



# VICTOR VALLEY UNION HIGH SCHOOL DISTRICT

## ATHLETIC PARTICIPATION CODE

Participation in athletics in the Victor Valley Union High School District (VVUHSD) means more than competition between individuals or teams representing different high schools. It teaches fair play, sportsmanship, understanding, and appreciation of teamwork. A strong commitment and hard work is a path that leads to success. Participation on an athletic team is a privilege that is extended to every student who is eligible under regulations set up by State CIF and VVUHSD. With every privilege comes responsibility. The conduct of a VVUHSD athlete is closely observed by many people. An athlete is representative of a team, the school and the community. It is important, therefore, that a VVUHSD athlete be at all times and in all places, a gentleman or lady. Any situation not specifically covered in this code will be referred to the Athletic Director. The following rules, which are a reflection of the school's philosophy, are in effect during the school year.

### **Extra-Curricular Activity Eligibility Rules**

**Academic Eligibility – 2.0 GPA/4.0 scale all classes in previous grading period and 20 units earned.** In order to allow for grades to be recorded and analyzed, eligibility or ineligibility will begin the second Monday after the nine week grading period, and continue until the second Monday following the subsequent nine-week grading period. One physical education class per grading period applies toward academic eligibility.

### **Rules and Regulations to Participate in Sports**

Prior to participation, a student athlete must complete the "OK-to-Post" procedure. An "Ok-to-Post" card will be issued by the Athletic Director when all requirements have been met and all of the paperwork has been fully completed and turned in to the Athletics Office. The student athlete gives the "OK-to-Post" card to the head coach for each sport. A separate "OK-to-Post" card is required for each sport. No athlete is permitted to participate in any extracurricular activity at any time without the coach first having possession of the athlete's "OK-to-Post".

### **Ok-to-Post Requirements for First Sport:**

- Current sports packet completely filled out and signed by athlete and parent.
- Current sports physical signed by physician and cleared by Athletic Trainer (Physicals are good for one year).
- Proof of insurance, including company name and policy number
- Debts cleared by librarian and bookkeeper.
- ASB fee of \$35. Non-Payment of ASB fee will result in forfeiture of ASB sponsored awards such as Varsity Letters, certificates, plaques, patches, etc.). Contact Athletics for more information.
- Bring completed sports packet and most current, original report card to the Athletics Office for final processing.

### **Ok-to-Post Requirements for 2<sup>nd</sup> or 3<sup>rd</sup> Sport:**

- Bring Ok-to-Post card from previous sport showing athlete has turned in their uniform and equipment and coach has cleared them from that sport. Students who want to participate in two sports at the same time must have written permission from both coaches and must submit those to the Athletic Director for approval.
- Take debt clearance form and most recent report card to the Athletics Office to pick up your "Ok-to-Post" card.

### **Try-Out Requirements:**

**Prior to any try-out period, the student must fulfill all Ok-to-Post requirements.**

The athletic department will issue a "Try-out clearance" card, which is handed to the coach. No athlete is allowed to try out for any athletic team or participate in physical conditioning sessions at any time prior to or during the season without the coach first having possession, the athlete's "Try-out Clearance" and "OK to Treat" cards.

The athlete shall accept the responsibility for all athletic equipment issued and will provide for its proper care, storage and return. Athletes with equipment outstanding shall be suspended from athletics until all equipment is either turned in or paid for by the athlete. Equipment will be worn at the practices and games only. On game days the team may wear jersey, jackets, ect.

An athlete must notify the coach immediately if he/she considers dropping from a squad. Dropping without consulting the coach shall result in the immediate suspension from athletics for the rest of the season of that sport. Any athlete, who is a member of a team for twenty practices (beginning from the day he/she reports – 20 days later) and quits the squad after this time, will be ineligible for another sport until the end of the season of the sport he/she quits. This would include team play-offs in CIF.

Athletes participating in athletic events where classes would be missed must clear in advance with their instructors before the event.

Each individual coach or staff will handle violation of the policies or rules established in each sport. Make sure you understand the rules.

The administration of VVUHSD, in enforcing school and district policies, may suspend or remove an athlete from participation in athletics.

Summer activity, Spring Practice and Off-Season Weight Training Programs: Students must have a physical examination, insurance, and parent consent on record in the Athletic Office in order to receive an OK-to-Participate.

