

# SANGER HIGH SCHOOL PARENT/STUDENT



## ATHLETIC HANDBOOK

## TABLE OF CONTENTS

|  |     |
|--|-----|
| Sanger High School Athletic Philosophy               | 2   |
| Seasons of Sport                                     | 3   |
| Contact Information and Varsity Head Coaches         | 4   |
| Eligibility Requirements                             | 5   |
| Athletic Eligibility Requirements                    | 5   |
| Academic Eligibility Requirements                    | 5   |
| Attendance Regulations                               | 6   |
| CIF Regulations and Eligibility                      | 6-7 |
| Notice of Risk to Students and Parents/Guardians     | 7   |
| Injury and Doctor Release Policy and Procedures      | 8   |
| Insurance  | 8   |
| Concussions  | 9   |
| Sudden Cardiac Arrest                                | 10  |
| Apache Code of Conduct                               | 11  |
| Expectations of Student-Athletes                     | 12  |
| Discipline Code                                      | 12  |
| Squad Selections                                     | 12  |
| Dedication   | 12  |
| Equipment  | 13  |
| Social Networking                                    | 13  |
| Information for Parents                              | 14  |
| Coach/Parent Relationships and Communication         | 14  |
| Parent/Guardian Code/Ethical of Conduct              | 14  |
| Parent/Guardian Expectations                         | 15  |
| Grievance Procedure                                  | 16  |
| Interscholastic Residential and Transfer Eligibility | 17  |
| Transportation                                       | 18  |
| Directions to CIF Central Section Schools            | 18  |
| Link to Team Schedules                               | 18  |
| Letters and Awards                                   | 19  |
| Colleges and Scholarships                            | 19  |
| California Interscholastic Federation (CIF)          | 20  |
| Information and Ethics Policy                        | 21  |

## PHILOSOPHY

The Sanger Unified School District believes that a dynamic program of student activities and athletics is vital to the educational development of the student and should provide a variety of experiences that aid in the development of favorable attitudes and habits in students.

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 good will, to promote self-realization and all-around good citizenship.

Athletics plays an important part in the life of Sanger High School. Young people can learn a great deal from their participation in interscholastic athletics. Lessons in sportsmanship, teamwork, preparation, competition, and how to win and lose gracefully are an integral part of our athletic program. Athletics also helps the individual student develop a healthy self-concept as well as a healthy body. Athletic competition adds to our school spirit and helps all students, participants as well as spectators, develop pride in their school.

Interscholastic athletics provides a unique teaching and learning opportunity. In this setting, individual and group experiences occur which are difficult to duplicate in other educational activities. Because of the competitive nature of sport, coaches have an obligation to use educationally sound techniques to enhance the growth of athletics. Athletes should approach the competitive experience with a commitment to excellence in learning, personal conditioning, teamwork, and controlled competitiveness.

Participation in athletics 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. Leadership in the program should be of the highest quality so as to exemplify to the participants the desired type of behavior to be developed from the athletic program.

The ultimate goals of the athletic program are to provide wholesome opportunities for students to develop favorable habits and attitudes, to help realize the value of participation without over-emphasizing the importance of winning or excelling, and to develop and improve positive citizenship traits among the participants.

## SEASONS OF SPORT

### FALL SPORTS: Start Dates: Week of July 31st

|                              |         |                |            |
|------------------------------|---------|----------------|------------|
| Boys and Girls Cross Country | Varsity |                | Frosh/Soph |
| Football                     | Varsity | Junior Varsity | Frosh/Soph |
| Girls Golf                   | Varsity | Junior Varsity |            |
| Girls Tennis                 | Varsity | Junior Varsity |            |
| Girls Volleyball             | Varsity | Junior Varsity | Frosh/Soph |
| Boys and Girls Water Polo    | Varsity | Junior Varsity |            |
| Game Squad Cheer             | Varsity | Junior Varsity | Freshman   |

### WINTER SPORTS: Start Date: Week of October 22nd

|                           |         |                |            |
|---------------------------|---------|----------------|------------|
| Boys and Girls Basketball | Varsity | Junior Varsity | Freshman   |
| Boys and Girls Soccer     | Varsity | Junior Varsity | Frosh/Soph |
| Boys and Girls Wrestling  | Varsity | Junior Varsity |            |
| Game Squad and Comp Cheer | Varsity | Junior Varsity | Freshman   |

### SPRING SPORTS: Start Date: Week of January 22nd

|                                  |         |                |            |
|----------------------------------|---------|----------------|------------|
| Girls Badminton                  | Varsity | Junior Varsity |            |
| Baseball                         | Varsity | Junior Varsity | Frosh/Soph |
| Boys Golf                        | Varsity | Junior Varsity |            |
| Girls Lacrosse                   | Varsity |                |            |
| Softball                         | Varsity | Junior Varsity | Frosh/Soph |
| Boys and Girls Swimming & Diving | Varsity | Junior Varsity |            |
| Boys Tennis                      | Varsity | Junior Varsity |            |
| Boys and Girls Track and Field   | Varsity |                | Frosh/Soph |
| Boys Volleyball                  | Varsity | Junior Varsity | Frosh/Soph |
| Competitive Cheer                | Varsity |                |            |

#### **What Is Expected Of You As An Athlete:**

- Commitment to the sport, team and the school
- Positive attitude
- Maintain eligibility
- Conduct yourself in a positive manner at all times (follow the code of conduct)
- Attendance and hard work at practices and games

#### **If You Are Interested You Should:**

- Talk with the head coach and attend the preseason information meeting
- Have a physical and turn in athletic forms to the Athletic Office
- Attend all tryout sessions/practices

## CONTACT INFORMATION

\*Parents and Athletes are to use the following line of communication if questions or concerns arise.

