

# ***CALIFORNIA***

## ATHLETICS



**Student-Athletes & Parents  
Handbook  
2018-2020**

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## **PURPOSE**

The purpose of this Handbook is to provide pertinent information to students and families participating in the California School for the Deaf Athletic Programs.

Students are expected to read and become familiar with its contents. Coaches, teachers, and administrators expect student-athletes to have knowledge of the contents of the Handbook and will refer to this Handbook whenever questions arise.

Parents are requested to discuss the contents of the Handbook with their son/daughter. Having a common understanding of the rules and regulations that govern extra-curricular activities will assist in significantly reducing concerns and unforeseen problems.

# **Athletic Department Directory**

## **Athletic Director**

Jesse J. Bailey

e-mail: [jbailey@csdr-cde.ca.gov](mailto:jbailey@csdr-cde.ca.gov)

(951) 824-8080

## **Administrative Assistant**

Tyler Bayarsky

e-mail: [tbayarsky@csdr-cde.ca.gov](mailto:tbayarsky@csdr-cde.ca.gov)

(951) 824-8103

## **Athletic Equipment Manager**

Damian Spillner

e-mail: [dspillner@csdr-cde.ca.gov](mailto:dspillner@csdr-cde.ca.gov)

## **PE/Athletics Supervising Teacher**

Laura Edwards

e-mail: [ledwards@csdr-cde.ca.gov](mailto:ledwards@csdr-cde.ca.gov)

(951) 384-2149

# Athletic Program Profile

**Mascot:** Cub

**Colors:** Scarlet & Gray

## High School

**League:** California Interscholastic Federation – Southern Section (CIF-SS)

### **Sports Offered:**

#### **Fall Sports**

Co-ed Cheerleading

Co-ed Cross Country

Varsity Football

Junior Varsity Football

Varsity Volleyball

Junior Varsity Volleyball

#### **Winter Sports**

Co-ed Cheerleading

Varsity Boys Basketball

Junior Varsity Boys Basketball

Varsity Girls Basketball

Junior Varsity Girls Basketball

Wrestling

#### **Spring Sports**

Baseball

Softball

Co-ed Track & Field

## INTRODUCTION

The student-athletes/team members are expected to follow the California School for the Deaf-Riverside (CSDR) student-athlete handbook. The goal of these rules and regulations is to encourage athletic & academic achievement and build student character.

Failure to comply with expectations outlined in the student-athlete handbook will result in reduced playing time, suspension, or dismissal from the team upon agreement of the coaching staff, Athletic Director, and school administrator(s).

Coaches may establish consequences for minor infractions, such as inattention to directions, horseplay, tardiness to practice, etc., with the approval of the Athletic Director. Consequences pertaining to a particular sport must be explained fully by the coach to all team members at the start of the season. Penalties for violation of team rules shall be administered by the coach.

## PURPOSE OF CALIFORNIA INTERSCHOLASTIC FEDERATION – SOUTHERN SECTION (CIF-SS)

The purpose of CIF-SS is to organize, to stimulate, to encourage, and to promote the academic, athletic, and fine arts programs in an effort to foster a spirit of fair play, good fellowship, true sportsmanship, and wholesome competition for boys and girls.

## ELIGIBILITY QUALIFICATIONS FOR COMPETITION

### High School

**Age Eligibility:** According to CIF policy, a student-athlete who becomes nineteen (19) before June 15<sup>th</sup> shall be ineligible for any interscholastic competition. A student-athlete who becomes 19 on or after September 1st shall remain eligible for the entire school year.

**Playing Eligibility:** To be eligible for athletics, one must be in compliance with the CSDR policies concerning incorrect and/or illegal enrollment and the rules and regulations of the CIF:

- Student-athlete is a full-time student
- Student-athlete may play up to a total of eight consecutive semesters, or four years, of sports after entering the ninth grade of a four-year high school. Student-athletes who never entered the ninth grade, but were placed into tenth grade, may play three consecutive years from their first entry into tenth grade.

## PRE-PARTICIPATION REQUIREMENTS

Each student-athlete/team member shall have his/her parents complete or fill out, sign, and date the Annual Athletic Pre-Participation Paperwork. The yearly pre-participation paperwork and physical examination are required. The student-athlete shall submit the pre-participation paperwork and physical examination form attesting that he/she understands the risks of possible injuries while

participating in sports and has been examined and found to be physically fit for athletic competition, to the athletic trainer prior to becoming a member of any athletic squad or team.

The Annual Athletic Pre-Participation Paperwork is good for only for the current school year. The physical examination is good for one year from the date of the examination. The pre-participation paperwork and physical examination cover all sports offered at CSDR.

