Student Athlete & Parent Handbook

McNair High School



EAGLES

McNAIR HIGH

Home of the EAGLES

WE ARE MCNAIR. WE ARE THE EAGLES. WINGS UP.

PRINCIPAL:

Nicole Vertar

Assistant Principal:

Robert Winterhalter

Athletic Director:

Quincey Noble

Athletics Secretary, Nayeli Miranda

Athletics Website: mcnair.lodiusd.net

Athletic Office Phone (209) 459-8901

Sports Offered at McNair High

Fall Sports	Boy's & Girl's Cross Country
	Football & Flag Football
	Girl's Golf
	Girl's Tennis
	Girl's Volleyball
	Boy's & Girl's Water Polo
Winter Sports	Boy's and Girl's Basketball
	Boy's and Girl's Wrestling
	Boy's and Girl' Soccer
Spring Sports	Boy's and Girl's Badminton
	Baseball
	Boy's Golf
	Softball
	Boy's and Girl's Swimming
	Boy's Tennis
	Boy's and Girl's Track
	Boy's Volleyball
	Stunt

The LUSD Athletic Programs are administered by the by-laws of the CIF, the Sac-Joaquin Section, the League (SJAA), and the policies and procedures of the Lodi Unified School District and the school. Every effort is made by the Athletic Department to be fair and consistent to all of our student-athletes, and at the same time, be compliant with the rules of all the bodies governing our behavior.

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Philosophy and Objectives

The Lodi Unified School District Athletic Programs are a continuation of the classroom. Their purpose is to educate. The **privilege** of athletic participation is earned through the maintenance of proper standards of attitude, attendance, and achievement.

Through participation in athletic centered interscholastic activities, Lodi Unified School District students will develop values, attitudes, and skills for personal growth and for the benefit of a diverse society. Lodi Unified School District and McNair High School is committed to "Pursuing Victory With Honor", a CIF sponsored program in which **our coaching staff makes a commitment to developing student-athletes of character.**

Value of Athletics

Research indicates that students involved in co-curricular activities have a greater chance of being successful during adulthood. Many of the positive character traits required as a participant in athletics are exactly those that will promote a successful life beyond high school.

Interscholastic Athletics Promote Teaching and Learning:

- Higher Graduation Rates
- Better Attendance
- Lower Discipline Rates
- Increased Motivation to Achieve
- Improves Self-Esteem
- Encourages Teamwork
- Teaches Sportsmanship
- Increases Self-Discipline
- Builds School Spirit
- Creates a Sense of Community Around Common Goals
- Instills a Sense of Pride
- Increases Family and Community Involvement

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Going Out For A Sport-Process

ATHLETIC ELIGIBILITY:

Whether coming out for a sport for the first time or coming out for a sport from another sport, each athlete must meet the following requirements before he/she may participate in practice or a game.

- You must pass a physical examination (good from June 1 to May 31 of each year)
- Your parent/guardian must complete the Arbiter Family ID process by registering their students. All policies must be signed off on.
- You must provide proof of health insurance (copy of insurance card) or you may purchase low-cost private insurance (www.peinsurance.com)
- You must read, understand, and sign the "Code of Conduct for Interscholastic Student-Athletes"
- You and your parent/guardian must sign the "Informed Consent to Participate in Athletics" form
- You and your parent/guardian must sign the "Parent Consent to Share Student Personally Identifiable Information" form
- You must be academically eligible (See Academic Eligibility)
- You must have residential eligibility (See Residential Eligibility)
- Foreign Exchange Students Must Register with the Athletic Director and petition the CIF Sac-Joaquin Section
- You and your parent/guardian must sign the acknowledgement that you have read and understand the Student-Athlete & Parent Handbook found in Arbiter Family ID

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Going Out For A Sport-Process

TRY-OUTS

Student-Athletes will have a **minimum 3-Day Try-out period starting from the first day try-outs are held as determined by the CIF Season of Sport Calendar.** If a student misses the try-out period, he/she will miss the opportunity to try-out. The exceptions to this are as follows:

- Athletes coming from a sport, which has not concluded, will have three practice days from the day of the last game or at a later time agreed upon by coaches to try-out.
- Athletes may pre-arrange with a coach to extend the try-out period. This must occur in advance and is solely at the discretion of the coach.

Team Levels

Frosh/Soph, Junior Varsity, Varsity

It is the intention of the sub-varsity teams to prepare athletes for varsity level competition. As such, athletes will play down at the lowest appropriate level unless certain criteria is met. Prior to an athlete moving up (freshman to JV or Varsity, Sophomore or Juniors to Varsity, etc.) the following process must be followed: Football see CIF limitations:

1. Moving athletes up is necessary to field a competitive varsity team.
2. The coach believes that the student-athlete will play a regularly (at least 50% of league and non-league games) at the higher level and has demonstrated this ability. However, the student –athlete must earn playing time in the same way as other athletes on the team.

Head Coach and Parent/Guardian should discuss the following:

- The athlete fills a discernible need that current players cannot.
- The athlete has demonstrated a superior athletic skill/ability.
- The athlete as demonstrated the requisite maturity to be successful at the higher level of competition.
- The athlete has demonstrated the academic ability to handle the move to a higher level.