1) *The coach of your particular team* 2) *Head varsity coach (if applicable)* 3) *The Athletic Director*  
4) *The Deputy Principal* 5) *The Principal* 6) *District Academic Officer for Secondary Education*

### **School Phone Number:** (559) 524-7121

|                    |                  |           |                                    |
|--------------------|------------------|-----------|------------------------------------|
| Principal          | Kirstin Coronado |           |                                    |
| Athletic Director  | Brian Penner     | ext. 7206 | brian_penner@sangerusd.net         |
| Athletic Secretary | Matilde Salazar  | ext. 7208 | matilde_salazar@sangerusd.net      |
| Athletic Clerk     | TBD              | ext. 7210 | TBD                                |
| Athletic Trainer   | Chris Gonzalez   | ext. 7369 | christopher_gonzalez@sangerusd.net |
| Transportation     | Adolfo Hinojosa  | ext. 6650 | adolfo_hinojosa@sangerusd.net      |

### **Varsity Head Coaches:**

|                   |                    |           |                                  |
|-------------------|--------------------|-----------|----------------------------------|
| Baseball          | David Cuellar      | ext. 7251 | david_cuellar@sangerusd.net      |
| Boys Basketball   | Al Alvarado        | ext. 7281 | al_alvarado@sangerusd.net        |
| Girls Basketball  | Fidel Alva         | ext. 7429 | fidel_alva@sangerusd.net         |
| Cheerleading-Game | Serena Sanchez     |           |                                  |
| Cheerleading-Comp | Julian Johnson     |           |                                  |
| Cross Country     | Sean Marzolf       | ext. 7371 | sean_marzolf@sangerusd.net       |
| Football          | Matt Logue         | ext. 7283 | matt_logue@sangerusd.net         |
| Golf              | Preston Montelongo | ext. 7377 | preston_montelongo@sangerusd.net |
| Girls Lacrosse    | Marissa Caraveo    |           | missiroo14@gmail.com             |
| Boys Soccer       | Alex Gutierrez     |           | gutierrez.lx@gmail.com           |
| Girls Soccer      | Jesus Camarena     |           | jesus_camarena@sangerusd.net     |
| Softball          | Erica Pennington   | ext. 7338 | erica_pennington@sangerusd.net   |
| Swimming/Diving   | Kellie Sanders     | ext. 7257 | kellie_sanders@sangerusd.net     |
| Tennis            | Jeremy Warkentin   | ext. 7383 | jeremy_warkentin@sangerusd.net   |
| Track and Field   | Sean Marzolf       | ext. 7371 | sean_marzolf@sangerusd.net       |
| Boys Volleyball   | Scott Okada        | ext. 7365 | scott_okada@sangerusd.net        |
| Girls Volleyball  | Sierra LeBeau      | ext. 7394 | sierra_lebeau@sangerusd.net      |
| Boys Water Polo   | Milorad Pavlovic   | ext. 7353 | milorad_pavlovic@sangerusd.net   |
| Girls Water Polo  | Kellie Sanders     | ext. 7257 | kellie_sanders@sangerusd.net     |
| Wrestling         | Ciso Juarez        | ext. 7239 | narciso_juarez@sangerusd.net     |

### **Sanger High School and CIF Websites:**

|                                 |  |
|---------------------------------|--|
| Sanger High School Information  | <a href="http://www.sangerhigh.sanger.k12.ca.us">www.sangerhigh.sanger.k12.ca.us</a> |
| Central Section CIF Information | <a href="http://www.cifcs.org">http://www.cifcs.org</a>                              |
| State CIF Information           | <a href="http://www.cifstate.org">www.cifstate.org</a>                               |

## **ELIGIBILITY REQUIREMENTS**

### **ATHLETIC ELIGIBILITY**

To compete in Sanger High athletics, students must:

- Have completed a current Athletic Packet on file in the Athletic Office. The Athletic Packet includes an eligibility card, parent consent to policies, emergency card with proper insurance information, current physical exam, acknowledgement of CIF concussion and cardiac arrest policies, and acknowledgement of the code of conduct.
- Present proof of family accident insurance or purchase school insurance.
- Clear all fines and obligations related to school-issued equipment/uniforms.
- Be in good standing as regards to attendance and discipline.
- Be residentially eligible (transfer eligibility forms must be approved by CIF for all transfer students).
- Attend, with a parent/guardian, a pre-season meeting held by the varsity head coach. Dates and time will vary by season and sport.

### **ACADEMIC ELIGIBILITY**

To be academically eligible to compete in Sanger High athletics, students must:

- Maintain an un-weighted 2.0 GPA on a 4.0 scale at the end of 6/12 week and semester grading periods.
- Be enrolled in a minimum of four classes/20 credits.
- Have passed a minimum of four classes/20 credits the previous semester to be eligible.

Academic eligibility is monitored on a 6 week, 12 week, and semester basis and will be determined no later than five days after each grading period. Student athletes who do not meet the above requirements will be allowed ONE six-week probationary grading period following one deficient grading period. Students who are on probation:

- Must attend all tutorial periods during the probationary period.
- Make sufficient progress toward a 2.0 GPA.
- Must maintain an academic progress log.

Students on probation who fail to achieve a 2.0 progress report GPA on a 4.0 scale or do not attend mandatory interventions during the probationary period will be ineligible to participate in athletics during the subsequent grading period.

Students placed on probation or declared ineligible at the conclusion of a grading period during their season of sport will be notified by the Athletic Department.

## **ATTENDANCE REGULATIONS**

To participate in Sanger High athletics, students must:

- Attend a minimum of four periods in a six period day or two periods on a block schedule or final exam day to participate in a contest that same day. Student athletes who are absent from a portion of school due to an excused absence (school activity, family bereavement, verified doctor's appointment) may continue to participate in the practice or contest for that day.
- Student athletes absent from an entire school day will NOT be allowed to practice or play on that day.
- Student athletes are expected to attend a full school day following a contest. Athletes who do not ride buses and do not attend school on foggy days will NOT be allowed to practice or play on those days.
- Student athletes may not attend any school event during suspension. Students may not participate in extracurricular activities (including athletics) during a home or on-campus suspension.
- Student athletes who are on a "non-privilege" list in the guidance office are not permitted to practice or compete.
- Student athletes are expected to ride school transportation to and from athletic events. Athletes needing to use transportation other than the school bus must obtain permission from the Athletic Department Office. Parents may sign out their student following a contest with the coach if the parent/guardian is wishing to transport their athlete home.
- A parent may send a written note with his or her student athlete permitting him or her to be transported from a contest by another adult.
- Students on SARB II will be on a 20-day non-privilege list and not allowed to participate in athletics.