If your child has a doctor, it is important for your child to visit his/her own doctor for the physical because the doctor knows your child and their medical history. This is especially important if your child has any prior medical conditions or is under doctor's care for any medical condition including asthma. If your child does not have a doctor, you should first find a doctor and then make an appointment with this doctor's office or clinic. It is best to have this appointment between June 6<sup>th</sup> and August 1<sup>st</sup>.

For children without a primary care physician or health insurance, there are walk-in clinics (or Urgent Care) available to have sports physicals. Cost ranges from \$40-\$50.

Students with cochlear implants, shunts, pacemaker, or any other medical device **MUST *be cleared*** to participate in athletics from the treating physician/specialist. The Activity Clearance for Students with Medical Conditions and/or Implanted Medical Devices form is good only for the current school year.

## ACADEMIC REQUIREMENTS

### **Temporary Academic Probation (TAP)**

There are established three-week time periods with deadlines for teachers to update gradebooks. When each three-week deadline arrives, the high school principal reviews all students' GPAs. Each student who has a GPA of below 2.0 will be placed on TAP for a three-week period. This means that the student will not participate in any sports games, home or away. S/he may continue to practice and sit with the team during home games only. There are two separate TAP periods. The first TAP period is during the first three-week period. The second TAP period is during the second three-week period. Students have up to six weeks to pull up their grades if they are on TAP. At any point during the time a student is on TAP, if his/her GPA reaches 2.0 or above, h/she is responsible to inform the principal so that the principal can review the GPA and remove the student from TAP.

At the end of the first semester, second quarter/first semester grades are locked and students start over with a blank slate for grades at the start of the third quarter/second semester. At that point, students who are on TAP are not able to have their TAP status removed for the entire duration of the three-week period until the next grade book update deadline.

### **Academic Probation (AP):**

- If the student continues to have a GPA below 2.0 after the second TAP period expires at the end of six weeks, s/he will be moved to AP.
- AP students are immediately removed from sports teams. After a three-week period, GPAs are reviewed again to determine whether the student is removed from AP or if further intervention regarding academic grades need to be considered.
- While on AP, students cannot:
  - Play competitive sports games, including scrimmages.

- Participate in practices or home games.
- Wear game uniforms or attend away games.
- If a student athlete's GPA is below 2.0 twice during the same sports season, he/she will be put on AP and be permanently off the team, including the loss of any awards, recognitions, and team dinners.

**“No Pass, No Play”:**

- If the student has at least a F on the report by end of every week (Athletic Dept. will check grades on Fridays), s/he can not play in games the following week unless grade has been pulled to at least D or above (similar to TAP status).

## MEDICAL RELEASE TO PLAY AGAIN

All injuries that occur while participating in athletics should be reported to the coach and athletic trainer. If a student-athlete is seen by a doctor, he/she must have a doctor's release before he/she can practice or compete in athletic contests.

## PERSONAL APPEARANCE AND CONDUCT

Members of an athletic team are expected to be well-groomed and dressed appropriately at all practices and games. Any kind of head decoration, jewelry, or poorly groomed facial hair (goatee, beard, and/or sideburns) is not allowed at practices and games. Student-athletes/team members who do not dress appropriately for sport games will be required to change and return in more appropriate clothes. This applies to all athletic-related events, including pep rallies and awards programs.

Student-athletes/team members will, at all times, demonstrate respect for fellow team members including managers, coaches, Athletic Department personnel, other schools/team members, officials, and anyone involved in interscholastic sports. It is expected that the student-athletes/team members will conduct themselves in a manner that will be positive for the school.

## SPORTSMANSHIP

During home contests, we serve as hosts to the visiting team, its students and spectators, as well as the officials. They are our guests, and they should be treated accordingly. At away contests, we are expected to act as invited guests. We should treat the home school's personnel and facilities with care and respect. As participants and spectators, we want to cheer for our team, not against the opponent, being modest in victory and gracious in defeat. Additionally, we should regard the rules of the game as an agreement, the spirit and letter of which we should not evade or break. Officials are to be treated with respect, and we should accept absolutely and without quarrel the final decision of any official.



Any member of the Cub community who is a participant or spectator at an event who uses profanity or engages in inappropriate behavior, such as fighting or similar misconduct, will be dismissed from the event and is subject to disciplinary action by the school.

## HAZING

Hazing is defined as subjecting someone to an indignity, fright, abuse or threat and is not tolerated. Violation subjects the person(s) to disciplinary action.

