Kaiser High School Student- Athlete Athletic Handbook

Kaiser High School Athletics Mission Statement

The Kaiser High School athletic program is committed to excellence in academics and athletics. We are dedicated to Pursuing Victory with Honor, to adhering to the rules of competition and sportsmanship, and to displaying Kaiser pride on and off the field of competition.

As teacher-coaches and student-athletes, we understand that **participation in our athletic program is a privilege**. Kaiser High School is a proud member of the CIF Pursuing Victory with Honor Program, the CIF Southern Section, and the Arrowhead Athletic Conference.

We will give our best effort in all we do for ourselves and for our team. We will win with honor, lose with grace, and strive to bring pride and respect to our community, our school, our sport, our teammates, our adversaries, and ourselves.

FUSD Anti-Discrimination Policy

The Fontana Unified School Board prohibits, at any district school or school activity, unlawful discrimination, harassment, intimidation, and bullying of any student based on the student's actual race, color, ancestry, national origin, ethnic group identification, age, religion, marital or parental status, physical or mental disability, sex, sexual orientation, gender, gender identity, or gender expression; the perception of one or more of such characteristics; or association with a person or group with one or more of these actual or perceived characteristics.

General Athletic Department Policies & Procedures

In addition to the policies and procedures included below, each team may publish a particular set of rules and/or policies that are an addendum to and governed under the athletic department.

CIF Eligibility Guidelines:

In accordance with the state of California and the California Interscholastic Federation, the following are provisions for participating on an interscholastic sports team:

- A student must not reach their 19th birthday on/or before June 14th of the previous year.
- A student must have attended high school for no more than eight (8) semesters after completing the eighth grade.

Academic Eligibility:

- The student-athlete must have passed 20 semester credits of schoolwork in the previous grading period.
- The student-athlete must be currently enrolled in 20 semester credits of schoolwork.
- The student-athlete must have attained a 2.0 grade point average on a 4.0-point scale the previous grading period.
- After each grading period, the registrar will publish to the athletic department a list of students who fall below a 2.0 grade point average. The athletic department will communicate to head coaches the ineligible student-athletes for that quarter.
- **Procedures for Appeal**: If a student-athlete falls below a 2.00 grade point average, they may retain their eligibility, on a **one-time** only probationary basis, if granted by the Principal, Athletic Director, Coach, and Parents.

Residency Eligibility:

All students who transfer (and are admitted) to Kaiser High School (i.e., do not begin their enrollment at Kaiser High School on their first day of the ninth grade) **MUST see the Athletic Director to determine eligibility.**

- Enrollment in Kaiser High School DOES NOT mean that the student is immediately eligible for Athletics according to CIF guidelines.
- Any student athlete who did not start their 9th grade year at Kaiser HS need to speak with the Athletic Director prior to participation.

Athlete Pre-Participation Registration and Consent:

All Athletes are required to complete an eligibility packet. We are now handling all Athletic Clearance Packets through an on-line process. Please visit www.athleticclearance.com or use the link offered on our school homepage, Athletics Home / Welcome (fusd.net).

Physical Exam Form:

Students wishing to participate in an interscholastic sport must show evidence of having a physical examination given by a licensed California physician that covers their entire season of sport. An approved form can be downloaded from the Athletic Clearance website as you are filling out your information. Sports Physicals are valid for a year from the date of the physical.

Proof of Insurance:

According to FUSD policy, all athletes are required to have valid medical insurance in order to participate in any Athletics program. We ask that your student upload a copy of a valid medical insurance card (Kaiser, Blue Cross, State of California Benefits, etc.) to athleticclearance.com.

Medical Procedures:

Kaiser High School has an on-staff certified athletic trainer to assist student-athletes during practice or contests. If a student-athlete suffers an injury during practice or contests, the onsite medical personnel will respond first. If the certified athletic trainer feels that a hospital visit is required, he will make every effort to personally relay that information to the parent(s). If the certified athletic trainer is not available, the on-site coach will assess the extent of the injury and call the student-athlete's parents (non-serious injury) and/or 911 for emergency medical treatment.

Release Notes from Medical Professional:

All student-athletes that have seen a doctor for a medical condition that has prevented them from participation are required to provide the coach and Athletic Office a written medical release BEFORE the athlete will be allowed to continue participation. Please note that the Athletic Department has the discretion to delay student participation in practices and competition beyond the date referenced by the physician based on school code.

Conduct – CIF Code of Ethics:

Athletics is an integral part of the school's total educational program. All school activities, curricular and extra-curricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its students. It is within this context that the following Code of Ethics is presented.