INTER-DISTRICT TRANSFER ELIGIBILITY – Eligibility of incoming transferring students to the Victor Valley Union High School District shall be determined by their previous district's eligibility standards. At the end of the current grading period the student will be required to meet the Victor Valley Union High School District requirements for all subsequent grading period.



## Concussion Information Sheet



Keep Concussion Information Pages  
For Future Reference.

I hereby acknowledge that I have received the Concussion Information Sheet from my school and I have read and understand its contents. I also acknowledge that if I have any questions regarding these signs, symptoms and the "Return to Learn" and "Return to Play" protocols I will consult with my physician.

\_\_\_\_\_  
Student-athlete Name Printed

\_\_\_\_\_  
Student-athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Legal Guardian Printed

\_\_\_\_\_  
Parent or Legal Guardian Signature

\_\_\_\_\_  
Date

**A STUDENT PARTICIPATING IN C.I.F. SANCTIONED SPORTS MUST MEET C.I.F. STANDARDS IN ADDITION TO ALL DISTRICT STANDARDS.**

We have read, understand, and agree to abide by the above rules and regulations.

SPORT(S): \_\_\_\_\_ DATE: \_\_\_\_\_

School(s) of attendance during previous school year \_\_\_\_\_ Current Grade \_\_\_\_\_

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Athlete Signature



## VICTOR VALLEY UNION HIGH SCHOOL DISTRICT

### PARENT INFORMED CONSENT

**WARNING TO STUDENTS AND PARENTS: SERIOUS, CATASTROPHIC AND PERHAPS FATAL INJURY MAY RESULT FROM ATHLETIC PARTICIPATION.**

#### **All Sports**

By its very nature, competitive athletics may put students in situations in which SERIOUS, CATASTROPHIC, and perhaps FATAL ACCIDENTS may occur.

Many forms of athletic competition result in violent physical contact among players, the use of equipment which may result in accidents, strenuous physical exertion, and numerous other exposures to risk of injury.

Students and parents must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instructions, precaution, or supervision will totally eliminate all risk of injury. Just as driving an automobile involves choice of risk, athletic participation by high school students also may be inherently dangerous. The obligation of parents and students in making this choice to participate cannot be overstated. There have been accidents resulting in death, paraplegia, quadriplegia, and other very serious permanent physical impairment as a result of athletic competition.

By granting permission for your son/daughter to participate in athletic competition, you, the parent or guardian, acknowledge that such risk exists.

Students will be instructed in proper techniques to be used in athletic competition and in the proper utilization of all equipment worn or used in practice and competition. Students must adhere to that instruction and utilization and must refrain from improper use and techniques.

If any of the foregoing is not completely understood, please contact your school Athletic Director for further information.

**SIGNATURE ON THIS FORM ACKNOWLEDGES THAT WE HAVE READ AND UNDERSTAND THE MATERIAL CONTAINED IN THE NOTICE TO ATHLETES AND PARENTS OR GUARDIANS.**

\_\_\_\_\_  
Student Name - PRINT

\_\_\_\_\_  
Grade

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

#### **FOOTBALL (In Addition to Above)**

Football is a contact sport and injuries will occur. The staff working in our program are well qualified, professional people. Fundamentals related to playing football will continually and repeatedly be emphasized on and off the field. The information contained within this list of rules and procedures is to inform athletes in our football program of the proper techniques for maximum safety in the contact phase of the game.

#### **TACKLING, BLOCKING, AND RUNNING THE BALL**

By rule, the helmet is not to be used as a "ram". Initial contact is not to be made with the helmet. It is possible to play the game including blocking and tackling correctly, with proper technique and conditioning and still make contact with the helmet. Therefore proper technique, and proper conditioning are most important in prevention of injuries.

Tackling and blocking techniques are basically the same. Contact is to be made above the waist but not initially with the helmet. The player should always be in a position of balance, knees bent, back straight, body slightly bent forward, HEAD UP, target area as near to the body as possible with the main contact being made with the shoulder.

Blocking and tackling by not putting the helmet as close to the body as possible could result in shoulder injury such as a separation or a pinched nerve in the neck area. The dangers of not following the proper techniques can be from minor to disabling, to even death. The reason for following the safety rules in making contact with the upper body and helmet is that improper body alignment can put the spinal column in a vulnerable position for injury.