## **CIF REGULATIONS**

The Sanger Unified School District sponsors a varied activities program for all students enrolled. Student participation in one of these programs is governed by rules and regulations established by Sanger Unified School District, the County Metro Athletic Conference (CMAC), and California Interscholastic Federation (CIF). These guidelines have been developed to provide for:

- The uniform organization and management of each sponsored activity.
- The safety and welfare of each participant.
- The protection of individual student rights.
- The instruction in the essential skills and attitudes needed for participation.

## **CIF ELIGIBILITY**

Students must:

- Not have reached the 19<sup>th</sup> birthday on or before June 15<sup>th</sup> prior to a year of competition.
- Be an amateur.
- Be an undergraduate in high school, at the school for which they are competing.
- Have attended high school not more than eight semesters after completing the eighth grade.
- Scholastically during the previous grading period:
  - Have passed at least four classes (20 credits) last semester.

- o Maintain an un-weighted 2.0 GPA on a 4.0 scale each grading period
- Have met residence requirements
- Any and all transfer students have forms CIF form 207 and 510 approved by CIF prior to competing in a CIF contest.
- Have not competed on any outside team in the same sport during the school season of that sport.

### **NOTICE OF RISK TO STUDENT AND PARENTS/GUARDIANS**

By nature, competitive athletics may put a student in situations in which **SERIOUS, CATASTROPHIC, and FATAL ACCIDENTS** may occur.

Many forms of athletic competition result in physical contact among players, the use of equipment that may result in accidents, strenuous physical exertion, and numerous other exposures to risk of injury.

Students and parents must assess the risks involved in such participation and make their choices to participate in spite of those risks. No amount of instruction, precaution, or supervision will totally eliminate all risk of injury. The importance of parents and students having knowledge of risks involved in making this choice to participate cannot be overstated. There have been accidents resulting in death, paraplegia, quadriplegia, and other permanent physical impairments as a result of athletic competition.

By granting permission for your student to participate in athletic competition, you, the parent or guardian, acknowledge that such risk exists. By choosing to participate, you, the student, acknowledge that risk exists.

Students will be instructed in proper techniques to be used in athletic competition and in the proper utilization of all equipment worn or used in practice and competition. Students **MUST** adhere to that instruction and utilization and **MUST** refrain from improper uses and techniques.

As previously stated, no amount of instruction, precaution, and supervision will totally eliminate all risk of serious injury.

If any of the foregoing is not completely understood, please contact the athletic director or assistant principal for further information.



## **POLICY AND PROCEDURES FOR INJURIES AND DOCTOR RELEASE**

- Injuries and illnesses can and do occur during the course of athletic practices and contests. If an athlete has a pre-existing condition before the season of sport, then the parent and/or athlete are required to notify the head coach and trainer. If an injury or illness occurs in a practice session or contest and the injury requires medical attention from a doctor, then the following rules apply:
  - 1) The athlete must follow the doctor's instruction on treatment and the participation or non-participation plan that is set by the doctor.
  - 2) The athlete cannot participate in a practice or contest until the doctor who performed the diagnosis signs a written release.
  - 3) A parent or coach cannot release an athlete back to practice without a doctor's written release.
  - 4) All written doctors' release forms must be given to the trainer who will communicate the release to the head coach.
- If an injury or illness occurs outside of a team practice, workout, or contest, the athlete and/or parent is required to notify the head coach and trainer before the next practice or contest day. If the injury requires a doctor's diagnosis, then all rules from above will apply.
- The SHS training staff will consult all minor injuries that do not require further professional medical care. The athlete's injury, possible treatment, and release to regular activity will be discussed and determined by the trainer, head coach, and/or parent. (If applicable).
- Athletes who suffer from asthma are responsible to have their inhalers available to them during practices and contests.
- Athletes are strongly encouraged to eat a balanced nutritious diet throughout the school day. Athletes should also keep themselves hydrated throughout the day by drinking plenty of water and electrolytes, especially during the hot months. Water breaks will be provided during practice, but it is the athlete's responsibility to hydrate themselves before, during, and after practices and contests.
- If an illness or injury occurs in which the coach or trainer are unaware and the athlete will not be able to attend the practice or the contest, then the head coach must be notified by the parent or athlete.
- It is the parent/guardian's responsibility to update any changes on your student athlete's emergency card regarding contact information as well as insurance information. Changes must be communicated to the SHS Athletic Office.

### **INSURANCE**

If a student does not have personal (family) coverage, he/she is required to purchase individual insurance through the school or another agency. Students who fail to obtain insurance will not be allowed to participate until insurance is purchased. School insurance forms are located in the Student Center.

**Any questions regarding injuries, please contact the SHS Trainers.**

## CONCUSSIONS

**EDUCATION CODE 49475:** A student-athlete who is suspected of sustaining a head injury in a practice or a game shall be removed from competition at that time for the remainder of the day. Any athlete removed for this reason must receive a written note from a medical doctor trained in the management of concussions before returning to practice or competition. Before an athlete can start the season and begin practice in a sport, a concussion information sheet must be signed and returned to the school by the athlete or the parent or guardian.

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.

In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without the loss of consciousness. Signs and symptoms of concussions may show up right after the injury or can take hours to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms of concussion may include one or more of the following:

- Headaches
- “Pressure in the head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems
- Forgetting game plays
- Repeating the same question/comment

### CIF CONCUSSION RETURN TO PLAY (RTP) PROTOCOL

CA State Law AB 2127 states that return to play (I.E. Competition) cannot be sooner than 7 days after evaluation by a physician (MD/DO) who has made the diagnosis of concussion. A graduated return to play protocol must be completed before you can return to FULL COMPETITION.

