

CUPERTINO HIGH SCHOOL
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<https://chs.fuhsd.org>

ATHLETICS
STUDENT/PARENT HANDBOOK
2024-2025



PROUD PIONEER EXPECTATIONS

Work Hard, Play Hard, Be Kind

EVERYONE BELONGS HERE

No one has the right to make another Pioneer
feel like they do not belong

We are all Pioneers!

EXPECTATIONS OF COACHES

- 1) Professionalism – As a leader, it is imperative that coaches set a positive, professional example for all of the athletes in their program.

When working with teenagers, sometimes it is hard to draw the line between coach and friend. It is important for coaches to maintain a professional relationship with student-athletes at all times. While we encourage coaches to get to know athletes on a personal level, there is a line between coach and friend that should not be crossed.

Additionally, how coaches behave with other adults has a large impact on the athletes. They should treat other coaches, parents and officials as professionals and never lose their cool. The athletes are looking to them as to how to respond in times of stress, and if they model professionalism and self-control, the athletes are likely to follow that lead.

- 2) Accountability – Coaches are responsible for their players and their actions. Athletes look to you as the coach as the primary role model when things go wrong. If someone breaks the norms or expectations of the team or the game, a coach should be the person to immediately and responsibly hold that person accountable. CHS coaches report directly to the Athletic Directors and to the Administration.
- 3) Communication – It is important to keep lines of communication open between coaches, players and parents. Each season should start off with a parent meeting to inform parents of your expectations of their children and inform them of how to contact you if they need to. Equally important is to inform your athletes what you expect of them in terms of communication. Establish some method of communication with players and parents to notify them of any last-minute changes throughout the season.

CONTACT INFO

Athletic Director

Chris Oswald 366-7310

Call or email with any questions.

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Attendance

Tina Orozco 366-7372

Email for early release for games

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Announcements

Cori Walker 366-7378

Puts announcements in the daily bulletins that are read every day to students

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ASB

Mary Nguyen 366-7366

Handles all sports accounts, fundraiser requests and facilities requests

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Athletic Trainer

Ajay Kurani 366-7331

Provides care for injured athletes, manages clearances

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Assistant Principal - Athletics

Steven Puccinelli 366-7374

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Principal

Bill Schloss 366-7370

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Financials

Budgets – Varsity coaches control his/her team's account. Money in a team account can be used to pay for any team expenses besides paying coaches. It is the coach's responsibility to know how much money is in their team account and to not overspend. ASB will not authorize purchases that bring an account balance below zero.

Athletic Donations – The Athletic Department asks each player to donate \$200 per player per season. \$75 of the donation will go to the General Athletic Fund, and \$125 will go to the team account. If an individual donates more than \$200, the excess will go to the team account.

Equipment/Uniforms – Coaches need to be prepared to pay for some necessities for their program. For larger purchases and uniforms, or necessary equipment needs that exceed your team budget, coaches should talk to the Athletic Director in advance of purchasing.

Fundraising – Any fundraisers need to be approved through the school ASB through a fundraiser form. There are strict rules regarding the sale of certain foods at school, so make sure you go through the channels of the ASB before starting a fundraiser. **There are also strict rules around direct-donation programs like SnapRaise, so please notify the Athletic Director before engaging with a company like this.**

- When working with a third-party company like SnapRaise, you must communicate with families what percentage the school is getting and what percentage the company is getting. It must also be clear that it is not a District fundraiser and the District will not be issuing receipts for tax purposes.

Team Formation

Coaches will conduct a minimum of three days of tryouts as per SCVAL rules. During that time, the coaches will evaluate the students and then communicate with the athletes the team rosters. Varsity Head Coach will lead the tryout process for the team and coordinate logistics and team selection with the JV coach.

Schedule Development

Schedules – Varsity coaches are responsible for creating the schedules for Varsity and JV. Coaches need to adhere to CCS rules on game limitations. Be sure to check out the CCS rules for your sport.

Tournaments – Our focus as a school is on the league competition first. Tournament entries are encouraged for the competitive experience and for CCS qualification purposes; however, these costs must be accounted for in team budgeting.