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Physical Exam and Health Insurance

PHYSICAL EXAM

CIF Sac-Joaquin By-laws states that an annual physical examination, or a statement by a medical practitioner, certifying that a student is physically fit to participate in athletics is required **before** a student may try-out, practice, or participate in inter-scholastic competition.

McNair High School provides an opportunity each school year to obtain a physical examination. Check the school bulletin or website, for the date and time of the physical offering. Appointments times are assigned based on the order in which completed paperwork is returned to the athletic Department. **Physicals must be uploaded once complete to Arbiter Family ID and a profile must be completed each year.**

The cost of a physical is $25 Checks should be made payable to McNair High.

If you missed the scheduled school physical or you wish to have a physical exam conducted privately, you must schedule your own appointment at your own expense. Your physician must complete the form provided by the McNair High School Athletic Department.

Physical exams are good for one year beginning June 1-May 31

HEALTH INSURANCE

To participate in the athletic program, the student-athlete must have health insurance, which provides coverage in the event of sport related injury. A copy of your current insurance card (front & back) is accepted as evidence of insurance.

If a student-athlete does not have health insurance, the athlete must purchase sports related medical coverage. The Athletic Department has forms for insurance through a private company. The cost of this coverage is reasonable and the insurance meets the minimum required coverage.

If a student needs coverage to participate, he/she may purchase coverage through Pacific Educators. Parents can log on to http://www.peinsurance.com/signup Students who purchase football coverage only are not covered for other sports. If a student is playing multiple sports it is best to purchase the 24 hour plan.

The forms needed to meet the above requirements to participate are available from the Athletic Office or on-line at www.mcnair.lodiusd.net under athletics. Please understand that 700-800 student-athletes are annually processed by the Athletic Department. If your paperwork is incomplete in ANY way or you have not met the above requirements you will not be cleared to participate.

Basic CIF Eligibility Rules

For a complete copy of CIF Constitution and Bylaws visit www.cifsjs.org

ACADEMIC ELIGIBILITY

Lodi Unified School District's policy is that a student must be scholastically eligible to compete in any athletic contest during that season of sport. If a student is not academically eligible at the beginning of the season of sport, he/she is not athletically eligible to participate in or try-out for the sport.

In order to be academically eligible, a student-athlete must meet the following CIF requirements:

- The student must be enrolled at the school for which they wish to participate in athletics.
- The student must be currently enrolled in at least 20 semester periods of work.
- The student must pass at least 20 semester periods of work at the completion of the previous grading period.
- The student must be maintaining a minimum progress toward meeting the high school graduation requirements as prescribed by the governing board.
- The student has maintained during the previous grading period a minimum of a 2.0 GPA on a 4.0 scale in all enrolled courses.
- The student must maintain a 2.0 GPA with no more than one F grade.
- Cheerleading requires a 2.5 GPA and does not fall under the CIF guidelines.

REQUEST FOR REVIEW/CHANGE OF QUARTER OR SEMESTER GRADE

Students or parents who wish to review or challenge a quarter or semester grade must file a request with the teacher in question and the school registrar within the school break or grading period. Teachers will have five (5) school days after the request is made to review the challenge and report a final decision to upload, adjust, or correct the grade to the parent and school registrar.

This excludes:

- Obvious and verifiable errors discovered beyond the five-day deadline by the student/parent, teacher, or school registrar;
- Grade changes related to AP exam results; and
- The correction of omission or errors of the reason is due to circumstances beyond the student or teacher's control. (Board Ruling 5121)

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BASIC ELIGIBILITY RULES

Academic eligibility for participation in extra/co-curricular activities shall be determined at the end of each grading period: **first quarter, first semester, third quarter, second semester.** Eligibility shall be determined at the end of the two-week break after each quarter. Athletes that are deemed ineligible shall not compete for their respective team. At the end of the 1st and 2nd semesters, the semester grades will be used to determine academic eligibility, not 2nd and 4th quarter grades.

PENALTY: IF AN ATHLETE PARTICPATES (PLAYS OR SUITS UP) IN A GAME WHILE BEING INELIGIBLE, THE SCHOOL MUST FORFEIT THE GAME.

Second semester grades will determine eligibility for the first quarter of the next school year. **Summer School** make-up is acceptable for first quarter eligibility. (If summer school classes are repeats of classes taken during the second semester of the regular school year, the higher grade is used to calculate the grade point average. If summer school classes are not repeats of classes taken during the second semester of the regular school year, the grade is averaged with grades received during the regular school year). **LUSD Board Rule 6145**

SEMESTERS OF ATTENDANCE (CIF Bylaw)

A student who first enters the ninth grade of any school following the student's completion of the eighth grade in any school may be eligible for athletic competition during a maximum period of time that is not to exceed eight consecutive semesters following the initial enrollment in the ninth grade of any school, and said eligibility must be used during the student's first eight consecutive semesters of enrollment at that school or any other school.

INDEPENDENT STUDY/HOME SCHOOL (CIF Bylaw)

Students who are not enrolled in programs under the jurisdiction of a member school's governing body are not eligible to participate in CIF competition. Such programs would include, but are not limited to, home schooling or home study wherein parents or other persons are responsible for instruction and evaluation.

A student enrolled in an Independent Study Program is residentially eligible at the school in whose attendance area he/she resides, or where the student most recently established his/her residential eligibility. There may be additional conditions that must be necessary to meet prior eligibility being granted. Check with the Athletic Department.

