

Livermore Valley Joint Unified School District

Student Athlete/Parent/Guardian Handbook

Middle School Athletics

2024-2025



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*Indicates annual update

ATHLETIC PHILOSOPHY

Mission Statement

It is the mission of the Livermore Valley Joint Unified School District Athletic Department(s) to inspire each student to extraordinary achievement every day.

Vision

- To provide a comprehensive athletic program that emphasizes the development of lifelong learning, values and skills through hard work, sportsmanship, ethical conduct, and fair play.
- The program is based upon open communication and mutual respect among school administration, instructors, coaches, athletes, parents and officials.
- The Athletic program serves as a positive, powerful and productive force for our schools, community, and most importantly, the student-athlete.

Six Pillars of Character

To promote positive character education and sportsmanship, we ask all parents, guardians, and [students](#) to review and follow the [Six Pillars of Character](#).

- Trustworthiness
- Respect
- Responsibility
- Fairness
- Caring
- Citizenship

SEASONS OF SPORT

Sport	Season Starts (Tentative)
Cross Country (Co-ed)	August
Boys Basketball	August
Girls Basketball	October
Boys Volleyball	January
Wrestling (Co-ed)	March
Girls Volleyball	February
Golf (Co-ed)	April-May
Track (Co-ed)	April-May

ACADEMIC ELIGIBILITY

All members of our athletic community are representatives of LVJUSD and their prospective school and will be held to the highest standards of behavior both on and off the field. Before beginning a season, each athlete must: 1. Pass an annual physical exam given by a medical doctor. Appropriate documentation will be kept on file in the Athletic Director's office. 2. Maintain a GPA of 2.0 or better for the previous trimester. Expectations are further outlined in [Board Policy 6145/AR 6145](#), which states that students shall maintain satisfactory progress toward meeting the academic requirements of the District.

SUPERVISION AND EVALUATION OF COACHES

Coaches are hired annually and take direction and receive supervision from the Athletic Director and the administrators of the school of which they are assigned. Coaches are expected to abide by the rules and procedures of the school, the District and the California Interscholastic Federation (CIF), as well as comply with state and federal laws. They have received annual training related to health, safety, and sportsmanship. Coaches should be treated with the same respect as any other school or district employee. All coaches are required to participate in an annual evaluation process with the Principal, Principal designee, or Athletic Director. If you have any questions or concerns regarding a coach, please contact the school's Athletic Director.

ATHLETIC REGISTRATION

Student athletes must complete the registration on their school's website including a signed parent permission form and a [physical examination form](#) signed by a medical doctor before they are permitted to participate in a practice or a contest. There are no circumstances under which a coach may allow a student to participate before these documents are submitted and verified.

INSURANCE

Insurance is the responsibility of the family in accordance with Education Code 32221. Low cost insurance may be obtained through the [District website](#). It is very important to read the policy and understand what is covered. LVJUSD is NOT responsible for insurance covering injuries to athletes when engaged in a school sport.

EQUIPMENT

Necessary safety equipment is provided to students without charge. Students may choose to use their own equipment if approved by the coaching staff. Coaches shall not sell, rent or in any way charge a fee for the use of such safety equipment.

Coaches are expected to regularly inspect all equipment to ensure that it is in safe working condition. Coaches shall consult with the Athletic Director when questions arise.

All equipment, materials, and facilities used in the athletic program are the property of the District. Students are expected to take proper care of uniforms and equipment. Students and

parents will be charged for any equipment that is willfully damaged or not returned in accordance with [Board Policy 5125.2](#).

***UNIFORM REPLACEMENT POLICY**

Athletic uniforms will be replaced on a rotating three-year cycle. To see which teams are in the rotation for a particular school year, please check with your school's Athletic Director or Principal.

DONATIONS

The California Constitution's free school guarantee prohibits charging students any fee, charge, or deposit for extracurricular, credit, or non-credit activities that are part of the District's or school site's educational program. Though many programs request parent/guardian donations, which are permissible, these donations are not mandatory. Donations should be made through the school's webstore found on the school's website. Donations are not refunded.

