



STUDENT ATHLETE & PARENT HANDBOOK





Table of Contents

Introduction..... 3
Philosophy of the Dominguez High School Athletic Program.....3
Academics.....3
Classroom Attendance.....4
Athletic Academic Probation Policy..... 4
Academic Ineligibility.....5
Going Out For a Sport.....6
Expectations of Student Athletes..... 6
Athlete’s Code of Ethics.....6
Code of Conduct for Interscholastic Student-Athletes.....7
Hazing..... 8
Bullying..... 9
Consequences for Unethical Behavior.....10
Reasons for Non-Participation..... 11
Locker Room Conduct.....11
Weight Room, Fitness Room, D-High Gym Rules.....11
Hydration Safety.....12
Anabolic Steroids.....13
Injuries.....13
Procedure if You Are Injured.....13
Concussions/Head Injuries.....13
Equipment.....14
Dress.....14
Transportation..... 14
College & Scholarships.....15
NCAA Eligibility..... 15
Parental Role.....16
Code of Conduct for Parents/Guardians..... 16
Communication Expectations from Coaches to Parents..... 18
Communication Expectations from Parents to Coaches..... 18
Procedure to Address a Concern..... 18
Retribution..... 18
Alma Mater..... 19
Agreement Signature Sheet..... 20



Introduction

The Dominguez High School Player and Parent’s Guide is a reference guide for student-athletes and parents, concerning the policies that govern interscholastic athletics at DHS. Sound reasoning, good judgment and adherence to the school’s core values; **Love, Listen, Lead, and Learn**, will be the standard by which situations outside these stated rules and regulations are determined and evaluated.

Participation in DHS’s athletic program is voluntary. Thus competition in high school athletics is a privilege and not a right. With this privilege, the student athlete is expected to conform to the high standards of the athletic program. This privilege may be revoked if the athlete fails or refuses to comply with the spirit of the rules, policies, and procedures.

Dominguez High School athletic programs are governed by federal and state law, California education code, Compton Unified School District Policy, CIF Southern Section bylaws, and the San Gabriel Valley League policies and procedures.

Philosophy of the Dominguez High School Athletic Program

DHS interscholastic athletic competition strives to demonstrate high ethical standards and sportsmanship. DHS believes 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. This Code applies to all student athletes, coaches, parents, and staff.

All DHS athletics must be aligned to Dominguez High School’s academic goals and objectives established for the intellectual, physical, social, and moral development of our students. DHS teams place academic achievement as the highest priority. We show respect for teammates, opponents, officials, and coaches, as well as the integrity and judgment of game officials. DHS exhibits fair play, sportsmanship, and proper conduct on and off the playing field both by adhering to the established rules and standards of the game to be played, and by refraining from the use of profanity, vulgarity, and other offensive language and gestures. We maintain a high level of safety awareness through a respect for and use of all appropriate equipment and use it safely and appropriately. DHS athletes refrain from the use of alcohol, tobacco, illegal and non-prescriptive drugs, anabolic steroids or any substance to increase physical development or performance.

Academics

The Athletic Department academic philosophy is to be in synch with the academic mission statement of the school, to produce lifelong learners. We are committed to developing the scholar-athlete, and understand that the most important task is to prepare the student for their participation in community as a contributing member of our society, as a citizen with responsibility. It is from sport that our student-athletes can find additional important lessons about goal setting, sacrifice, establishing a plan, persistence, perseverance and ultimately accomplishing the goal of graduation, with skills that will open other doors.

- Student athletes are expected to graduate with a high school diploma.
- They are expect to seek help from their teachers, study-buddies, organizations such as Project Reach, PTSA, USC Advisors in the College & Career Center, T.E.A.M. 1, , or other tutoring sites or methods. They should learn to seek assistance from their teacher first and other professional groups such as their counselors or principals.



- Students athletes are expected to be a responsible member of each class, by punctually attending class, taking notes, cooperating with classroom expectations, doing their homework, preparing properly for class and participating in classroom activities. At no time is practice or games be used as an excuse for not ‘getting the job done’ in the classroom.
- Scholar athletes are expected to meet with their counselor and set up a four year plan that will prepare them for the four year experience.
- Academic integrity and honesty should always be exercised. Copying, or plagiarizing or cheating is never to be allowed.
- Assist your child to have disciplined time management and organization.
- Emphasize that we are here for academics first. Being to practice or games, means doing homework/project/test preparations in the evenings, on Saturdays and Sundays.
- Ultimately, having a four year goal in areas such as classes complete, GPA, A-G requirements, and taking a curriculum filled with rigor, will help the student-athlete meet his/her goals. The effort and time put into practice should also be exerted in the classroom. The lifelong benefit of having a skill to compete in today’s academic and work place is only realized with planning, sacrifice and perseverance, among other things.