Athletic Clearances

Physical Eligibility – All CHS student-athletes must have the proper paperwork turned in to be physically eligible to PLAY OR PRACTICE through AthleticClearance. Athletes CANNOT practice until the following are completed:

- Athletic Physical – completed by a doctor
- Proof of Insurance – contact the Athletic Director if you need help
- Concussion Baseline Test

See the CHS Athletics Website for more details.

Coaches must monitor athlete clearance and not allow students who are not cleared to participate.

Tryouts – All athletes are entitled to three days of tryouts to a team. It is recommended that those be at the start of your scheduled practice days, and if an athlete has an unexcused absence on those days, they are not owed

extra days of tryouts. However, during winter or spring season, if an athlete is playing a sport in the preceding season, they are eligible for the tryouts to begin after the conclusion of their previous sport. Tryout dates and policies should be communicated clearly with players, parents and the AD.

Practices

Duration and Frequency – Per CCS Rules, practices can be no longer than three hours in a given day, 18 hours in a week. Additionally, double-day practices cannot happen on consecutive days. Practices are defined as any mandatory team activity, including weight training, film and meetings. **See CCS Article V, Section 3.F for full details.** As a district, we have a commitment to healthy sleep habits and don't start practices before 8:30am, with limited exceptions.

With a few exceptions, practices must officially start after all athletes on a team have completed classes for the day. Only if all athletes do not have a 6th or 7th period may practices begin before the end of the school day. Optional conditioning or activities may begin before the end of the school day, as coaches and facilities are available, but this would be included in the three-hour daily maximum. Coaches will communicate with Athletic Director to set practice times.

Coaches should take attendance each practice. If there are issues with game participation, playing time or earning credits, documentation is very important.

We will work with students to accommodate sports within their class schedule; however, we cannot guarantee the ability to change a class schedule to accommodate sports. When registering for classes, athletes should anticipate their schedule and request a "No 7th Period".

Athletes are expected to be at all practices and games unless they have cleared an absence first with a coach. Coaches have the final say over what absences are excused or not, but athletes should rarely be missing practice or games. Students **SHOULD VERY RARELY** be missing practice due to academic reasons. Students are expected to practice time management by working on projects, making up tests, etc., on their own time and are expected to fulfill their athletic commitments.

Games/Matches

Game excusals – School is out at 3:50 Monday/Tuesday/Thursday and 3:05 Wednesday/Friday and many times athletes need to be released early from class to get time change into their uniforms and get to their games. To excuse players for a game, the coach will send an email to the A.D. with the excusal time. This will then be forwarded to the staff. For all home games, athletes may be excused up to 1 hour and 15 minutes before start time. For away games, athletes may be excused up to 1 hour and 30 minutes before start time, unless location necessitates an earlier dismissal.

Coaches may have expectations for players before and after games. This could include shootarounds, team meetings, watching another game, or helping run another game. This should be accounted for in players' time management on game day.

Parent Meeting

Parent meetings – All teams should have a pre-season meeting with parents to discuss team expectations and policies. This meeting should happen around the time rosters are formed and before the first competition. It is recommended that this happen in conjunction with the Department Webinar.

Department Webinar – The Athletic Director will have an all-sports parent webinar at the beginning of each season. Topics discussed will be expectations, credits, donations, and much more.

Athletic Trainer and Injuries

Health and Injuries – All coaches should be prepared to deal with player injuries. First Aid, CPR and other sports-specific safety classes (i.e. Water Safety, Tackling Safety) are required and provided through the District. Whether home or away, coaches should be prepared to take care of their athletes' health and safety.

Athletic Trainer – An athletic trainer is on campus to help athletes with injuries. The training room is located behind the girl's locker room, next to the pool. Our trainer is there regularly M-F, 2:30-6:30.