As an athlete, I understand that it is my responsibility to:

1. Place academic achievement as the highest priority.
2. Show respect for teammates, opponents, officials and coaches.
3. Respect the integrity and judgment of game officials.
4. Exhibit fair play, sportsmanship and proper conduct on and off the playing field.
5. Maintain a high level of safety awareness.
6. Refrain from the use of profanity, vulgarity and other offensive language and gestures.
7. Adhere to the established rules and standards of the game to be played.
8. Respect all equipment and use it safely and appropriately.
9. Refrain from the use of alcohol, tobacco, illegal and non-prescriptive drugs, anabolic steroids or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States or American Medical Association.
10. Know and follow all state, section and school athletic rules and regulations as they pertain to eligibility and sports participation.
11. Win with character, lose with dignity.

Anti-Performance Enhancing Drugs (PED) Policy:

As a condition of membership in the CIF, all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parents, legal guardian/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition (Article 523).

Kaiser Athletics Progressive Discipline Policy:

All Kaiser Athletes are expected to CIF Code of Conduct as well as school and specific team rules. Failure to do so may result in the following phases of discipline:

- 1st Offense – Warning – verbal communication between player and coach
- 2nd Offense – Parental contact – possible loss of playing time
- 3rd Offense – Meeting between player, parent and coach – possible suspension from team
- 4th Offense – Meeting with parents, player, coach and Athletic Director – possible dismissal from team.
- Exceptional Circumstances – some offenses may be serious enough to warrant skipping some of the steps above. In these situations, A parent may reserve the right to dispute the discipline with the Athletic Director serving as an arbiter.

Hazing:

Hazing is prohibited. Any attempt to hold a "rookie night" or any other type of initiation, even if held privately, will be cause for dismissal from the team. Kaiser High School and the Fontana Unified School District will uphold the dignity of every student. Hazing is unacceptable conduct, as well as illegal, and will not be tolerated.

Facilities:

Student-athletes may use Kaiser High School facilities only with Kaiser High School athletic department approval and under the supervision of a faculty or staff member.

Practice Sessions:

A coach may, at their discretion, determine whether practice sessions are open or closed to parents/spectators. Often times the presence of parents puts undue pressure on student-athletes and serves as a distraction to the coaching process. There are no Sunday practice sessions.

Participation in multiple sports:

The Kaiser High School athletic department seeks to work cooperatively with students to allow them to pursue interests in as many areas as possible during their time at Kaiser. All athletes who compete for a Kaiser team are allowed to try out for a team in the next season of sport upon the conclusion of the previous season. Coaches and teachers will try to work cooperatively with families to allow participation in multiple activities (dance, theatre, band, etc.) when possible. However, coaches have the ability to set the minimum requirements for team membership.

Fundraising:

All on-campus fundraising must be done through approved Kaiser ASB clubs only. The law expressly forbids fundraising for outside organizations or for individual profit. Violators will be disciplined. Only fundraising activities with Kaiser ASB approval are allowed. If a student violates these terms, THE ITEMS AND MONEY WILL BE CONFISCATED AND PARENTS WILL BE NOTIFIED.

Uniforms/Equipment:

Uniforms and any equipment issued to the players must be returned in good condition* within one week of the last competition. Players who do not turn in equipment/uniforms will not be allowed to participate in the next sport until it is received, or Kaiser has been monetarily reimbursed for the cost of replacement.

> ***Good condition** = usable for the next sports season. Uniforms should not have any tears, rips, holes, or discoloration from improper washing (wash all uniforms in cold water and hang-dry).

Transportation:

In order to travel with a team, student-athletes must be eligible to compete in the contest to which the team is traveling. The only time athletes may arrive at an athletic contest without traveling in transportation coordinated by the school is:
 On a Saturday or non-regular school day (if school is not in session), then it is the parent's responsibility to provide transportation to the site of the contest, or
 When the self-travel has been pre-arranged through the Athletic Department.

Quitting a Team:

To emphasize the importance and great degree of commitment asked of the Kaiser athlete: any student-athlete who quits a team once they have been selected for that team, may not join any other Kaiser team until the conclusion of that first sport's season. This rule may be waived at the sole discretion of athletic administration.

Outside Competition

According to CIF rules, no student-athlete may participate on a non-school team of the same sport during the same season. This includes leagues, tournaments, charity games, all-star games, 3-3 tournaments, college classes, etc. Since participation in a non-school event of the same sport will render an athlete ineligible and force the forfeiture of any Kaiser contest, student-athletes must check with the Athletic Director if there is any doubt as to whether a competition is permissible according to CIF by-laws.

Awards:

The Athletic Department presents three types of awards: Letter Awards, Varsity Pins, and Participation Certificates.

