

Welcome

Welcome and congratulations on being a part of the Fremont High School athletic program. We are a school with a long and proud athletic tradition and we welcome and encourage you to learn and build on that tradition. Athletics is an integral part of what we do as a high school and it is important that athletics is always kept in the proper perspective to the mission and philosophy of Fremont High School. Both on and off the playing fields, our teams and coaches will always represent our school in the highest fashion. As I welcome you to this family, I would like to communicate some philosophies and expectations for all our student-athletes and families.

Fremont High School Athletic Department Staff

Athletic Director-Jason Townsend

Athletic Dean-Chris Moore

Athletic Trainer-Mary Rhatigan

Strength and Conditioning Coach-Chuck Herrera and Tris Fiaui

Varsity Head Coaches

Fall

Football- Rob Swartz

Cross Country- Luke Sigmon

Girls Tennis- John Musser

Girls Volleyball- Annika Janson

Boys Water Polo- Raul Lujan

Girls Water Polo- Moris Clark

Winter

Boys Basketball- Tony Kikuta

Girls Basketball- Miguel Castillo

Boys Soccer-Demba Diallo

Girls Soccer- Payam Hajjarian

Wrestling- Erik Duus

Spring

Baseball- Brett Bashinger

Softball- Tony Phillips/Hector Zuno

Golf- Aaron Eeg

Track and Field- Mark Shields

Boys Vollebyall- Russell Davis

Boys and Girls Swimming- Andy Clifford

Purpose and Philosophy

PURPOSE

The interscholastic athletic programs of the Fremont Union High School District are an important part of the comprehensive educational program provided by the District. The athletic programs provide opportunities for students to grow physically, mentally and emotionally and promote the personal development of good citizenship and sportsmanship while meeting the district's mission of *educating capable, caring, contributing citizens for life*.

PHILOSOPHY

Competitive co-curricular activities mean more than competition between individuals representing different schools. It is, rather, a means of learning a way of life which exemplifies the philosophy that hard work, drive, and determination bring eventual success. Good sportsmanship, both as a winner and a loser, and the concept of self-discipline and self-esteem are inherent parts of any student's participation.

Co-curricular activities are a part of the total education program and as such contribute to the development of desirable learning habits and outcomes in knowledge, skills, and emotional patterns.

Co-curricular activities are an integral part of school life. When carefully planned and operated, they:

- □ Extend and reinforce the instructional program.
- □ Give students practice in democratic self-government.

- □ Build student morale and promote positive support for the school.

- Provide wholesome social and recreational activities.
- Contribute to the enhancement of all segments of a multi-cultural student body.
- Promote cooperation and team work.
- Develop self-discipline and self-esteem.

Fremont High School Athlete

Privilege to Compete

It is important to remind all student-athletes that it is a privilege to compete in athletics here at Fremont High School, *not your right*. You are a student first and an athlete second. Your first responsibility is the classroom and the commitment to be successful there. If you take care of your academic responsibilities and adhere to discipline guidelines, you will get the opportunity

Expectations Away from the Playing Field

Our expectations away from the playing field are that you are outstanding representatives of our school and our programs. As student-athletes, you are high profile in the community and you should understand that responsibility. It is important that you positively represent our school and our programs 24 hours a day and 7 days a week.

Crowd Expectations Athletic Contests

Proper behavior is expected at all home and away athletic contests. Athletes and spectators should always display an attitude of good sportsmanship toward opposing players, coaches, fans and officials. Sportsmanship means treating opponents with fairness, courtesy and respect. Students whose behavior is inappropriate will be referred to the Deans. In accordance with CIF/CCS and league sportsmanship policies, the following behavior is considered unacceptable at all high school contests.

1. Insulting your opponents' school or mascot.
2. Insulting opposing players.
3. Making unsportsmanlike, derogatory or obscene cheers or gestures.
4. Signs meant to be derogatory toward one's opponent.
5. Using artificial noise makers.
6. Insulting officials verbally or through gestures.
7. Proceeding onto the playing court or field before, during or after the contest.
8. Acting disrespectful during the national anthem or during opposing team introductions.
9. Visiting an opposing team's campus before or after a contest with the intent to perform a prank or commit vandalism.

