

Williams JR SR High Student Athlete Handbook



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WILLIAMS JUNIOR AND SENIOR HIGH SCHOOL STUDENT/ATHLETE HANDBOOK

The policies in this section have been developed in the form of a Student Athletic Handbook for distribution to the athlete and parent(s).

Introduction

This handbook is provided to you to communicate the expectations and responsibilities of all those participating in athletics at Williams Jr Sr High within the Williams Unified School District. The cooperation of the athlete, their parents/guardians and coach are equally important to a productive season. Please review all materials together before making a commitment by signing the required forms.

To the Parent

We believe that participation in sports provides a wealth of opportunities and experiences which assist students in personal growth.

The educational development of students through athletics, within a properly controlled, well-organized sports program, can meet student needs for self-expression, social, mental and physical growth. It is our intent to conduct a program that is educationally sound in purpose and will enhance each student's personal growth.

A student who elects to participate in athletics is voluntarily making a choice of self-discipline and self-denial. These are the reasons we place such stress on good training habits. Failure to comply with the rules of training and conduct means exclusion from the squad. This concept of self-discipline and self-denial is tempered by our responsibility to recognize the rights of the individual within the objectives of the team. There is no place in high school athletics for students who will not discipline their minds and bodies for rigorous competition. We are striving for excellence and do not want our athletes to compromise with mediocrity.

When your son/daughter enlisted in one of our sports programs, he/she committed our staff to certain responsibilities and obligations which are:

- a) to provide adequate equipment and facilities
- b) to provide well trained coaches
- c) to provide equalized contests with skilled officials

Likewise, we feel that you have committed yourselves to certain responsibilities and obligations. We would like to take this opportunity to acquaint you with specific policies that are necessary for a well-organized program of athletics.

It is the role of the Athletic Department to make rules that govern the spirit of competition for the school. These rules need a broad basis of community support, which is achieved only through communication to the parent. It is our hope to accomplish this objective through this athletic publication for students and parents.

To the Athlete

Being a member of a Williams athletic team is a fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great

athletic tradition is not built overnight; it takes the hard work of many people over many years. As a member of an interscholastic squad of Williams Junior High and Williams Senior High School, you have inherited a wonderful tradition which you are challenged to uphold.

Our tradition has been to win with honor. We desire to win, but only with honor to our athletes, our schools and our community. Such a tradition is worthy of the best efforts of all concerned. Over many years, our squads have achieved more than their share of league and tournament championships. Many individuals have set records and achieved All-American, All-State and All-Conference honors.

It will not be easy to contribute to such a great athletic tradition. When you wear the colors of your school, we assume that you not only understand our traditions, but are willing to assume the responsibilities that go with them. However, the contributions you make should be a satisfying accomplishment to you and your family.

a) Responsibilities to Yourself:

The most important of these responsibilities is to broaden and develop strength of character. You owe it to yourself to derive the greatest benefit from your high school experiences. Your academic studies, your participation in other extracurricular activities as well as in sports, prepare you for your life as an adult.

b) Responsibilities to Your School:

Another responsibility you assume as a squad member is to your school. Williams cannot maintain its position as having an outstanding school unless you do your best in the activity in which you engage. By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school. You assume a leadership role when you are on the athletic squad. The student body and citizens of the community know you. You are on stage with the spotlight on you. The student body, the community and other communities judge our school by your conduct and attitude, both on and off the field. Because of this leadership role, you can contribute significantly to school spirit and community pride. Make Williams Junior and Williams Senior High Schools proud of you, and your community proud of your school, by your consistent demonstration of these ideals.

c) Responsibilities to Others:

As a squad member you also bear a heavy responsibility to your home. If you never give your parents anything to be ashamed of, you will have measured up to the ideal. When you know in your heart that you have lived up to all of the training rules, that you have practiced to the best of your ability everyday and that you have played the game "all out," you can keep your self-respect and your family can be justly proud of you. The younger students in the Williams Unified School District are watching you. They will copy you in many ways. Do not do anything to let them down. Set good examples for them.

CIF CODE OF CONDUCT FOR STUDENT-ATHLETES

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. 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 (the "Six Pillars of Character sm"). This Code applies to all student-athletes involved in interscholastic sports in California. I understand that, in order to participate in high school athletics, I must act in accord with the following:

TRUSTWORTHINESS Trustworthiness - be worthy of trust in all I do. Integrity - live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what's right even when it's 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 I say I will do; be on time to practices and games. Loyalty - be loyal to my school and team; put the team above personal glory.

