

Redlands Unified School District Athletics



Student-Athlete/Parent Handbook 2024-2025



Redlands Unified Athletics
BUILDING CHARACTER, CLASS AND CONFIDENCE

Message to Student-Athletes and Parents/Guardians

This handbook has been provided to you because your student has indicated a desire to participate in the interscholastic athletic program in the Redlands Unified School District (RUSD). We are very pleased that your student has an interest in our athletic program, and we hope that their experiences will be positive as well as educational. **Participation in athletics is a privilege** and athletics can give the student the opportunity to learn leadership skills, enhance their academic performance level, improve positive character traits, and increase their overall level of confidence. We believe a comprehensive athletic program enhances the educational development of our students.

Once students have been selected to represent Redlands Unified Athletics, there are often many questions which both you and your son or daughter may have regarding our athletic program. In order to assist in making the athletic experience a more positive one, this handbook will answer a variety of questions about our Athletic Program. We hope that this handbook will be of assistance and we encourage you to use it as a reference throughout the year. If you have additional questions, feel free to contact your respective site Athletic Director.

Citrus Valley High School

800 Pioneer Avenue

Redlands, CA 92374

Athletic Office (909) 799-2300 ext. #35401

Athletic Director - Boyd Lium: boyd_lium@redlands.k12.ca.us

Mascot: Blackhawks Colors: Black and Gold

League Affiliation: Citrus Belt League (CBL) CIF Southern Section (CIF-SS)

Web Address: <http://cvhs.redlandsusd.net>

Redlands High School

840 East Citrus Avenue

Redlands, CA 92374

Athletic Office (909)307-5500 Ext. #31110

Athletic Director - Eric Memory: eric_memory@redlands.k12.ca.us

Mascot: Terriers Colors: Navy Blue and White

League Affiliation: Citrus Belt League (CBL) CIF Southern Section (CIF-SS)

Web Address: <http://rhs.redlandsusd.net>

Redlands East Valley High School

31000 East Colton Avenue

Redlands, CA 92374

Athletic Office (909) 389-2500 Ext. #32777

Athletic Director - Chad Blatchley: chad_blatchley@redlands.k12.ca.us

Mascot: Wildcats Colors: Red and White

League Affiliation: Citrus Belt League (CBL) CIF Southern Section (CIF-SS)

Web Address: <http://revhs.redlandsusd.net>

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MISSION STATEMENT

The Redlands Unified School District Athletic Program will help student-athletes enhance their academic performance level, improve positive character traits, strive for excellence, and increase their overall level of confidence through athletic competition.

PHILOSOPHY

The Redlands Unified School District Athletic Program strives to provide as many positive, competitive experiences for as many students as possible.

OBJECTIVES OF THE RUSD ATHLETIC PROGRAM

1. **Build Character:** It is the goal of the Redlands Unified School District Athletic Program that, through the athletic experience, our student-athletes will become fine individuals. Our focus is to promote sportsmanship and foster the development of responsible citizens. Student-athletes will be held accountable for their actions and for their behavior.
2. **Build Class:** It is the goal of the Redlands Unified School District Athletic Program that, through the athletic experience, our student-athletes will treat opponents, officials, and teammates with kindness, dignity, fairness, and respect. Our student-athletes are expected to follow the RUSD and CIF Codes of Conduct and present themselves as positive role models on and off the field.
3. **Build Confidence:** It is the goal of the Redlands Unified School District Athletic Program that, through the athletic experience, our student-athletes will acquire a strong work ethic. The commitment that is required of our student-athletes will result in positive personal growth through their endurance and ability to strive for excellence.

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High School Seasons of Sport

Fall Sports

(early August-early Nov.)

Boys' Cross Country
Boys' Water Polo
Football
Girls' Cross Country
Girls' Flag Football
Girls' Golf
Girls Tennis
Girls' Volleyball

Winter Sports

(early Nov.-early Feb.)

Boys Basketball
Boys' Soccer
Boys' Wrestling
Competitive Cheer
Girls' Basketball
Girls' Soccer
Girls' Water Polo
Girls' Wrestling

Spring Sports

(early Jan.-early May)

Baseball
Boys' Golf
Boys' Swimming
Boys' Tennis
Boys' Track & Field
Boys' Volleyball
Co-ed Badminton
Girls' Swimming
Girls' Track & Field
Softball

Please note: Not all sport offerings have lower levels that include freshman and junior varsity level teams.

Frequently Asked Questions

What is the Citrus Belt League (CBL)?