Academic Eligibility:

All student athletes are students first and athletes second. There are strict rules for our school district on academic eligibility for athletes that must be followed and kept track of and enforced by coaches and ADs so that games do not have to be forfeited. Below are the requirements:

- • Athletes must pass 5 classes and maintain a 2.0 GPA to stay eligible for competition.
- • ADs will determine the eligibility of athletes on your roster at the beginning of each season and whenever new grade reports are released.
 - Each season has 2-3 grading periods between 5-7 weeks. If a player becomes ineligible, they are ineligible for the entire grading period.
- • An athlete is put on probation when passing 5 classes but not maintaining a 2.0 GPA, or when they have a 2.0 GPA but are not passing 5 classes.

- • Athletes on academic probation CAN PLAY but, athletes CANNOT play in games if they are on probation for 2 consecutive grading periods because they then become ineligible.

Incoming freshmen enter school on academic probation.

Seniors have an exception – seniors may pass 4 classes and get a 2.0 to be eligible.

Physical Eligibility: All student athletes must submit the proper paperwork to be physically eligible to PLAY OR PRACTICE. Athletes CANNOT practice until the following are completed (all downloadable on school website):

- • “Pre-participation screening” form (also known as physical – make sure each is signed

by doctor AND parent)

- • Parent Waiver form
- • Code of Conduct
- • Steroid form
- • Concussion form and baseline testing
- • Athlete Insurance information (***Athletes may purchase school insurance through***

the Main Office if they do not have their own insurance.)

IMPORTANT NOTE: Be sure to make a copy of each athlete’s insurance form and keep that copy with you at all times.

Responsibility: Whether teams win or lose, it is important that athletes learn responsibility. Athletes are expected to be at all practices and games unless they have cleared an absence first with a coach. Students are expected to practice time management by working on projects, making up tests, etc., on their own time and are expected to fulfill their athletic commitments.

Transfer students: COACHES need to identify these new students ASAP! Send the new student immediately to an Athletic Director. The ADs will decide what the appropriate paperwork is and get the process started. CCS paperwork takes a long time to process! Paperwork will be slow. Be proactive in identifying your athletes. ***Again, failure to do so can result in forfeiture of contests.***

Parent Involvement Guidelines

Parents can play a very important role in our athletic program. They can do many off the field tasks that will enhance your program. It is the hope of the Athletic Director that each sport will have a Team Parent to assist with these activities. However, there are guidelines on their role. Please make sure to follow the expectations set up by High School to ensure the best athletic program for your team.

Parent Limits: Be very careful to avoid showing favoritism towards specific parents. It is critical that you are equal with all parents. Parents have the right to ask a question about practice schedules, how playing time is decided and what could their child do to improve. If you have parents who are exceeding their roles, please contact the Athletic Director for assistance.

Parent Complaints: Please inform the Athletic Director of any parent complaints (the ADs will do the same for you). Coaches are expected to handle complaints in a mature fashion and listen to what the person has to say. However, do not feel that you are alone in this. If you ever feel the situation warrants intervention from an AD or Site Administrator, please contact an AD immediately.

Communication with Parents: Every year, there are misunderstandings between parents and coaches concerning a variety of issues. In order to minimize these problems, it is recommended that you send home a letter each season to all the parents of the participants on your team. This letter should contain the following information:

- ➤ ☐ Your contact information (such as your email address and/or home/business phone number).
- ➤ ☐ Practice schedules – days and times, as well as where those practices are to be held.
- ➤ ☐ Game Schedules and the school's athletics/team web site so they can go to it if a

game has been cancelled.
- ➤ ☐ Criteria for being selected to play on your team.
- ➤ ☐ Team Rules and consequences for violating those rules.
- ➤ ☐ Eligibility requirements as set forth by CIF, our league, and FUHSD.
- ➤ ☐ Physical exam, Insurance and drug policy requirements.

Ten Commandments of Parental Behavior

1. Talk about the other kids on the team and the other team in the same manner you want other parents to talk about your child.
2. It's nice to give the coach a pat on the back when he or she wins. It is even nicer when you give the coach a pat on the back after a loss.
3. Don't hesitate to give the referee, umpire or official a pat on the back.
4. Remind your children that it's effort that counts.
5. Avoid the PGA – the post game analysis.
6. Smile....enjoy the game!
7. If you are not a good sport at the games, neither will your kids.
8. Take time to learn the rules of the game.
9. If you must make noise at games, shout only praise and encouragement.
10. Above all, be there for your children...support them, praise them, regardless of the score.