All donations will be made to the General Athletics Account. Donations in any amount will be equitably distributed to athletic teams in compliance with Title IX. The Principal will manage the General Athletics Account. Coaches are expected to present an annual budget to the Athletic Director for review prior to making any purchases.

FUNDRAISING

Fundraisers may be considered by teams to support their activities, a team budget and district approval form must be submitted at least two weeks prior to the start of any fundraiser. The use of funds must comply with Title IX regulations. Any fundraising by student athletes must be completely voluntary. ([Board Policy 3260](#))

STUDENT and PARENT MEETINGS

Coaches may hold a "pre-season" player meeting with all prospective players. Items that may be covered include; eligibility, expectations, open fields/gyms, and the athletic clearance procedures. Coaches may also hold a parent meeting within the first three weeks of the season to discuss team expectations.

PRACTICES

Only CLEARED middle school students may practice with their team. Middle school students are not permitted to practice with high school teams. The length of practice may vary by sport.

INJURED ATHLETES RETURNING TO PLAY

If an athlete is under a physician's care, they must have a physician's clearance documentation to return to practice or competition. A copy of the clearance document must also be provided to the Athletic Director.

SCHOOL ATTENDANCE

An athlete MUST be in school a minimum of 50% of their scheduled school day in order to participate in a game or practice held on that day. A legal admit must be presented if the

athlete misses any part of school on a game or practice day in order to be considered for participation.

CLUB TEAMS

Participation in a non-school sponsored team, such as a city league/club team, does not guarantee a student a place on the middle school athletic team. We encourage athletes to play many sports and get exposure to a variety of activities.

STUDENT CONDUCT

Student athletes are expected to follow all district and school rules and policies. Any violation of those rules and policies may result in disciplinary action. Refer to your school's student handbook for more information on school rules and expectations.

The use of technology, including social media, displayed publicly or directly to other students/staff shall be positive and shall represent the District, school, coaches, officials, and other students in a respectful way reflecting the values of their team. Cyberbullying or inappropriate messaging/posting may be subject to disciplinary action.

Any unsportsmanlike conduct in violation of CIF/NCS rules may be subject to disciplinary action including removal from the team. Any concerns regarding student conduct or behavior should be addressed with the coach as a first step.

[BP 6145 - Extracurricular & Cocurricular Activities](#)

[AR 6145 - Extracurricular & Cocurricular Activities](#)

SPECTATORS

We encourage spectators to attend athletic events to support student athletes. Some events require an entrance fee. However, we expect that spectators will actively promote sportsmanship by consistently showing respect, courtesy, and demonstrating support for all players, coaches, officials, and other spectators during every game, practice, or sporting event. All spectators are expected to refrain from engaging in any form of unsportsmanlike conduct, including booing, taunting, or using profane language or gestures towards any official, coach, player, or parent. If these standards are violated, a school official may take appropriate action, which may involve removal from the game. [CIF Promote Sportsmanship.](#)

TRANSPORTATION TO/FROM CONTESTS

Carpool/Driving

Drivers of athletes (other than your own child) must complete LVJUSD's online volunteer registration system, [Raptor](#). This process includes the [Use of a Private Vehicle for Transporting Students](#) form, a copy of their driver's license, a copy of the driver's current insurance policy, and fingerprinting. This process must be completed in full PRIOR to driving for an event (note: fingerprint results may take several weeks, please plan accordingly). Drivers will not be paid for their time or reimbursed for their mileage.

TITLE IX

[Title IX](#), as outlined by the California Department of Education, is a federal law that was passed in 1972 to ensure that male and female students and employees in educational settings are treated equally and fairly. It protects against discrimination based on sex

(including sexual harassment). In addition, Title IX protects transgender students and students who do not conform to gender stereotypes. State law also prohibits discrimination based on gender (sex), gender expression, gender identity, and sexual orientation. The preamble to Title IX of the Education Amendments of 1972 states that:

“No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance.”

