Firebaugh High School Athletics Handbook

2023 – 2024

Non-Discrimination Statement

LUSD NONDISCRIMINATION STATEMENT

The Lynwood Unified School District is committed to equal opportunity for all individuals in education and in employment.

Lynwood Unified School District prohibits discrimination, harassment, intimidation, and bullying based on actual or perceived age, ancestry, color, physical and/or mental disability, ethnicity, gender, gender expression, gender identity, genetic information, immigration status, marital status, medical information, national origin, parental status, pregnancy status, race, religion, sex, sexual orientation, or association with a person or a group with one or more of these actual or perceived characteristics.

Specifically, state law prohibits discrimination on the basis of gender in enrollment, counseling, and the availability of physical education, athletic activities, and sports.

Transgender and Gender non-conforming students shall be permitted to participate in gender-segregated school programs and activities (e.g., athletic teams, sports competitions, and field trips) and when the District maintains sex-segregated facilities students shall be permitted to access facilities and participate in programs and activities consistent with their gender identity. The District assures that lack of English language skills will not be a barrier to admission or participation in District programs.

LUSD prohibits harassment on the basis of a sex. Sexual harassment consists of any unwelcome sexual favors, and other verbal, visual, or physical conduct of a sexual nature, made by someone from or in the work or educational setting. Please reference district BP 5145.3 for further information on this topic.

If you believe you, or your student, have been subjected to discrimination, harassment, intimidation, or bullying contact your site principal and/or the Equity Compliance Officer and Title IX Coordinator for students: Dr. Patricia Brent-Sanco, 1321 Bullis Rd, Lynwood, CA 90262, (310) 886-1600 ext. 8132, or by email at pbrentsanco@mylusd.org, Title IX Coordinator for employees: Carlos Zaragoza, 1321 Bullis Rd, Lynwood, CA 90262, (310) 886-1600 ext. 8025 or by email at cjzaragoza@mylusd.org and Section 504 Coordinator: Erin Okazaki, 1321 Bullis Rd, Lynwood, CA 90262, (310) 886-1600 ext. 8152 or by email at ejokazaki@mylusd.org.

MISSION STATEMENT

The mission of the California Interscholastic Federation - Southern Section is to prepare student athletes to practice ethical behavior; including fair play, integrity and obedience to rules. All CIF athletic contests will represent in perception and practice, the appreciation for athletic excellence and the shared educational experience of competition. All individuals associated with athletic activities will be aware of and responsible for their influence on the behavior of others and be models of good sportsmanship.

SPORTSMANSHIP

It is strongly recommended by the Executive Committee that leagues adopt rules which address the following areas of sportsmanship: − A coach or team shall never leave the playing area until the contest is completed. − Unsportsmanlike conduct by spectators, coaches, and players will not be tolerated. − Noise makers are not allowed. − Cheerleaders use positive cheers and will direct cheers to their own team.

COACHES

− Always set a good example for participants and fans to follow, exemplifying the highest moral and ethical behavior.
− Instruct participants in proper sportsmanship responsibilities and demand that they make sportsmanship the No. 1 priority.
− Respect judgment of contest officials, abide by rules of the event and display no behavior that could incite fans.
− Treat opposing coaches, participants and fans with respect. Shake hands with officials, opposing coaches in public.
− Develop and enforce penalties for participants who do not abide by sportsmanship standards.

ATHLETES

− Treat opponents with respect; shake hands prior to and after contests.
− Respect the judgment of contest officials, abide by rules of the contest, and display no behavior that could incite fans.
− Cooperate with officials, coaches and fellow participants to conduct a fair contest.
− Accept seriously the responsibility and privilege of representing school and community; display positive public action at all times.
− Live up to high standards of sportsmanship established by the coach.

SUBURBAN VALLEY CONFERENCE

Gateway and Mid Cities Leagues (Bellflower, Lynwood, Dominguez,Mayfair,Downey,Norwalk Firebaugh,Paramount, Gahr,Warren, & La Mirada)

PARENT / FAN EXPECTATIONS

Parents and fans play a crucial role in the overall success of all extra-curricular programs, especially athletics. Students will mirror the behaviors and actions of their parents and relatives. Therefore, it is important to continually model good sportsmanship and responsibility to all athletes. By keeping the following guidelines in mind, you can help to make athletic/activity participation an enjoyable and positive educational experience:

1. Keep athletics in perspective. Although we all like to have successful, winning programs, the physical, mental, social, and emotional growth an athlete experiences from participating in athletics far exceeds the actual benefits of winning or losing.
2. Support your student-athlete both in and out of the classroom. Talk to them about their experiences as a student and as an athlete. Compliment them when they are deserving.
3. Support the overall program and help your student maintain a positive attitude throughout the school year. Display, by your actions and words, an understanding of the athletic philosophy and the overall role you play in the success of your athlete and the program.
4. Respect the officials, athletes, coaches, and other fans whether they are opponents or friends.
5. When you have questions regarding any of our programs, please follow the communication procedure outlined below.