If the head is bent downward, the cervical (neck) vertebrae are in improper alignment and contact on the TOP OF THE HELMET could result in a dislocation, nerve damage, paralysis or even death. If the back is not straight, the thoracic (mid-back) and lumbar vertebrae are also vulnerable to injury with similar results if contact again is made to the TOP OF THE HELMET. Conditioning includes strengthening exercises. The development of strength in the neck muscles is one of the best methods of preventing head injury and enabling an individual to hold his head up using proper technique even after becoming fatigued during a workout or contest.

### **BASIC HITTING (CONTACT) POSITION AND FUNDAMENTAL TECHNIQUE**

If the knees are not bent, the chance of knee injury is greatly increased. Fundamentally, a player should be in the proper hitting position at all times during live ball play and this point will be repeated continually during practice.

The danger is anything from strained muscles, to ankle injuries, to serious knee injuries requiring surgery. The rules have made blocking below the waist (outside a two-yard by four-yard area next to the football) illegal. Cleats have been restricted to no more than one-half inch to further help in preventing knee injuries. A runner with the ball, however, may be tackled, around the legs. Grabbing the face mask or helmet edge could result in a neck injury which could be anything from a muscle strain to a dislocation, nerve injury, spinal column damage or even death.

The illegal play by participating athletes will not be tolerated and all players are repeatedly reminded of the dangers of unsportsmanlike acts.

### **FITTING AND USE OF EQUIPMENT**

Shoulder pads, helmets, hip pads, pants including thigh pads and knee pads must have proper fitting and use. Shoulder pads which are too small will leave the shoulder point vulnerable to bruises or separations; it could also be too tight in the neck area, resulting in a possible pinched nerve. Shoulder pads which are too large will leave the neck area poorly protected and will slide on the shoulders making them vulnerable to bruises or separations.

Helmets must fit snugly at the contact points: front, back, and top of head. The helmet must be safety "NOCSAE" branded; the chin straps must be fastened and the cheek pads must be of the proper thickness. On contact, too tight a helmet could result in a headache. Too loose a fit could result in headaches, a concussion, a face injury such as a broken nose or cheek bone, a blow to the back of the neck causing a neck injury, possibly quite serious, such as paralysis or even death.

This report does not cover all potential injury possibilities in playing football, but it is an attempt to make the players and their parents aware that fundamentals, coaching and proper fitting equipment are important to their safety and enjoyment playing football in the VVUHSD.

If any of the foregoing is not completely understood, please contact the Athletic Director for further information.

**SIGNATURE ON THIS FORM ACKNOWLEDGES THAT WE HAVE READ AND UNDERSTAND THE MATERIAL CONTAINED IN THE NOTICE TO ATHLETES AND PARENTS / GUARDIANS.**

\_\_\_\_\_  
Student Name - PRINT

\_\_\_\_\_  
Grade

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

The Board of Education believes extracurricular activities are necessary to supplement the curriculum of the school and to provide meaningful and educational experiences for each student. Since participation in athletics is voluntary and all groups or organizations must exist within a framework of certain policies, rules, and regulations, the athletic department has developed the following policies:

A. All athletes must abide by all regular school policies as designated by the district's Athletic Department Code of Conduct form, and the High School Athletic Association. All athletes and coaches must adhere to these policies during the full duration of their season including all conditioning sessions and the post-season competitions (play-offs).

B. Appropriate care must be taken of all equipment, school facilities, and properties. Athletes shall be held financially responsible for any damage or loss through their negligence, at the replacement cost.

C. All athletes shall report any injuries or illness to their respective coaches immediately upon occurrence.

D. Before athletes are permitted to engage in any practice, they must have on file with the athletic director the following:

1. Emergency medical release forms
2. Completed physical examination and Health History forms
3. Insurance or proof of purchase of school insurance
4. Helmet waiver (football only)
5. Personal information form
6. Concussion Information
7. Both VVUHSD and CIF Code of Conduct declarations

E. The athlete shall be expected to attend all required practices, meetings, and contests. The appropriate coach shall be notified of an absence. No season is over until all contests, state sponsored tournaments, or meets have been completed by the team or individuals. Refusal to participate through the end of the season shall result in the loss of any awards or recognition.

F. Athletes quitting a sport must clear all responsibilities and obligations with the coach of that sport. Participation in the next sport cannot start until the previous sport season is completed.

G. Athletes who are under any type of medication shall have on file with the coach (or athletic director) a note from the parent/guardian and/or doctor.

H. All athletes shall abide by all regular school policies and by the code on student suspensions, expulsions, and removals that was adopted by the Board of Education.