Independent Study students shall provide documentation providing their enrollment in required coursework and/ or academic achievement in completed courses.

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BASIC ELIGIBILITY RULES

AGE REQUIREMENT (CIF bylaw)

A student whose nineteenth (19) birthday is attained prior to June 15, shall not participate or practice on any team. in the following school year. A student, whose 19th birthday is on June 14, or before, is ineligible .

RESIDENTIAL ELIGIBILITY

A student has residential eligibility upon initial enrollment in:

- The ninth grade of any CIF High School, OR
- Tenth grade of any CIF High School from the ninth grade of a junior high school, OR
- Any CIF school as a member of an approved foreign exchange program as outlined in CIF bylaws

Note: Any student "recruited " or "encouraged" to attend a school by anyone connected directly or indirectly with that school will lose athletic eligibility at that school. In addition the school may be sanctioned by the CIF

When entering high school as an incoming ninth grader, residential eligibility for the purpose of athletic eligibility is determined as follows:

- Student must live with parents, custodial parent, or legal guardian within the high school attendance area. The school registrar will make this determination, **OR**
- If the student lives within the Lodi Unified School District boundaries, but outside the high school attendance area, the student must file an application and be accepted for open enrollment, or apply and be accepted on an Intra-District Agreement, **OR**
- If the student lives outside Lodi Unified School District, the student must have an Inter-District agreement on file at the District Office.

If one of the three conditions of residential eligibility is not met, then athletic eligibility will not be given.

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BASIC ELIGIBILITY RULES

PENALTY FOR PROVISION OF FALSE OR FRADULENT INFORMATION (CIF Bylaw)

If it is discovered that persons associated with the student or the school (coach, teachers, parents, friends, etc) provided false information in order to fraudulently gain favorable eligibility status for a student, that student is subject to immediate ineligibility for competition at any section member school at any level in any sport for a period up to 12 calendar months from the determination that false information was provided whether the student was aware of the fraudulent information or not.

Further, any contests in which a student or students participated based on fraudulent practices regarding eligibility status shall be forfeited according to guidelines set in accord to the rules of the CIF.

STUDENT PARTICIPATION-CONDUCT PENALTY

Student participation in athletic contests is a privilege. As a student-athlete one is expected to conduct oneself in an exemplary manner at all times. During participation in all CIF competition, a student who is ejected or disqualified from participating in the remainder of said contest will be ineligible for the team's next contest.

In addition, any student-athlete who physically assaults a game or event official shall be banned from interscholastic athletics for the remainder of the student's interscholastic eligibility.

Note: A game or event official is defined as a referee, umpire, or any other official assigned to interpret or enforce the rules of competition at an event or contest.

Note: A physical assault is the intentional infliction of, or an attempt to inflict harm or offensive touching or contact upon the person of an official. Note that the rule is violated even if no contact is made with the person of the official. All that is required is the "attempt".

A player who is ejected for fighting or leaving the bench area during a fight shall be ineligible to participate for the remainder of the contest. First ejection: Player fighting/unsportsmanlike conduct is ineligible to participate for the next 3-6 games as determined by CIF sections office. If the season concludes prior to the player serving the full suspension the player would be ineligible for the number of contests on the following season. Second ejection player is ineligible to participate the remainder of the season. If there are 6 or fewer contests remaining in the season the player will would be ineligible for up to 6 contests the following season as determined by the CIF section commissioner.

BASIC ELIGIBILITY RULES

TRANSFER ELIGIBILITY (CIF Bylaw)

A student may have transfer eligibility provided the student is compelled to move from any school to a CIF school due to:

- A valid change of residence from one school attendance area to the attendance area of the new school by the parent(s) or legal guardian(s) with whom the student was living when the student established residential eligibility at the prior school, OR

- A ruling by the Board of Education of a school district, which has two or more high schools, provided the change of schools is not the result of disciplinary action.

Note: CIF Transfer forms must be filed on all transfer students. See the Athletic Director for the proper forms. Avoiding this process may affect your athletic eligibility as well as the school's standing within the CIF

CHANGING SCHOOLS BY INTRA/INTER-DISTRICT TRANSFERS/ OPEN ENROLLMENT

Any student transferring under the provisions of open enrollment board policy, public or private, will have immediate residential eligibility upon transfer from school A to school B, subject to the following limitations:

- Only one transfer is allowed during the student's high school career after initial enrollment as a ninth grader in a four-year high school or a three year high school

- The transfer must be completed during the first 15 days of the new academic school year at school B

- The transfer must not be a result of disciplinary action

- The receiving school B must certify that no consideration was given to the athletic performance of the student accepting the transfer

- The process for the selection of students, when the number of applicants exceeds the number that can be accommodated shall be random and unbiased.

Note: CIF Transfer forms must be filed on all transfers no matter what their circumstances might be. See the Athletic Director for the proper forms. Avoiding this process may affect your athletic eligibility as well as the school's standing within the CIF

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BASIC CIF ELIGIBILITY RULES

CHANGING SCHOOLS-SOP (Sit Out Period)

- An incoming 10th grader will have an option of competing immediately at the frosh-soph level without any SOP. **A student choosing this option will not be eligible to compete at the varsity level, including post-season competition, in that sport for the remainder of the school year.**

- A transfer student who competed in more than one sport the previous year will have more than one SOP.