Injuries – Student injuries that require medical attention need to be reported to the district. The Athletic Trainer will complete a report if the trainer responds out. If the trainer is not present, the coach needs to complete the form. Parents should be communicated with in the moment, but allow the coach or trainer to assess the situation. It may or may not be appropriate for a parent to enter the field of play, so parents should defer to the coach or trainer before attending to an injured student in the field of play.

Emergencies – In the event of an emergency, all coaches should have the ability to call 911 and know how to direct emergency personnel to your location. Emergency protocols are posted in each playing location.

AEDs – There are nine AEDs located throughout campus for medical emergencies. The Athletic Trainer has a mobile AED, and there are many others located around campus.

Eligibility

Academic Eligibility – All CHS student-athletes are students first and athletes second. There are strict rules for our school district around academic eligibility for athletes that must be followed so that games do not have to be forfeited. Below are the requirements:

- Athletes must be enrolled in and pass 25 units (5 classes) and maintain a 2.0 GPA to stay eligible for competition
 - Ineligible athletes may continue to practice and participate with the team during practices, at the coach's discretion
 - Ineligible athletes may not be released early from class or participate in any games
- The Athletic Director will determine the eligibility of athletes at the beginning of each season and whenever new grade reports are released.
 - Eligibility status changes the Monday after progress report grades are released.
- Each season has 2-3 grading periods of six weeks. If a player becomes ineligible, they are ineligible for the entire grading period
- An athlete is put on probation when passing 5 classes but not maintaining a 2.0 GPA, or when they have a 2.0 GPA but are not passing 5 classes
 - Athletes on academic probation CAN PLAY, but athletes CANNOT play in games if they are on probation for 2 consecutive grading periods because they then become ineligible
- Incoming 9th Graders enter school on academic probation
- Seniors exception – seniors may pass 4 classes and get a 2.0 to be eligible
- Athletes must remain Academically Eligible for the entire season in order to be eligible to earn credit.

Attendance Eligibility – FUHSD expectations state that for any student to participate in an extra-curricular activity, they must attend 50% of their scheduled day. Excused absences like doctor's appointments or field trips would not apply. However, if a student misses class due to illness, they should not be participating in an extra-curricular activity due to illness. Coaches will be notified of students who have excessive absences so that they may have conversations or monitor attendance.

Transportation

Transportation – With a few exceptions, the School/District does not provide transportation to matches. Students are expected to arrange their own transportation to away games.

Team Pictures

Team pictures – These will be scheduled by the A.D. Ordering information will be provided to coaches to disseminate to their players.

Athlete Recognition

Awards – The Athletic Department provides two plaques for each team – MVP and Coach's Award. The Athletic Director will contact coaches at the conclusion of the season for names of athletes to receive the awards. It is the coach's responsibility to distribute the awards. Coaches may create any number of other team awards, but costs will be covered by the team budget.

Block C/Star – Athletes may earn a Block C for completing their first varsity season, and a star for each varsity season after that. The Athletic Director will contact coaches at the conclusion of the season for names of athletes to receive the awards. It is the coach's responsibility to distribute the awards. If you're interested in Block Cs or Stars but have not received one, contact the Athletic Director.

Banquet/Team Party – Each team should have some form of end-of-season celebration. Typically, this takes on the form of a banquet or team party, but each team may develop their own ideas. Coaches are ultimately responsible for this, but it is strongly recommended to have a team parent plan this event. Team awards should be given out at this time.

Signing Day – ASB will host an annual Signing Day to recognize all student-athletes who are continuing their athletic journey in college. The Athletic Director or Sports Commissioners will contact coaches in the spring to develop a list of students to recognize.

Assigning Credits

Grades for Athletics – Athletes are eligible to earn academic credits for participating in sports. Athletes will receive a pass or no credit. Letter grades will not be assigned. Athletes will earn either PE credit or Elective credit. If a student is currently in a PE class (including all 9th graders) or has already earned 20 units of PE, they will receive Elective credit. Otherwise, they will earn PE credit.

The standard expectation to earn credit is for the student participates in 90% of practices and 100% of games. Coaches must keep attendance and be able to provide documentation if a student is not meeting the standards and will not earn credits. Coaches are responsible for communicating with the player and parent if they are in danger of not earning credit.