Letter Awards:

Each head coach determines which athletes are to receive letters based on criteria that includes playing time, attendance at practice, and exemplary attitude. Letters are available from the ASB bookkeeper. Letter winners will be determined by each coach yet must be purchased from the school.

- If a student athlete has purchased an ASB card, the cost is $1.
- If a student has not purchased an ASB card, the cost is $20.
- Regardless of how many individual sports an student has participated in, they should only receive ONE varsity letter for their career at Kaiser. Subsequent sports and seasons are identified with the Varsity Pins.

Varsity Pins:

Each student-athlete who successfully completes and varsity season and meets all varsity criteria will receive a pin for that particular sport.

Academic Patch:

Student athlete must earn a 3.5 GPA during the season in which the sport takes place. $1 with ASB card and $15 without ASB card.

Participation Certificates:

These certificates are presented to all athletes who were active and consistent members of a particular team on any level.

Team Banquets and Awards:

Each team may choose to have their own individual team ceremony in which they reward their own athletes. Team Awards such as MVP, most inspirational, etc. are solely determined by the team and are the individual choice of each head coach.

- The degree to which each team celebrates its season is determined by the Head Coach and is based on the amount of fundraising that each team was able to put towards the celebration.

Student/Parent/Fan Sportsmanship

Beyond the guidelines and regulations that all FUSD schools are obligated to follow, it is the hope that everyone associated with our athletic programs recognize the purpose of our sportsmanship policies.
Anyone associated with an athletic contest has a responsibility to uphold the highest standards of sportsmanship before, during, and after a contest. Sportsmanship includes, but is not limited, to the following:

- Show respect for teammates, opponents, and officials.
- Treat opponents as guests in your facility.
- Accept both victory and defeat with grace and dignity.
- Refrain from heckling, jeering, or using profane language.
- Be positive in words and actions.

Parents are the primary role models for their children. It is critical that parents set the best example of sportsmanship, particularly when they are spectators at an athletic contest.

Spectator Conduct:

Parents and spectators at FUSD athletic contests are expected to demonstrate good sportsmanship at all times. The administration and staff at FUSD schools will hold all spectators at our athletic events to the highest standards of good sportsmanship.

Spectators who are unable to exhibit the necessary sportsmanship to attend our athletic events may be subject to some or all of the following disciplinary action:

- Verbal reminder
- Removal from the site for the remainder of the contest
- Meeting with administration
- Permanent banning from athletic contests
- Student-Athlete removal from the team

* Spectator Guidelines CIF STATE Bylaw 503. M. and Article 22.C.(1)(2)(3)(4)

If a spectator is ejected from a contest, it is the responsibility of the school to ensure that person does not attend that team's next contest. If the same spectator is ejected a second time, it is the responsibility of the school to ensure that person does not attend any of the remaining contests for that season.

Sideline Safety:

- Due to concerns about possible injury to spectators standing on the sidelines, Athletic Directors and Coaches are required to limit the people who are allowed on the sidelines based on guidance from the district.
- All sideline spectators must sign a waiver indicating their awareness of the threat of injury AND must remain a safe distance from the playing field.
- No more people than are absolutely necessary are allowed on the sidelines at any time to ensure the maximum safety for all involved.

Parent/Coach Communication

In-Season Team /Parent Meetings:

Each Varsity Head Coach will organize a team meeting at the beginning of the season to review certain information with parents of team members. Parents of those players selected are **required to attend** this important informational meeting. The purpose of these meetings is to facilitate effective, open, and appropriate communication between the coach, players and parents.

Every parent/guardian can expect the following communication your player's coach:

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

Issues NOT APPROPRIATE to discuss with coaches:

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

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

24 Hour Rule:

If the concern or complaint regarding a coach arises out of a particular game situation or specific incident, a "24 hour cooling off period" will be required before any meeting will be held. This requirement will help ensure that the meeting be more productive and help avoid emotional responses that might otherwise occur. A parent should simply inform the coach by email or phone that they wish to set up a meeting, and no further discussion should take place at that time between the coach and the parent. If the incident in question occurs on a Friday, the meeting shall be scheduled on the next school day agreeable to all parties.

Conflict Resolution:

Students and/or parents who have a concern should follow these procedures in order:

- NEVER approach a coach on the field after a practice or game.
- Student-athlete approaches the coach and asks for a time to meet to discuss the issue.
- If resolution is not reached, the parent should contact the coach to arrange for a meeting.
- In the rare instance that there is still no resolution to the issue, the parent should contact the Athletic Director and arrange for a meeting with the student-athlete, the parent, the coach and the Athletic Director.