LOCKER ROOMS

Students must be supervised by a coach or assistant coach in the locker rooms. Athletes may store necessary sports equipment in locked lockers during the season of their sport only. Off season storage is not available. Students should always lock their belongings in a locked locker and they should not bring valuables into the locker room. The school is not responsible for items not kept in a locked locker.

Athletes are expected to use the locker rooms appropriately for changing, maintaining positive behavior and language. No pictures or videos may be taken inside a locker room. Violations will result in school/team discipline.

HAZING

Hazing in any form will not be tolerated and is in violation of [Administrative Regulation 6145.5](#) and [CA Ed. Code 32050](#). Hazing is defined as any humiliating or dangerous activity expected of a student to belong to a group, regardless of their willingness to participate. Hazing includes any activity that sets apart one member of a team from the rest.

Per AR 6145.5, “[n]o student shall conspire to engage in hazing, participate in hazing, or commit any act that causes or is likely to cause bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm to any fellow student. Persons violating this regulation shall be subject to district discipline and penalties specified in law. (Education Code 32051)

STUDENT MENTAL HEALTH

The health and safety of LVJUSD students is a top priority. Listening to students and paying attention to signs of stress and distress are important roles for an athletic coach as well as parents. Here are some resources to support our coaches, parents, and athletes.

[CIF Student Health and Wellness](#)

[Mental Health Toolkit for student-athletes](#)

[Anxiety Handout](#)

[Depression Handout](#)

[Suicide Risk Handout](#)

HEAT and Air Quality Index (AQI)

Heat can have dramatic effects on student athletes and athletic performance. During times of extreme heat, it is important to know the community’s risk of heat impacts. LVJUSD follows guidance from the California Department of Public Health and uses the National Weather Service (NWS) HeatRisk forecast tool to survey the impacts of extreme heat.

[CDPH Heat Guidance](#)
[NWS HeatRisk Forecast tool](#)

Air Quality Index (AQI)

NCS member schools have implemented an air quality index rule, Bylaw 1003H. The bylaws states:

[An air quality index](#) of less than 151 must be registered for all outdoor athletic events hosted by NCS member schools during preseason, league and section championship events. NCS member schools may not host outdoor contests when the AQI is equal to or greater than 151.

What is Heat Illness?

Exercise produces heat within the body and can increase an athlete's body temperature. Add to this a hot or humid day and any barriers to heat loss such as padding and equipment, and the temperature of the individual can become dangerously high. If left untreated, the elevation of core body temperature can cause organ systems to shut down in the body.

[CIF Heat Illness Guidance](#)

Heat related illnesses are preventable

There are several ways to prevent heat illness from occurring:

Adequate Hydration

- The athlete should arrive to practices, games, and in-between exercise sessions well-hydrated to reduce the risk of dehydration
- Water should be freely accessible and water breaks should be given in the shade if available at least every 15-20 minutes and should be long enough to allow athletes to ingest adequate volumes of fluid. Unnecessary equipment should be removed during breaks.

Gradual Acclimatization

- Intensity and duration of exercise should be gradually increased over a period of 7-14 days to give athletes time to build fitness levels and become accustomed to practicing in the heat.
- Protective equipment should be introduced in phases.

Additional Prevention Measures

- Provide appropriate medical coverage during exercise.
- Encourage hydration status record-keeping. Athletes can weigh-in before and after practice, ideally in dry undergarments to check hydration status. The amount of fluid lost should be replaced by the next session of activity. An athlete should drink approximately 16 ounces of fluid for each kilogram of fluid lost (1 kg = 2.2 lbs).
- Eat a well-balanced diet which aids in replacing lost electrolytes and avoid drinks containing stimulants such as ephedrine or high doses of caffeine.
- Alter practice plans in extreme environmental conditions. Coaches should ideally be aware of the Web Bulb Globe Temperature which measures not only temperature and humidity (the "heat index") but also wind speed, sun angle, and cloud cover. The WBGT is the most accurate measure of environmental heat stress. For example, the

