

Delano Joint Union High School District



Student Athletic Handbook

The following information in this Student Athletic Handbook must be read, reviewed, and signed by both student and parent. The forms designated below must be completed and submitted prior to being cleared to practice. It is required that this process be completed on a yearly basis. Every student wishing to participate in a sport must have a Blue Clearance Card. In order to be issued a a card, all forms within this athletic handbook, along with a current physical, must be completed.

The following forms, which must be completed are:

- Acknowledgment and Consent Form: Please read and review the Code of Conduct with your son/daughter.
- Agreement for Student Athlete and Parent/Guardian Regarding Use of Steroids
- Release of Liability and Assumption of Risk Agreement
- Athletic Insurance Information Statement
- Student Emergency Card: This form will be carried by the coach at all times for the protection of your son/daughter in the event of an emergency.
- Sports Participation Health Record (Form 5141.3A): Athletes must have a yearly physical examination from a licensed medical doctor who completes Part B of this form. The physical must be completed prior to trying out for a sport. All physicals must be renewed for the following year before participation on an athletic team is allowed.
- Parent Concussion/Head Injury Information Sheet (Form 5141.1C3)

The completion of these forms will clear the student athlete to participate in extracurricular sports for the entire school year. If you have questions, please contact the Athletic Director at your school:

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Delano High
School
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INTRODUCTION

The Delano Joint Union High School District (DJUHSD) Student Athletic Handbook is a reference guide for student athletes and parents, concerning the policies that govern interscholastic athletics at all High Schools.

Participation in the District's athletic program is voluntary. Thus, competition in high school athletics is a privilege and not a right. With this privilege, the student athlete is expected to conform to the high standards of the athletic program. This privilege may be revoked if the athlete fails or refuses to comply with the spirit of the rules, policies, and procedures.

Delano Joint Union High School District athletic programs are governed by federal and state law, California education code, Delano Joint Union High School District Policy, CIF Central Section bylaws, NFHS guidelines, the East Yosemite League and the South Sequoia League Athletic Association policies and procedures.

OVERALL PHILOSOPHY

Delano Joint Union High School District athletics should be a positive learning experience where athletes are given the opportunity to develop the skills and abilities that will be essential throughout their lives. Athletes must compete for and earn everything they achieve, including playing time. All athletes do not receive the same amount of playing time. All athletes are given the opportunity to earn playing time, however, it is the coach's responsibility to weigh all the factors and determine what will give the team the best opportunity for success.

VISION

Delano Joint Union High School District athletics strive to be premier institutions in the central valley, being recognized as section leaders in high school athletics with a reputation for excellence, sportsmanship and integrity.

GENERAL RULES

STUDENT ELIGIBILITY FOR ATHLETICS

Prior to participation, each athlete must complete the following requirements:

1. Be academically eligible
2. Register on FamilyID
3. Turn in physical paperwork (must be completed by M.D or D.O)
4. Turn in any equipment from previous sports
5. Pay any outstanding athletic fees
6. Turn in Student Athletic Handbook & FamilyID agreement form (last page of this document)
7. Present coach with Blue Clearance Card to sign up, and be able to start practicing

Student athletes **will not** be allowed to practice or compete until ALL these requirements have been completed.

ACADEMICS

We are committed to developing the student athlete and understand that the most important task is to prepare the student for academic success.

- All students are expected to graduate with a high school diploma.
- Students athletes are expected to be a responsible member in each class.
- Academic integrity and honesty should always be applied. Copying, plagiarizing or cheating is never to be allowed.

ACADEMIC ELIGIBILITY

- To be academically eligible an athlete must have passed a minimum of 20 units the previous grading period and be currently enrolled in 30 units or more.
- An athlete must also maintain a 2.0 grade point average on a 4.0 scale. Regardless of an athlete's GPA, if he/she has three F's he/she is ineligible. If an athlete drops below a 2.0 GPA, but higher than a 1.66, they are eligible for probation for only one grading quarter per academic school year.
- If an athlete is on academic probation, their academic progress should be checked bi-weekly. Athlete must show academic improvement. If an athlete is academically ineligible, he/she may not compete in any interscholastic contests. However, he/she may still practice and travel with the team at the discretion of the athletic director.
- No athlete may participate on a club team and a high school team of the same sport in the same season. Failure to abide by this rule will result in player ineligibility and forfeiture of all games.

ATHLETIC TEAM TRY-OUTS

All student athletes trying out for a sport team will be given a fair opportunity to make the team regardless of their grade level, previous experience, or whether they played on a team the previous year. Our goal is to field the best team possible, therefore, cuts will be made.

Try-outs will be scheduled for a minimum of three days so the coach and staff can make a fair assessment of each student athletes' ability and potential. Students not selected for a team will be informed personally.