## **SUDDEN CARDIAC ARREST**

Sudden Cardiac Arrest (SCA) is not a heart attack. It's an abnormality in the heart's electrical system that abruptly stops the heartbeat. It's caused by an undetected congenital or genetic heart condition.

CIF amended its bylaws to include language that adds SCA training to coach certification and practice and game protocol that empowers coaches to remove from play a student-athlete who exhibits fainting – the number one warning sign of a potential heart condition. A student-athlete who has been removed from play after displaying signs and symptoms associated with SCA may not return to play until he/she is evaluated and cleared by a licensed healthcare provider. Parents, guardians and caregivers are urged to dialogue with student-athletes about their heart health and everyone associated with high school sports should be familiar with the cardiac chain of survival so they are prepared in the event of a cardiac emergency.

## **HEAT AND AIR QUALITY**

Heat and air quality are checked several times each day to ensure student-athlete safety. On days where air quality is questionable, air quality is checked hourly using information provided by the San Joaquin Valley Air Pollution Board on the RAAN app. District guidelines will be followed regarding excessive heat and poor air quality. Information regarding district guidelines can be found on our website.

## APACHE CODE OF CONDUCT

Sanger High School believes that those involved in athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. We also believe that the highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. This code applies to all Sanger High School student-athletes.

This Code, along with the Team Rules established by the coaches, will be enforced during the entire school year.

### ***Trustworthiness***

*Integrity* – live up to high ideals of ethics and sportsmanship and always pursue victory with honor. Do what is right even when it is unpopular or personally costly.

*Honesty* – live and compete honorably; don't lie, cheat, steal, or engage in any other dishonest or unsportsmanlike conduct.

*Reliability* – fulfill commitments. Do what you say you will do; be on time to practices and games.

*Loyalty* – be loyal to your school and team. Put the team above personal glory.

### ***Respect***

*Respect* – Treat all people and school or private property with respect at all times and require the same of fellow students.

*Class* – live and play with class. Be a good sport. Be gracious in victory and accept defeat with dignity; help up fallen opponents, compliment extraordinary performance, show respect in pre- and post-game rituals.

*Disrespectful Conduct* – don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual nature, trash talking, taunting, vandalism of property, hate motivated behavior, boastful celebrations, gang related activity, sexual harassment, threat or intimidation of a student or group of students, hazing of any student or other actions that demean individuals or the activity.

*Respect Officials* – treat contest officials with respect; don't complain or argue with official calls or decisions during or after an athletic event.

### ***Responsibility***

*Importance of Education* – be a student first and commit to earning your diploma and getting the best education you can. Be honest with yourself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes who do not have a serious commitment to their education, the ability to succeed academically, or the character to represent their institution honorably.

*Role Modeling* – remember, participation in sports is a privilege, not a right, and that you are expected to represent your school, coach and teammates with honor, on and off the field. Consistently exhibit good character and conduct yourself as a positive role model.

*Self-control* – exercise self-control; don't fight or show excessive displays of anger or frustration and don't possess any type of weapon or use of weapon; have the strength to overcome the temptation to retaliate.

*Healthy Lifestyle* – safeguard your health; don't use any illegal or unhealthy substance including alcohol, tobacco, and drugs; don't sell or furnish any controlled substances; don't engage in any unhealthy techniques to gain, lose, or maintain weight; don't attend a party or activity where alcohol or other controlled substances are being *illegally* used.

*Integrity of the Game* – protect the integrity of the game by not gambling or associating with professional gamblers.

*Sexual Conduct* – sexual or romantic contact of any sort between students and coaches/advisors is improper and strictly forbidden. Report misconduct to proper authorities. The possession(s) for sale of pornographic materials is improper and strictly forbidden.

*Team rules* – it is your responsibility to know and follow all of the team rules.

### ***Fairness***

*Be fair* – live up to high standards of fair play; be open-minded; be willing to listen and learn.

### ***Caring***

*Concern for Others* – never intentionally injure any player or engage in reckless behavior that might cause injury to you or others.

*Teammates* – help promote the well being of your teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to the coaches.

### ***Citizenship***

*Play by the Rules* – maintain a thorough knowledge of and abide by all applicable game and competitive rules. Honor the spirit and the letter of the rules by avoiding temptations to gain competitive advantage through improper gamesmanship techniques.

## **EXPECTATIONS OF STUDENT-ATHLETES**

Student athletes must adhere to the above Apache Code of Conduct on and off campus, as well as in season and out of season. Please read all information regarding code of conduct in the Athletic Packet. Athletes who fail to follow code of conduct may be suspended or removed from a team depending on the severity of the offense.

### **DISCIPLINE CODE**

- SHS students are guaranteed due process.
- Major discipline code and/or athletic code of conduct offenses will result in a 10 - 40 day athletic suspension and/or removal from the team depending on the severity of offense.
- Each school/practice/contest day will count as part of the athletic suspension (e.g. Saturday and holiday practices and games fall under the umbrella of an athletic suspension).
- Major discipline code offenses may require the student-athlete to attend and/or participate in counseling, restorative justice, or educational programs.
- Discipline code offenses outside of a season of sport may result in suspension from off-season training and conditioning programs.
- A second major infraction may result in a ONE-YEAR suspension from all athletics.
- Major offenses may include, but are not limited to: fighting, assault, possession or use of an illegal substance (including alcohol), drug paraphernalia, weapons, theft, hazing, sexual harassment, and vandalism.
- Minor discipline code offenses may result in school suspension days and/or an athletic suspension. The team's head coach may enforce additional team-based disciplinary consequences if the conduct violated team/program rule(s). Additional consequences may include an athletic suspension and/or removal from the team.

