

High School Athletic Program



Mission Statement

The Mission of the California Interscholastic Federation (CIF), Southern Section (SS) is to prepare student-athletes to practice ethical behavior including fair play, integrity and adherence to rules. All CIF athletic contests will represent in perception and practice, the appreciation for athletic excellence and the shared educational experience of competition. All individuals associated with athletic activities will be aware of and responsible for their influence on the behavior of others and be models of good sportsmanship.

As a member of the CIF/SS and the National Federation of State High Schools Association (NFSHSA), CSDR follows all CIF/SS and NFSHSA regulations.

CIF Requirements

Probation Status

Each athlete must meet the eligibility requirements of CSDR's Academic Probation Policy. (See page 13.)

Number of Years in High School

An athlete cannot have more than 8 consecutive semesters of attendance in high school.

Parental Consent

Each parent/guardian must complete and sign the medical authorization form, participation form, and other medical forms required by the school.

Commitment

Each athlete must be dedicated to being a scholar-athlete. Each athlete must make a commitment to attend all practices, contests, and team meetings. Athletes must be willing to sacrifice their own desires for the good of the team. Athletes are required to sign an agreement from CIF and CSDR Athletics before being allowed to participate in sports. Proper conduct is expected at all times, on and off the playing fields/courts.

An athlete is expected to stay on that team until the season is finished. Athletes who quit a team any time after the first game lose all rights and recognition as a

team member including awards, letters, and post-season honors. They also are ineligible to participate in a sport the following season including the spring to fall seasons.

After-School Detention

If an athlete is assigned after school detention, the athlete is expected to show up for detention first, and then attend practice or a game. Required attendance at after-school detention may result in missing a trip to an away game.

Attendance

Attendance is critical to the basic development of individual skills and fundamentals as well as a sound foundation for team discipline, unity, spirit, commitment, and loyalty. It is the obligation and responsibility of each team member to attend all scheduled practices, team meetings, special events, and games with an emphasis on punctuality.

All participants must be present and on time for all team meetings, practices, trips, and other scheduled activities, except when permission to be excused is granted by the Athletic Director, sports coordinator, Principal, or coach. A team member who misses practice or team meetings may face reduced playing time. Unexcused absences result in a loss of participation time in the following game and may lead to being dismissed from the team.

All team members are expected to attend 4 or more classes on the day of a game or practice. Any student absent from class on the day of a game or practice will not be permitted to participate that day unless an excuse has been granted by the Principal, Athletic Director, or sports coordinator. Team members who are sick and miss 4 or more classes on a game or practice day will not be allowed to dress out.

Attending School After Trips

All team members are expected to attend school the day after a school-sponsored trip. Athletes who are tardy or absent for any reason the day after a trip are not allowed to play in the next game. Exceptions may be made for athletes who present a note from a doctor.

Concussion Facts

All athletes are provided with information from the CDC on concussion facts and prevention⁷. Athletes with suspected concussion will not be allowed to continue to participate or practice until clearance is obtained by a physician.

Dress Code

Coaches reserve the right to require students to follow a dress code. Athletes are not allowed to have hair dyed unnatural colors. Students with piercings that may affect safety during a game or practice are required to remove them.

Early Departure from Class

Team members are responsible for making arrangements with teachers to make up classwork and assignments missed due to early departures for games. Athletes are not permitted to use athletic events as an excuse for not completing assignments.

Nutrition Aids and Supplements

The student must have signed parental consent to use nutrition aids or supplements. Supplements must be in the manufacturer's container labeled with student's name. Supplements may not be shared with others or taken into the cafeteria. A violation of these requirements results in confiscation of the supplement and may lead to disciplinary action.

Road Trips

Athletes are required to ride with the team and coaches for away games. No individual transportation is allowed. Athletes who miss the bus/van are not allowed to attend the game.

Rules and Expectations

Athletes are expected to follow all CSDR rules and policies. Coaches may establish additional rules and expectations for their respective teams. Rules and expectations are clearly explained at the beginning of each season. All students/parents are required to sign the CIF – SS Code of Ethics for Athletes in order to participate in the Athletic Program⁸.

Sportsmanship

Parents, coaches, and athletes are to conduct themselves in a positive manner by cheering for their own team and by supporting officials' calls and coaches' decisions. Spectators and participants are expected to show respect to officials, coaches, or athletes at all times during a competition. Inappropriate conduct may result in removal from the game and denial of access to any further games.

Each student-athlete **must** sign an annual Informed Consent and Awareness of Sports Injury Risk Warning agreement⁹ before participating as a student-athlete in any athletic event.

Team Designations

(1) STUDENT TEAM - Whenever the school provides only a team or teams for boys in a particular sport, girls are permitted to qualify for the student team(s).

(2) BOYS' TEAM - Whenever the school provides a team or teams for boys and a team or teams for girls in the same sport, girls shall not be permitted to qualify for the boys' team(s) in that sport, nor shall boys be permitted to qualify for the girls' team(s) in that sport.

(3) GIRLS' TEAM - Whenever the school provides only a team or teams for girls in a particular sport, boys shall not be permitted to qualify for the girls' team in that sport unless opportunities in the total sports program for boys in the school has been limited in comparison to the total sports program for girls in that school. Permission for boys to qualify for a girls' team must be secured through petition by the school principal to the CIF State Federated Council.

(4) MIXED TEAM (CO-ED) - Whenever the school provides a mixed or coed team in a sport in which the game rules designate either a certain number of team participants from each sex or contains an event that designates a certain number of participants from each sex, boys shall not be permitted to qualify for the girls' positions on the mixed team nor shall girls be permitted to qualify for the boy's positions on the mixed team.

Tryouts

Athletes are required to participate in scheduled tryouts in order to qualify for the team. An athlete who does not qualify for one sport may try out for a different sport during the same season.

Uniforms and Equipment

Athletic uniforms and equipment are loaned to team members for the duration of the season and are to be worn or used only in games and practices. Athletes may wear uniforms or equipment at pep rallies or other special events after receiving permission from the coach or Athletic Director. Athletes must return uniforms and equipment to coaches at the end of the season or any other time at the request of a coach.

Athletes are required to pay for lost/damaged uniforms and/or equipment. Until debts are paid, athletes are not allowed to participate in any future sport nor attend the end-of-the-year athletic banquet.

Vandalism

Athletes must take care of athletic equipment and on/off campus facilities at all times. Any athlete who violates this rule is not allowed to participate in a sporting event without permission from the Athletic Director.

Weightlifting

Head coaches require athletes to participate in a weightlifting program to ensure fitness and reduce the risk of physical injury.

Unnecessary Roughness

Unnecessary roughness during a game is not permitted. Athletes involved in a fight during a game receive a one-game suspension. If the same athlete is involved in an altercation a second time during the season, the athlete is removed from the team immediately. The athlete is required to have a conference with parents/guardians and the Sports Coordinator before being allowed to participate in the following sports season.

Tobacco, Alcohol and Drug Abuses

CSDR does not permit the smoking or use of tobacco, or any product containing tobacco or nicotine products by students while on campus, while attending school-sponsored activities, or while under the supervision of school employees. Students who are 18 and older who have a prescription for marijuana for medical reasons are prohibited from being under the influence or possessing marijuana while on school grounds or at any school-sponsored event on and/or off-campus. Violation of this policy results in disciplinary action as outlined in California Education Code Section 48901.