- **A student transferring a second time will only be approved for a hardship if they qualify under one of the hardship exceptions. The SOP will not be an option for a student transferring for a second time.**

Note: CIF Transfer forms must be filed on all transfer students no matter what the circumstances may be. See the Athletic Director for the proper forms. Avoiding this process may affect your athletic eligibility as well as the school's standing within the CIF.

UNDUE INFLUENCE-RECRUITMENT OF ATHLETES (CIF Bylaw)

The use of undue influence by any person or persons to secure or retain a student or to secure or retain one or both parents, guardians or caregiver of a student as residents may cause the student to be ineligible for high school athletics for a period of one year and shall jeopardize the standing of the high school in the California Interscholastic Federation.

Always check with the Athletic Director or Principal before changing schools to determine whether it will affect your eligibility.

COMPETING UNDER A NAME OTHER THAN YOUR OWN OR FALSIFYING YOUR ADDRESS

Any student whose address or name has been falsified in order to achieve residential eligibility will be ineligible in all interscholastic athletic competition for a period of one year from the date the infraction is verified.

COMPETITION ON AN OUTSIDE TEAM

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.

It is permissible for a high school team member to participate in a spontaneous recreational activity or game in which sides or teams are chosen without regard to players representing any group or organization. Such participation would not cause loss of eligibility.

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EXPECTATIONS OF STUDENT-ATHLETES

Along with the privilege of competing for and representing McNair High School on the athletic field comes responsibilities and expectations. Athletes are held to a higher standard because of their high visibility. Names and pictures appear in local newspapers. Peers, teachers, and community members know high school athletes and whom they represent. If McNair High School's athletic program expects to continue to receive broad support and respect, we must work hard to earn it each and every day. Our actions are scrutinized not only on the field of play, but in the classroom, around the campus, and throughout the Lodi community. **Winning is not an outcome, it is an attitude!**

PARTICIPATION

Athletics are voluntary. Participation is not required for graduation, and thus, being on a sports team is not a right but a privilege that is earned. With that privilege come responsibilities to maintain the established standards of conduct as defined in the CIF Code of Ethics and LUSD Board Policy, both on and off the field.

ATHLETICS AS A SEGMENT OF THE EDUCATIONAL PROGRAM

Athletics are just one of the many parts of an educational program that is provided to students. The main reason that students are in school is to learn and , therefore, academics always comes first. Maintaining academic eligibility is the student's responsibility, not that of coaches, teachers, or parents. Eligibility can also be lost due to poor attendance or citizenship.

SPORTSMANSHIP

Positive sportsmanship is an expectation of our athletic program. Teams are expected to play "harder" than our opponents, but also are expected to play within the rules of the sport and the boundaries of clean and fair play. Ejections due to sportsmanship are not reviewable and carry automatic removal of that game and a number of following games.

TEAM SELECTION

Many team sports must limit the size of their squad to provide time for proper instruction, safety concerns, and supervision. "Cutting" perspective athletes is always a very difficult task that coaches must accept as a necessity to benefit the sport and the growth of the team as a whole.

There will be many student-athletes who will accept the challenge to work hard to develop physical and mental skills to make the team. In many cases, these young men and women will make a positive impact on others. Best advice...persevere!.

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EXPECTATIONS OF STUDENT-ATHLETES

If a student-athlete "tries out" for a team and is not selected, he/she is invited to participate in a sport during that same season that does not limit the number of participants (e.g., football, cross country, wrestling, swimming or track)

BEING A PART OF THE TEAM

Student-athletes learn many skills to play their chosen sport, but the most important skill to be acquired is teamwork. To be successful, every member of a team must work together to make the whole greater than the sum of its parts. Sacrifice, loyalty, common goals, working with others, and sharing responsibility are all important components of teamwork. While all of these components are worthwhile to participants in activities, they are even more important for future personal and career happiness.

COMING READY TO PLAY

Student-athletes should come ready to practice on time, be focused and ready to learn. In addition, they should be prepared both physically and mentally for the season by training in the preseason.

RESPECT

At the very core of citizenship is respect—- respect for oneself and others. The student-athlete is to demonstrate respect for coaches, teachers, officials, spectators, school facilities, equipment, and opponents at all time.

DEDICATION

A student-athlete must be willing to dedicate oneself to sports. The athlete should be aware that nothing worthwhile is accomplished without hard work and a sincere desire to succeed. The athlete must also realize the importance of work in the off-season. This commitment may be challenging and difficult at times. Remember, attitude, effort, and persistence will assist one in reaching his/her dreams and becoming successful in life. Practices and games will continue while LUSD is on fall, winter, and spring break and athletes are expected to be present unless preapproved by the coach.

PERSPECTIVE

Perspective is a difficult concept to embrace, since there seems to be an unbalanced value on the importance of winning. Proper perspective helps one from over-reacting to wins and loses, accomplishments or disappointments and recognizing what is really important for success and happiness in life. Balance is the key.

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EXPECTATIONS OF STUDENT-ATHLETES

No Use Message for Tobacco, Alcohol and Controlled Substances

The Lodi Unified School District recognizes that substance abuse has the capacity to destroy students' lives. The district intends to send a strong message to students for "no use" of tobacco, alcohol and controlled substances. The use or possession of tobacco, alcohol, or controlled substances by students and adults is prohibited at any Lodi Unified School District site or activity.