### **SQUAD SELECTIONS**

Many team sports must limit the size of their squad to provide time for proper instruction, safety concerns, and supervision. "Cutting" prospective athletes is always a very difficult task, but is sometimes a necessity for the benefit of the sport. The head coach maintains sole responsibility for the selection of student-athletes who comprise the squads within his or her program. When a squad cut becomes necessary, each candidate shall:

- Have had the opportunity to go through a try-out during the designated try-out period . The head coach will notify all athletes of the try-out date and period of time. An athlete who fails to attend tryouts will not be provided an additional tryout.
- Be informed of the cut by the coach.
- Head coaches may incorporate additional, non-skill based, information in their team selection. Additional information may include school attendance, discipline records, and past adherence to the code of conduct.
- The tryout period for each team may vary depending on the amount of athletes going out for the particular team, but it usually ranges anywhere from 3-5 days. Athletes will also have a 1-week window to obtain a blue card, and an additional 1-week window to go out for a non-cut sport if they are cut from their initial tryout sport. No blue cards will be issued after that period unless the Athletic Department receives a request from the head coach.

- If seasons overlap, student-athletes who are coming from a previous season of sport after the normal tryout period will be allowed a later tryout period (after the previous season of sport is completed).

Student-athletes who are coming from a previous season of sport after the normal try-out period will be allowed a later try-out period after the previous season of sport is completed.

### **DEDICATION AND BEING PART OF A TEAM**

- Student-athletes are expected to come ready to practice and compete on time and be focused and ready to learn and compete. Student-athletes must be willing to dedicate themselves to their teams and remember that nothing worthwhile is accomplished without hard work.
- Missing practice and/or contests without prior approval of the head coach is not allowed and may result in suspension or dismissal from the team.
- Student-athletes who make an athletic team are expected to finish the season of sport with that team. Failure to do so may result in the athlete's eligibility to participate in that same sport the next school year.
- An athlete who quits a sport MAY NOT join another team that season or begin organized practice with a team in a succeeding season until the original season is completed.
- An athlete who quits a sport anytime during the season will not receive any team or individual awards from that team. Any appeal regarding this guideline must be addressed through the Athletic Director.

### **EQUIPMENT AND UNIFORMS**

- Athletic equipment/uniforms are checked out to individuals and become that athlete's responsibility. Loss or damaged equipment/uniform will be billed at replacement costs.
- Uniforms or uniform parts are not to be worn for social, work, or school times not related to athletic contests.
- Uniform or uniform parts are not to be worn by individuals other than the person to whom the uniform is issued.

### **SOCIAL NETWORKING GUIDELINES**

The Sanger High School athletic department respects the rights of its students to use social media. However, it is important for all students to understand the need to exercise care in setting appropriate boundaries between their personal and public online behavior and to understand that what may seem private in the digital world can often become public, even without knowledge or consent. It is the Sanger High School athletic department's expectation that all student-athletes will represent Sanger High School in the best possible manner.

#### **Best Practice for Social Media Use**

- Be aware that privacy settings are not foolproof
  - It's best to assume that anything you post may potentially be seen by your school, your parents/guardians, and strangers.
- Avoid posting confidential personal information
- Avoid unprofessional public profiles
  - Be mindful of the image you create for yourself online. Potential, current, and future employers as well as colleges may access the information you put on social media sites

- Avoid posting illegal activities
- Avoid bullying/ threats of violence
  - While student-athletes have the right to free speech, that right is NOT unlimited. Bullying is a serious problem and is not limited to student-to-student interactions. Students should carefully consider how their communications will impact others.
- Avoid posting disrespectful comments and/or photos about your coaches and teammates.
  - Use social media to build up your team, not tear it down.

### **Potential Discipline by School Authorities**

There are many categories of online conduct that, if they relate to school activity or attendance, and if they violate the Educational Code and/or Sanger Unified School District rules governing student conduct, may subject a student-athlete to discipline by district authorities. Every allegation of student misconduct is evaluated based on the totality of the circumstances involved, including online activities. Administrators and coaches may impose consequences for infractions of social networking guidelines.

## **INFORMATION FOR PARENTS**

### **PARENT/COACH RELATIONSHIPS**

Please encourage your athlete to respectfully communicate with his/her coach before communicating to the coach yourselves. The conflict/issue will most likely get resolved between them, and it offers your child the opportunity to learn how to communicate effectively with an adult. It also teaches communication skills that will carry them through high school, and beyond, into adulthood. If the issue is not resolved after their conversation/meeting, it is then appropriate to reach out to the coach and request a meeting. If the issue is still not resolved, the Athletic Director and Principal, respectively, will become involved to assist in a resolution.

Both parenting and coaching are extremely challenging. By establishing an understanding of each position, we are better able to accept the actions of the other for the benefit of the student-athlete. As parents, when your children become involved in our program, you have the right to understand the expectations that are placed on your child. This begins with clear communication from your student-athlete's coach.

We believe that it is a team effort by the coaching staff and parents to create a positive environment for each athlete to learn and grow.

### **COMMUNICATION YOU CAN EXPECT FROM YOUR COACH**

- Philosophy of the coach
- Expectations the coach has for your student as well as the team
- Locations and times of practices and contests
- Team requirements (e.g. fundraising, equipment, off-season expectations)

- Procedure to follow should your child be injured during participation
- Discipline that results in the denial of your child's participation
- The availability of the coach to speak with you about your child if you have a concern
- Best method of communication to contact the head coach or coaching staff

## **COMMUNICATION COACHES CAN EXPECT FROM PARENTS**

- Concerns expressed at appropriate times
- Meetings shall not take place before or after games, or at any time athletes are present.
- Notification of any schedule conflict which may involve an absence from practices or a contest well in advance
- Your support for the program and positive encouragement for all involved

## **BENEFITS AND CHALLENGES OF ATHLETIC PARTICIPATION**

As your student-athlete becomes involved on an athletic team, they will experience some of the most rewarding moments of their lives. Likewise, it is important to realize that there will be times when things do not go the way your student wishes. We believe that sports can offer many life lessons through the experience of participation on a sports team.