Schools that are currently in the CBL are Citrus Valley HS, Redlands HS, Redlands East Valley HS, Beaumont HS, Cajon HS, and Yucaipa HS.

What is the California Interscholastic Federation-Southern Section (CIF-SS)?

CIF-SS stands for California Interscholastic Federation-Southern Section. The CIF-SS is the governing body for high school sports for all three RUSD comprehensive high schools (CVHS, REVHS and RHS). The CIF-SS is currently comprised of approximately 580 high schools, including both public and private schools. Teams have an opportunity to compete in the CIF-SS Championships if they meet the criteria for being selected into post season competition. For more information on the CIF-SS, please visit their website at cifss.org or the CIF State website at cifstate.org.

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General Information

BEFORE tryouts:

Stay informed and be prepared.

It is your responsibility to know when tryouts will be held. All teams hold meetings prior to the first day of tryouts. Look for flyers, check the daily bulletin, check your school's athletic website, or ask your athletic director. Specific dates, times, location, and expectations will be reviewed by the varsity coach at the pre-season tryout meeting. Attend pre-season meeting(s). The varsity coach will provide you with the general information necessary to tryout for a sport.

Complete the Student Athlete Clearance Process through Home Campus (online).

Visit one of the following websites and select ***Athletics***.

www.cvhs.redlandsusd.net

or

www.rev.redlandsusd.net

or

www.rhs.redlandsusd.net

The Athletic Clearance on Home Campus includes: a physical form that must be returned, stamped and signed by a M.D or DO (please note that physicals performed by chiropractors will not be accepted), a concussion awareness sheet, a medical emergency information sheet, a proof of medical insurance, a signed student and parent code of conduct, as well as Board policy awareness information. Athletic Clearance (through your ***Home Campus*** account online) must be completed and verified by your school's Athletic Office **prior** to your first day of tryouts. After a successful grade check, you will be given the proper clearance, so you may participate/tryout for the team. **No one will be allowed to tryout without this clearance. There are no exceptions.** Please call your school's Athletic Office with any questions regarding clearance.

All student-athletes must have insurance coverage to participate in athletics.

For those students who do not have medical insurance, there is coverage available through Myers-Stevens Insurance. An information pamphlet is available in your school's Athletic Office.

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Transferring Schools

Transferring from one school to another may affect a student's athletic eligibility under the rules of the California Interscholastic Federation-Southern Section (CIF-SS). Students must meet with the District Coordinator of Athletics if they have already started high school at another school and are transferring to Citrus Valley HS, Redlands East Valley HS or Redlands HS within the past 12 calendar months (this would include transferring amongst high schools in the RUSD). Failure to complete the proper CIF-SS transfer paperwork prior to competing in a contest for a team at the new school **will** lead to the forfeiture of athletic contests in which the transferring student has competed. Please call (909) 748-6729 (RUSD Student Services Office) to set up a transfer appointment with Doug McCCasey, Coordinator of Athletics.

Team Rules

Team rules require the athlete's compliance with the established team rules, procedures, and instructions of the coach. Coaches have the authority to suspend an athlete, temporarily, from the team for failure to comply with rules and procedures, or when the athlete's safety or safety of others requires such action. All RUSD athletic events are considered school activities and appropriate consequences will be administered should student-athletes not adhere to the RUSD Athletic Code of Conduct and/or established RUSD Behavior Guidelines.

Attendance

In order to participate in an athletic event, a student must have attended a minimum of four hours of instruction (or four periods on a minimum day) on the day of the event. If a student has a medical appointment on the day of an event, a note of verification must be presented to the coach. A student serving an official suspension from school on a given day is ineligible to participate in any extra-curricular activity on that day, which includes practices and/or games. It is the policy of RUSD that suspended students may not participate in, nor be in attendance at, any school related activity during the time of the suspension. **If student-athletes will be missing class time to travel to or participate in an athletic event, it is the responsibility of the student-athlete to make up all missed work.**

Practices

Practice times are determined by the coaches and facility availability. Depending on your sport, practice could be in the morning, after school, or in the evening. Many of our teams will have Saturday practices and tournaments; however, **RUSD teams do not practice or play games on Sundays.**

Family Vacations

When parents and student-athletes choose to take their family vacations during a sport season, it must be understood that the time missed by the student-athlete can affect team chemistry and personal conditioning. Student-athletes that miss practices or competition for any reason may have their playing time or position adjusted. Coaches shall make every effort to inform parents and student-athletes of the season's schedule as far in advance as possible.