## DRUGS, ALCOHOL, AND TOBACCO

CSDR requires that all student-athletes representing their school in athletics remain drug-free, alcohol-free, and tobacco-free, while participating in sports DURING the school year. Members of an athletic team will refrain from the use of alcoholic beverages and controlled substances (drugs) of any kind. Verification of alcohol/substance abuse will result in discipline as designated and decided upon by the Head Coach and Athletic Director. Members shall realize that the use of alcohol, drugs, or tobacco is detrimental to her/his health and performance and must agree not to use these substances while involved in high school athletics. Infractions are cumulative through the student's high school career.

First Offense: Suspension from athletic competition for four weeks. May attend practices and meetings.

Second Offense: Suspended from all athletics for the rest of that season and the next season\*

*\*length of suspension into next season to be determined by the athletic director*

Third Offense: Suspended from all athletics for remainder of his /her high school career.

If the school year should end before the suspension is completed, the suspension will continue into the next school year.

Loss of all awards, honors, and recognition for the seasons affected will result from any of the above offenses.

## EQUIPMENT AND UNIFORMS

Athletic equipment and uniforms are loaned to student-athletes/team members and signed out at the start of the season. Athletic equipment and uniforms are to be worn only during practice sessions and interscholastic contests, or by permission of Athletic Department personnel. CSDR athletic teams may wear game tops or jerseys during school on certain game days only if approved by the Athletic Director.

All student-athletes/team members will be required to return uniforms and gear (if any) to their coaches right after the season is finished. Theft, loss, or damage from abuse of any equipment, gear, or uniform

is the student-athlete/team member's financial obligation. If gear and/or uniform is not returned, replaced, or paid for, the letter award shall not be awarded, nor will any gear or uniform be issued for the next sport.

## **PRACTICE AND GAME ATTENDANCE**

Daily attendance is imperative to the basic development of individual skills and fundamentals, as well as sound foundation for team discipline, unity, spirit, commitment, and loyalty. It is the obligation and responsibility of student-athletes/team members to attend all scheduled practices, meetings, special occasions, and games regularly and punctually.

All student-athletes/team members will be on time for all meetings, practices, trips, and any other scheduled events, unless he/she has notified the sponsor or coach beforehand. A student-athlete/team member who misses practice(s) or meeting(s), may experience **less** participation time. Unexcused absences will result in a loss of participation time or may lead to being terminated from the team.

However, we recognize that there may be extenuating circumstances where a student-athlete/team members may have a documented appointment (medical, court-ordered, etc). Any absence that is considered an excused absence from the school day means that a student-athlete/team member may be eligible to play in an extracurricular activity (practice/game) provided that approval is obtained from both- the Principal and the Athletic Director.

A student-athlete/team member who is absent from school (unexcused or misses practice/game) for three consecutive days prior to the weekend's athletic event means that he/she will not be able to participate in that day's athletic event.

## **OUT-OF-STATE TRIPS (WEEKEND STAY)**

If a student-athlete/team member misses a school day (unexcused) on the Monday after out-of-state trip, they will not be allowed to play in the next game.

Students absent from class for one day because of extra-curricular travel will be required to turn in homework and non-exempted assignments when they are normally due, provided that the student knew the due date before leaving for the activity. When the school is involved in long-term activities such as state tournaments, participating students will be required to do homework. For those extended activities, students will have 2 school days to hand in work upon their arrival back to school after the activity.

## STAYING IN THE COTTAGE

### High School

It is considered a privilege for day students to stay in the cottage for various reasons. All day students are expected to be at their best behavior at all times.

**Sign In/Out:** All student-athletes/team members regardless if he/she is a day student or residential student are required to report to the cottage (sign in) first before going to the athletic facility(ies) after school. Day students shall be picked up from the cottage after practice/game. If a day student is to be picked up by the parent at a different location other than the cottage, communication must occur by the parent or student-athlete/team member to the cottage staff about their sign-out plan.

**Staying in the cottage (overnight):** A day student can stay in the cottage overnight for only two reasons: when the team has an early departure (before 7:30am) and/ or late arrival (after 11pm). If for any reason your child is not staying overnight with the team, please notify the Athletics' office so we can communicate with the Residential Staff. Residential rules and bedtime schedule are expected to be followed. Any student not complying with the rules may be asked to leave and be picked up.

## TRANSPORTATION

When transportation TO away competitions is provided by the school, student-athletes are expected to ride to and from the event on school-provided transportation. However, under special circumstances, exceptions may be made to allow student-athletes to be transported FROM the event by their parents/guardians or other specified adult. If a student-athlete/team member wants to ride with another adult/parent/guardian after the game, a text or email from the student-athlete's parents is required and must notify the coach. If a student-athlete/team member joins his/her parent(s) right after the game, verbal communication between coach and parent is required prior to the student-athlete leaving the event.