Delinquencies for Lost Uniforms

All athletes are responsible for maintaining their uniforms throughout the season. Any student who doesn't return all or part of their uniform/sports equipment will incur a delinquency with ASB. This bill must be paid before buying a prom ticket or checking out for graduation. Coaches will determine the replacement cost of lost items.



FREMONT UNION HIGH SCHOOL DISTRICT HEAT RISK GUIDELINES

The Fremont Union High School District monitors heat risk closely and will take appropriate actions based on Heat Risk readings and forecasts from National Weather Service (NWS). Life threatening heat-related illness, also known as exertional heatstroke, can occur within the first 60 minutes of exertion and may be triggered without exposure to high ambient temperatures.³ Numerous factors can contribute to this including lack of acclimatization, lack of physical fitness, being overweight, taking medications, and other factors.

The Fremont Union High School District utilizes forecasts made using the **NWS HeatRisk Prototype**: <https://www.wrh.noaa.gov/wrh/heatrisk/>. The NWS HeatRisk Prototype is a color-numeric-based index that provides a forecast risk of heat-related impacts to occur over a 24-hour period. HeatRisk takes into consideration:

- How unusual the heat is for the time of the year
- The duration of the heat including both daytime and nighttime temperatures
- If those temperatures pose an elevated risk of heat-related impacts based on data from the CDC

The HeatRisk is divided into five categories (0-4). The higher the value, the greater the level of heat concern would be for that location and the higher the risk of heat-related impacts.

Category	Risk of Heat-Related Impacts
Green 0	Little to no risk from expected heat.
Yellow 1	Minor - This level of heat affects primarily those individuals extremely sensitive to heat, especially when outdoors without effective cooling and/or adequate hydration.
Orange 2	Moderate - This level of heat affects most individuals sensitive to heat, especially those without effective cooling and/or adequate hydration. Impacts possible in some health systems and in heat-sensitive industries.
Red 3	Major - This level of heat affects anyone without effective cooling and/or adequate hydration. Impacts likely in some health systems, heat-sensitive industries and infrastructure.
Magenta 4	Extreme - This level of rare and/or long-duration extreme heat with little to no overnight relief affects anyone without effective cooling and/or adequate hydration. Impacts likely in most health systems, heat-sensitive industries and infrastructure.

FUHSD GUIDELINES FOR OUTSIDE ACTIVITIES AND ATHLETICS:

HeatRisk	MONITORING AND ACTIONS
Green 0	No monitoring or action required
Yellow 1	Monitor – continue to hydrate
Orange 2	Monitor Closely - exercise caution for sensitive groups – hydrate and use cooling strategies
Red 3	Begin cancellations, postponements and/or move activities indoors – Notify School Admin, Athletic Directors and Coaches
Magenta 4	All outdoor and indoor activities cancelled – this includes all PE, Sports and other Activities

Please keep in mind that Heat Risk changes throughout the day and spikes/drops can occur for one or more hours and variations occur based upon exact location. Once the AQI gets close to 100, forecasts and detailed mapping will be used to make decisions on cancellations.