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Religious Holidays

In the event that a student-athlete needs to miss a practice or game due to the observance of a religious holiday, the student-athlete will not be penalized in any way.

Outside Competition (Blue Book Bylaw #600)

A student on a high school team becomes ineligible if the student competes in a contest on an “outside” team, in the same sport, during the student’s high school season of sport. See your high school coach or site Athletic Director to clarify.

Lettering Guidelines

The criteria for earning a letter may vary from sport to sport because of the different characteristics of each program. Each varsity head coach will be permitted to determine the criteria necessary for earning team awards. He or she will make student-athletes aware of these criteria at the beginning of the season. Student-athletes must purchase an ASB sticker in order to receive their letters at the end of each season of sport. If the student-athlete does not purchase an ASB sticker, each letter will need to be purchased separately. All student-athletes, who complete their season of sport, will receive a certificate of participation. Letterman jackets are not purchased through the school.

Athletic Transportation

The preferred option for traveling to and from athletic events is via district provided buses. However, due to the expense involved in transporting student-athletes, it is required that parents assist in team travel arrangements. The proper RUSD forms must be completed before parents can drive student-athletes to athletic events. These forms are available in your school’s athletic office. **Students are not allowed to transport other students to athletic events.**

Hazing Policy

The RUSD and our athletic departments are unequivocally opposed to all forms of hazing involving student-athletes, coaches, or staff members. Hazing means any act by one or more individuals that results in endangering the mental or physical health or safety of a person, subjecting a person to mental or physical discomfort, embarrassment, harassment, ridicule or humiliation, or destroying or removing public or private property, for the purpose of initiation into or continued membership on a team, regardless of the person’s willingness to participate in the activity.

Hazing shall be punishable pursuant to the provisions of the established RUSD Discipline Guidelines. **All hazing incidents should be reported immediately to the school administrator in charge of athletics, the site Athletic Director, the varsity head coach and the specific level coach.**

Injury Prevention

It is the policy of RUSD to require a medical release clearance for any injury that requires a student to be seen by a physician. Parents should ask the attending physician for a medical release in order for the student to return to the activity. This medical release must be submitted to the coach prior to returning to practice and or playing in a game.

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Concussion Awareness

A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and for the remainder of the day. A student-athlete who has been removed may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion. If the licensed health care provider diagnoses the student-athlete with a concussion, the student-athlete will need to follow and complete the Return to Play Protocol before being allowed to participate (minimum of 7 days to complete the RTP Protocol), and receives written clearance to return to play from that health care provider. If the licensed health care provider does not diagnose the student-athlete with a concussion, the student-athlete will need to provide written clearance to return to play from that specific licensed health care provider. The safety of the student-athlete is of primary importance in all Redlands USD athletic programs.

Eligibility Requirements

Each student must maintain a minimum of a 2.0 grade point average to be eligible to participate in athletics. District wide dates of eligibility are at the end of each quarter (1st and 3rd), at the end of the first semester, and at the beginning of each school year. Attending summer school may help students become eligible if they finished the previous school year below a 2.0 grade point average. Students must pass a minimum of four classes (20 credits) each grading period to remain eligible for athletics.

To be eligible to participate in interscholastic competition, a student in the Redlands Unified School District must meet **all** of the following criteria:

1. *Have a GPA of 2.00 or higher in the preceding academic quarter.
2. Passed a minimum of 20 units (credits) in the preceding quarter.
3. Annually complete a physical exam from a medical doctor.
4. Complete the Athletic Clearance/Participation Packet
5. For each season of sport student-athletes must obtain an athletic clearance slip from his/her school's Athletic Office.
6. **If you are a transfer athlete from another high school or a foreign exchange student, you must meet with Doug McCCasey, the RUSD Coordinator of Athletics, to begin the required CIF-SS transfer paperwork. THIS MUST BE COMPLETED PRIOR TO COMPETITION!**

****Incoming 9th graders who fail to meet requirement #1 listed above may be granted a one-time waiver during 1st quarter of 9th grade ONLY) per RUSD Board Policy #6145.10(c).***

In-Season Team /Parent Meetings

Each Varsity Head Coach will organize a team meeting at the beginning of the season to review certain information with parents of team members. Parents of those players selected are required to attend this important informational meeting. It is our hope that this meeting will be a vehicle for effective, open, and appropriate communication between the coach, players and parents.