NOTE: By Friday of each week, all athletes are required to submit a weekly academic and attendance progress reprt (DHS Weekly Progress Report Sheet), signed by all teachers and their parent/guardian

Classroom Attendance

Daily attendance is mandatory for all students, and especially for student-athletes. Unacceptable tardiness, unexcused absences, including participation in “Senior Ditch Days”, WILL be cause for exclusion from athletics practices and competition. Note: consistent attendance at Saturday School is the ONLY way an athlete can make up for missed days or periods and reinstate his/her status in athletics. Below are the specific attendance expectations that are NOT to be violated:

- **Habitual Truancy** = 5 or more tardies to any period
- **Chronic Absenteeism** = Missing 10% or more of the school year due to excused and unexcused absences. This is the equivalent of 18 or more days of school or class.

Absenteeism	Tardies/Truancy
<p>Chronic Absenteeism = Missing 10% or more of the school year due to excused and unexcused absences. This is the equivalent to 18 or more days of school or full periods:</p> <ul style="list-style-type: none"> • To be eligible for athletic participation, a student <u>must have a 90% attendance rate or better</u> = No more than 18 excused/unexcused absences • Possible exception: students with a health plan or 504 plan that permits excessive absences due to medical reasons 	<p>Habitual Truancy = 5 or more tardies to any period</p> <ul style="list-style-type: none"> • 15 more tardies will <u>automatically disqualify</u> students from athletics
<p>***The ONLY way to make up absences or tardies is through Saturday School attendance***</p>	



Athletic Academic Probation Policy

The intent in establishing this academic probationary system is to alter self-destructive student behavior or attendance problems in a positive direction and keeping student athletes on track for graduation while simultaneously providing for full student participation in co-curricular activities.

To be eligible for athletic participation, a student must have met the following grade requirements during the previous regular grading period:

- The students must have received a passing grade in courses representing at least 20 semester units.
- The student must have attained at least a 2.0 grade point average in all coursework attempted

If a student is deemed ineligible due to deficiency in one of the above stated areas, a student may apply for five week academic probation for the current grading period if he/she has not been on academic probation during the previous five week grading period.

The application for academic probation shall consist of a letter written by the student and addressed to the Principal or designee, stating:

- The reason that probation is being requested
- Why, in the student's view, he/she has caused the ineligibility to occur
- How his/her behavior will be changed to avoid unsatisfactory grades in the future.

A student who is granted probation will

- Be monitored by their respective athletic coach for the entire sport or activity season.
- Present to the coach and athletic director a weekly evaluation of their work signed by each teacher.

Students can access probation only one time a year. Students cannot refuse to access the probation in order to use it later. If students who need to apply, because their GPA is below a 2.0, but do not apply, they forfeit their opportunity to do so. If they apply and are approved (approval will be decided within 24 hours of receipt of all needed documents). They will be able to play and practice, according to the plan submitted, throughout the current grading period. Upon the next grading period they will only become eligible to play and practice if they are above a 2.0.

All incoming freshmen are granted immediate probationary status for the first six weeks of enrollment at DHS. Upon receipt of grades from their first six weeks, students may reapply for probationary status following the procedure outlined above. This is the only time students are afforded the opportunity to be under probationary status for concurrent 6 week periods.

Academic Ineligibility

Students who earn below a 2.0 and are not eligible for academic probation cannot play in a CIF sponsored game or scrimmage.

Determination of academic ineligibility is as follows.

- The athletics administrator gathers all student athletes GPA's once teachers have completed posting grades for the grading period.
- The athletics administrator provides a copy of all student athletes' GPA to the Athletic Directors.



- From the point at which the athletics administrator notifies the athletic director, the athletic director has 24 hours to notify coaches of student athlete eligibility.
- From the point at which the athletic director notifies the coach, the coach has 24 hours to notify student athletes of ineligibility.
- The student athlete remains ineligible for the entirety of the current grading period in which they were notified.

Teachers can make recording and computation errors. Academically ineligible players are encouraged to check with teachers and review posted grades for accuracy. Per California Education Code 49066(a), when grades are given for any course of instruction taught in a school district, the grade given to each pupil shall be the grade determined by the teacher of the course and the determination of the pupil's grade by the teacher, in the absence of clerical or mechanical mistake, fraud, bad faith, or incompetency, shall be final. As such, the teacher has the right to alter his/her posted grades if a clerical, mechanical, fraud, bad faith, or incompetency mistake is determined to be made.

