

AMADOR ATHLETICS

Parent--Student Handbook 2008-2009

It is essential that parents and athletes read the following information. Please feel free to call and inquire about any part of this document. The coaching and administrative staffs are truly committed to working in the best interest of your child.

PHILOSOPHY OF STUDENT ATHLETICS

Amador High School recognizes athletics as an integral part of the entire school setting. As such, we believe that all students should have an opportunity to participate in some form of interscholastic athletics within the limitations of each individual sport, and that such participation should encourage positive scholastic and social growth. Both the student athlete and the sport itself should be a credit to Amador High School.

The Amador County Unified School District realizes that an effective interscholastic athletic program is a product of responsible cooperation among its four major contributors: the student athlete, the parent, the coaching staff, and the site/district administration.

We expect the athletes to develop a personal code of conduct consistent with the time-honored values of sportsmanship, scholarship, integrity, commitment, and respect. Furthermore, as a result of participation in organized team sports, we believe our students should strive to become advocates for, and representatives of, our school and community.

Amador High School's athletes, parents, and coaches are always expected to place the team ahead of the individual. This responsibility means that when it comes to discussions of **playing time**, the coach, parents and athletes must keep in mind that high school sports are competitive in nature and that it is **always** the coach's place to make the final decision. Obviously, parents and

players will not always agree when it comes to issues of playing time for individual athletes. Amador High realizes that this is a sensitive issue, but one that is not up for discussion. **Please accept the coach's decision.**

PARTICIPATION

In order to participate in any athletic competition at Amador High School, a student must have a physical preformed by a physician on or after June 1st of the preceding school year and have the following information on file with the athletic director:

Forms:

Yellow—Pre-participation Physical Evaluation

Signed by parent and student on front

Physician must sign on back

Completely filled out prior to physical on campus

Red—Contract and Medical Authorization

Signed by the parent and student on the front side

Signed by the parent and student on the back side

Gray—Athletic Participation Form

Signed by the parent on the front side

Signed by the parent on the back side

Completely filled out including insurance information

A copy of this form will be given to each coach

White—Steroid Policy

Signed by parent on the front side

Signed by student on the front side

Tan---Athletic Handbook Agreement

Student handbook notification

Parent and student must sign

All forms should be turned in at the same time. The forms should be put in the athletic mailbox across from the Athletic Directors office. Please do not give the forms to anyone else.

ATHLETIC PARTICIPATION FEES

District policy states that each athlete must pay an athletic participation fee for each and every sport. The fee is \$80 per sport. Athletes must turn in their check to Stephanie, the school bookkeeper, before they begin practice.

REFUNDS

Athletic fees will be returned if an athlete does not make the team. **This is the only reason for a refund.** Lack of playing time, becoming ineligible, quitting a sport, or sustaining an injury does not entitle an athlete to a refund.

SPORTSMANSHIP

Participation in the athletic programs at this school requires adherence to the highest standards of good sportsmanship. Aspects of good sportsmanship include ensuring fairness in competition and exhibiting respect for the people and institutions associated with athletic contests. Good sportsmanship requires that athletes adhere to the rules of the game.

On the field athletes must be respectful towards their teammates, opponents, and the officials. They abide by all the rules of the game and are both modest in victory and gracious in defeat.

On campus athletes set an example of good citizenship for their classmates. They also help promote school spirit and act as positive leaders in school activities.

In the classroom, athletes show respect for teachers and for their fellow students. They maintain good attendance, satisfactory academic grades, and satisfactory citizenship standards.

On trips, athletes' conduct is such that they represent their community, school and team in the appropriate manner. Athletes are conscious of their appearance and manners at all times.

The use of profanity, throwing of equipment, or any similar displays of immaturity will not be tolerated. Defiant behavior and back talk toward any coach, school official, or game official will not be tolerated.

Athletes must understand that compliance with the standards of good sportsmanship is an absolute requirement for continued participation in the athletic program. Athletes experiencing success or failure, victory or defeat, are required to display good sportsmanship. Athletes who find themselves unable to comply with these standards will have their opportunities for participation limited or removed.