RESPECT Respect - treat all people with respect all the time and require the same of other student-athletes. Class - live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; give fallen opponents help, compliment extraordinary performance, show sincere 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 or racial nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport. Respect Officials - treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic event.

RESPONSIBILITY Importance of Education - be a student first and commit to getting the best education I can. Be honest with myself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically, or the character to represent their institution honorably. RoleModeling - Remember, participation in sports is a privilege, not a right and that I am expected to represent my 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; have the strength to overcome the temptation to retaliate. Healthy Lifestyle - safeguard your health; don't use any illegal or unhealthy substances including alcohol, tobacco and drugs, or engage in any unhealthy techniques to gain, lose or maintain weight. Integrity of the Game - protects the integrity of the game; don't gamble. Play the game according to the rules.

FAIRNESS Be Fair - live up to high standards of fair play; be open-minded; always be willing to listen and learn.

CARING Concern for others - demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to myself or others. Teammates - help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

CITIZENSHIP Play by the Rules - maintain a thorough knowledge of and abide by all applicable game and competition rules. Spirit of rules - honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

Williams Jr./Sr. High School Schoolwide Expectations – S.W.A.R.M.

SAFETY – Respect boundaries, use materials and tools wisely and appropriately, help create a positive community.

WILLING – Be positive, be a team leader, learn from your mistakes.

ADVOCATE – Feel confident to stand up for yourself and others, be an ally, promote positive self/student talk.

RESPECTFUL – Be prepared, come on time, prioritize and remain organized.

MINDFUL – Respect opinions, think before you speak, be open minded and have a growth mindset

ATHLETIC PHILOSOPHY

D) Statement of Philosophy

The Williams Athletic Program should provide a variety of experiences to enhance the development of favorable habits and attitudes that will prepare students for adult life in a democratic society.

The interscholastic athletic program shall be conducted in accordance with existing Board of Education policies, rules and regulations. While the Board of Education takes great pride in winning, it does not condone “winning at

any cost.” It discourages any and all pressures which might lead to neglecting good sportsmanship and good mental health. At all times, the athletic program must be conducted in such a way that it is an educational activity.

II) Athletic Goals and Objectives

Our Goal - The student-athlete shall become a more effective citizen in a democratic society. Our Specific Objectives - The student-athlete shall learn:

a) To work with others- In a democratic society a person must develop self discipline, respect for authority, and the spirit of hard work and sacrifice. The team and its objectives must be placed higher than personal desires. **b) To be successful-** Our society is very competitive. We do not always win, but we succeed when we continually strive to do so. You can learn to accept defeat only by striving to win with earnest dedication.

Develop a desire to excel.

c) To develop sportsmanship. To accept any defeat like a true sportsman, knowing we have done our best, we must learn to treat others as we would have others treat us. We need to develop desirable social traits, including emotional control, honesty, cooperation and dependability.

d) To improve. Continual improvement is an essential component of good citizenship. As an athlete, you must establish a goal and you must constantly try to achieve that goal. Try to improve in the skills and knowledge required and those personal traits that enhance the success of a team.

e) To enjoy athletics- It is necessary for athletes to enjoy participation, to acknowledge all of the personal rewards to be derived from athletics, and to give sufficiently of themselves in order to persevere and improve the program.

f) To develop desirable personal health habits. To be an active, contributing citizen, it is important to obtain a high degree of physical fitness through exercise and good health habits, and to develop the desire to maintain this level of physical fitness after formal competition has been completed.

3) The Athletic League/Conference

Williams High School is a member of the Mid-Valley League. The league’s primary purpose is promoting selected interscholastic activities among member schools and the assurance of such advantages as may be gained by a union of effort.

III) Williams High School Association Rules

(See respective state handbook for pertinent regulations)

To be eligible for interscholastic athletics, a high school student must meet the following state regulations:

a) Enrollment; **b)** Age (not have reaches his/her 19th birthday on or before June 15; **c)** Physical Examinations; **d)** Seasons of Competition; **e)** Semesters of Enrollment (Scholarship); **f)** Residence Requirements; **g)** Transfers; **h)** Guardianship; **i)** Awards; **j)** Amateur Practices; **k)** have not competed on any outside team in the same sport during the school season of that sport; **I)** Undue Influence (Recruiting)

REQUIREMENT FOR PARTICIPATION

1) Physical Examination

A yearly physical examination is required. The physical card must be completed by the physician and submitted to the coach prior to participation. The examination covers all sports for the entire school and is valid for exactly one year from the date of the physical. The form will be kept on the file in the athletic office.