Students found using or in possession of tobacco, alcohol, or controlled substances will face the following consequences to be applied to them in reference to all school activities and/or participation in school activities.

Consequences:

Minimum: Refer to Student Conduct Code, plus social probation for severe or repetitive offenses as outlined in Board Rule 5144.1.

Maximum: Refer to Student Conduct Code with possibility of recommendation for expulsion.

*** Social Probation Definition:**

A student on Social Probation may not attend any school-related event or activity for thirty (30) calendar days. A school-related event is any school sponsored activity that occurs outside of regular school hours (not including activities required for a student's class). School-related events and activities include, but are not limited to, participation in or attendance at school sponsored athletic practices or events, band, choir, drama, sideline cheer, drill or speech performances, school dances, after school rallies, student government, club meetings/activities and promotion/graduation ceremonies. Social probation may only be imposed for severe or repeat offences under Education Code 48900. The duration of the probationary period may be reduced to fifteen (15) calendar days at the discretion of school administration if the student participates in targeted accountability and support strategies and/or interventions deemed appropriate to the misconduct.

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EXPECTATIONS OF STUDENT-ATHLETES

IMPORTANT-READ CAREFULLY

If an athlete in season or out of season uses and/or is in possession of alcohol , drugs, vape/tobacco at a non-school related event, and this can be verified by a district employee or law enforcement personnel, the athlete will be subject to the athletic penalties outlined on the previous page.

PERFORMANCE ENHANCING DRUGS (PED'S)

Lodi Unified School District does not approve the use of PED's of any form. Research has shown that PED's can cause a variety of health problems, including, but not limited to, heart disease, liver disorder, and high blood pressure. PED use has been the root cause of pre-mature death for many athletes. There are many ways for student-athletes to gain weight and strength through medically acceptable means. Please consult with your coach, a physician, and your parents before starting any program designed to gain weight and strength through the ingestion of any supplement.

ALCOHOL'S EFFECT ON ATHLETIC PERFORMANCE

According to the Center for Drug-Free Communities, "based upon research with Olympic, professional, and amateur athletes, we know that":

- Drinking to intoxication can **negate up to 14 days** of training effect
- Training hormones are diminished for up to **96 hours,** equal to 4 days following alcohol consumption
- Drinking alcohol after competition hinders recovery.
- Residual effect of alcohol from elite athlete lab test shows a negative effect on heart rate, lactic acid/muscle performance, and respiratory/ventilation levels.
- Muscle protein synthesis (repair of muscle fibers) is diminished, predominantly in your fast twitch muscle fibers
- Reaction time can be affected even 12 hours after consumption
- Players that drink are **twice** as likely to become injured
- **Getting caught or arrested for under-aged drinking ruins collegiate opportunities and careers**.

EXPECTATIONS OF STUDENT-ATHLETES

SOCIAL NETWORKING GUIDELINES

In the past, inappropriate use of social media by Lodi Unified School District students, including those participating in athletics and other co-curricular activities, has resulted in suspension from school, and suspension from practices, games, and other events. In an effort to foster a safe school environment, lawful online conduct, good sportsmanship, and to deter the need to enforce discipline, Lodi Unified recommends the following guidelines as best practices for the use of social media by all students.

McNair High School respects the rights of its students to use social media. However, it is important for all students to understand the need to exercise care in setting appropriate boundaries between their personal and public online behavior and to understand that what may seem private in the digital world can often become public, even without knowledge or consent. Lodi Unified students who use social media are asked to remember that any information posted reflects on the entire McNair High School community.

BEST PRACTICE FOR SOCIAL MEDIA USE

These guidelines are intended to provide a framework for McNair High School students to conduct themselves safely and responsibly in an online environment. They are not intended, and should not be interpreted by any student or administrator, as allowing unlawful infringement on any student's online exercise of free expression.

Be Aware that Privacy Settings are NOT Foolproof

Students are highly encouraged to use privacy settings on social media sires. However; students should be aware that privacy settings are not foolproof. Even if you diligently monitor your privacy settings, its best to assume that anything you post may potentially be seen by your school, your parents, and strangers.

Avoid Posting Confidential Information

Be aware of the kind of information you are posting on social media sites. Posting information such as your date of birth, address, phone number, class schedule, social security number, bank account number, etc is NOT recommended. Once such information is posted, it becomes the property of the social media site.

Avoid Unprofessional Public Profiles

Any information you put on social media sites is considered public information and may be viewed by members of the public. Be mindful of the image you create for yourself online. Potential, current, and future employers as well as college admissions recruiters may access the information you put on social media sites.

EXPECTATIONS OF STUDENT-ATHLETES

SOCIAL NETWORKING GUIDLEINES

Avoid Posting Illegal Activities

Photos posted via social media become the property of the social media site. You may delete the photo from your profile, but the photo remains on the social media site's server. Internet search engines such as Google or Yahoo may still find the image long after you have deleted it from your profile. In addition, even if your profile is set to private, a friend can always download and save incriminating photos that third parties, such as authorities, can use against you in the future. McNair High School students should avoid incriminating photos or statement depicting violence, hazing, sexual harassment, vandalism, stalking, underage drinking, selling, possessing, or using controlled substances.