ATHLETIC DEPARTMENT – STUDENT ATHLETE POLICIES

- Student athletes who quit a sport during the season, will not be allowed to try out or practice for the next sport until the current season of that sport is over.
- Holiday's & School Breaks –All season programs have a commitment during holiday's and school breaks. All team rules apply during this time. Student athletes are expected to be at scheduled practices and contests during these school breaks.
- Student athletes must be at all practices or games unless excused by the coach. Unexcused absences will suffer immediate disciplinary action that involves not starting, limited or no playing time, and/or being removed from the team.
- Each athlete is responsible for uniforms or equipment issued to him/her. If the athlete fails to return any items, he/she must pay the replacement cost. Failure to do so will result in the athlete not being allowed to participate in another sport
until the lost equipment is returned or until the replacement cost has been paid.
- Any athlete ejected from a contest will miss at least the next game in that sport. CIF penalties will be applied and DJUHSD may enforce stricter penalties as well.
- The coach, along with the Athletic Director, will discipline any student athlete that violates the Student Athletic Handbook.
- All athletes are accountable for following all team and Student Athletic Handbook rules.
- As a condition of membership in the CIF, our district has adopted policies prohibiting the use and abuse of androgenic/anabolic steroids. As a condition for membership in interscholastic athletics, students and their parents, legal guardian/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician to treat a medical condition.
- You should only be in the therapy/training room if getting treatment and invited by the Athletic Trainer.

DETENTION PROCEDURES

Athletes that receive detention, Saturday School, or other disciplinary actions are expected to complete their assignment by the date given. If the student fails to complete the assignment by the due date, intervention may occur, and a loss of participation from activities.

INJURIES

- Participating in competitive athletics may result in severe injury including paralysis or death. Changes in rules, improved conditioning programs, modern equipment, and medical coverage have reduced these risks. However, it is impossible to completely eliminate all risks.
- Players may reduce the chance of injury by obeying all safety rules in their sport, reporting all physical injuries to their head coach and Athletic Trainer, following a proper conditioning program and inspecting their personal equipment daily.

PROCEDURE IF YOU ARE INJURED

Report all injuries to your head coach and Athletic Trainer. Make sure to follow up with your Athletic Trainer, who will make the objective decision of what should be done next in terms of treatment and rehabilitation. **Additionally, should you feel the need to consult your primary care physician feel free to do so.**

CONCUSSION PROTOCOL

CIF bylaws state that a student who is suspected of sustaining a concussion will be removed from physical activity for the remainder of the day. A student athlete who has been removed from play cannot return until the athlete is evaluated by a licensed health care provider (M.D or D.O) trained in the evaluation and management of concussions. In order for the athlete to return to play they must receive a written clearance from an M.D or D.O to participate in their sport. In addition, the athlete must also complete a return to play concussion protocol with their Athletic Trainer, and be cleared by the Athletic Trainer to participate in their sport. For more information on concussions, please see the Centers for Disease Control and Prevention website's concussion page at <http://www.cdc.gov/concussion/> and CIF's concussion protocol page at <https://cifstate.org/sports-medicine/concussions/index>

EQUIPMENT

All equipment issued to you is property of the Delano Joint Union High School District. Treat it with respect. You are financially responsible if it is lost, damaged, or stolen. It is the students responsibility to secure all equipment, uniforms, and fundraising items at all times.

PRACTICE GUIDELINES

Practices are designed to prepare for upcoming competitions and do serve as a time to build skills, and enhance techniques. Considerable planning and thought are put into every practice in order to capitalize practice time and ensure that the student athlete has time for personal and

academic pursuits. Practice must be attended in order for the athlete to be prepared to perform and compete.

Athletes are expected to communicate with their coach and inform them about any absences. All missed practices will be made up with certain conditioning which the coach has specified. Missed practices may result in missed playing time. Missing more than 3 unexcused absences could be grounds for dismissal from the team.

SCHOOL ATTENDANCE

In order to participate in a school-day practice or contest, a student athlete must be in attendance a minimum of four periods of the school day. Field trips, alternate learning experiences, concurrent enrollment, medical/dental appointments and special family situations may be excused by the athletic director.

HOLIDAY PRACTICES AND GAMES

Every attempt will be made to keep scheduled games during school holidays to a minimum. However, with games and tournaments occurring during these breaks coaches may schedule practices during the holiday breaks. Missing these practices or games will fall under the regular practice guidelines.

ATHLETIC ATTIRE

- It is expected that student athletes are dressed appropriately for practice and games. The NHFS rule of uniformity is applied to game situations, where everyone is dressed in uniform fashion, representing the team concept, and not individuality. Any accessories, i.e., head bands, gloves, visors, etc. are at the discretion of the head coach and administration.
- The head coach determines what the practice attire will be for the day. Students are expected to dress in their designated area.
- Student athletes are expected to adhere to a higher standard as they represent not only the school, but the community as well. Each coach has the authority to establish his/her own game day dress code.