2) Emergency Medical Authorization

Each athlete’s parents shall complete an Emergency Medical Authorization Form giving permission for treatment by a physician or hospital when the parent(s) are not available. The form will be kept in the medical kit for availability at all practices and contests.

3) Parental Acknowledgment of Athletic Policies

Upon entering high school or at the time a student tries out for an athletic team, he/she will be presented with this handbook containing all the necessary forms and information for participating in athletics.

Each parent or guardian and athlete shall read all of the enclosed material and certify that they understand the athletic eligibility rules and policies of the school district. This signed document will be filed in the athletic administrator's office. **4) Insurance**

The school district does not carry insurance to cover student athletic injuries. Parents will need to sign the reverse side of the acknowledgment form verifying that they have purchased school insurance or possess a family insurance plan.

5) Concussion Head Injury Information Sheet

Sheet must be signed each year to students participating in any District-sponsored sports programs or activities (interscholastic, intramural, recreational); the only exception to the statutory requirement is for P.E. classes. Form provides important information to a parent/health care provider regarding a serious injury/concussion/potential head injury.

Form also contains required medical clearance form to be executed only by MD/DO, who has been specifically trained in concussion care and management (required by law), except for non-concussion, serious injuries where a Nurse Practitioner/Physician's Assistance can also sign.

6) Agreement not to use Performance Enhancing Drugs (District Required/Translated)

As a CIF requirement, this form addresses the prohibition against the use of steroids. As a District requirement, this form also notes the ban on all performance-enhancing substances, including personal use, possession, or distribution.

The form also authorizes drug testing in response to a complaint of illegal/improper use of substances and/or the use of random drug testing as allowed by law.

7) CIF Forms Eligibility

Transfer of Student CIF requires that student eligibility be verified on a Certificate of Eligibility.

Sudden Cardiac Arrest Warning and Signature Form CIF requires that each athlete and at least one parent/legal guardian execute its Sudden Cardiac Arrest Warning form.

8) Scholastic Eligibility

In order to participate on a Williams athletic team, each athlete must have satisfied all of the scholastic eligibility requirements prior to participation.

9) Risk of Participation

All athletes and parents must realize the risk of serious injury which may be a result of athletic participation.

Williams Unified School District will use the following safeguards to make every effort to eliminate injury:

- a) Maintain a continuing education program for coaches to learn the most up-to-date techniques and skills to be taught in their sport.
- b) Instruct all athletes about the dangers of participation in the particular sport.

10) Financial Obligations and Equipment

a) **Uniforms** — Athletes will be given a uniform by the school.

b) **Equipment** — All athletes are responsible for the proper care and security of equipment issued to them.

School-furnished equipment is to be worn only for contests and practice. All equipment not returned in good condition at the end of the season will be subject to a financial penalty.

11) Concussion Management: California state law AB 25 (effective January 1, 2012), now Education Code § 49475:

- A. The law requires a student athlete who may have a concussion during a practice or game to be removed from the activity for the remainder of the day.
- B. Any athlete removed for this reason must receive a written note from a medical doctor trained in the management of concussion before returning to practice.
- C. 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 and the parent or guardian.
- D. Every 2 years all coaches are required to receive training about concussions (AB 1451), as well as certification in First Aid training, CPR, and AEDs (life-saving electrical devices that can be used during CPR).
- E. What is a concussion and how would I recognize one? A concussion is a kind of brain injury. It can be caused by a bump or hit to the head, or by a blow to another part of the body with the force that shakes the head. Concussions can appear in any sport, and can look differently in each person.
- F. Most concussions get better with rest and over 90% of athletes fully recover. However, all concussions should be considered serious. If not recognized and managed the right way, they may result in problems including brain damage and even death.
- G. Most concussions occur without being knocked out. Signs and symptoms of concussion (see back of this page) may show up right after the injury or can take hours to appear. If your child reports any symptoms of concussion or if you notice some symptoms and signs, seek medical evaluation from your team’s athletic trainer and a medical doctor trained in the evaluation and management of concussion. If your child is vomiting, has a severe headache, or is having difficulty staying awake or answering simple questions, call 911 to take him or her immediately to the emergency department of your local hospital.
- H. On the CIF website is a Graded Concussion Symptom Checklist. If your child fills this out after having had a concussion, it helps the doctor, athletic trainer or coach understand how he or she is feeling and hopefully shows improvement. We ask that you have your child fill out the checklist at the start of the season even before a concussion has occurred so that we can understand if some symptoms such as headache might be a part of his or her everyday life. We call this a “baseline” so that we know what symptoms are normal and common for your child. Keep a copy for your records, and turn in the original. If a concussion occurs, he or she should fill out this checklist daily. This Graded Symptom Checklist provides a list of symptoms to compare over time to make sure the athlete is recovering from the concussion.

