Westmoor High School
Student Athlete/Parent Athletic Handbook

Informational Websites

- Westmoor High School website- ***whs.juhsd.net***
- Peninsula Athletic League- ***smcoe.org/about/peninsula-athletic-league***
- Central Coast Section- ***cifccs.org***
- California Interscholastic Federation- ***https://www.cifstate.org***
- National Federation of High School Sports learning courses- ***www.nfhslearn.com***

  Parents and athletes are encouraged to view two sportsmanship videos:
  Sportsmanship (a free on-line video course)
  The Parent Seat (a free on-line video course)
- NCAA Eligibility Center- College bound athletes- ***www.ncaa.org***

Revised: 2026

The purpose of this handbook is to assist the Parents/Guardians/Caretakers and the student-athletes of ***Westmoor High School*** a better understanding of high school sports. Participation in interscholastic athletics can be a fulfilling and positive life experience if everyone has a better understanding of the issues and concerns that surround the involvement in athletics.

Sports Offered at Westmoor High School

FALL - Boys & Girls Cross Country; Girls Tennis, Girls Volleyball

WINTER - Boys & Girls Basketball, Boys & Girls Soccer, Boys & Girls Wrestling

SPRING - Co-ed Badminton, Baseball, Co-ed Swimming, Co-ed Track & Boys Volleyball

SPORTS WARNING STATEMENT:
Student-athletes and parents/guardians/caretakers should be aware that all sports have inherent dangers. Although rare, death or catastrophic injury can result from participation in interscholastic sports, and care should be taken by all concerned to minimize such dangers through the use of appropriate equipment, proper training methods and common sense. The NFHS encourages athletes and parents in all sports to discuss risks and risk minimization with coaches, school administrators and league/section officials.

PARTICIPATION IN WESTMOOR ATHLETICS:

Every athlete must submit the following forms to be eligible to participate in Westmoor athletics.

THESE FORMS ARE SUBMITTED ONLINE.

Basic Athletic Form:
This form is required of all athletes in all sports. It includes parent permission for participation and transportation; **verifies date of physical examination**; verifies medical coverage or in absence of medical coverage, the purchase of the appropriate Meyers and Stevens Student Health Care Plan; emergency contact information; and the Westmoor athletic contract.

Steroids, Sudden Cardiac, and Opioids:
These forms are required of all athletes in all sports.

Photo & Video Image Release Form:
This form is required of all athletes in all sports. By signing this form, an athlete's parent/guardian/caregiver verifies the acknowledgement that their child's photo and/or video image may be published on the Westmoor Athletic Department or professionally contracted media productions. The form also provides an opportunity to request that an athlete's image **NOT** be used for any Westmoor produced applications.

Concussion Information Form:
This form is required of all athletes in all sports. The Concussion Information Form is mandated by California State Law ... it must be read and signed by both the parent and athlete. It explains the symptoms and signs of a concussion as well as the prescribed Concussion Protocol.

A Summary of the Rules in accordance to CIF

1. **AGE** - A Student, whose 19th birthday is attained prior to June 15, shall not participate or practice on any team in the following school year. (Bylaw 203)

2. **PHYSICAL EXAMINATION** - Schools require that a student receive an annual physical examination conducted by a medical practitioner **or NP working under the supervision of a MD** certifying that the student is physically fit to participate in athletics. This statement must be on a school board-approved form and be for the current school year. (Bylaw 308)

3. **SCHOLASTIC ELIGIBILITY** - Students must have a 2.0 GPA, on a 4.0 scale in all enrolled classes. Students must have passed at least the equivalent of 20 semester periods of work at the completion of the most recent grading period and currently be enrolled in at least 20 semester periods of work. (Bylaw 205)

4. **RESIDENTIAL ELIGIBILITY** - A student generally has residential eligibility upon initial enrollment in the 9th grade of any CIF member high school. Any student entering from the 8th grade must have achieved a 2.0 GPA on a 4.0 scale in all the enrolled courses at the conclusion of the previous grading period. (Bylaw 206)

5. **SEMESTERS OF ENROLLMENT** - A student may be eligible for athletic competition during a maximum amount of time that is not to exceed eight consecutive semesters following initial enrollment in the 9th grade of any school. (Bylaw 204)

6. **TRANSFER STUDENTS** - A student in grades 9 through 12 who participates in an interscholastic athletic contest or is enrolled in and/or attends a school for 1 or more days shall be considered to have been "enrolled" in that school and be classified as a transfer student if the student changes/enrolls in another school. There are several classifications of transfer students. (Bylaw 207)

7. **Valid change of residence -** When a student and the entire family changes residence, the student may be granted "Unlimited Eligibility" allowing him/her to play all sports at any level at the new school. Other rules do apply; consult your Athletic Director.