If a student-athlete misses a road trip with the team and coaches, he/she will not be allowed to play at all during that event.

In the event that a game/tournament occurs on a weekend (Friday/Saturday) or during a school break period, the student-athlete may meet the team at the site of the competition. Coaches must be informed at least one day in advance if the student-athlete will not be using school-provided transportation.

If a student-athlete misses a road trip with the team and coaches, he/she will not be allowed to play at all during that event.

## COMMITMENT TO ATHLETIC PARTICIPATION

A student-athlete/team member can play two sports during the same season. After the first two weeks of the sport season, he/she is expected to stay on that team(s) until the season is finished.

A student-athlete/team member cut from one sport may try out for another sport provided they were not informally dismissed from the first sport for disciplinary reasons or quit. After the grace period, if a student-athlete/team member decides to quit or is informally dismissed, he/she is ineligible for any sport during that season which has already begun.

Sports with tryouts do not follow the two-week grace period. Once an official tryout date is posted, a student-athlete has one week from that date to leave the team. If a student-athlete is still playing in the previous sport due to playoff continuation, his/her one-week grace period begins on the date of the first mandatory practice day.

If the student-athlete/team member is dismissed from the team, he/she will lose his/her privileges of joining any sport the following season.

In order for the student-athlete/team member to be dismissed from the team, he/she must go through the following procedure:

1. Formal meeting with the Coaching Staff to discuss reasons for possible dismissal;
2. Formal meeting with the Athletic Director to discuss reasons for possible dismissal, including communication to parents and/or dormitory staff;
3. Formal dismissal from the sport and ineligibility for participating in any sports of the following season, at the coach's discretion with Athletic Director's approval.

On occasion, however, a student-athlete/team member may find it necessary to drop a sport for a good reason. The following procedure must be followed:

1. Discuss issues with your coach and get written approval before you leave the sport.
2. Report your situation to the Athletic Director.
3. Coaches shall notify the student-athlete/team member's parents.
4. Return all gears and uniforms issued to Athletic Equipment Manager.

If the student-athlete/team member doesn't follow these steps, he/she will lose his/her privileges of joining any sport the following season.

## DUAL SPORT POLICY

CSDR seeks to provide quality athletic opportunities for our students. Some students have talents and abilities, which they have a desire to contribute to more than one team in a particular athletic season, and both of these teams can benefit. Some activities may struggle with low numbers and this can boost participation in those sports.

Students should examine carefully the time commitment and schedules of sports to avoid major conflicts that would result in a negative impact on others or themselves by participation.

Students are allowed to participate in two different sports (one team and one individual or 2 individual) during the same season. Students wishing to participate in two sports during the same season will need to obtain a dual sport policy form from the athletic director and follow the guidelines set down by the athletic department involving dual sport participation.

Because of academic concerns at any time during the sport season, Athletic Director may cancel his/her request. The athlete shall maintain at least 2.5 GPA to be able to participate in two sports. The athlete then will participate in one sport only.

In the event that a student is disciplined for any infraction in a specific sport, the consequence will also be applied to the second sport in the season of dual participation.

## LOCKER ROOM AND FACILITIES

It is student-athletes/team member's responsibility to take good care of the locker room and facilities and to respect their own and other student-athletes/team members' belongings. Graffiti or putting some kind of tape or sticker on the locker is not permitted. Horse playing and throwing towels or other objects are not allowed in the locker room. Phones and tablets are not allowed in the locker room. All showers must be turned off after showering and no glass containers are permitted in locker rooms. Equipment, gear, and uniforms **must be removed** from the lockers at the conclusion of each sports season. Items left behind will be disposed of.

The Athletic Department is not responsible for any missing valuables, money, or personal stuff. It is **STRONGLY** recommended that you put your valuable things, money or personal stuff in the locker with a combination lock. Ask athletic equipment manager for a personal locker with a combination lock.

## CELL PHONE USE

Cell phones should NEVER be used inside the locker rooms. Coaches will confiscate cell phones if they are used in the locker rooms.

## WEIGHT ROOM

Student-athletes/team members are required to strength and condition their bodies **at least twice a week** with the supervision of strength and conditioning coach. All team members must wear proper attire and work with a partner. Focus is critical so no horseplay, socializing or laziness will be tolerated. When finished, all weights must be racked and areas cleaned.