What can happen if my child keeps playing with concussion symptoms or returns too soon after getting a concussion?

Athletes with the signs and symptoms of concussion should be removed from play immediately. There is NO same day return to play for a youth with a suspected concussion. Youth athletes may take more time to recover from concussion and are more prone to long-term serious problems from a concussion.

Even though a traditional brain scan (e.g., MRI or CT) may be “normal”, the brain has still been injured. Animal and human research studies show that a second blow before the brain has recovered can result in serious damage to the brain. If your athlete suffers another concussion before completely recovering from the first one, this can lead to prolonged recovery (weeks to months), or even to severe brain swelling (Second Impact Syndrome) with devastating consequences.

There is an increasing concern that head impact exposure and recurrent concussions may contribute to long-term neurological problems. One goal of this concussion program is to prevent a too early return to play so that serious brain damage can be prevented.

ATHLETIC CODE OF CONDUCT

1) Conduct of Athletes

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department. The community, school administrators and the coaching staff feel strongly that high standards of

conduct and citizenship are essential in maintaining a sound program of athletics. The welfare of the student is our major consideration and transcends any other consideration.

All athletes shall abide by a code of ethics which will earn them the honor and respect that participation and competition in the interscholastic program affords. Any conduct that results in dishonor to the athlete, the team or the school will not be tolerated. Acts of unacceptable conduct, such as, but not limited to theft, vandalism, disrespect, immorality, violations of law, using or being in possession of alcohol, tobacco or any other illegal substance, tarnish the reputation of everyone associated with the athletic program and will not be tolerated.

2) Student and Student Athlete Use of Alcohol and/or Drugs

Disciplinary action under section 48900 of the Education Code for substance violations applies to the school day, going to, and coming from school and all school activities, regardless of the day, time and location of those activities.

When students are chosen to participate on a Williams Jr./Sr. High School athletic team, or another WJSHS extracurricular, or co-curricular activity, the student agrees to abide by all school rules on and off campus, both in and out of school for the duration of their season, including not using alcohol or drugs. The season is defined as the time from the first day of practice/try-outs and shall last for 365 days. Consequences for all students must be consistent and fair and, whenever possible, assistance-based.

For athletic teams, each coach is required to address the issue of illegal substance use with his/her studentathletes and to review this policy with them at the start of the season. At a minimum, the coach will describe the policy and corresponding regulations to athletes in at least one parent meeting and one team meeting and provide a copy of the policy and regulations, and to post it prominently on team websites, if they exist. The purpose of the presentation is to ensure parents and athletes are aware of the expectations and required response if a member of the team uses substances.

2)PENALTIES FOR VIOLATION

Due to the serious nature of this rule, the coach involved, the athletic administrator and the principal shall meet and determine the penalty according to the degree of the infraction. The penalty shall range from a minimum of 2% of the season or succeeding season to a maximum of permanent denial of participation from all interscholastic athletics.

Violation of this rule shall be cumulative within each of the following two periods of academic life: **(1)** grades 7 through 8; and **(2)** grades 9 through 12. The school year is defined as starting the day after the last day of classes of the previous school year.

First Violation

The student-athlete found in first violation shall be denied athletic participation for the remainder of the school year from the date of determination of guilt (unless):

- a)** The athlete agrees to attend required rehabilitation meetings. (An unexcused absence from a support group meeting will immediately reactivate the remainder of the school year denial of participation.)
- b)** The athlete agrees to have revoked any leadership positions such as, but not limited to, team captain, and will not hold any leadership positions on athletic teams for the remainder of the school year.
- c)** The athlete attends practice but cannot travel or sit on the bench with the team.