Color	Level	Meaning	Who/what is at risk?	For those at risk, what actions can be taken?
Green	0	<ul style="list-style-type: none"> Level of heat poses little to no risk 	<ul style="list-style-type: none"> No elevated risk 	<ul style="list-style-type: none"> No preventative actions necessary
Yellow	1	<ul style="list-style-type: none"> Heat of this type is tolerated by most; however, there is a low risk for sensitive groups to experience health effects 	<ul style="list-style-type: none"> Primarily those who are extremely sensitive to heat 	<ul style="list-style-type: none"> Increase hydration Reduce time spent outdoors or stay in the shade when the sun is strongest Open windows at night and use fans to bring cooler air inside buildings
Orange	2	<ul style="list-style-type: none"> Moderate risk for members of heat sensitive groups to experience health effects Some risk for the general population who are exposed to the sun and are active For those without air conditioning, living spaces can become uncomfortable during the day, but should cool below dangerous levels at night 	<ul style="list-style-type: none"> Primarily heat sensitive or vulnerable groups, especially those without effective cooling or hydration, or those not acclimated to that level of heat (i.e. visitors) Some transportation and utilities sectors 	<ul style="list-style-type: none"> Reduce time in the sun between 10 a.m. and 4 p.m. Stay hydrated Stay in a cool place during the heat of the day Move outdoor activities to cooler times of the day Open windows at night
Red	3	<ul style="list-style-type: none"> High Risk for much of the population who are 1) exposed to the sun and active or 2) are in a heat sensitive group, or 3) visiting a warmer climate and exposed to sun/heat Dangerous to anyone without proper hydration or adequate cooling Poor air quality is possible Power interruptions may occur as electrical demands increase 	<ul style="list-style-type: none"> Much of the population, especially people who are heat sensitive and those without effective cooling or hydration Those exposed to the heat/sun at outdoor venues Transportation and utilities sectors 	<ul style="list-style-type: none"> Try to avoid being outdoors in the sun between 10 a.m. and 4 p.m. Stay hydrated Stay in a cool place especially during the heat of the day If you have access to air conditioning, use it. Even a few hours in a cool location can lower risk. Fans may not be adequate Cancel outdoor activities during the heat of the day
Magenta a	4	<ul style="list-style-type: none"> Very High Risk for entire population Very dangerous to anyone without proper hydration or adequate cooling This is a multi-day excessive heat event. A prolonged period of heat is dangerous for everyone not prepared Poor air quality is likely Power outages are increasingly likely as electrical demands may reach critical levels 	<ul style="list-style-type: none"> Entire population is at risk For heat sensitive groups, especially people without effective cooling, this level of heat can be deadly Most transportation and utilities sectors 	<ul style="list-style-type: none"> Avoid being outdoors in the sun between 10 a.m. and 4 p.m. Stay hydrated Stay in a cool place, including overnight If you have access to air conditioning, use it. Even a few hours in a cool location can lower risk. Fans will not be adequate Cancel outdoor activities during the heat of the day

WHAT OTHER PROACTIVE STEPS CAN BE TAKEN?

Administrators, coaches, or other organizers should take measures to make sure participants **stay cool, stay hydrated, stay connected, and stay informed**. Make sure water is available during outdoor activities, including water activities. Encourage water consumption. Evaluate current conditions regularly and make appropriate adjustments – for example, postpone or reschedule practices whenever possible to be held early in the morning or late in the evening to avoid times when heat is generally more severe.

Closely monitor participants and ask these questions:

- Are they drinking enough water?
- Do they have access to air conditioning?
- Do they need help keeping cool?
- Are they exhibiting signs and symptoms of heat-related illness (see further information below)?

Remind participants:

- Getting too hot can make them sick.
- Limit their outdoor activity, especially midday when the sun is hottest.
- Pace their activity. Start activities slowly and pick up the pace gradually.
- Drink more water than usual and don't wait until they're thirsty to drink more. Muscle cramping may be an early sign of heat-related illness.
- Wear loose, lightweight, light-colored clothing.

Everyone should take these steps to prevent heat-related illnesses, injuries, and death during hot weather:

- Stay in an air-conditioned indoor location as much as you can.
- Drink plenty of fluids even if you don't feel thirsty.
- Schedule outdoor activities carefully.
- Wear loose, lightweight, light-colored clothing and sunscreen.
- Pace yourself.
- Take cool showers or baths to cool down.
- Check on other participants or teammates and have someone do the same for you.
- Check the local news for health and safety updates.

SIGNS AND SYMPTOMS OF HEAT RELATED ILLNESS (HRI)

- Muscle cramping
- Dizziness
- Headache
- Weakness
- Hot and wet or dry skin
- Flushed face
- Rapid heartbeat, low blood pressure
- Hyperventilation
- Vomiting, diarrhea
- Behavioral/cognitive changes (confusion, irritability, aggressiveness, hysteria, emotional instability, impaired judgement, inappropriate behavior)
- Drowsiness, loss of consciousness

- Staggering, disorientation
- Difficult speaking, slurred speech
- Seizures

These are signs of the most severe form of heat-related illness, heat stroke, which is life threatening and requires immediate attention, including cooling. Heat stroke symptoms include an elevated body temperature of 104°F or greater.