DROPPING FROM A TEAM

On occasion the student athlete may find it necessary to quit a sport prior to the end of the sport's respective season. The following steps must be followed if a decision is made to quit a sport.

1. Talk to your coach first, and then your parent before you quit.
2. Student athletes who quit a sport during the season, will not be allowed to try out or practice for the next sport until the current season of that sport is over.
3. Being cut during tryouts is not considered quitting.
4. Students who choose to return to a sport they previously quit, must have the Athletic Director's and coach's approval.

TRANSPORTATION

- All team members are expected to ride with the team to and from contests.
- Only district employees or coaches with current paperwork filed and approved, may drive Delano Joint Union High School District vehicle.
- Student athletes may not drive their own vehicles to an out of town contest.
- Athletes must return on the team bus/van unless the game day transportation form has been completed at the attendance office and given to the head coach.
- **Parents requesting to take their student athletes home after away games should be considered a rare exception to the rule. Coaches work very hard to build team unity and often use the traveling to and from away games to accomplish this goal.**

DECORUM & CONDUCT

All school activities must be congruent with Delano Joint Union High School's goals and objectives. It is within this context that the following code of ethics is presented. As an athlete, I understand that it is my responsibility to:

1. Place academic achievement as the highest priority.
2. Show respect for teammates, opponents, coaches and spectators.
3. Respect the integrity and judgment of game officials.
4. Exhibit fair play, sportsmanship, and proper conduct on and off the playing field.
5. Maintain a high level of safety awareness.
6. Refrain from the use of profanity, vulgarity, and other offensive language and gestures.
7. Adhere to the established rules and standards of the sport.
8. Respect all equipment and use it safely and appropriately.
9. Refrain from the use of alcohol, tobacco, illegal, and non-prescriptive drugs, anabolic steroids or any substance to increase physical development or performance.
10. Abide by all state, section and school athletic rules and regulations as they pertain to eligibility and sports participation.
11. Win with character, lose with dignity.

CODE OF CONDUCT FOR STUDENT ATHLETES

TRUSTWORTHINESS

- **Trustworthiness** — Be worthy of trust in all you do.

- **Integrity** — Live up to high ideals of ethics and sportsmanship and encourage players to pursue victory with honor. Do what is right even when it is unpopular or personally costly.
- **Honesty** — Live honorably. Do not lie, cheat, steal or engage in any other dishonest conduct.
- **Reliability** — Fulfill commitments. Do what you say you will do.
- **Loyalty** — Be loyal to the school and team; put the interest of the team above your child's personal glory.

RESPECT

- **Respect** — Treat all people with respect at all times and require the same of your student athletes.
- **Class** — Teach your child to live and play with class and be a good sport. He/she should be gracious in victory and accept defeat with dignity; compliment extraordinary performance, and show sincere respect in pre- and post-game rituals.
- **Disrespectful Conduct** — Do not engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
- **Respect for Officials** — Treat game officials with respect. Do not complain about or argue about calls or decisions during or after an athletic event.

CARING

- **Caring Environment** — Consistently demonstrate concern for student athletes as individuals and encourage them to look out for one another and think and act as a team.

FAIRNESS

- **Fairness and Openness** — Live up to high standards of fair play. Be open-minded; always be willing to listen and learn.

CITIZENSHIP

- **Spirit of the Rules** — Honor the spirit and the letter of rules. Teach your children to avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

RESPONSIBILITY

- **Importance of Education** — Support the concept of “being a student first.” Commit your child to earning a diploma and getting the best possible education. Be honest with your child about the likelihood of getting an athletic scholarship or playing on a professional level. Reinforce the notion that many universities will not recruit student athletes who do not have a serious commitment to their education. Be the lead contact for college and university coaches in the recruiting process.

- **Role-Modeling** — Remember, participation in sports is a privilege, not a right. Parents/guardians too should represent the school, coach and teammates with honor, on and off the court/field. Consistently exhibit good character and conduct yourself as a positive role model.
- **Self-Control** — Exercise self-control. Do not fight or show excessive displays of anger or frustration.
- **Healthy Lifestyle** — Promote to your child the avoidance of all illegal or unhealthy substances including alcohol, tobacco and drugs and some over-the-counter nutritional supplements, as well as of unhealthy techniques to gain, lose or maintain weight.
- **Integrity of the Game** — Protect the integrity of the game. Do not gamble or associate with gamblers.
- **Sexual Conduct** – Sexual or romantic contact of any sort between students and adults involved with interscholastic athletics is improper and strictly forbidden. Report misconduct to the proper authorities.