Second Violation

The student-athlete who commits a second violation during his/her high school (middle school) tenure shall be denied athletic participation for a period of one calendar year from the date of determination of guilt. **a)** The athlete is assessed by a certified professional agency and follows the assessment recommendation at his/her expense. Assessment must be completed prior to reinstatement with evaluation reports.

- b) The athlete agrees to attend required rehabilitation meetings. (An unexcused absence from a support group meeting will immediately reactivate the remainder of the school year denial of participation). The support meeting will not be necessary if placed in rehabilitation as a result of “a)” above.
- c) The athlete agrees to have revoked any leadership positions such as, but not limited to team captain, and will not hold any leadership positions on athletic teams for the remainder of the school year.
- d) The athlete attends practice but cannot travel or sit on the bench with the team.

Third Violation

The student-athlete found in a third violation shall be denied athletic participation for the remainder of their high school or junior high career. After one calendar year from determination of guilt, an appeal can be made to the Appeals Board for reinstatement contingent upon substantiated rehabilitation.

3) Individual Coaches Rules

Coaches may establish additional rules and regulations with the approval of the athletic administrator and principal for their respective sports. These additional rules for a particular sport must be stipulated in writing to all team members and parents and explained fully at the start of the season. Penalties for violation of team rules will also be in writing and shall be administered by the coach. Copies of all additional team rules by coaches are on file in the athletic office.

*Additionally, parents need to sign off any coaches special rules or additional team costs. This will be attached to the students packet behind the insurance form.

4) Truancy

Any athlete who is declared truant will be ineligible for a period determined by the coach and Athletic Director after the infraction is discovered.

School Discipline Referral — Any student-athletes referred to the office for a school rules violation may be denied the privilege of participation in all athletic activities for a period determined by the principal and or Athletic Director.

5) Policy on Fighting in Interscholastic Sports

High School and Conference Policy on Harassment, Fighting, and Flagrant Unsportsmanlike Conduct in Interscholastic Sports:

- a) Fighting in any sport shall be construed to consist of: an invitation to fight; following an opposing player during a disturbance and making any menacing or taunting gesture or sound; punching or slugging, whether or not contact is made; wrestling or tackling an opponent as part of an altercation. In addition, leaving the player box or player bench area to approach an altercation shall be construed as participation in the altercation. Furthermore, any athlete, coach, or team personnel ejected by a contest official from any contest for harassment, fighting, or flagrant unsportsmanlike conduct will be subject to the penalties listed hereafter.
- b) Violation of this rule shall bring an automatic suspension for the remainder of that contest plus suspension from at least the next scheduled contests.
- c) Should the original violation of this rule occur during the final contest of the season, the violation will be suspended from the next two contests the athlete, coach or team personnel member is eligible for during a season in which he/she participates and successfully completes.
- d) A more severe penalty may be assessed against an individual for a violation if, in the judgment of the school, such action will be beneficial to the future of that sport.
- e) A second violation by the same individual during the same season brings automatic expulsion from that sport for the remainder of the season plus suspension from any and all tournament contests of that same season.

Violation of this rule shall bring an automatic suspension for the remainder of that game plus suspension from the next scheduled contest. The same suspension applies to any member of the playing squad who leaves the bench during a fight.

6) Appeal Procedure

The student-athlete may appeal the decision of the athletic department committee to the executive committee. The executive committee shall be made up of the principal, the vice principal and a neutral coach. The appeal will require the following:

- a) The written appeal must be presented to the athletic administrator within five days of the initial ruling.
- b) The student shall have the privilege of representation even though it is not a legal process.
- c) The appeals committee shall render a decision within five days, in writing, to the student and his/her parents or guardian.

7) Bullying

The Board of Education recognizes the harmful effects of bullying on student learning and school attendance and desires to provide safe school environments that protect students from physical and emotional harm. District employees shall establish student safety as a high priority and shall not tolerate bullying of any student. No student or group of students shall, through physical, written, verbal, or other means, harass, sexually harass, threaten, intimidate, cyberbully, cause bodily injury to, or commit hate violence against any other student or school personnel.

Cyberbullying includes the transmission of harassing communications, direct threats, or other harmful texts, sounds, or images on the Internet, social media, or other technologies using a telephone, computer, or any wireless communication device. Cyberbullying also includes breaking into another person's electronic account and assuming that person's identity in order to damage that person's reputation.