I. Athletes who engage in any criminal activity or violations of civil law may be denied participation in an extracurricular program. Recognizing the varying degrees of the severity of the violations (misdemeanors vs. Felonies), consequences for such involvement may result in a minor reprimand or denial of participation depending upon the nature of the offense.

J. Athletes shall abide by additional rules and regulations presented normally to all team members of a particular sport by the coaches. It is the policy of the athletic department to prohibit the use, by students, of any tobacco product, alcoholic product, or drug not prescribed by a physician. For any violation, the following consequence will be assessed:

1. **First Offense:** The athlete will be denied participation in competitions (with required practice) beginning with the scheduled competition following the offense AFTER any school imposed discipline, and concluding after twenty percent of that season's competitions have taken place.
2. **Second Offense:** Dismissal from that sport season without gaining awards or recognition.
3. **Third Offense:** The athlete will be denied participation in all athletic programs for the academic year.

The athletic department also identifies the following stipulations:

1. Consequences for the use of alcoholic beverages shall also be enforced under the code on student suspensions, expulsions, and removals.
2. Since state law prohibits purchase and consumption of alcoholic beverages by minors, law enforcement and legal ramifications may exist.
3. It is either a misdemeanor or a felony in this state to use, buy, or sell illegal drugs. Law enforcement personnel will be notified, and legal ramifications may exist in the use sale of, or purchase of, illegal drugs.

It is the policy of the athletic department and coaching staff that any action taken by a coach, under the general rules and regulations, against an athlete can result in an indefinite suspension of the athlete from that team. An infraction must be observed by a staff member, coach, chaperone, school administrator, school board member, a member of any law enforcement agency, or the parent of the athlete in violation. In the event of any infraction of these policies or rules, the following procedures will take place:

1. The coach advisor must inform the athlete either verbally or in writing about any infraction and the subsequent consequences.
2. The coach/advisor must contact the athlete's parents, athletic director, and principal--either verbally or in writing--that the athlete is being denied participation. The coach must also explain the appeal process.
3. In keeping with due-process procedures, if requested by the parent, a hearing involving the athlete, his/her parents, the involved coach, the athletic director, and the high school principal may be held.

**We have read and understand the above rules and regulations related to the athletic department's Code of Conduct and will abide by them. We also understand the consequences and penalties for these rules and regulations if they are violated.**

\_\_\_\_\_  
Student Athlete's Printed Name

\_\_\_\_\_  
Student Athlete's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent's Printed Name

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date



10932 Pine Street  
Los Alamitos, California 90720

Telephone: 562-493-9500  
Fax: 562-493-6266

## Code of Ethics - Athletes

Athletics is an integral part of the school's total educational program. All school activities, curricular and extra-curricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its 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.

As a condition of membership in the CIF, all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parents, legal guardian/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition (Article 523).

By signing below, both the participating student athlete and the parents, legal guardian/caregiver hereby agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition. We recognize that under CIF Bylaw 202, there could be penalties for false or fraudulent information.

We also understand that the Victor Valley Union High School District policy regarding the use of illegal drugs will be enforced for any violations of these rules.

\_\_\_\_\_  
Printed Name of Student Athlete

\_\_\_\_\_  
Signature of Student Athlete

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent/Caregiver

\_\_\_\_\_  
Date

A copy of this form must be kept on file in the athletic director's office at the local high school on an annual basis and the Principal's Statement of Compliance must be on file at the CIF Southern Section office.

**CALIFORNIA EDUCATION CODE  
SECTION 44811**

Before a student may tryout or participate on an athletic team, this form must be signed by the parent(s) indicating that they have read and understand *Section 44811 of the California Education Code*. This form should be returned to the athletic office along with the Athletic Packet.

**ATHLETE'S NAME** \_\_\_\_\_

44811. Disruption of class work or extracurricular activities: punishment: exemptions

(a) Any parent, guardian, or other person whose conduct in a place where a school employee is required to be in the course of his or her duties materially disrupts class work or extracurricular activities or involves substantial disorder is guilty of a misdemeanor.