- The only way a student that has below a 2.0 will be eligible to play, is if it is deemed that the computation of the grade was an error. Permission can only be granted by the A.D. and the Administrator in charge of athletics.
- At no time what so ever, will any adult or student be allowed to pressure a staff member into changing a grade for the sake of playing.

Going Out For a Sport

When going out for a sport, the following requirements must be met before participating in the new season.

You must submit a completed Sports Packet to the Athletics Director and Health Assistant.

- You must provide proof of health insurance.
- You and your parents must sign the Code of Conduct for both players and parents.
- You must provide proof of academically eligibility.
- You must submit transfer papers to the guidance office, if you have not attended DHS from day one of your freshman year.
- You must have residential eligibility, live in Compton or be given a valid permit from Compton Unified School District.
- You and your parent must attend and Athlete and Parent meeting prior to the start of the season.
- You and your parent must sign and acknowledge that you have read and understood the Student Athlete & Parent Handbook.

Expectations of Student Athletes

Student athletes are to conduct themselves according to the Code of Conduct for Interscholastic Student-Athletes and Athlete's Code of Ethics.

Athlete's Code of Ethics

Athletics is an integral part of the school's total educational program. All school activities, curricular and co-curricular, in the classroom and on the playing field, must be aligned to Dominguez High School's goals and objectives established for the intellectual, physical, social, and moral development of our students. It is within this context that the following Code of Ethics is presented.



As an athlete, I understand that it is my responsibility to:

1. Place academic achievement as the highest priority
2. Show respect for teammates, opponents, officials, and coaches.
3. Respect the integrity and judgment of game officials.
4. Exhibit fair play, sportsmanship, and proper conduct on and off the playing field.
5. Maintain a high level of safety awareness.
6. Refrain from the use of profanity, vulgarity, and other offensive language and gestures.
7. Adhere to the established rules and standards of the game to be played.
8. Respect all equipment and use it safely and appropriately.
9. Refrain from the use of alcohol, tobacco, illegal, and non-prescriptive drugs, anabolic steroids or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States, or American Medical Association.
10. Know and follow all state, section and school athletic rules and regulations as they pertain to eligibility and sports participation.
11. Win with character, lose with dignity.

Code of Conduct for Interscholastic 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"). This Code applies to all student athletes involved in interscholastic sports in California, I understand that, in order to participate in DHS high school athletics, I must act in accord with the [DHS Student Support Code](#) and 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 is unpopular or personally costly.
- Honesty — Live and compete honorably; do not 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 — Do not 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; do not complain about or argue with official calls or decisions during or after an athletic event.



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.

FAIRNESS

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

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.

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.
- Role-Modeling — 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. Suspension or termination of the participation privilege is within the sole discretion of the school administration.
- Self-Control — Exercise self-control; do not fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.
- Healthy Lifestyle — Safeguard your health; do not 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 — Protect the integrity of the game; don't gamble. Play the game according to the rules.

Hazing

Events have made it necessary to clarify and articulate the policies regarding HAZING. As defined by the California Education Code, HAZING includes any method of initiation or pre-initiation into a student organization or any pastime or amusement engaged in with respect to such an organization which causes, or is likely to cause, bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm, to any student or other person attending any school, but the term “hazing” does not include customary athletic events or other similar contests or competitions. Additionally, the following refers to California Education Code Section 32051:

No student, or other person in attendance at any public, private, parochial or military school, community college, or other educational institution, shall conspire to engage in hazing, participating in hazing, or



commit any act that causes or is likely to cause bodily damage, physical harm, or personal degradation or disgrace resulting in physical or mental harm to any fellow student or person attending the institution.

The violation of this section is misdemeanor, punishable by a fine of not less than one hundred (\$100), nor more than five thousand (\$5,000) dollars, or imprisonment in the county jail for not more than one year or both.

Please be aware that there are legal ramifications if students engage in activities that can be considered hazing.

To guide you in working with your student around activities involving a school club or team, please use these guidelines:

- Check with the coach, teacher or advisor of the activity to ensure that the activity has his or her approval.
- Check with the coach, teacher or advisor for written guidelines to govern the activity.
- Get written verification that adults are involved in the activity.
- Do not assume that if a group of students from the team are organizing an event that the school is actually sponsoring it. Students who organize events in the name of any school group without authorization will be subject to disciplinary action by the school.
- Do not allow your child to travel to any school-related or school-sponsored event for which students are driving one another. Only parents whose insurance has been documented with the school are permitted to drive students.