Students are encouraged to notify school staff when they are being bullied or suspect that another student is being victimized. In addition, the Superintendent or designee shall develop means for students to report threats or incidents confidentially and anonymously. School staff who witness bullying shall immediately intervene to stop the incident when it is safe to do so. (Education Code 234.1)

As appropriate, the Superintendent or designee shall notify the parents/guardians of victims and perpetrators. He/she also may involve school counselors, mental health counselors, and/or law enforcement.

Definition: Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. In order to be considered bullying, the behavior must be aggressive and include: An Imbalance of Power: Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.

Repetition: Bullying behaviors happen more than once or have the potential to happen more than once.

Bullying includes repeated actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

The procedures for intervening in bullying behavior include, but are not limited, to the following:

All staff, athletes, and their parents will receive a summary of this policy prohibiting intimidation and bullying: at the beginning of the school year, as part of the athletic handbook as part of new student orientation, and as part of the school system's notification to parents. The school will make reasonable efforts to keep a report of bullying and the results of investigation confidential. Staff who witness acts of bullying shall take immediate steps to intervene when safe to do so. People witnessing or experiencing bullying are strongly encouraged to report the incident; such reporting will not reflect on the target or witnesses in any way.

8) Hazing:

Definition: the practice of various rituals and other activities involving harassment, abuse or humiliation used as a way of initiating a person into a group. A student may be suspended from school, removed from a team or recommended for expulsion if that student at any time commits an act of hazing, engages in hazing, or attempts to engage in hazing. 1. While on school grounds, 2. While going to or coming from school, 3. During the lunch period whether on or off the campus, and/or during, or while going to or coming from, a school sponsored activity Discipline Any student who engages in bullying on school premises, or off campus in a manner that causes or is likely to cause a substantial disruption of a school activity or school attendance, shall be subject to discipline, which may include suspension or expulsion, in accordance with district policies and regulations. See suspended athlete policy. Student athletes that engage in bullying on school premises, or off campus in a manner that causes or is likely to cause a substantial disruption to the team, team activities or the attendance at team functions, shall be subject to discipline, which may include denial of athletic eligibility.

ACADEMIC REQUIREMENTS

To be eligible to participate in interscholastic athletics at Williams Junior High and Senior High schools, all students will be required to meet the following eligibility standards. The standard(s) shall include:

Minimum Cumulative Grade Point Average:

1. Per CIF State Guidelines. the student must be currently enrolled in at least 20 semester period of work.
2. Per CIF State Guidelines, the student must have passed at least 20 semester period of work at the completion of the previous regular grading period.
3. Per CIF State Guidelines, the student must maintain minimum progress towards meeting the high school graduation requirements as prescribed by the School Board.
4. Per CIF State Guidelines, all student-athletes must maintain a minimum of a 2.00 grade point average on a 4.0 scale during the previous regular grading period.
5. The grade point average from the fourth quarter of the preceding year shall be used for fall athletes. Courses taken and grades earned in summer school may be included.
6. The grading periods will be first quarter, first semester, third quarter, second semester. Grading periods for junior high school include progress reports.
7. An athlete who fails to earn the minimum requirements shall be granted one period of probation during his/her high school career. A period of probation is defined as one school grading period. They receive **only two** probation period waivers during their high school career, but not consecutively. Only juniors and seniors are eligible to use a waiver. The student must make an appointment with the Athletic Administrator and do all necessary paperwork to receive the probation period. NOTE: Students are not declared eligible or ineligible until the Monday following grade verifications. Incomplete grades are considered "F" grades for purposes of computing eligibility.

Students, for whom an Individualized Education Plan (**IEP**) is on file, at the time that they would be declared ineligible under the above standards, shall automatically be afforded a review of their case. The review shall be conducted by the principal, athletic director, the student's guidance counselor and the student's special education teacher. This review committee shall have the right to waive the eligibility requirement if, in their professional judgment, the student has made every effort possible to meet the standard.

Bi-weekly (or Weekly) Check of Grades:

In addition to the grade point average standard, Coaches may require athletes (both high school and junior high school) must maintain passing grades during the school year.