The California Interscholastic Federation provides a free “Heat Illness Prevention” training as well as web pages outlining the identification and treatment of heat exhaustion, heat stroke, heat syncope, exertional hyponatremia, and heat cramps. See: *Heat Illness - California Interscholastic Federation*

For more information on signs, symptoms, and how to treat heat-related illness, please see here: <https://www.cdc.gov/disasters/extremeheat/warning.html>

TREATMENT OF EXERTIONAL HEAT STROKE⁴

Treatment must be provided immediately and includes:

- Removal of all equipment and excess clothing, cooling the athlete as quickly as possible within 30 minutes via whole body ice water immersion (place them in a tub with ice and water approximately 35–58°F).
- Stir water and add ice throughout cooling process.
- Maintain airway, breathing and circulation.
- After cooling has been initiated, activate emergency medical system by calling 911.
- Monitor vital signs such as core temperature, heart rate, respiratory rate, blood pressure, and Central Nervous System status.
- Cease cooling when core temperature reaches 101–102°F (38.3–38.9°C).

Exertional heat stroke has a high survival rate when **immediate cooling via cold water immersion or aggressive whole-body dousing in cold water** is initiated. Immediate means within 10 minutes of collapse.

WHAT FACTORS INCREASE THE RISK OF HEAT RELATED ILLNESS (HRI)?

- **Students’ personal factors.** Age, obesity, fever, dehydration, heart disease⁵, mental illness, poor circulation, sunburn, and prescription drug and alcohol use all can play a role in whether a person can cool off enough in very hot weather.
- **Exertion level.** Even young and healthy people can get sick from the heat if they participate in strenuous⁶ physical activities such as Physical Education during hot weather without **gradually acclimatizing** to hot conditions over a period of 1–2 weeks.
- **High humidity.** When the humidity is high, sweat won’t evaporate as quickly. Evaporation of sweat is the main way the body can cool itself.

*The NWS defines “**heat sensitive groups**” as:

- the elderly and the very young;
- those on certain medications and/or those with preexisting conditions which make them more sensitive to heat;
- those working outdoors – especially new workers, temporary workers, or those returning to work after a week or more off;
- those exercising or doing strenuous activities outdoor during the heat of the day – especially those not used to the level of heat expected, those who are not drinking

- enough fluids, or those new to that type of activity;
- those without a reliable source of cooling and/or hydration;
- those not acclimated to the level of heat expected – especially those who are new to a much warmer climate.

REFERENCES / RESOURCES

Heat Stress (CDC National Institute for Occupational Safety and Health) Heat-Related Illness in Sports and Exercise (Nichols 2014)

Preventing and Treating Heat Illness in Young Athletes (Children's Hospital of Colorado) MHSAA Heat and Humidity Policy

Wet Bulb Globe Temperature vs Heat Index (weather.gov)

Regional heat safety thresholds for athletics in the contiguous United States (uconn.edu) Excessive Heat - School Disaster and Emergency Management (CA Dept of Education)

Tips for Preventing Heat-Related Illness | Natural Disasters and Severe Weather | CDC Cooling Centers | California Governor's Office of Emergency Management

Heat Illness - California Interscholastic Federation

(cifstate.org) Cal/OSHA / California Department of Industrial Relations (DIR):

- *99Calor – Cal/OSHA will send any employer free materials: <http://99calor.org/english.html>*
- *Heat illness prevention page: <https://www.dir.ca.gov/dosh/heatillnessinfo.html>*
- *DIR's regulation: Heat Illness Prevention in Outdoor Places of Employment: <https://www.dir.ca.gov/Title8/3395.html>*

FURTHER READING:

Heat risk and young athletes — rising temperatures lead to lawsuits and environmental injustice (theconversation.com)