Bullying

Players may face school consequences, including suspension, for:

- committing sexual harassment
- bullying or cyber bullying another person
- cause, threaten to cause or participate in an act of hate violence
- engage in harassment, threats or intimidation
- terrorist threats against school officials or property
- school administrators may suspend or recommend students for expulsion who engage in bullying of either students or school staff
- If the bullying behavior significantly disrupts the school environment the school shall intervene even if the bullying originated outside of the school environment

Bullying defined is described as including but not limited to tormenting of others through:

- | | |
|---|-----------------------------------|
| ▪ Verbal harassment or intimidation | ▪ Social manipulation or coercion |
| ▪ Physical assault | ▪ Psychological intimidation |
| ▪ Or other more subtle methods of such as manipulation and exclusion | ▪ Physical Intimidation |
| ▪ Some bullying behaviors are illegal and must be reported to the police. | ▪ Sexual and gender harassment |
| ▪ Physical aggression | ▪ Racial and cultural harassment |
| ▪ Social aggression | ▪ Religious harassment |
| ▪ Written aggression | ▪ Public ridicule |
| | ▪ Hazing |



This also includes:

- Cyber-bullying
- The use of any type of electronic device and information, such as e-mail, instant messages, text messages, mobile phones, and web sites, used to send or post harmful or hurtful messages or images about an individual or a group.
- Any of the above may result in school discipline if they:
- Substantially disrupt school activities
- Invade the rights of students or staff by creating an intimidating or hostile educational environment

Consequences for Unethical Behavior

Allegations of breaking the Code of Conduct, Ethical Behavior Standards, or other behavioral expectations should be reported to the Head Coach, Athletic Director, Administrator in charge of athletics, or the Principal.

- The Head Coach is responsible for reviewing the alleged infraction, and then reports it to the Athletic Director, in written form. The report must be filed with the AD, and list pertinent facts, the action taken or penalties recommended by the Head Coach.
- The penalty is to be progressive. Examples include, but are not limited to-probation, ineligibility to practice, ineligibility to start in contests, sitting out games, suspension, or dismissal from the team.
- Student may be asked to participate in assistance programs, to address behavioral problems. The sanction for any violation shall be subject to the review and approval of the Athletic Director.
- Discipline by the Athletic Director does not supersede that imposed by a higher administrator.
- No doubt, the coach must immediately notify the parents of any infractions, as well as possible penalties.
- Personal behavior includes treating officials and opponents with respect, before, during and after a contest.
- Personal behavior includes going to class, not roaming the hallway, and being punctual. The student-athlete is expected to be a leader in the classroom. Assignments are to be logged, done, and submitted on time. Players are expected to seek the help of the teacher if that student athlete is falling behind.
- An athlete that is suspended from school is also suspended from practices and games, for the duration of the school suspension. Holidays, weekend or breaks are considered part of that time period.
- Attendance and positive participation at meetings, practices and games/scrimmages are required of the whole team. Absences not excused by the coach in advance may result in disciplinary action, including removal from the team.
- Players, coaches and or fans may be ejected from a contest for inappropriate behavior.
- For persistent violations for the Code of Conduct, parents and/or fans may be asked by the coach or A.D. not to attend future contests.

Reasons for Non-Participation

The following is a list of reasons why a student athlete may not be allowed to participate in a practice or game.

This list is not exhaustive:

- A lack of ability, an inability to grasp and execute the concepts/plays that a coach is trying to impart.
- Any situation which would put the safety of the student-athlete at risk, such as an injury, may also impact playing time.



- Included in this list of reasons, is an attitude that is detrimental to the team spirit/morale, by either the athlete or their parent.
- Any violations to team or school policy can also preclude a student-athlete from playing, or from playing time.
- Academic ineligibly is also a reason as to why a student-athlete would not be allowed to compete.
- Please note that the high school level is a competitive one. Dominguez HS has some of the best athletes in the area and in our division. Talent and preparation, as well productivity, are key parts to getting playing time.
- Playing time is based on practice, attitude, ability to produce, and adherence to team rules, including a positive attitude.
- It is appropriate for the student-athlete to ask the coach why he/she is not playing, and what he/she should do to improve.

Dismissal from the team if not complying with any of the above listed guidelines, is the final option for repeat offenders of gross violations. Violations will be dealt with in a progressive and restorative manner. Continued refusal to abide by team policy may result in the student athlete being suspended from or dismissed from the team. Suspension or termination of the participation privilege is within the sole discretion of the school administration.

Locker Room Conduct

Student's security and safety in the locker rooms facility are priority of the coaching staff. Each student-athlete is expected to assist in keeping the area clean, safe and secure.