8. **Transfer without a valid change of residence** - A student who is transferring for the 2nd time without a valid change of residence may or may not be granted "Limited Eligibility." Students granted "Limited Eligibility" are limited for one year (from the date of transfer) to non-varsity competition in CIF sports they participated in during the previous 12 calendar months but may participate in varsity competition in all other CIF sports. (Bylaw 207)

9. **Sit Out Period 207.B.(5)b.** – A CIF bylaw allows students to transfer one time without a valid change of residence and retain varsity eligibility when they meet certain standards. The student must sit out for a prescribed time/days as established by the CIF. Other rules do apply; consult with your school Athletic Director. (Bylaw 207).

10. **Students and parents anticipating a change of schools should first seek advice from their Athletic Director.**

11. **UNDUE INFLUENCE/RECRUITING**—The use of undue influence by any person directly or indirectly associated with a school to secure or encourage the attendance of a student for athletic purposes, shall cause the student to become ineligible for a minimum of one year and subject the school to severe sanctions. Also, students may be prohibited from participation when they participated on a non-school team (i.e., AAU, Club, Travel Ball, Camps) and then transferred to the school that is associated with that non-school team. (Bylaw 510)

12. **PARTICIPATION 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. The student's school team may also be forced to forfeit contests. Some CIF Sections may have restrictions that include a prohibition of practice with an "outside" team. Please consult with your school Athletic Director prior to participating with a non-school team. (Bylaw 600)

13. **PROFESSIONAL TRYOUTS** – A student shall become ineligible for CIF competition if he/she participates in a tryout for a professional team in any CIF-approved sport during the high school season of sport. The season of sport for a school is that period of time that elapses between the first interscholastic contest and the final contest in that particular sport.

14. CAUTION: Compliance with this bylaw does **NOT** ensure your eligibility with other athletic organizations, i.e., NCAA, NAIA or other governing bodies.

SIT OUT PERIOD

Who qualifies? Any student who transfers for the first time since their initial enrollment in the 9th grade in any school, and whose circumstances causing the transfer do not meet any of the Hardship Exceptions may become eligible for varsity competition for the sport(s) in which they competed in the last twelve months at the former school or any other school, upon submission, review and approval by their respective CIF Section. The SOP may only be used once during your high school career.

Westmoor High School Athletic Department Rules for Participation

- All students must have medical insurance verified on the basic form.

- All forms distributed by the athletic department and/or coach must be turned in prior to participation.

- All students must have a 2.0 GPA for all classes attempted at Westmoor High School to be eligible to participate in athletics. Student-athletes are expected to acquire a well rounded education as evidenced by A's, B's and C's on report cards. Once grades are posted, **NO** grade change can be made to make an athlete eligible. It is the responsibility of the athlete to complete all class assignments missed due to athletic absences from school and to do the best that they can in the classroom.

- Middle college students **MUST** submit their grades to the school registrar before the end of each 6-week grading period.

- Appearance and behavior will reflect maturity and respect for others at all times. Athletes will maintain high personal standards of hygiene … remembering that good health is both a personal and team concern. Athletes will also do their best to promote interest in their sport(s) as well as other athletic teams … and will work to generate interest and participation by setting a positive example.

SPORTSMANSHIP:

- All students, parents and team followers must abide by the CIF, CCS, PAL and Westmoor High School Sportsmanship policies. Failure to do so will result in game suspension. A second offense will result in dismissal from the team. In the case of adults or team followers, attending games or matches will be denied.
- Conduct on and off campus will always reflect the true spirit of sportsmanship. As a visible representative of Westmoor, athletes are to conduct themselves in a socially acceptable manner.