Avoid Bullying/Threats of Violence

While McNair High Students have the right to free speech, that right is **NOT** unlimited. Bullying is a serious problem and is not limited to student-to-student interactions. Vicious treatment and hateful words often lead to depression, discrimination, violence, and suicide. The online environment has drastically changed the nature of bullying, and students should carefully consider how their communications will impact others. In addition, all students should avoid communications/postings that make a credible threat of serious physical or emotional injury to another person.

Avoid Lying, Cheating, & Plagiarizing

Again, all information posted on social media sites is considered public information. It may be viewed by a third parties and used against you. It is best to assume that anything you post may be seen by your school, your parents, and your peers.

Potential for Discipline by School Authorities

There are many categories of online conduct that , if they relate to school activity or attendance, and if they violate the Education Code and/or Lodi Unified School District rules governing student conduct, may subject a student to discipline by district authorities. Every allegation of student misconduct is evaluated based on the totality of the circumstances involved, including online activities. Coaches may impose progressive discipline for infractions of team guidelines.

It is McNair High School's expectation that all student-athletes will represent McNair High School in the best possible manner, upholding the high standards and character that exemplify the proud traditions of McNair High School and Lodi Unified School District.

EXPECTATIONS OF STUDENT-ATHLETES

INJURIES, CONCUSSIONS, & SUDDEN CARDIAC ARREST

Participating in any and all aspects of competitive athletics may result in severe injury, including paralysis or death. Changes in rules, improved conditioning programs, modern equipment, and medical coverage have reduced these risks. However it is impossible to totally eliminate such incidents from occurring.

Players may reduce their chance of injury by obeying all safety rules in their sport, reporting all injuries to their coaches, following a proper conditioning program and inspecting equipment daily. Even if all these requirements are met, a serious injury, paralysis, or death may occur.

PROCEDURE IF YOU ARE INJURED

Report ALL injuries immediately to the coach or Athletic Director. The coach will file an Injury Report online.

REMOVAL FROM PE CLASS DUE TO INJURY

An athlete that requests to be removed from PE activity during the school day due to an injury, will also be removed from athletic activity for that day or time period as determined by the medical physician.

CONCUSSIONS/HEAD INJURIES (A.B. 2127 and CIF Bylaw 503.H.)

A **concussion** is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt or the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.**

In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without the loss of consciousness. Signs and symptoms of concussions may show up right after the injury or can take hours to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Education Code 49475. A student-athlete who is suspected of sustaining a head injury in a practice or a game shall be removed from competition at that time for the remainder of the day. Any athlete removed for this reason must receive a written note from a medical doctor trained in the management of concussion before returning to practice. Before an athlete can start the season and begin practice in a sport, a concussion information sheet must be signed and returned to the school by the athlete or the parent or guardian.

EXPECTATIONS OF STUDENT-ATHLETES

INJURIES, CONCUSSIONS, & SUDDEN CARDIAC ARREST

SYMPTOMS OF CONCUSSION MAY INCLUDE ONE OR MORE OF THE FOLLOWING

- Headaches
- "Pressure in the head"
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- "Don't feel right"
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems
- forgetting game plays
- Repeating the same question/comment

CIF CONCUSSION RETURN TO PLAY (RTP) PROTOCOL

CA Stare Law AB 2127 (Effective 1/1/15) states that return to play (I.E. Competition) **cannot be sooner** than 7 days **after** evaluation **by a physician** (MD/DO) who has made the diagnosis of concussion.

A graduated return to play protocol **must** be completed before you can return to FULL COMPETITION.

SUDDEN CARDIAC ARREST

Sudden Cardiac Arrest (SCA) is not a heart attack. It's an abnormality in the heart's electrical system that abruptly stops the heartbeat. It's caused by an undetected congenital or genetic heart condition.

CIF amended its bylaws to include language that adds SCA training to coach certification and practice and game protocol that empowers coaches to remove from play a student-athlete who exhibits fainting– the number one warning sign of a potential heart condition. A student-athlete who has been removed from play after displaying signs and symptoms associated with SCA may not return to play until he or she is evaluated and cleared by a licensed health care provider. Parents, guardians and caregivers are urged to dialogue with student-athletes about their heart health and everyone associated with high school sports should be familiar with the cardiac chain of survival so they are prepared in the event of a cardiac emergency.

EXPECTATIONS OF STUDENT-ATHLETES

EQUIPMENT

All equipment issued to you is owned by McNair High School and Lodi Unified School District. Please treat your equipment with respect. You are responsible to pay for stolen, lost, or damaged equipment or uniforms (including altered uniforms) at the replacement cost. Athletes may not use personal equipment when equipment is provided by Lodi Unfired School District without passing approved LUSD certification process.

INITIATIONS/HAZING

Student-Athletes are expected to be leaders and mentors for younger students. Initiation rituals and hazing are not acceptable and will not be tolerated. One is expected to lead by example. Leave a positive legacy during your time at McNair High School.

LOCKER ROOM CONDUCT

Student security and safety in the locker room facility are priorities of the coaching staff. Each student-athlete is responsible to assist in keeping the locker room area clean, safe, and secure.