- Lock and secure your possessions at all times. Do not share lockers or combinations with anyone.
- Horseplay is absolutely not allowed. Injuries and or bad feelings may result from rough housing.
- Clean your locker and locker area daily.
- Treat the facility with respect.
- Report anyone that damages walls, bathrooms, lockers, or other related areas.
- Profanity will not be tolerated at any time. Use words that do not denigrate anyone

Weight Room, Fitness Room, D-High Gym Rules

Come to the Weight Room/Fitness Room/Gym ready to train. Stay focused. Socialize outside. Stretching should be done in silence; especially when roll is being taken. Lift to get quicker, more explosive, faster, and stronger. Some will lift to tone, while others will lift for explosive power and bulking up. Always enter the area physically and mentally prepared to train your hardest, with proper technique and safe procedure.

Dress- See section on Dress below for appropriate dress.

Electronics - No personal electronic audio devices will be worn or utilized during the workout. If the coach wishes to project music, then he/she will control the content and level of broadcast. Cell phones are not allowed in any part of the weight room. This invites distraction, and or the possibility of theft.

Food – No food is allowed in the weight room, fitness room, or gym. No gum, chew, seeds, food or outside beverages will be allowed in the DHS Weight Rooms or Fitness Rooms. Only water or DHS provided beverages are allowed. Other supplements provided by the staff are ok as well (e.g. drinks, bars, or fruit). Disposal of trash created by these supplements must be done in an outside trash can.



In order to have an efficient and productive training session, the following guidelines must be observed.

- Be on time to your workout.
- Warm up is important, as well as proper technique.
- You must be on the roster to workout. No friends, parents, or significant others allowed to hang out.
- Sports coaches are not to train DHS student athletes for pay.
- A coach must be present and supervising the student-athletes as they train.
- The coach is not to get in a workout. His/her job is to supervise for safety, technique.
- Only DHS coaches are allowed to modify the workout, not athletes.
- If you are injured during the workout, the Coach and Athletic Trainer must be notified. A form must then be filled out or recorded by the Athletic Trainer.
- If a piece of equipment breaks, please notify the coach immediately. We simply wish to replace the equipment, as well as prevent any injuries occurring due to the mechanical failure.
- Always be sure to have a spotter. If you are the spotter, focus only on the lifter, and nothing else.
- Before working a routine, be sure the area is safe to lift, and that you or someone else is not in danger.
- Never attempt to lift a weight that is beyond your physical ability. If your technique is compromised due to the amount of weight you have, stop! You have put yourself in danger. If you are in danger of losing a free weight, drop it in a safe manner to the ground. Do not attempt to save a weight; doing so may result in injury.
- When your lifting session is over, the whole team must help in re-racking weights and bars, as well as other equipment such as belts. Leave the weight room safe and ready for the next team lifting. This includes picking up trash and wiping equipment such as leather pads.

Hydration Safety

It is very important that student athletes are appropriately fed, and hydrated before and after a workout/game. Hydration is one of the keys to safe training. Sites such as Sports MD (www.webmd.com/fitness-exercise/features/drink-up-sports-fitness) may be of assistance when preparing for competition.

Ultimately, your doctor must guide you as to the appropriate way to avoid dehydration, heat related illness, and other dangerous situations.

Anabolic Steroids

Compton Unified School District does not approve the use of steroids of any kind. “The health risks associated with steroid use are severe. Anabolic steroid use has been implicated in early heart disease, including sudden death, the increase of bad cholesterol profiles (increased LDL, lower HDL), an increase in tendon injuries, liver tumors, testicular atrophy, gynecomastia (abnormal enlargement of breasts in males), male pattern baldness, severe acne, premature closure of growth plates in adolescents, emotional disturbances and other significant health risks.” (STEROIDS THREATEN HEALTH OF ATHLETES AND INTEGRITY OF SPORTS PERFORMANCE, American College of Sports Medicine, 2003).

It should also be noted that:

- CUSD board policy prohibits the use of androgenic and anabolic steroids, unless prescribed by an AMA fully licensed physician to treat a medical condition.
- CIF By-Law 200.D states that the student may be subject to penalties, including ineligibility for any CIF competition, if the student or his/her parent/guardian provides false or fraudulent information to the CIF.



- Please consult with your doctor, coach and athletic trainer, and parents, before starting any program designed to increase weight and strength by ingestion of any supplement.

Injuries

Participating in competitive athletics may result in severe injury including paralysis or death. Changes in rules, improved conditioning programs, modern equipment, and medical coverage have reduced these risks. However it is impossible to totally eliminate such incidents from occurring.

