any of the signs of concussion as detailed in the student handbook.

SIGNATURE OF STUDENT ATHLETE

DATE

SIGNATURE OF PARENT/GUARDIAN

DATE