- Absolutely no horseplay. Injuries and/or bad feelings may result from this foolish action.
- Lock and re-check your locker before leaving the locker room.
- Do not share lockers whenever possible or share your combination with any other person.
- Report any missing items to your coach or administrator immediately.
- Clean your area as you leave each day and treat the facility with respect.

ATHLETE DRESS CODE

It is expected that all athletes will adhere to the McNair High School Dress Code as well as the dress code as determined by the sport they are participating in. Athletes will be required to wear an appropriate shirt/tank top, and bottoms before and after practices/contests.

TRANSPORTATION

Student athletes are expected to travel with the team when district arranged transportation is provided. Exceptions may be made for unique and compelling circumstances with pre-approval from site or district administration. Transportation Waivers are available on the website and a parent must sign their athlete out for each sporting event.

In the event that district transportation is not provided, students are NOT authorized to transport other student to or from school activities. Students are only permitted to be transported by their own parent or by a District approved volunteer.

Parents will sign a transportation consent form for all sporting events for the entire school year.

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CONSEQUENCES FOR UNETHICAL BEHAVIOR

PERSONAL BEHAVIOR

The following outlines the obvious areas of personal ethics along with the consequences for unethical behavior.

1. Any athlete who is found guilty of stealing or defacing school or personal property, **will be dismissed from the team.**

2. Profane or obscene language , or any act of vulgarity, is not acceptable. Violators **will be disciplined by the coach and may also face school disciplinary action.**

3. Athletes are expected to treat their opponent with respect before, during, and after competition. Athletes showing poor sportsmanship towards opponents or officials, **will be disciplined by the coach, CIF, and may also face school disciplinary action.**

4. Athletes are expected to attend all classes, be on time, turn in their assignments on time, seek help from the teacher when necessary, have a positive attitude toward their peers and teachers, and be a good citizen. Failure to do so **will result in discipline from the coach.**

5. An athlete must be in class for two full periods to practice or play in a game that day. If an athlete is not in two full periods of class, he/she becomes ineligible to compete or practice that day. (Excused and approved absences may count as periods of attendance.) **The Athletic Director may handle special circumstances.**

6. **An athlete who is suspended from school may not participate in practices or games for the duration of the suspension, including holidays, weekends, and breaks.**

7. Attendance at practice, scrimmages, team meetings, and games is required. Absences not excused by the coach in advance **may result in disciplinary action and possible removal from the team.**

8. **Academic Honesty:** Athletes are expected to uphold the academic honesty policy set forth by McNair High School.

9. **Social Networking by Student-Athlete Participants:** It is the expectation of McNair High School that as a student-athlete you will represent our school in the best possible manner.

10. If a student is in **OCI (on-campus intervention)** for the entire day, then the student is **ineligible to compete that day.** OCI for a single period will NOT result in game suspension.

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ATHLETIC AWARDS

The requirements to earn athletic awards are generally outlined here. Each sport may have unique requirements for that sport to earn the award for that level of sport. Each coach will discuss the sport specific requirements for that sport with their respective athletes.

FROSH/SOPH:

A freshmen/sophmore that completes the season in good standing qualifies for:

- A certificate of participation for each freshmen team the athlete competed for.
- A freshmen/sophmore earning a varsity letter will be governed by the varsity award system

JUNIOR VARSITY:

A junior who completes the season in good standing qualifies for:

- A certificate of participation for each junior team the athlete competed for.
- A junior earning a varsity letter will be governed by the varsity award system.

VARSITY TEAMS:

Student-Athletes who complete the season in good standing qualify for:

FIRST YEAR VARSITY:

- A chenille Block M. Only one Block M will be given to an athlete for their entire athletic career.
- A pin of the sport. Athletes will be given a pin for each varsity sport completed.
- A certificate of participation for each varsity sport played.

SECOND, THIRD, AND FOURTH YEAR VARSITY:

- A certificate of participation for each varsity sport the athlete competed for.

ALL-LEAGUE AWARDS

In some sports, the SJAA recognizes outstanding per formers with All-League Awards.

- First-Team All League receives a patch.

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EXPECTATIONS OF STUDENT-ATHLETES

Recent studies have shown that the percentage of men and women being offered a NCAA Division I full scholarship is 0.08%. In other words, it's easier to become a National Merit Scholar Finalist than to receive an athletic "full ride" scholarship. It is important to understand that high school coaches are not responsible for getting student-athletes college scholarships. However, the coaches will work very hard to make sure that the student-athlete maximizes one's potential in both the athletic and academic arenas.

PARENTS CAN ASSIST IN IMPROVING THE ODDS OF THEIR STUDENT PARTICIPATING AT THE COLLEGIATE LEVEL BY:

- Learning about the different divisions and the available scholarships and grants.
- Determine if your student really wants to play at the collegiate level.
- Have a realistic evaluation of what level your student can participate in at the collegiate level. Remember, there are over 25,000 high schools in the nation.

NCAA ELIGIBILITY CENTER

Many college athletic programs are regulated by the National Collegiate Athletic Association (NCAA) , an organization which has established rules on eligibility, recruiting and financial aid. The NCAA has three membership divisions: Division I, Division II, and Division III. Institutions are members of a division according to the size and scope of their athletic programs and whether they provide scholarships.

If you are planning to enroll in college as a freshmen, and you wish to participate in Division I or II athletics, you must be certified by the NCAA Eligibility Center. The Center ensures consistent interpretation of NCAA initial-eligibility requirements for all prospective student-athletes at all member institutions.