NOTE TO PARENTS AND GUARDIANS

The administration and coaching staff of Amador High School realize that athletic competition can be a very emotionally charged activity for all involved. We also believe that **positive** parental involvement is crucial to the success of high school sports. **Athletes want to perform well for their parents and their peers.** With these thoughts in mind, we would like you to consider the following:

When fans are negative toward officials or players and show outward hostility, verbally or otherwise, Amador High School as a whole is sending a negative message to our athletes, other schools' athletes, officials, coaches, parents, and fans. **We would appreciate a show of good sportsmanship by our fans because we demand it of our athletes.**

If you have a concern that you would like to discuss with a coach, please remember the following:

1. Do not approach the coaching staff with an important concern on game days. This is a very emotional time and communication tends to be non-productive.
2. Call the school and ask when you can meet with a coach. The coach will return your call and set up an appointment if necessary.
3. If the discussion does not lead to a mutual understanding, please contact the athletic director at 257-7358. He will meet with you, the coach and your child to discuss your concerns.

We want your child to have a positive experience while participating in athletics. We need your support and cooperation in order to make that happen. It is important that everyone involved works together and demonstrates mutual respect. This applies to visiting schools, officials and fans. Our motto is:

“A Commitment to Sportsmanship”

OFFICIALS

Officials in a game are there for the purpose of insuring that both teams will receive a fair deal. **OFFICIALS DO NOT INTENTIONALLY LOSE A GAME FOR YOU.** It is an athletic tradition and California Interscholastic Federation (CIF) rule that no one except the appointed team captain speaks to the official. The captain should speak with a tone of respect and with the purpose of clarifying a rule. Any behavior contrary to the above is a direct reflection on the school and coaches. Disrespectful behavior will not be tolerated.

HEALTH AND SAFETY

All athletes must receive an annual physical prior to the beginning of each school year. The physical is good for one full school year.

Physicals are given at Amador High School for a fee of \$20. Various nurses, chiropractors and physicians perform the physicals. The physicians donate the \$20 fee back to the athletic program. The Amador Ledger sports page will post the date and time for physicals. An athlete may choose to go to his/her own doctor for the physical. In that case, the physician must fill out and sign the athletic pre-participation form provided at school. The form is **yellow**.

A sports physical is not intended to be, or replace, a full medical physical. An athletic physical merely serves as a general examination to establish that the student does not have an obvious medical problem that would need to be looked at by his or her family doctor.

All students engaging in interscholastic athletic competition are required to meet accident insurance requirements prescribed by law. Students must have an Athletic Insurance Information statement signed by the parent and on file with the coach prior to athletic participation. The form is gray and is part of the sports packet given to each athlete.

To insure that athletes receive immediate and appropriate care for any injuries that may occur, only the following persons may provide care and treatment for those injuries while the athlete is under the supervision of the school district coach:

1. Coaches who have met CIF competencies with regard to the care and prevention of athletic injuries, basic sports injury first aid, and emergency procedures.
2. A licensed professional such as a physician, registered nurse, or chiropractor.
3. An EMT (I or II) or a paramedic.

In case of injury the athlete and coaches will take the following steps:

1. The player will immediately report **any** injury to the coaching staff. Injuries not reported will be considered off campus injuries.
2. Whenever an athlete incurs an injury or wound in which blood or other bodily fluids could be transmitted to another athlete, the practice or game shall be stopped. The athlete will be escorted off the field/court to receive appropriate treatment. The player will not be allowed to return to the game until the situation had been rectified.
3. In case of minor injuries, first aid procedures will be practiced. If the severity of an injury is questionable, the athlete should be referred for medical follow-up. If an athlete sustains an injury or serious illness, the athlete may be required by school personnel to have another examination prior to further interscholastic competition.