## **APACHE CODE OF ETHICAL CONDUCT FOR PARENTS AND/OR GUARDIANS**

The purpose of all athletic activities is to promote the physical, mental, moral, social and emotional well-being of each student. **Parents/guardians are an integral part of this process.** The purpose of the Parent/Guardian Code is to promote parent support and foster positive adult role models at athletic activities. In the tradition of *Always with Pride*, parents/guardians are expected to adhere to the above student code of conduct and to meet the following expectations.

## **EXPECTATIONS**

As a Sanger High School parent/guardian, I agree to:

- Be a positive role model for my students, the school, and community.
- Be supportive of your student-athlete, school, coaches, and program.
- Display a positive attitude and behavior.
- Emphasize the importance of perseverance, even through challenging situations, such as less than desired playing time, injuries, etc.
- Attend all meetings that pertain to the team/program and keep up to date on all team/program information.
- Understand that coaches will make the best decisions for the overall team/program
- Show respect for all participants, officials, judges, coaches, and spectators.
- Assist in providing for student safety and welfare *at all times*.
- Encourage my students to attend school regularly and emphasize that academics come first.
- Assist my student in keeping athletics in perspective, including understanding the necessity of sportsmanship, a reasoned understanding of winning and losing



- Remember that the coach has the discretion to determine strategy and playing time.
- Inform my student of the dangers of using and discourage the use of any illegal drug, alcohol, or tobacco.
- Encourage, assist, and support my student and the Sanger Apaches in following the Code of Conduct.
- This is also an important segment of a young person's maturity process into adulthood.

Team practices, workouts, team meals, games/contests and any function related to a team are considered school functions. Inappropriate behavior or conduct may result in removal from attending the activity or future activities related to the sport or other school related activities.

### **Penalties for Code of Conduct Violations**

- Spectators/parents who violate the code of conduct may be subject to disciplinary action:
  - First violation - 14 day suspension from visiting any SUSD facility or activity
  - Second violation - 14 day suspension from visiting any SUSD facility or activity
  - Third violation - 365 day suspension from attending any SHS activity
- Spectators who are ejected from an athletic contest may be subject to CIF disciplinary action:
  - Spectators who are ejected from a contest are not allowed to attend the team's subsequent contests
  - Spectators who are ejected a second time from the same sport are not allowed to attend the remainder of the contests for that season

**Reference "Laws of importance to employees in the workplace" in faculty or parent handbooks**

### **GRIEVANCE PROCEDURE**

It is Sanger High School's policy that grievances should not be addressed during or immediately following any practice or game. Therefore, a 24-Hour Rule will be implemented for all teams. Please refrain from contacting the coach for 24-hours after the contest. If a situation arises where a parent/guardian wishes to meet with a coach, or address a specific issue or complaint, the following steps should be followed:

1. Request a meeting at school with the coach of the student athlete's particular team.
2. If the issue remains unresolved, contact the varsity head coach of the student athlete's program.
3. If the issue remains unresolved, contact the Athletic Director and a conference between the parties will be arranged with the Athletic Director.
4. If the issue is still unresolved, contact the Principal of the school.

The coach has full discretion regarding coaching decisions, and complaints in the following areas will not be entertained:

1. Student-athlete playing time
2. Student-athlete not playing the correct position
3. Strategies used by the coach
4. Win/loss record of the coach

### **BOOSTER CLUBS**

Sanger High School values its booster clubs. The role of booster clubs is to support a particular program and the coach as he/she leads the program. Booster clubs are established with the permission of the coach, school and the district and must complete the paperwork process with the

district office. Participation and membership in a booster club is voluntary and does not guarantee anything in return, such as influence with a coach's decision making or playing time for one's child.

Administrative Regulation  
**SANGER UNIFIED SCHOOL DISTRICT**

SOP 5111.1

**STUDENTS  
INTERSCHOLASTIC RESIDENTIAL AND TRANSFER ELIGIBILITY**

Residential and Transfer Eligibility

The following regulations govern Sanger Unified School District students' residential, intradistrict and interdistrict transfer eligibility for participation in District interscholastic athletics.

1. "Residential eligibility" governs and determines at which District area school a student has obtained eligibility to participate in interscholastic athletics.
2. "Interdistrict transfer eligibility" governs whether a student whose residence is located outside the Sanger Unified School District is eligible to participate in interscholastic athletics following a transfer into a Sanger Unified District school (BP/AR 5117).
3. "Intradistrict transfer eligibility" governs and determines whether a student is eligible to participate in interscholastic athletics following a transfer from one Sanger Unified District school to another Sanger Unified District school, whether through the District's Open Enrollment process or an alternative method of intradistrict transfer (BP/AR 5116.1, AR 5118).
4. Authorization or approval by the District of a student's interdistrict transfer, intradistrict transfer, or open enrollment transfer does not immediately result in the student obtaining interdistrict or intradistrict transfer eligibility for District interscholastic athletics. Following a student's interdistrict or intradistrict transfer into a District school, the determination of the student's eligibility for interscholastic athletics will be based upon the requirements, standards and guidelines set forth herein.

Residential Eligibility

1. "Residential eligibility" determines which school within the Sanger Unified School District the student is eligible to attend based on the attendance area in which the student resides. Consequently, "residential eligibility" determines, in the first instance, the District school at which a student is generally eligible to participate in interscholastic athletics during the ninth through twelfth grade years.
2. When a student transfers into the District from a school not located within the Sanger Unified School District, he or she will be considered an interdistrict transfer (i.e., transfers into a Sanger Unified District school from a home school, private school or other out of district public school). A student on an interdistrict transfer who lives outside the District's boundaries will be granted residential eligibility based on their school of enrollment. If the student subsequently wants to

attend a school other than their school of initial enrollment upon transferring into the District, the student must comply with the intradistrict transfer policy and related interscholastic eligibility limits.