YOUR RESPONSIBILITY AS A PROSPECTIVE STUDENT-ATHELTE

It is your responsibility to make sure the NCAA Eligibility Center has the documents it needs to certify you. These documents are:

- Your completed and signed Student Release Form and fee
- Your official transcript directly from every high school that you have attended.
- Your ACT or SAT scores

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EXPECTATIONS OF STUDENT-ATHLETES

- Honestly evaluate your talent/skill level
- Respond to questionnaires
- Show an interest and actively evaluate prospective schools
- Introduce yourself to collegiate coaches
- Develop a list of questions for coaches
- Create a game/skill tape
- Arrange unofficial college visits
- Take the SAT and/or ACT
- Register with the NCAA Clearinghouse.
- Obtain a copy of the NCAA Guide for the College Bound Student-Athlete. This booklet can be downloaded from the NCAA website or call 1-800-638-3731 to receive a free copy
- Take care of the academics
- Work with your high school coach
- Attend camps and clinics
- Build your strength and endurance
- Conduct yourself well both on and off the field
- Consider using a recruiting service
- **Recruiting service endorsed by the California State Athletic Director's Association is NCSA (National Collegiate Scouting Association). Information regarding NCSA can be found at www.ncsasports.org or**

  1-888-333-6846

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EXPECTATIONS OF PARENTS

SUPPORT YOUR STUDENT-ATHLETE

- Encourage participation. Allow the student to select the sport based on his/her perceived ability and interest.
- Be supportive of your athlete. See that his/her needs are met. See that he/she has the right equipment. Diet and nutrition are important and parents should encourage a balanced diet.
- Stress the importance of the complete athlete……..both the mental and the physical preparation.
- Do not emphasize quitting as the best way to solve a problem…...but rather perseverance.
- If a parent/spectator is ejected from a competition, then that person is ineligible to attend the following 3-5 competitions. There are NO appeals. CIF Bylaw..

KEEPING ATHLETICS IN PERSPECTIVE

- Emphasize that academics must always come first.
- Assist the student to structure time wisely so that athletics do not interfere with academics
- Use athletics as a way to teach our children how to interact with other people during emotional situations. Help your child understand that athletic ability varies with body maturity and that effort is just as important, if not more important, as natural ability.

SUPPORTING THE PROGRAM

- Be supportive of the coaching staff. Go to all meetings requested by the coaches. Being on a successful team is important to your athlete. Support the coaches' preparation plan. Make arrangements to talk to the coaches privately and early about perceived problems.
- During the season, take into consideration practice and games when planning family events.
- Understand the needs of a particular sport. Some take more equipment, while some take more time.
- Model positive behavior.

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INFORMATION FOR PARENTS

PARENT/COACH RELATIONSHIPS

Both parenting and coaching are extremely challenging vocations. By establishing an understanding of each position, we are better able to accept the actions of the other for the benefit of the student-athlete. As parents, when your children become involved in our program, you have the right to understand the expectations that are placed on your child. This begins with clear communication from your student-athlete's coach.

COMMUNICATION YOU CAN EXPECT FROM YOUR COACH

- Philosophy of the coach
- Expectations the coach has for your student as well as the team
- Locations and times of practices and contests
- Team requirements (e.g., fundraising, equipment, off-season expectations)
- Procedure to follow should your child be injured during participation
- Discipline that results in the denial of your child's participation
- The availability of the coach to speak with you about your child if you should have a concern

COMMUNICATION COACHES CAN EXPECT FROM PARENTS

- Concerns expressed at appropriate times.
- Notification of any schedule conflict which may involve an absence from practices or a contest well in advance.
- Your support for the program and positive encouragement for all involved.

BENEFITS AND CHALLENGES OF ATHLETIC PARTICIPATION

As your student-athlete becomes involved on an athletic team, they will experience some of the most rewarding moments of their lives. Likewise, it is important to realize that there will be times when things do not go the way your student wishes.

This is time when your child should set up an appointment to talk to his/her coach. This type of communication will provide the coach and the student a better understanding of each other's ideas and goals. This is also an important segment of a young person's maturity process into adulthood.

INFORMATION FOR PARENTS

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

It is very difficult to accept that your child may not play as much as you may have hoped. Our coaches are experienced, professional educators. They use their experience and expertise to coach young athletes and are required to make judgment decisions based upon evaluation of practice performance and what they believe to be in the best interest of all those in their program. Certain topics can and should be discussed with your student-athlete's coach.

- Suggest ways to help your student-athlete improve.
- Concerns about your student-athlete's behavior and/or academic progress

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

The following items are left to the discretion of the coach.

- Playing time
- Play calling and game strategy
- Other student-athletes

PROCEDURES TO FOLLOW IF YOU HAVE A CONCERN

- Have your student-athlete meet with his/her coach to discuss the issue. On most occasions, this conference will resolve issues or questions.
- Call the coach at the school directly to discuss your concern. Leave your name, telephone number, a short message and the coach will return your call.
- Please do not attempt to talk to a coach before or after a practice or a contest. Our coaches are responsible for the supervision and safety of their athletes. In addition, these can be emotional moments for both parents and the coach. Meetings in this environment do not promote resolution.

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