COMMUNICATION PROCEDURES

Both parenting and coaching are extremely challenging responsibilities. Many times, parents have questions and concerns regarding their athlete that they wish to discuss with the coach or even the administration. Please bear in mind, our coaches make judgment decisions based on what is best for the entire team taking into consideration every member of the team. This is not an easy task and sometimes people become frustrated or upset regarding the performance of an athlete and team. Our coaches work extremely hard for very little compensation. They coach because they love working with student-athletes and realize the positive benefit of participation in athletic programs. By establishing and understanding each position, we are able to accept the actions and behaviors of others allowing better communication. The following are some guidelines to help facilitate productive and efficient communication between parents and school personnel:

1. All head coaches/sponsors are expected to schedule and attend a meeting with parents and players at which they will provide schedules for practices and games to all athletes.

2. Coaches will schedule parent meeting NO LATER THAN 5 days after the beginning of practice.

3. Coaches will provide any additional team rules or requirements for participation.

4. Coaches will notify both athlete and parent when any disciplinary action is taken.

5. Parents are expected to notify the coach well in advance of any scheduling conflicts

6. Parents are encouraged to have their child approach their coach should questions or problems arise during the course of the season. In general, the following model should be used to resolve any issues:

a. ATHLETE with COACH
b. PARENT with COACH
c. PARENT with ATHLETIC DIRECTOR
d. PARENT with PRINCIPAL

7. We do not discuss “playing time or positioning”, during the season. Playing time and positioning are important aspects of coaching and not of spectating or parenting. Any discussion on these topics will not benefit anyone and lead to hard feelings between the involved parties.

8. Parents are ENCOURAGED to make an appointment to speak with the coach or other school personnel. Coaches have teaching responsibilities during the day and an appointment will make any discussion more beneficial.
DO NOT APPROACH THE COACH WITH AN ISSUE BEFORE, DURING, OR AFTER A GAME! Issues are rarely resolved at these times. It is far better to have discussions in private and not during the heat of the moment. We recommend waiting at least 24 hours before making contact with a coach about an issue.

Communication coaches should expect from parents
● Express your concerns directly to the coach.
● Notification of any schedule conflicts well in advance.
● Specific concerns regarding the coach’s philosophy and/or expectations.

Your children will experience some of the most rewarding moments of their lives as part of the Lynwood Athletic Program. It is important to understand that there may also be times when things do not go the way you or your child wish. During these times, direct, positive discussion with the coach, not criticism, is encouraged.

Communication you should expect from your child's coach
● The coach’s philosophy.
● The coach’s expectations for your child, as well as his/her expectations for all players on the team.
● Location and times of all practices and contests.
● Team requirements, i.e., fundraising, special equipment, off-season conditioning.
● Procedures and protocols that will be followed should your child be injured during their participation in athletics.
● Disciplinary situations that might result in your child being denied the opportunity to participate in Lynwood High Athletics.

Issues not appropriate to discuss with Coaches
● Playing Time
● Team Strategy
● Play Calling
● Other Student-Athletes

These are situations that may require a private conference between the coach, athletic director, and parent. These conferences are encouraged. It is important that both the parents and coaches involved have a clear understanding of each other’s position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern:

The procedures you should follow if you have a concern to discuss with the Coach ● Call the school to set up an appointment.

● If the coach cannot be reached, call the Athletic Director, who will set up the meeting for you.
● Please do not attempt to confront a coach or meet with him/her before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature usually do not promote resolutions. THE NEXT STEP: What a parent can do if the meeting with the coach did not provide a satisfactory resolution
● Call and set up an appointment with the Athletic Director and an Administrator at the school to discuss the situation.
● At this meeting, the appropriate next step can be determined.

ELIGIBILITY REQUIREMENTS
: Student-Athletes must create and account via HomeCampus to submit all required forms and documents
● https://www.homecampus.com/login
● Academic/Conduct GPA - 2.0 or higher
● No more than 2 F's in one grading period
● Regular Attendance (Maintain less than 10 unexcused absences and 20 tardies)
● Athletic Physical (Completed by a licensed physician)
● Medical Insurance
● Team Tryout
NOTE: ONLY student-athletes cleared by the Athletic Office will be allowed to participate in any athletic conditioning, practice and/or contest provided the above requirements are fully met.