higher the temperature and humidity, with minimal wind and cloud cover, and with sun directly overhead at 12 noon, the higher the WBGT and the more difficult for the body to cool itself. Knowing the WBGT using a device, or an estimation (go to "Wet Bulb Globe Temperature Monitoring" below) will guide precautions for athletic activity. Athletes with heat illness risk factors should be closely supervised during strenuous activities especially in hot and/or humid conditions.

Identification and Treatment of Heat Illness

HEAT EXHAUSTION:

Inability to continue exercise due to heat-induced symptoms. This occurs with an elevated body-core temperature between 97 and 104 degrees Fahrenheit.

Warning Symptoms:

- Dizziness, lightheadedness, weakness
- Headache
- Nausea
- Diarrhea, urge to defecate
- Pallor, chills
- Profuse sweating
- Cool, clammy skin
- Hyperventilation
- Decreased urine output

Treatment: Stop exercise, move player to a cool place, remove excess clothing, give fluids if conscious, COOL BODY: fans, cold water, ice towels, or ice packs. Fluid replacement should occur as soon as possible. The Emergency Medical System (EMS) should be activated if recovery is not rapid. When in doubt, CALL 911. Athletes with heat exhaustion should be assessed by a physician as soon as possible in all cases.

HEAT STROKE:

Dysfunction or shutdown of body systems due to elevated body temperature which cannot be controlled. This occurs with a body-core temperature greater than 107 degrees Fahrenheit.

Warning Symptoms:

- Dizziness
- Drowsiness, loss of consciousness
- Seizures
- Staggering, disorientation
- Behavioral/cognitive changes (confusion, irritability, aggressiveness, hysteria, emotional instability)
- Weakness
- Hot and wet or dry skin
- Rapid heartbeat, low blood pressure
- Hyperventilation
- Vomiting, diarrhea

This is a MEDICAL EMERGENCY. Death may result if not treated properly and rapidly.

Treatment: Stop exercise, Call 911, remove from heat, remove clothing, immerse athlete in cold water for aggressive, rapid cooling (if immersion is not possible, cool the athlete as described for heat exhaustion), monitor vital signs until paramedics arrive.

CONCUSSION MANAGEMENT

What is a concussion?

A concussion is a brain injury that:

- Is caused by a blow to the head or body.
 - From contact with another player, hitting a hard surface such as the ground, ice or floor, or being hit by a piece of equipment such as a bat, lacrosse stick or field hockey ball.
- Can change the way your brain normally works.
- Can range from mild to severe.
- Presents itself differently for each athlete.
- Can occur during practice or competition in ANY sport.
- Can happen even if you do not lose consciousness.

CIF Bylaw 503H

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 for the remainder of the day. A student-athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and receives written clearance to return to play from that health care provider.

What are the symptoms of a concussion?

You can't see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury. Concussion symptoms include:

- Amnesia.
- Confusion.
- Headache.
- Loss of consciousness.
- Balance problems or dizziness.
- Double or fuzzy vision.
- Sensitivity to light or noise.
- Nausea (feeling that you might vomit).
- "Don't feel right."
- Feeling sluggish, foggy or groggy.
- Feeling unusually irritable.
- Concentration or memory problems (forgetting game plays, facts, meeting times).
- Slowed reaction time.

Exercise or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse.

What can happen if I keep playing a student with a concussion or returns to soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately (CIF Bylaw 503H). Continuing to play with the signs and symptoms of a

concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries and concussions are no different. It is your duty as a coach to place the health and safety of your student-athletes ahead of winning.

What a coach should do if they think a player has suffered a [concussion](#).

Any athlete even suspected of suffering a concussion **must** be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without written medical clearance.

It's better to miss one game than the whole season. When in doubt, get checked out.