Players may reduce the chance of injury by obeying all safety rules in their sport, reporting all physical problems to their coaches and athletic trainer, following a proper conditioning program and inspecting equipment daily.

Procedure if You Are Injured

Report ALL injuries to your coach, the Athletic Trainer, and if need be, the Athletic Director immediately. They will file an Accident Report. Student athletes and parents should be familiar with **RICE: Rest, Ice, Compression, and Elevation**. Often the trainer will recommend this as treatment for some injuries. The most important thing is to report your injury to the trainer, who will make the objective decision of what should be done next. At no time will the coaching staff have a decision on playing time if the ATC or the Doctor on staff recommends rest. Additionally, you should consult your primary care physician whenever you have an injury

Concussions/Head Injuries

CIF by laws state that a student who is suspected of sustaining a head injury in a practice or a game shall be removed from competition at that time for the remainder of the day. A student-athlete who has been removed from play may not return until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and receives a written clearance to return to play from that health care provider who diagnosed the concussion. For more information on concussions, please see the Centers for Disease Control and Prevention website's concussion page at <http://www.cdc.gov/concussion/>

Equipment

All equipment issued to you belongs to Compton Unified School District, and Dominguez High School. Treat it with respect. You are responsible for if it is lost, damaged, or stolen. Be sure to secure it at all times. This includes fundraising materials or money.

Dress

It is expected that student-athletes are dressed appropriately for practice and games. The NCAA rule of uniformity is applied to game situations, where everyone is dressed in uniform fashion, representing the team concept, and not individuality.

At practice, the head coach determines what the practice attire will be. This policy is to be honored while the student athlete is on the team. Students are expected to dress in their designated or enclosed area, and not in public.

Appropriate attire may include shorts, sweat pants, warm up pants, spandex pants, or any gear deemed appropriate by the Head Coach. Clothing that contains offensive or degrading graphics or words, are not allowed. Athletic shoes and socks are mandatory. Flip flops or any other non-athletic shoes are not allowed. No



open toes shoes, sandals, dress shoes or deck shoes are allowed. These only inhibit proper participation, and can be a danger to the student-athlete.

In areas deemed necessary for the protection of student athletes, including but not limited to the wrestling room, weight room, turf field, all shirts must cover the shoulders, in an effort to prevent the spread of bacteria and infections, including MRSA. A towel can be used to wipe away an area you have just occupied, and have left sweaty. Everyone must be fully clothed while in the facility. If you are arriving from practice, the appropriate clothing guideline must be followed.

Transportation

Games

- All team members are expected to ride with the team to and from contests, unless other arrangements have been made by the head coach and approved by the athletic director and athletic administrator.
- With prior permission from the head coach parents may drive their student athlete to and from a contest.
 - Parents may not drive other student athletes home without a liability waiver signed by the parent of the other student athlete.
- Busses or school vans are arranged for contests by the head coach and the athletic director.
 - Only school employees with current and proper paperwork filed and approved, may drive CUSD vans.
- Student athletes may not drive their own vehicles to a contest in which they are participating.
- Non-student athletes may not drive student athletes to athletic events for the purposes of participation in said event.

Offsite Practice

- Athletes must exit thru designated gates. Rosters will be at each gate. If your name is on the roster, you will be permitted to exit.
- Student athletes may not drive their own vehicles to a practice in which they are participating.
- With prior permission from the head coach, parents may drive their child and other teammates directly home after a contest.
- The district does not provide transportation to offsite practices. The same rules of safety that are used when a student leaves home to walk to school, must be used to get to an offsite facility.

In rare instances, parent drivers may be used to transport student athletes to and from contests. These instances must be approved by the head coach, the athletic director, and the athletics administrator. Parents must fill out the proper paperwork with the Athletics Office and be approved by CUSD Risk Management prior to transporting student athletes.

College & Scholarships

Playing at the collegiate level is in part determined by your ability and projected ability (ability to perform at the collegiate level), grades, test scores, and character. According to the NCAA, only about 2 percent of high school athletes are awarded some form of athletics scholarship to complete in college, <https://www.ncaa.org/sites/default/files/Recruiting%20Fact%20Sheet%20WEB.pdf>. In other words, it is easier to become a National Merit Scholar finalist than to receive an athletic scholarship.