If the injury is a major one, these steps will be taken:

1. Proper care and attention shall be provided pending the arrival of an ambulance.
2. Parents or guardians will be notified as soon as possible with all available information. If they cannot be contacted, the emergency contact person named on the athlete's **Athletic Participation Form** will be contacted.
3. If an athlete's parents/guardians are unavailable, a school representative (preferably administrative or certificated) shall accompany the injured athlete to the hospital.
4. Parents or guardians will be responsible for picking up the athlete from the hospital.
5. An athlete who has been referred to a doctor will not be permitted to return to practice or competition without a signed medical release.

AGE ELIGIBILITY

Any athlete who will turn nineteen years old on or before June 14th of the current school year is ineligible to participate in any sport governed by CIF during the next school year. There is an appeal process. See the athletic director for further details.

SEASON OF SPORT ELIGIBILITY

State law mandates that an athlete may not be a member of another team while playing on a high school team in the same sport. For example, if a high school basketball player participates in basketball on a church team, during the high school basketball season, he would be in violation of state rules. Soccer has different rules regarding this subject. Please check with the athletic director before playing on any outside team.

Each athlete is expected to complete a sport-season once he is declared a team member by the coach. The only way for an athlete to change sports during a season is to get permission from both the coach he/she is currently playing for and the coach he/she wishes to play for.

AMADOR COUNTY UNIFIED SCHOOL DISTRICT ACADEMIC ELIGIBILITY

CIF and the Amador County Unified School District Board of Education regulate athletic eligibility. The rules state:

1. An athlete must be enrolled in at least twenty semester units of work.
2. The student must have passed a minimum of 20 semester units of work the previous grading period.
3. At the end of each **10 week** grading period, an athlete must have a minimum 2.0 GPA and no more than one “F” grade to remain eligible. If an athlete becomes ineligible he/she remains ineligible until the next grading period is complete. The dates that eligibility becomes affective will be posted each year.
4. **All incoming freshmen are eligible** at the beginning of school. If an incoming freshman was ineligible entering high school, based on the above criteria, they are on academic probation. When the first progress grades are issued, (fifth week of quarter) an athlete may not have any “F” grades. The GPA is not considered. When the first quarter grades are issued, the athlete will fall under the above eligibility rules.
5. An ineligible athlete **may practice** if the coach is in agreement. It is up to the coach.

RESIDENTIAL ELIGIBILITY

CIF requires that students who participate on a school team must be living with parents or legal guardians who reside within the school's attendance boundaries. All exceptions to this rule require that special permission slips, forms, and letters of approval be on file before a student can be declared eligible. Questions about these exceptions should be addressed to the athletic director or administrator in charge of athletics.

Because the penalty for allowing an ineligible athlete to participate in athletics is severe, **(the team must forfeit any contests in which the athlete participated)** any athlete living outside the school's boundaries should notify the Athletic Director and coach of his residence at the beginning of the season so that the Athletic Director and coach can make sure that all the appropriate forms and approvals are on file.

An athlete who is dishonest about his/her residence places his/her entire team in jeopardy. Any athlete known to be using a false address, or is in any way being dishonest about a residence, should be reported to the athletic director.

If a student's family moves out of the attendance area, but the student remains enrolled at Amador High School, the student must immediately report the change of residence to the coach. In most cases, students who move can retain their eligibility, but special forms and approvals must be on file.

Failure to comply with the residential eligibility requirements may not only lead to athletic ineligibility, but also school discipline.

TRANSPORTATION

When the Amador County Unified School District (ACUSD) provides transportation, members of the team must travel to the event on the bus or van provided.

Transportation home will follow the guidelines below:

1. Parents or guardians wishing to transport their student at the completion of the event may do so by contacting the coach and signing for the athlete.
2. Parents or guardians requesting their student be transported by another player's parent or guardian at the completion of an event may do so by giving the written permission form (Blue) to the coach prior to the first game of the season. **Notes given on a game-by-game basis will not be accepted.** This rule is for your child's safety.
3. **Transportation is not provided for any athletic event when we compete or practice within Amador County.** Students must arrange their own rides. Due to the number of athletes and equipment, football and track may be an exception.
4. Once the bus/van has arrived back at school your child will be allowed to travel home with anyone they wish. The athletic coaches are not responsible to supervise your child once they arrive back on school grounds; therefore, district personnel will not be involved with any transportation from school to home. Please be on time to pick up your child. We do not like to leave students on campus unattended.