- 1) Coaches may check grades at their discretion.
- 2) Coaches, along with the Athletic Director, may also determine eligibility or playing time for student/athletes who are not maintaining minimum academic requirement

BASIC ATHLETIC POLICIES

- 1) Participation:** An athlete, after approval by the athletic director, principal and proper coaches may participate in more than one sport per season.
- 2) Quitting, removal from or transferring sports:** Quitting or being removed from a team for insubordination is an unacceptable habit. A player who either quits or is removed from a team will lose the privilege of participating in the very next season of sport. On occasion, however, an athlete may find it necessary to drop a sport for a good reason. If this is the case, the following procedure must be followed:
 - a) Consult with immediate coach and then the head coach.
 - b) Report situation to the Athletic Director and principal
 - c) Check in all equipment.
 - d) Student/Athletes not in agreement with the decision, refer to #5 of the Appeal Procedure

If an athlete wishes to change sports during a season, or after having won an award in one sport and he/she wishes to change sports, he/she shall consult with both coaches concerned and the athletic administrator. This procedure assures a smooth transfer which is in the best interest of the student.

- 3) Equipment:** School equipment checked out by the student-athlete is his/her responsibility. He/she is expected to keep it clean and in good condition. Loss of any equipment is the athlete's financial obligation.
- 4) Missing practice:** An athlete should always consult his/her coach before missing practice. Missing practice or a game without good reason will be dealt with by the coach, Athletic Director and or the administrator in charge.
- 5) Travel:** All athletes must travel to and from out-of-town athletic contests in transportation provided by the athletic department unless previous arrangements are made by the parents for an exceptional situation.
 - a) Athletes will remain with their squad and under the supervision of the coach when attending away contests.
 - b) Athletes that miss the bus will not be allowed to participate in the contest unless there are extenuating circumstances.
 - c) All regular school and bus rules will be followed.
 - d) Dress should be appropriate and in good taste.
- 6) Attendance:** Students who miss any part of the school day due to medical, dental or optical appointments will be allowed to play a contest or practice on that date. Students missing any part of the school day for reasons other than illness must have an excused absence in order to participate. Final authority for infractions of this rule will rest with the principal or administrator in charge. Students absent from school on Friday with a contest the following day (Saturday) will be eligible to participate provided the absence is excused by a school administrator.
- 7) Release From Class:** It is the responsibility of athletes to see their teacher the day before the classes they will miss because of an athletic contest. All work shall be made up at the convenience of the teacher.
- 8) Grooming and Dress Policy:** A member of an athletic team is expected to be well-groomed. Appearance, expression and actions always influence people's opinions of athletes, the team, the community, the coaches and the school. Members of a squad have made a choice to uphold certain standards expected of athletes in this community. Athletes are expected to dress neatly and be kept well groomed. Dress codes for the day of the contest may be determined by the coach.
The following grooming and dress rules will be adhered to by team members:
 - a) Hair styles are to be maintained in a neat and clean manner so as to present a positive image for both the team and the school.
 - b) An athlete shall dress presentably at all times, on trips, or at assemblies or banquets.
 - c) Only uniforms issued by the athletic department will be worn for contests.
 - d) Athletes will not be permitted to participate until deviations of the above rules are satisfactorily corrected.
- 9) Squad Selection:** In accordance with our philosophy of athletics and our desire to see as many students participate in the athletic program as possible while at Williams Jr./Sr. High School, we encourage coaches to keep as many students as they can without unbalancing the integrity of their sport. Time, space, facilities,

equipment, personal preference and other factors will place limitations of the most effective squad size for any particular sport.

10) Squad Reduction Policies: Choosing the members of athletic squads is the sole responsibility of the coaches of those squads. Prior to trying out, the coach shall provide the following information to all candidates for the team:

- a) Extent of try-out period
- b) Criteria used to select the team
- c) Number to be selected
- d) Practice commitment if they make the team
- e) Game commitments

When a squad cut becomes a necessity, the process will include three important elements. Each candidate shall have:

- a) Competed in a minimum of five practice sessions.
- b) Performed in at least one intrasquad game.
- c) Been personally informed of the cut by the coach, including the reason for the action.
- d) May not be cut after the first interscholastic contest without penalty to the student (see Policy G. 2 regarding quitting, removal from team).

*Coaches will discuss alternative possibilities for participation in the sport, or other areas in the activities program.

11) Reporting of Injury: All injuries which occur while participating in athletics should be reported to the trainer/coach. If the injury requires medical attention by a doctor or treatment center, it will be necessary to have an injury report form completed. Once athletes are treated by a physician, the athlete must obtain the doctor's permission to return to the activity.