If you didn't show up or miss workout, s/he must make up within 24 hours. And, if s/he didn't show up the next day, coach will be notified and consequences will be given.

## **CLOSED PRACTICE POLICY**

Practices, which are considered as valuable instructional time, are closed to all parties with the exception of coaches, players, athletic director, administrators and invited or previously approved guests. Guests must receive permission from the coach or Athletic Director well in advance (preferably 24 hours in advance). Guests are expected to refrain from disrupting practice (instructional) sessions in any way, including conversing with the coach or players.

## **EARLY DEPARTURE FROM CLASS**

Student-athletes/team members are responsible for making arrangements with teachers to make up class work and assignments. They are not to use athletic events as an excuse for not completing assignments or not doing quality work.

## **ON CAMPUS SUSPENSION**

### **High School Athletics**

If a student is placed in On Campus Suspension (OCS) on that day, he/she will not be allowed to participate in any extra-curricular activities (academic bowl, drama, class sponsored party, school sponsored event, athletic games). The student can still participate in athletic/drama/academic bowl practices during the duration of ISS assignment. This also applies to weekend events if he/she has not completed his/her OCS assignment.

The student can still participate in athletic/drama/academic bowl practices during the duration of OCS assignment.

## **AWAY GAMES/TOURNAMENTS**

The following guideline/criteria will be shared with all team members at the beginning of each sporting program, as follows:

Host school set the number of coaches, players and managers a team is allowed to bring on tournament trips. If the Host school sets a specific number of individuals, coach will select those who have shown the following criteria (not in any particular order):

- Commitment/Dedication/Attendance
- Camaraderie/Team Player
- Follows Team Rules
- On Court/Field Performance
- Good Academics Performance

Other Unique Situations/Circumstances may affect the coach's final selection.

## PARENT/COACH COMMUNICATION GUIDE

This guide is intended to foster good communications between parents and coaches, and to help parents understand the channels available to them to discuss athletic issues concerning their students.

### Communication to Expect from the Coaches

- Expectations
- Location & Times (practices and games)
- Requirements (fees, equipment, etc.)
- Injury/Medical Issue Procedures
- Discipline

### Communication Coaches Expect from Parents

- Illness/Injury Issues
- Concerns
- Notification of Schedule Conflicts well in advance

### Appropriate Concerns to Discuss with Coaches

- Treatment of your child mentally & physically
- Ways to help your child improve
- Your child's behavior

### Issues Not Appropriate to Discuss with Coaches

- Playing time
- Team strategy
- Play calling & game strategy
- Other student-athletes

### Procedures to Use in Discussing Concerns with a Coach

When you desire to discuss a concern or question with the coach, please be sensitive to the coach's responsibilities. Follow these simple procedures to arrange a conference:

- Email to set up an appointment
- If you cannot reach the coach, contact Athletic Director to request a meeting be arranged.

*(Please do not confront a coach before or after a contest or practice. The coach has responsibilities to the entire team at these times. In addition, these times may often be emotional for coaches, athletes and parents, and therefore are rarely conducive to the positive resolution of concerns)*

## The Next Step

### *What can a parent do if the meeting with the coach did not provide a satisfactory resolution?*

- Email and set up an appointment with the Athletic Director to discuss the situation further for yourself, your child, the coach, and the Athletic Director

At this meeting, further appropriate steps can be discussed and determined.

## PARENT CODE OF CONDUCT

- Be a positive role model and set a positive example for others through your conduct at sporting events. Remember that your actions reflect on the school.
- Be a “cheerleader” for your child and his/her teammates.
- Respect your child’s coach -- communicate with him/her in a positive way and encourage others to do the same.
- Set realistic goals for your child’s athletic participation and help your child do the same.
- Emphasize improved performance and skill attainment rather than winning.
- Keep your priorities in order -- there is much more at stake in a contest than a win or a loss.
- Do not condition your interest in your child’s athletic participation on winning.
- Do not undermine the coach. If you have questions or concerns, address them with the coach at an established time.
- Maintain open lines of communication with the coach.

Parents who violate this Code of Conduct while attending a California School for the Deaf-Riverside athletic event, home or away, may be subject to disciplinary action by authorized game or school officials, including but not limited to the following in any order or combination:

Verbal or written warning; Suspension or immediate ejection from a sports event; and/or Season suspension or multiple season suspension.

## ADDITIONS/CORRECTIONS OR AMENDMENTS TO HANDBOOK

The Director of Student Life, Athletic Director, PE/Athletics Supervisor, and Principals reserve the right to amend any portion of this handbook as deemed necessary.