SPORTS PARTICIPATION

The CIF allows sports teams to practice year-round. Delano Joint Union High School District follows our own guidelines pertaining to this CIF rule. The sport in season takes priority with no other sport interference. The next season of sport is the next priority in order to prepare for the upcoming season. Finally, students are able to work out with multiple teams as long as both coaches are in agreement. If any issues may arise, the Athletic Director will make the final decision.

SPORTSMANSHIP

Positive sportsmanship is key to every team's success. Occasionally, fan behavior can be detrimental to an athletic event. The following actions are considered inappropriate behavior and will not be tolerated:

- Taunting and/or bullying
- Verbal abuse of officials, coaches, players, or opposing fans
- Any obscene gestures
- Throwing objects
- Signs or posters that degrade teams, officials or players
- Vandalism
- Violence
- Use of drugs, alcohol or tobacco

ACTIVITIES AWAY FROM SCHOOL

Student athletes are expected to be positive role models at all times. In addition to the consequences that may be imposed for inappropriate behavior outside of school, the school may impose its own disciplinary actions before the student athlete will be allowed to participate in their sport.

ALCOHOL, TOBACCO, & ILLEGAL DRUGS

Students may not use or possess any form of alcoholic beverage, tobacco or illegal drugs. This rule applies on and off campus during the entire season of each sport. The first offense will result in a 6 week suspension. The second offense will result in a 12 week suspension. The third offense will result in a 12 month suspension. Discipline administered will be consistent with district policies.

DJUHSD ATHLETIC PARTICIPATION IS A PRIVILEGE, NOT A RIGHT

Students choose to be a part of the DJUHSD athletic programs, and as a result are held to a higher standard compared to their non-athlete peers. Students who are members of the DJUHSD athletic teams are representatives of their community and their school at all times.

NCAA ELIGIBILITY

The National Collegiate Athletic Association (NCAA) is an organization which has established rules on eligibility, recruitment and financial aid. The NCAA has three levels of membership: Division I, Division II and Division III. You can get more information at NCAA Eligibility Center. Be sure to visit the NCAA's Guide for the College Bound Athlete.

INFORMATION FOR PARENTS

PARENTAL ROLE

Parents are vital to the Delano Joint Union High School athletic programs. There are high expectations for participation of parents in the athletic experience of student athletes. The partnership between coaches and parents is a key dynamic to the overall growth experience of the student athlete. As a parent, when your child becomes involved in our athletic programs, you have a right to understand the expectations that are placed on your child. The most important part of this is clear communication between the student athlete, coach and parent.

CODE OF CONDUCT FOR PARENTS/GUARDIANS

Athletics competition of interscholastic age children should be fun and should also be a significant part of a sound educational program. Everyone involved in sports programs has a duty to assure that their programs impart important life skills and promote the development of good character, integrity and sportsmanship. Essential elements of character building are embodied in the concept of sportsmanship and six core ethical values: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (*Six Pillars of Character Counts!*). The highest potential of sports is achieved when all involved consciously pursue *Victory With Honor*.

COMMUNICATION YOU CAN EXPECT FROM YOUR COACH

- Coach's team philosophy.
- Expectations of the coach for your student and the team.
- Locations and times of practices and games.
- Team requirements in and out of season (e.g. fundraising, lifting, conditioning, contests, etc.)
- Procedure to follow if your child is injured.
- Discipline that result from a lack of participation or cooperation of your child.
- Availability of the coach to speak with you if you have a concern at a scheduled time.
- Your support of the program.

PROCEDURE TO ADDRESS A CONCERN

1. Step 1- Student athlete should meet with their head coach and address their concern.
2. Step 2- If the issue is not resolved after the student athlete has met with the coach, the student athlete, coach, and athletic director will meet to resolve the issue.
3. Step 3- If the issue persists, parent, student, coach, and athletic director will meet to resolve the issue.
4. Step 4- If the issue is not resolved after the student athlete and the parent have contacted the coach and the athletic director, the parent should contact the principal.
5. Issues, regarding an athlete's playing time and/or role will not be discussed.

RETRIBUTION

Retribution is prohibited by district policy. Student and parents must be confident that the voicing of an opinion or concern, using the proper forum and method, is not only free from penalty or retribution, but also is strongly encouraged. The Athletic Director and coaches are committed to insuring that after a student or parent raises an issue or concern, there shall be no 'retribution' in any form.



Student Athletic Handbook & FamilyID Agreement Form

My signature below indicates that I have reviewed, understand, and agree to all requirements of the Delano Joint Union High School Student Athletic Handbook and FamilyID documentation.

By signing this form, I am acknowledging that I personally have read and electronically signed all required documentation on the FamilyID registration website.

Printed Parent Name: _____

Parent Signature: _____

Printed Student Athlete Name: _____

Student Athlete Signature: _____

Student ID #: _____ School: _____

Date Signed: _____

This form must signed and turned into the Athletic Department in order for the athlete to receive their BLUE CLEARANCE CARD.