5. When a student transfers within the Sanger Unified District to another District school through the intradistrict transfer, they will be subject to the intradistrict transfer policy related interscholastic eligibility limits.

## **TRANSPORTATION**

- All Sanger Unified School District policies will be followed regarding transportation to and from athletic events.
- Athletes are required to ride in school provided transportation unless the following:
- The parent has notified the SHS Athletic Office as well as the Head Coach that they need to transport their child to the event due to an unforeseen schedule conflict.
- The parent has signed out their child following an away contest on the Sanger High School Release Form with the coach.
- The parent has provided written permission documentation to the coach and athletic office prior to the contest date that another parent may transport their child home following an away contest, and the driving parent signs the child out on the Sanger High School Release Form with the coach.

### **Out-of-town/Overnight Athletic Trips**

- School transportation will be provided based on the request of the head coach.
- Parents may transport their own child to an out-of-town/overnight trip if they submit a written request.
- Parents who wish to transport other student athletes in their vehicle to an out of town location must complete the SUSD Private Vehicle Application form no later than one week prior to the departure date. Copies of the driver's license, vehicle registration, and vehicle insurance must accompany the application. All applications must be approved by the SUSD Transportation Department prior to departure.
- Students traveling in an approved private vehicle must provide written permission from each student-athlete's parent to be transported in the transporting vehicle by the approved driver.

## **DIRECTIONS TO CENTRAL SECTION CIF SCHOOLS**

- Visit the following link to find directions to Central Section schools:  
[www.cifcs.org](http://www.cifcs.org)
- Under the "Parents" tab, find "School Directions"

## **TEAM SCHEDULES**

- Visit the Sanger High School website to find seasonally updated schedules:  
<http://sangerhigh.sanger.k12.ca.us/Departments/Athletics/>

## LETTERS AND AWARDS

### VARSITY LETTER

Athletes will receive a varsity letter as a result of participation during the regular season and completion of the season. In order for an athlete to receive a varsity letter, he or she must be on the permanent varsity roster for at least 50% of season (or accumulation of points, depending on sport) and finish the season on the roster. Promotion to a varsity squad for tournaments and/or post-season play does not constitute earning a varsity letter.

### END-OF-SEASON AWARDS

- Each head coach will determine a date and location for an end-of-the-season awards ceremony.
- Head coaches will determine the awards to be given for their sport.
- Student-athletes are required to attend awards ceremonies.
- County Metro Athletic Conference awards such as: All League, League Champion, Team Champion awards will be provided by the league.
- The County Metro Athletic Conference and the CIF do not provide awards for sub-varsity (e.g. junior varsity) recognitions for either individuals or teams.
- Varsity Athletes who earned individual CMAC, CIF, or SHS academic, character, and athletic accolades will be recognized at the end of the year Night of Champions. Students being recognized will receive an invitation to this event.

## COLLEGES AND SCHOLARSHIPS

Recent studies have shown that the percentage of men and women being offered a NCAA Division I full scholarship is 0.08%. In other words, it's easier to become a National Merit Scholar Finalist than to receive an athletic "full ride" scholarship. It is important to understand that high school coaches are not responsible for getting student-athletes college scholarships. However, the coaches will work very hard to make sure that the student-athlete maximizes one's potential in both the athletic and academic arenas.

PARENTS CAN ASSIST IN IMPROVING THE ODDS OF THEIR STUDENT PARTICIPATING AT THE COLLEGIATE LEVEL BY:

- Learning about the different divisions and the available scholarships and grants.
- Determine if your student really wants to play at the collegiate level.
- Have a realistic evaluation of what level your student can participate in at the collegiate level.

Remember there are over 25,000 high schools in the nation.

## **NCAA ELIGIBILITY CENTER**

The National Collegiate Athletic Association (NCAA), an organization that has established rules on eligibility, recruiting, and financial aid, regulates many college athletic programs. The NCAA has three membership divisions, Division I, Division II, and Division III. Institutions are members of a division according to the size and scope of their athletic programs and whether they provide scholarships.

If you are planning to enroll in college as a freshman, and you wish to participate in Division I or II athletics, you must be certified by the NCAA Eligibility Center. The Center ensures consistent interpretation of NCAA initial-eligibility requirements for all prospective student-athletes at all member institutions.

## **YOUR RESPONSIBILITY AS A PROSPECTIVE STUDENT-ATHLETE**

It is your responsibility to make sure the NCAA Eligibility Center has the documents it needs to certify you. These documents are:

- Your completed and signed Student Release Form and fee.
- Your official transcript directly from every high school that you have attended.
- Your ACT or SAT scores.

## **DEVELOPING YOUR RECRUITING PLAN**

- Honestly evaluate your talent/skill level
- Respond to questionnaires
- Show an interest and actively evaluate prospective schools
- Introduce yourself to collegiate coaches
- Develop a list of questions for coaches
- Create a game/skill tape
- Arrange unofficial college visits
- Take the SAT and/or ACT
- Obtain a copy of the NCAA Guide for the College Bound Student-Athlete. This booklet can be downloaded from the NCAA website or call 1-800-638-3731 to receive a free copy.
- **Recruiting service endorsed by the California State Athletic Director's Association is NCSA (National Collegiate Scouting Association). Information regarding NCSA can be found at [www.ncsasports.org](http://www.ncsasports.org) or 1-888-333-6846.**
- Register with the NCAA Clearinghouse.
- Take care of the academics
- Work with your high school coach
- Attend camps and clinics
- Build your strength and endurance
- Conduct yourself well both on and off the field
- Consider using a recruiting service

**CALIFORNIA INTERSCHOLASTIC FEDERATION**  
**Central Section**  
P.O. Box 1567 Porterville, CA 93258  
Phone (559) 781-7586 Fax (559) 781-7033

Sanger High is a member of the CIF Central Section. All parents, athletes, coaches and administrators are required to read and abide by the CIF Code of Ethics. Please read the Policy Statement, Code of Ethics and the Violations and Minimum Penalties policies. A further explanation of the rules and policies of the CIF are available on the CIF Central Section website. The Website also features the latest in dates, sites and playoff information.