UNIFORMS AND EQUIPMENT FEES
Students who fail to return uniform and equipment issued by the school will be assessed a fee equal to the purchase amount of the uniform and/or equipment.

CODE OF CONDUCT / BEHAVIOR
Being an athlete or participating in an activity is a PRIVILEGE that involves teamwork and SELF DISCIPLINE. Parents and coaches, along with student athletes themselves, compose that team/activity. In order to have a successful team/program, certain regulations must be identified and understood by everyone. The Lynwood Unified School District Athletic Code exists in order to provide specific guidelines to be followed by students who represent their various schools in the field of athletics. All members of a team/program bear the responsibility for working together to help make athletics/activities a successful experience for everyone involved. Therefore, this code shall be in effect during the school year, to include the period starting with the first practice and any post season play. It will include those written rules and regulations established for students competing as representatives of the Lynwood Unified School District. All students choosing to participate in athletic programs shall be given a copy of this code, and by virtue of their continued voluntary participation, shall agree to conduct themselves in accordance with the code. A student-athlete in the Lynwood Unified School District shall not use, consume, or possess alcoholic beverages, cigarettes, or tobacco of any form, steroids, illegal drugs, including marijuana, or paraphernalia related to the use of illegal drugs and the abuse of prescription or nonprescription drugs. The athlete shall further abide by all written training rules established for the sport by the coach(es) in which he/she is competing, and shall at all times behave in a manner that conveys respect for all individuals.

Acts of harassment or hazing will not be tolerated. In addition, a student athlete shall at all times and in all situations, both as a participant and as a spectator, conduct him/herself with personal integrity and honesty. Any action or behavior that necessitates the imposition of team or school discipline or the committing of criminal acts outside of school will be viewed as a violation of the Athletic Code. Before any disciplinary action is taken, a thorough investigation will be conducted and all concerned parties will be properly notified. However, conviction in a court of law is NOT necessary for the listed consequences to apply. Remember, athletic participation is a PRIVILEGE not a right.

1. ALCOHOL, DRUGS, DRUG PARAPHERNALIA, STEROIDS The use of alcohol, legend drugs (including anabolic steroids), controlled substances and controlled substance analogs is prohibited. Any athlete possessing (possession is to include the driver and all passengers in a vehicle), selling, and/or using alcoholic beverages, legend drugs, (including anabolic steroids) controlled substances or controlled substance analogs, and/or drug paraphernalia on or off school property shall be subject to the following disciplinary action. In order for imposition of penalties to take place regarding violations of code of conduct, information must be received from faculty/staff or law enforcement. In addition, if a student is involved in any incident involving an alcohol/controlled substance violation which results in a citation, the incident must be reported to the principal/AD within 5 school days of the citation. If this does not occur, a stiffer penalty will be incurred.

a. First Violation: The student/athlete will be suspended for no less than 15 days of the season. The suspension will begin with the first contest following the infraction. During the suspension, the athlete will be allowed to practice. This penalty may carry over to subsequent sports seasons. If a penalty carries over to another sports season, the suspension time shall begin with the first contest of the next season and will NOT include practice days prior to the first competition.

b. Second Violation: The student/athlete will be suspended for no less than 45 days of the season. The suspension will begin with the first contest following the infraction. During the suspension, the athlete will be allowed to practice. This penalty may carry over to subsequent sports seasons.

c. Third Violation: The student/athlete will be suspended from all extra-curricular activities for 365 calendar days from the date of the infraction.
TOBACCO PRODUCTS – Possession or use of tobacco products will result in penalties consistent with the student handbook.

2. CRIMINAL ACTS, VANDALISM, THEFT OR POSSESSION OF STOLEN PROPERTY

a. First Violation: The student/athlete will be suspended for no less than 15 days of the season. The suspension will begin with the first contest following the infraction. During the suspension, the athlete will be allowed to practice. This penalty may carry over to subsequent sports seasons. If a penalty carries over to another sports season, the suspension time shall begin with the first contest of the next season and will NOT include practice days prior to the first competition.

b. Subsequent Violation: The student/athlete will be suspended from all extra-curricular activities for 365 calendar days from the date of the infraction. HAZING/HARASSMENT, ACTS OF DISRESPECT AND ACTIONS UNBECOMING AN ATHLETE For these offenses, the

student handbook guidelines will be followed. Individual Coaches have the option of assessing additional penalties.