Parents can improve the odds of their students participating at the college level by:

- Being familiar with the various collegiate divisions (Division I, II, and III)
- Researching the scholarships that are available
- Asking your child if they want to play at the college level- a very demanding experience.
- Having a realistic unbiased evaluation of what your student can do at the collegiate level.
- Knowing the odds of getting a scholarship, and the fact that there are over 25,000 high schools in the nation.
- Understanding that high school coaches are not responsible for getting student-athlete scholarships. The coaches will work hard to make sure that the student-athlete maximizes their potential in both the athletics and academics.
- Encouraging your child to select his or her own sport, based on their ability and interest.
- Stressing the importance of both mental and physical preparation

NCAA Eligibility

The National Collegiate Athletic Association (NCAA) is an organization which has established rules on eligibility, recruitment and financial aid. The NCAA has three levels of membership: Division I, Division II and Division III. Membership in these divisions is based on the size and scope of their athletic programs and on if they offer college scholarships.

- You can get more information at www.NCAA.org, Eligibility Center. Be sure to visit the NCAA's Guide for the College Bound Athlete.
- If you plan on playing at a Division I or II school, you must register with NCAA Eligibility Center, formerly known as the NCAA Clearinghouse. If granted the right to participate in a college sport, you would have five college years to play in four seasons.
- The high school must receive permission to provide transcripts to college coaches. This can be done at the Guidance Office which is located in the Administration Building.

Students who wish to determine and maintain NCAA eligibility are responsible for the following:

- You have registered with the NCAA Eligibility Center.
- You have given the NCAA Eligibility Center your completed Student Release Form and fee.
- You have given the NCAA Eligibility Center your official transcript from every high school you have attended.
- You have given the NCAA Eligibility Center your ACT or SAT scores.
- Be on time to all your classes.
- Come prepared, with a three ring binder, loose leaf notes, tabs, an Agenda.
- Take Cornell Notes.
- Do your homework promptly
- Study at least two hours a night; do not just do your homework.
- Seek help when needed, from your teachers, your class room study buddies, as well as other athletes that take the same class.
- Know the NCAA required courses, as well as the students the requirements for high school A-G graduation, and the requirements to get into a four year university/college (visit sites **such as** csumentor.com, and check with your academic advisor).
- Set academic goals that are numerically measurable
- Be persistent.
- Invest your time; sacrifices must be made to be academically stellar, and athletically eligible.



- Use maturity at all times. Do not get caught up with behavior or individuals that will derail your college dreams. Use the discipline that you learn from athletics, in the classroom as well.

Parental Role

Parents are vital to the DHS athletic program. There are high expectations for participation of parents in the athletic experience of student athletes at DHS. The partnership between coaches and parent is a key dynamic to the overall growth experience of the student athlete. As a parent, when your child becomes involved in our athletic program, you have a right to understand the expectations that are placed on your child. The most important part of this is a clear communication between the student-athlete, coach and parent.

Code of Conduct for Parents/Guardians

Athletics competition of interscholastic age children should be fun and should also be a significant part of a sound educational program. Everyone involved in sports programs has a duty to assure that their programs impart important life skills and promote the development of good character. Essential elements of character building are embodied in the concept of sportsmanship and six core ethical values: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "Six Pillars of Character"). The highest potential of sports is achieved when all involved consciously Teach, Enforce, Advocate and Model (T.E.A.M.) these values and are committed to the ideal of pursuing victory with honor. Parents/guardians of student-athletes can and should play an important role and their good-faith efforts to honor the words and spirit of this Code can dramatically improve the quality of a child's sports experience.

TRUSTWORTHINESS

- Trustworthiness — Be worthy of trust in all you do.
- Integrity — Live up to high ideals of ethics and sportsmanship and encourage players to pursue victory with honor. Do what is right even when it is unpopular or personally costly.
- Honesty — Live honorably. Do not lie, cheat, steal or engage in any other dishonest conduct.
- Reliability — Fulfill commitments. Do what you say you will do.
- Loyalty — Be loyal to the school and team; put the interest of the team above your child's personal glory.

RESPECT

- Respect — Treat all people with respect at all times and require the same of your student-athletes.
- Class — Teach your child to live and play with class and be a good sport. He/she should be gracious in victory and accept defeat with dignity; compliment extraordinary performance, and show sincere respect in pre- and post-game rituals.
- Disrespectful Conduct — Do not 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 for Officials — Treat game officials with respect. Do not complain about or argue about calls or decisions during or after an athletic event.

CARING

- Caring Environment — Consistently demonstrate concern for student-athletes as individuals and encourage them to look out for one another and think and act as a team.

FAIRNESS

- Fairness and Openness — Live up to high standards of fair play. Be open-minded; always be willing to listen and learn.