- Students and Parents must follow all CIF bylaws.
- CIF bylaws regarding concussions, steroid use, transfer eligibility, academics, physical examinations, and age restrictions are outlined in the eligibility form of the Athletic Packet
- CIF will determine contest/practice start dates and end dates for each season.
- Both the student-athlete and parent must sign CIF Code of Ethics, outlined in the Athletic Packet.

**CIF ETHICS IN SPORTS POLICY**

**I. Policy Statement**

The Central Section, CIF is committed to the exhibition of sportsmanlike and ethical behaviors in and around all athletic contests. All contests must be safe, courteous, fair, controlled and orderly for all athletes and fans alike.

It is the intent of the CIF that violence, in any form, not be tolerated. In order to enforce this policy, the Central Section has established rules and regulations, which set forth the manner of enforcement and of this policy and the penalties incurred when violation of the policy occurs. The rules and regulations shall focus upon the responsibility of the coach to teach and demand high standards of conduct and to enforce the rules and regulations set forth by CIF.

The Central Section requires the following Code of Ethics be issued **each year** and requires signing by student athletes, parent/guardian and coaches prior to participation as a guide to govern their behavior.

**II. Code of Ethics**

- A.** To emphasize the proper ideas of sportsmanship, ethical conduct and fair play.
- B.** To eliminate all possibilities which tend to destroy the best values of the game
- C.** To stress the values derived from playing the game fairly.
- D.** To show cordial courtesy to visiting teams and officials.
- E.** To establish a happy relationship between visitors and hosts.
- F.** To respect the integrity and judgment of sports officials.
- G.** To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
- H.** To encourage leadership, use of initiative and good judgment by the players on a team.
- I.** To recognize that the purpose of athletics to promote the physical, mental, moral, social and emotional well being of the individual players.
- J.** To remember that an athletic contest is only a game, not a matter of life and death for player, coach, school, official, fan or nation.

### **III Violations and Minimum Penalties**

#### **Act**

1. First ejection of player or coach from a contest or SCRIMMAGE for unsportsmanlike conduct.
2. Second ejection of a player or coach from a contest during the same season of sport for unsportsmanlike conduct.
3. Third ejection of a player or coach from a contest during the same season of sport for unsportsmanlike conduct.
4. Any players that leave the "bench" area to begin a confrontation or leave these areas during a confrontation.
5. When players leave the bench area to begin a confrontation or leave the bench area during an altercation and in the opinion of the officials, the situation is out of control.
6. Illegal participation in next contest by player ejected in previous contest.
7. Illegal placement of ejected player or illegal participation by coach ejected in previous contest.
8. Any acts of a more serious nature by individuals or teams or situations not specifically covered by this policy or the Constitution or Governing Rules.
9. If act occurs in CIF Section Finals and both teams are charged with a forfeit.
10. An ejected coach must leave the site of the contest. The coach may have no contact with his/her team from that point on. If there is no certified replacement for the coach, the contest is halted and the game is forfeited. The coach must also sit out the next contest and cannot attend the contest or have any contact with the team during the contest. The coach may be allowed to participate in practices on days other than the day of the contest.
11. An ejected player may stay on the bench for the remainder of the contest for supervision reasons. Further disruption by ejected players may force them to be removed from the site. This could lead to a forfeit. Players ejected must sit out the next contest, but may sit on the bench in street clothes.

#### **Penalties**

- Ineligible for the next CIF contest (league, non-league, tournament, invitational, playoff, etc., scrimmages excluded.) The next contest could be the second game of a doubleheader or even the next season of sport. Athletes competing in concurrent sports would be ineligible for both sports.
- Ineligibility for next two CIF contests, as above, will carry over the next season of sport.
- Ineligibility for all CIF contests for one calendar year (365 days). Any appeal must go through the CIF Eligibility Committee.
- Ejection from the contest for those players designated by officials. The contest may be terminated by the officials. One or both teams may forfeit the contest.
- Contest stopped, ejection from the contest for those players designated by the officials. The team(s) that left the bench area must forfeit contest, record a loss, and the team(s) and players will be put on probationary status for the balance of the season. A second similar infraction during the season of sport will result in cessation of the sport for the team(s) and/or players. If the act occurs at the end of the season, the probationary period will extend to the next year's season of sport. Any appeal would have to be made to the CIF Executive Committee.
- Ineligibility for remainder of season for player. Forfeiture of contest.
- Constitution and sport governing rules and procedures for a coach who knowingly violates CIF or Section Rules. (See Bylaw 1100C).
- Area Commissioner may determine and implement penalties for individuals and teams not otherwise specified by CIF Central Section Constitution and Bylaws.
- After deliberation by the CIF and a double forfeit is in order, there will be no Champion.

#### **APPEALS PROCEDURE-First and Second Ejection**

Unless otherwise specified, an appeal of an ineligibility of a player or coach may be made, in writing, through the player or coach's site administrator, to the Central Section Commissioner or his or her designees for consideration of reinstatement. The Section Commissioner and/or his or her designee will convey results to all schools involved.

#### **PHYSICAL ASSAULT**

CIF State Constitution, Article 5, Section 522. Any student who physically assaults the person of a game or event official shall be banned from interscholastic athletics for the remainder of the student's eligibility. A game or event official is defined as a referee, umpire or any other official assigned to interpret or enforce rules competition at an event. A student may, after a lapse of 18 calendar months from the date of the incident, apply for reinstatement of eligibility to the State CIF Commissioner. For this document, the Central Section also includes coaches, administrators or other school personnel assigned to the contest or games as a game official.

#### **PLEASE READ, SIGN THE ACKNOWLEDGEMENT SHEET AND KEEP THIS SHEET FOR YOUR RECORD**