3. TECHNICAL FOULS, UNSPORTSMANLIKE CONDUCT, AND/OR OTHER LIKE INCIDENTS

a. First Violation: Coaches discretion and conference with administrators to make decisions about further consequences.

b. Second Violation: For unsportsmanlike conduct, the athlete will be removed for the rest of the contest and suspended for the next contest. For other technical fouls or incidents, coaches discretion and conference with administrators. The athlete will be allowed to practice.

c. Third Violation: Unsportsmanlike conduct. The athlete will be removed for the remainder of the contest. In addition, the athlete will be removed from the team/activity for the next 3 games. Coaches have the option of extending the number of game suspensions or removal from the team. This penalty may carry over to subsequent sports seasons. If a penalty carries over to another sports season, the athlete will be allowed to practice, but the suspension time shall begin with the first contest of the next season and will NOT include practice days prior to the first competition.

d. If a student gets two technical fouls for unsportsmanlike conduct in one game, CIF rules state he/she is no longer eligible for participation for the remainder of the season.

4. VIOLATIONS OF SCHOOL RULES Any student/athlete involved in conduct that results in the imposition of disciplinary action by the school may be declared ineligible for the next interscholastic contest for which he/she is eligible.

a. Detentions: Administration will NOT schedule detentions around any practice schedules. It will be the responsibility of the student/athlete to make sure both detention and practice requirements are met.

b. OSS: If a student/ athlete is placed on OSS (out-of-school suspension) for disciplinary reasons, the athlete will NOT be allowed to participate in competition or practice for the duration of the suspension.

c. Subsequent suspensions may result in suspension from all extra-curricular activities in the Lynwood Unified School District for up to one calendar year (365 consecutive days).

5. COACHES' RULES

A student/athlete will abide by all specific written rules formulated by the coach who has the responsibility for an athlete who violated those rules.

6. ATTENDANCE

a. All students are expected to attend all practices in order to participate in inter-scholastic contests/competition. The coach or sponsor may excuse students from practice for legitimate

reasons or absences.

b. A student who misses school (one class) on the day of a contest will not be allowed to participate in school activities that day without being excused in advance by the administration.

c. If school is canceled, it will be up to the Superintendent's discretion as to whether extracurricular activities will be held as scheduled.

7. STATUTE OF LIMITATIONS Violations that are reported to school personnel more than 365 days (one calendar year) after they occur will NOT be considered for disciplinary action.

8. APPEAL PROCESS

a. In general, it will be the responsibility of the coach to contact and inform students/athletes, parents, and administration concerning any disciplinary actions.

b. Anyone who wishes to request an appeal should notify the high school principal IN WRITING within seven (7) calendar days of the date the student and parents are notified of the suspension. THE RIGHT TO APPEAL WILL BE FORFEITED IF NOT REQUESTED WITHIN THIS SEVEN-DAY TIME LIMIT.

c. If an appeal is requested, the principal will conduct a hearing with the student, parents, coach(es), and other administrators. The purpose of this appeal hearing will be to inquire into the athlete’s violations and the resulting consequences. The student/athlete, and parents will be allowed to present evidence on their behalf. The principal shall make the final determination in regards to the violation and the application of this Activities Code of Conduct. Any consequences may be eliminated, shortened, or extended following the appeal hearing. No legal implications will be attached to this hearing.

9. END OF SEASON

a. The sport season officially concludes with the Awards Banquet for that particular sport. All student/athletes MUST attend the Awards Banquet for their respective sport to receive recognition and awards for their accomplishments. THE COACH MUST GRANT ANY EXCEPTIONS.

b. Student/athletes are responsible for turning in their equipment and uniforms after the completion of their season. Student/athletes are financially responsible for any equipment or uniforms not turned in or damaged.

c. Any violations of the above Activities Code resulting in removal from a sports team will disqualify them for all awards, including letters.

TRAVELING RULES FOR EXTRA CURRICULAR ACTIVITIES

Safe team/club travel depends on the cooperation of everyone involved. All team/club members must adhere to the following rules for travel.

1. Follow the directions of the driver, who is legally responsible for you, and your coach or sponsor. They are acting in your best interest.

2. When the bus is in motion, please stay seated. Jumping around, throwing balls or other objects, loud yelling, and similar distractions divert the driver's attention from the road and create a safety hazard.

3. Never hang out of a window or put parts of your body or anything else out the window of a moving bus.

4. Your bus is private property. Please keep it clean and avoid damage to seats, etc. that may be caused by your equipment. Remember, the bus is designed for people, not sports equipment; take an extra moment when loading and unloading to handle your equipment carefully.

5. Please pick up after yourselves when disembarking. Orange peels, soda spills, and trash are safety hazards. Make sure to remove all your personal belongings after thoroughly checking the area. Students who do not follow the above guidelines will miss one contest or activity on the fir