12) Sexual Parity in Programs and Opportunities

Taking into account the many challenges that face the District in forming and operating athletic programs, the District expects the Athletic Department to conduct operations in a fair and consistent manner as between boys' and girls' programs, taking into account: (1) the timely selection of qualified coaches who can recruit and maintain the interest of participants in their sports; (2) available locker room, conditioning, training, and practice sites, and competition facilities; (3) equipment, uniforms and storage facilities; (4) scheduling of practices and competitions in a fair and balanced manner; and (5) publicity and promotional support, including fundraising support when conducted by District as opposed to external booster groups.

The Athletic Director [Designated District Representative] shall each year evaluate these factors, and any other fact that may be relevant to a Title IX self-evaluation, and determine whether the District's policies, procedures, or activities should be modified in order to ensure compliance with all governing laws and District standards.

The Athletic Director [Designated District Representative] shall provide his/her findings and recommendations, if any, to the Superintendent by June 30 of each year.

13) Locker Room Regulations:

- a) Rough-housing and throwing towels or other objects are not allowed in the locker room. Hazing of other players is not allowed.
- b) All showers must be turned off. The last person to leave the shower room is expected to check all showers.
- c) No one except coaches and assigned players is allowed in the locker room.
- d) No glass containers are permitted in locker rooms.
- e) All spiked or cleated shoes must be put on and taken off outside of the locker room. No metal or hard-plastic spikes or cleats are ever allowed in any other part of the school building.

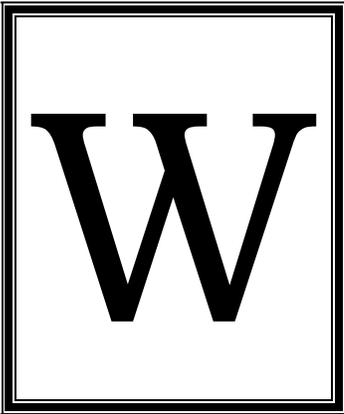
14) Weight Room Regulations:

- a) Any student who uses the weight room must have a signed parental permission and release form on file in the athletic office.
- b) Shirts and shoes are required at all times - Tank tops are acceptable.
- c) No one is to be in the weight room alone.
- d) All students must be under the supervision of the instructor assigned.
- e) Lifters must work with a partner.
- f) Replace all weights on racks **immediately** following use.
- g) Know your limits! Work with the instructor to determine your limits.
- h) Do the lifts correctly. It is better to use lighter weights for correct lifting than heavier weights and run the risk of injury.
- i) Warm-up with proper stretching exercises.
- j) No chewing gum or eating candy while lifting.
- k) No food or drinks inside weight room.
- l) No horseplay or profanity.
- m) No abuse of equipment. Any equipment that is broken must be reported immediately.
- n) All lifters must have a signed pass, given to their study hall teacher, before lifting each period. This pass can be for a semester. Attendance will be taken.
- o) Strength training is not only a supplement to other athletic programs, but also a highly-skilled activity itself.

15. Sports Camps/Skill Building Sessions

It is not uncommon for certain sports to begin training during the “off-season,” including weight training, skill building, or “sports camp” activities. For both CIF sports, and other sports pursuant to Education Code 35179.5, there are limitations on pre-season and off-season activities.

In addition to the requirement that no student be penalized for being unable to pay or contribute to the cost of training camps or off-season activities, the participation in events for which there is a financial costs to the student cannot serve as a basis or factor in determining whether a student is entitled to participate on a team (i.e., if a student does not go to a Summer football camp, attend training sessions at a particular gym, or play for a certain club team, the student will not be placed on a team or it will be more difficult for the student to be selected).



WILLIAMS JR. & SR. HIGH SCHOOL

"HOME OF THE YELLOWJACKETS"

260 ELEVENTH STREET, WILLIAMS, CALIFORNIA 95987
TELEPHONE: (530) 473-5369 / FAX: (530) 473-5540

DR. MARY L. PONCE,
PRINCIPAL

Williams Jr. Sr. High Student Athletic Handbook Signature Page 2020-2021

2020-2021

Student Athlete Signature Page:

By signing below you are verifying Student and Parent have read and understand all of the expectations outlined in the Williams Jr. Sr. High Athletic Handbook. Signature signifies that student and parent agree to follow all rules and expectations outlined in the Williams Jr. Sr. High Athletic Handbook. Student and/or Parent-Guardian must return this form signed to coach before practice begins for the season.

STUDENT SIGNATURE _____

DATE _____

PARENT GUARDIAN _____

DATE _____