(b) A violation of subdivision (a) shall be punished as follows:

- (1) Upon the first conviction, by a fine of not less than five hundred dollars (\$500) and not more than one thousand dollars (\$1,000), or by imprisonment in a county jail for not more than one year, or by both the fine and imprisonment.
- (2) Upon a second conviction, by imprisonment in a county jail for a period of not less than 10 days, and not more than one year, or by both imprisonment and a fine not exceeding one thousand dollars (\$1,000). The defendant shall not be released on probation, or for any other basis until he or she has served not less than 10 days in a county jail.
- (3) Upon a third or subsequent conviction, by imprisonment in a county jail for a period of not less than 90 days, and not more than one year, or by both imprisonment and a fine not exceeding one thousand dollars (\$1,000). The defendant shall not be released on probation, or for any other basis until he or she has served not less than 90 days in a county jail.
- (4) Upon a showing of good cause, the court may find that for any mandatory minimum imprisonment specified by paragraph (2) or (3) of this subdivision, the imprisonment shall not be imposed, and the court may grant probation, or the suspension of the execution or imposition of the sentence.

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date



VICTOR VALLEY UNION HIGH SCHOOL DISTRICT  
 FIELD TRIP/EXCURSION WAIVER & MEDICAL AUTHORIZATION - MINOR  
 (Education Code Section 35330)

Name of School: Lakeview Leadership Academy

I hereby give my permission for my child, \_\_\_\_\_ to participate in the \_\_\_\_\_ field trip as part of his/her regular school program. This trip is to be held from \_\_\_\_\_ through \_\_\_\_\_.

I fully understand that my child is to abide by all rules and regulations governing conduct during the field trip. It is understood that any child determined to be in violation of these behavior standards may be sent home at the parent or guardian's expense.

I understand and acknowledge that as provided in Education Code Section 35330, by consenting to allow my child to participate in this field trip, I shall, by law, be deemed to have given up all claims against the Victor Valley Union High School District and each of its officers, employees and agents (hereinafter collectively referred to as "District" for any injury, accident, illness or death occurring during or by reason of the field trip. I also agree to relieve the district for any responsibility for damage to or loss of my child's property occurring during or by reason of the field trip.

In the event of any illness or injury, I hereby consent to whatever x-ray, examination, anesthetic, medical, dental or surgical diagnosis or treatment and hospital care from a licensed physician and/or surgeon as deemed necessary for the safety and welfare of my child. It is understood that the resulting expenses will be the responsibility of the parent(s), guardian(s), or participant. Whenever possible, attempts will be made to contact the parent/guardian prior to taking any medical action.

Signature of Parent or Guardian	Date	Home Phone
Address		Father's Work Phone
Signature of Student	Date	Mother's Work Phone
Parent's Health Insurance Company	Policy Number	Parent's Cell Phone

IN THE EVENT OF ILLNESS OR ACCIDENT AND IF UNABLE TO CONTACT ABOVE, PLEASE CONTACT:

Name	Address	Phone Number
------	---------	--------------

**SPECIAL NOTE TO PARENTS/GUARDIANS:**

(1) All drugs must be registered on this form; (2) all drugs, excepting those which must be kept on the student person for emergency use, must be kept and distributed by the staff; (3) \_\_\_\_\_ check here if there are no specific problems that the staff should be aware of and no drugs are required on the trip; (4) if any medication or drugs are to be taken by student, list them below; (5) if your son/daughter has a special medical problem, kindly attach a description of that problem to this sheet.

\_\_\_\_\_  
 Name of drug and reason for use

**\*\* REMEMBER, THE SCHOOL DISTRICT DOES NOT CARRY STUDENT ACCIDENT INSURANCE. STUDENTS MAY BE EXCLUDED FROM FIELD TRIP IF THIS FORM IS NOT COMPLETED.**

# Lakeview Leadership Academy

## Contest Travel Release

Date: \_\_\_\_\_

This is to certify that \_\_\_\_\_ has my permission to ride  
{Student's Name}

(to-from-both) the \_\_\_\_\_ athletic contest on \_\_\_\_\_  
{Sport} {Date}

at \_\_\_\_\_  
{Location of Contest}

I certify that I am personally transporting the above-named student, or have arranged for transportation with an adult (non-student) of my choosing for this student.

The reason for not riding the bus is

\_\_\_\_\_  
(Reason must be sufficiently urgent to family needs to justify not riding the bus.)

I understand that Lakeview Leadership Academy athletic rules require that students ride on the buses to and from all athletic events and departure from this requirement will release the Victor Valley Union High School District from all liability for any adverse results that may occur.

I agree to release Victor Valley Union High School District and its employees and officers contest.

\_\_\_\_\_  
Signature of Parent of Guardian

Approved—Not Approved

\_\_\_\_\_  
Signature of Athletic Director