DRUG, ALCOHOL, TOBACCO, AND STEROID USE

The school site administrator will deal with violations of ACUSD BP/AR 5131.6 and 5131.62 with regards to drug, alcohol, or tobacco use. Situations, which involve administrative intervention in compliance with the student conduct code or athletic contract, will result in suspension from athletics. The length of time will be determined on a case-by-case basis.

Students will not be allowed to participate in practices or competition during the period of suspension.

Anabolic steroids are recognized as a controlled substance, which should be used by prescription only. Possession of any form of steroid not prescribed by a physician will result in suspension as outlined in BP/AR 5131.6. Use of any form of steroid not prescribed by a physician will result in suspension from athletic participation. The suspension will remain in force until the student tests negative for steroids and is cleared by a physician. The student's parent/guardian is responsible for the cost (laboratory fees) involved in achieving a negative test and the cost (physician's fees) for medical release.

The Amador County Unified School District and all of the campuses therein are recognized as "Tobacco Free" campuses. The administration would appreciate full cooperation with these rules.

PRACTICE ATTENDANCE

Students who participate in athletics make a commitment to a team and are expected to maintain good attendance in practice and in the classroom.

Students are expected to attend all practices and contests unless they are absent from school due to illness or unless the coach excuses them. Students are expected to communicate directly with the coach when they cannot attend a practice or game.

Athletes are required to call the school (267-5244) and leave a message for the coach if they are going to miss a practice or a game. Good communication between a player and his/her coach is imperative; do not have another teammate relay a message for you.

Unexcused absences from practice or failure to maintain good school attendance may result in loss of playing time or removal from the team. Coaches may also adopt individual rules for practice and game attendance.

Students are expected to be in school the entire day in order to be eligible to participate in a scheduled event for that day. Students are

expected to be in their first period class the day after a competition. A pattern, which displays otherwise, will result in a loss of playing time. Exceptions will be made for medical appointments.

EQUIPMENT

Athletes are responsible for all school equipment issued to them. An athlete may not participate in any additional sport until all equipment from a preceding sport has been properly accounted for. This may require purchase or replacement of equipment as designated by the school because of loss, theft, or damage.

LETTERS AND OTHER AWARDS

Letters are awarded according to school, league, and CIF rules and regulations without cost to the athlete. Coaches reserve the right to deny any athlete a letter who is in violation of the rules. An athlete must complete the entire season in good standing to receive an award at the end of the season. An athlete must be academically eligible to receive a letter.

1. Each athlete will receive a 4” baby block “A” for his/her first Frosh/JV sport. (one letter maximum)
2. For each Freshmen/JV sport, an athlete will receive a Freshmen/JV cloth emblem.
3. Each athlete will receive a large 7” block “A” for his or her first varsity sport.
4. For each varsity sport played, every athlete will receive a Varsity cloth emblem.

TEAM PICTURES

Professional team pictures are arranged each year by the team’s coach. The present coach is responsible for the date of the photo and will choose a company to take the photos. The company hired is in charge of dealing with all money collected for pictures. The athletic department does not deal with team pictures; therefore all questions regarding pictures should be directed to the team’s coach, or the company taking the photos.

DIRECTIONS TO SCHOOLS

We encourage parents or guardians to travel to all games so that they may support their child. If you would like directions to an away game, please remind your child to pick up a set of directions from his or her coach or visit the following web site for directions to all Sac-Joaquin Section high schools. (www.cifsjs.org) Please **do not call the school for directions.**

SCHEDULES

The Amador High athletic schedules may be obtained on the following web site. Please go to **www.highschoolsports.net**. If a game is rescheduled, this web site will provide the most up-to-date information. Please do not call the school for general information about scheduling. It is very difficult to return these phone requests.