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Title IX Rights of a Student and the Public

The following list of rights, which are based on the relevant provisions of the regulations implementing Title IX of the Education Amendments of 1972 (20 U.S.C. Sec. 1681 et seq.), may be used by the department for purposes of Section 221.6:(a) You have the right to fair and equitable treatment and you shall not be discriminated against based on your sex. (b) You have the right to be provided with an equitable opportunity to participate in all academic extracurricular activities, including athletics. (c) You have the right to inquire of the athletic director of your school as to the athletic opportunities offered by the school. (d) You have the right to apply for athletic scholarships. (e) You have the right to receive equitable treatment and benefits in the provision of all of the following: (1) Equipment and supplies. (2) Scheduling of games and practices. (3) Transportation and daily allowances. (4) Access to tutoring. (5) Coaching. (6) Locker rooms. (7) Practice and competitive facilities. (8) Medical and training facilities and services. (9) Publicity. (f) You have the right to have access to a gender equity coordinator to answer questions regarding gender equity laws. (g) You have the right to contact the State Department of Education and the California Interscholastic Federation (CIF) to access information on gender equity laws. (h) You have the right to file a confidential discrimination complaint with the United States Office of Civil Rights or the State Department of Education if you believe you have been discriminated against or if you believe you have received unequal treatment on the basis of your sex. (i) You have the right to pursue civil remedies if you have been discriminated against. (j) You have the right to be protected against retaliation if you file a discrimination complaint.

Dr. Rudy Wilson, Assistant Superintendent of Compliance
20 W. Lugonia Avenue
Redlands California 92374
(909) 307-5300
rudy_wilson@redlands.k12.ca.us

RUSD Parent / Coach Communication Plan

Communication you should expect from your daughter's or son's coach:

1. Philosophy of the coach
2. Expectations the coach has for your student-athlete
3. Locations and times of all practices and contests
4. Team requirements, ie., practices, special equipment, out of season conditioning
5. Proper behavior by student-athletes on bus trips and estimated time for return from games
6. Procedures to be followed should your student-athlete be injured during participation
7. Discipline that may result in the denial of your student-athlete's participation
8. NCAA Clearing House information for aspiring college bound student-athletes

Communication coaches expect from parents:

1. Insist your student-athlete meet with the coach to discuss concerns
2. Concerns are expressed directly to the coach
3. Notification of any schedule conflicts well in advance (vacations, missing practices, etc.)
4. Specific concerns with regard to a coach's philosophy and/or expectations
5. Availability to volunteer for various duties suggested by the coaching staff

Appropriate concerns to discuss with coaches:

1. The treatment of your student-athlete, mentally and physically
2. Ways the parent(s) can help your student-athlete improve
3. Concerns about your student-athlete's behavior

It is very difficult to accept your student-athlete not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all student-athletes involved. As you have seen from the list above, certain things can be, and should be, discussed with your student-athlete's coach. Other things, such as those listed below, must be left to the discretion of the coach.

Issues not appropriate to discuss with coaches:

1. Playing time
2. Team Strategy
3. Play calling
4. Other student-athletes

There are situations that may require a conference between the coach and parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position.

The following procedures should be followed to help promote a resolution to the issue or concern.

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Student-Athlete/Parent Concerns – What should I do?

To keep open the lines of communication, we ask that you follow this procedure:

Step 1: Student-athletes should discuss their concerns directly with the coach.

If the concerns have not been resolved....

Step 2: Student-athletes and parent(s) should discuss concerns with the coach.

If the concerns have not been resolved....

Step 3: Contact the site Athletic Director with your concerns.

If the concerns have not been resolved....

Step 4: Contact the site administrator in charge of athletics with your concerns. Each site an assistant principal overseeing athletic programs and activities on campus.

If the concerns have not been resolved.....

Step 5: Contact the RUSD Coordinator of Athletics with your concerns.

The athletic departments and our staffs are willing to discuss concerns or problems that may arise, and we are willing to hear concerns by using the aforementioned procedure. It should be noted that playing time, one's position, technical and team strategy and preparation, and team selection is the responsibility of the coach.

Please do not attempt to confront a coach before or after a contest or practice. Meetings at these times can be emotional times for both the parent and coach and can be embarrassing for the student-athlete.

Does everyone make a team?

No, however, we do have some teams may have a "no cut" policy. School athletics is competitive, yet our philosophy is to keep as many students as possible on the freshman and junior varsity levels without compromising the skill that is necessary to represent these programs.

Redlands Unified Athletic Coaches will evaluate potential team members in the following areas:

1. Skill level
2. Position skill relative to other candidates
3. Athletic ability
4. Effort level
5. Team needs
6. Performance during the tryout period
7. Behavior around the team and at school

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