CITIZENSHIP

- Spirit of the Rules — Honor the spirit and the letter of rules. Teach your children to avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

RESPONSIBILITY

- Importance of Education — Support the concept of “being a student first.” Commit your child to earning a diploma and getting the best possible education. Be honest with your child about the likelihood of getting an athletic scholarship or playing on a professional level. Reinforce the notion that many universities will not recruit student-athletes who do not have a serious commitment to their education. Be the lead contact for college and university coaches in the recruiting process.
- Role-Modeling — Remember, participation in sports is a privilege, not a right. Parents/guardians too should represent the school, coach and teammates with honor, on and off the court/field. Consistently exhibit good character and conduct yourself as a positive role model.
- Self-Control — Exercise self-control. Do not fight or show excessive displays of anger or frustration.
- Healthy Lifestyle — Promote to your child the avoidance of all illegal or unhealthy substances including alcohol, tobacco and drugs and some over-the-counter nutritional supplements, as well as of unhealthy techniques to gain, lose or maintain weight.
- Integrity of the Game — Protect the integrity of the game. Do not gamble or associate with gamblers.
- Sexual Conduct – Sexual or romantic contact of any sort between students and adults involved with interscholastic athletics is improper and strictly forbidden. Report misconduct to the proper authorities.

Communication Expectations from Coaches to Parents

- Coach’s philosophy
- Expectations of the coach for your student and the team.
- Set up a Remind.com account for parents and student-athletes
- Locations and times of practices and games.
- Team requirements in and out of season (e.g. fundraising, lifting, conditioning, contests, etc.)
- Procedure to follow if your child is injured.
- Discipline that results from a lack of participation or cooperation of your child.
- That availability of the coach to speak with you if you have a concern.

Communication Expectations from Parents to Coaches

- Concerns are to be expressed at the appropriate time, in an office setting.
- Notification of any schedule conflict which may involve an absence from practices or a contest, well in advance.
- Your support of the program, and of all those involved in it.



Procedure to Address a Concern

1. The DHS Athletic Department supports the student athlete in first, meeting with the head coach of their sport to address the concern.
2. If the issue is not resolved after the student athlete has met with the coach, the student athlete's parent should then contact the coach directly at school via email. All Head coaches have a CUSD email. Leave your name, number a short message and the best time to call. The coach will contact you within 48 hours.
 - a. Do not attempt to personally contact a coach in person, 1 hour before a practice, 3 hours before a game, during a game or practice, and at least 1 hour after a practice and 2 hours after a game. A coach's time during the aforementioned times is to prepare for and supervise each event.
 - b. The 24 Hour Rule. We respectfully request that during the 24 hours surrounding practice/game that you wait to contact/discuss any issue of concern with a coach. The period of time after a game is an emotional time for student athletes, parents, and coaches, and is therefore less conducive to solving problems rationally.
3. If the issue is not resolved after the student athlete and the parent have contacted the coach, the parent should contact the coach's athletic director. The athletic director will investigate the concern and provide feedback within 48 hours. A meeting between student athlete, parent, coach, and athletic director may be conducted to discuss the situation, and to reach an appropriate plan of action.
4. If the issue is not resolved after the student athlete and the parent have contacted the coach and the athletic director, the parent should contact the administrator overseeing athletics. The administrator will investigate the concern and will provide feedback and a plan of action to all concerned parties within 48 hours.

Retribution

Retribution is prohibited by Athletic Department policy. Student and parents must be confident that the voicing of an opinion or concern, using the proper forum and method, is not only free from penalty or retribution, but also is strongly encouraged. The Athletic Director and coaches are committed to insuring that after a student or parent raises an issue or concern, there shall be no 'retribution' in any form within the athletic department at Dominguez High School.



Alma Mater

To Thee Dominguez High School

The Campus that we love,

For the knowledge gained and

Friends attained,

We thank our God above,

We'll fight for you Dominguez,

To you we'll be true,

Your name we'll praise through

all our days,

And be thankful unto you!



Contract Agreement Signature Sheet

Thank you very much for taking the time to read the 2017-2018 Dominguez High School Student Athlete and Parent Handbook in good faith. Your support and contribution to DHS athletics is cherished. We look forward to an exciting season of amazing performances by our teams and student athletes.

“My signature below indicated that I have reviewed, understand, and agree to all parts of the Dominguez High School Student Athlete and Parent Handbook.”

Printed Parent Name: _____

Parent Signature: _____ Date: _____

Printed Student Athlete Name: _____ ID #: _____

Student Athlete Signature: _____ Date: _____

Sport (s): _____

Please remove or print this page and submit it to the Athletic Director, in the administration building with your sports packet.