INJURIES:
All injuries sustained by athletes, coaches, officials or anyone else associated with a district athletic activity should be reported to the Athletic Director and/or Athletic Trainer. An Injury Report Form shall be filled out for each injury and turned into the Athletic Director and/or AThletic Trainer within **2 days** of the injury. If you receive medical care as a result of your injury/injuries, you must get a signed release from the doctor stating when you are able to return to athletic participation. ALL suspected concussions require a return-to-play note from a health care provider.

TRANSPORTATION:

- All athletes shall travel to and from athletic events only in transportation provided by or approved by the school. Students who are transported to an athletic event other than by school-approved transportation without first obtaining prior permission by a coach and the athletic director will not participate in that event.
- The JUHSD Drivers Form must be on file for Parents to drive their child to an athletic event.
- Transporting other athletes is **STRICTLY** prohibited.

SCHOOL ATTENDANCE:
In order to participate in athletic contests or practices, an athlete must have attended a minimum of four (4) regular periods of the school day (or Friday for a Saturday competition). The Athletic Director, Principal or Vice Principal may waive this rule based on the reasoning of the absence and may require verification of the absence (such as a doctor's note). Cutting on game day **WILL NOT** be tolerated; an athlete who has cut classes will not be allowed to participate in competition. A school field trip is considered to be school attendance. Any school suspension, will result in team consequences or discipline including non-participation in practices and/or games for up to a week.

EARLY RELEASES:
Students and parents should be aware that there is a good chance that students will miss all or part of their classes during the day when they have to travel for competitions. This could happen 2- 3 times during the week. Students have the responsibility to contact their teachers in advance to coordinate make-up work regardless of the subject area.

LOCKER ROOMS:
Athletes are expected to use the locker rooms appropriately for changing ONLY. They are responsible for the security of their belongings by always locking them in the locker. DO NOT BRING VALUABLES INTO THE LOCKER ROOMS. Athletes should behave appropriately with language and demeanor. THEFT WILL NOT BE TOLERATED. **NO** pictures or videos may be taken inside a locker room. Violations will result in school/team discipline which could include removal from the team and/or further athletic participation for a minimum of 1-year.

PARTICIPATION LIMITATIONS, CHANGING SPORTS, AND LEAVING THE TEAM

- Withdrawing from a team is a student's own choice and shall result in a loss of eligibility to practice or play for another sport until the end of the team's competitive season. The administration may agree to waive this restriction under certain conditions.
- An athlete who leaves for a second time in any sport throughout their high school career, will be denied further participation in any sport for up to one year.
- Athletes are prohibited from participation in more than one interscholastic athletic activity during any given season.

FEES: Students shall not be charged a mandatory fee to participate in an athletic program. Individual teams may request contributions to cover the costs of running the program, however no student will be denied access for a lack of funds. See additional information under uniforms and equipment

TRY-OUTS:

High school sports are competitive. Try-outs may be conducted for a team. **Selection to participating on a team does not guarantee playing time during competition.** All decisions for selection on a team or playing time are the responsibility of the team coach in consultation with the head coach for that sport. All students, including freshmen, are permitted to try out for any sport provided they are academically and residentially eligible and have a physical exam on file. **If a student is currently playing on a team when try-outs for the next season's sports begin, that student may try-out AFTER his/her current season is over.**

PRACTICES:

- All athletes are expected to attend ALL scheduled practices. Practices are usually about 2.5-hours a day and may be held on Saturdays, Holidays, and school breaks. Student-athletes are asked to make appointments and schedule vacations around practices and game commitments.
- Parents, guardians or athletes will inform their coach IN ADVANCE if excused absences or tardies may occur. Athletes understand that if they **cannot practice, they cannot play**. Tardiness and/or unexcused absences from practice will result in disciplinary action by the coach, which can result in dismissal from the team.
- Detentions and/or suspensions assigned by the Westmoor faculty or administration will result in missed practice, game day suspensions and/or dismissal from the team.
- All students will respect and take proper care of all school equipment and facilities.

PLAYING TIME:

NOT all players get the same playing time. The coach must decide who the most qualified players are so the team gets its best chance for success. Thus, playing time is determined by the discretion of the coach. Part of a player's maturation process includes putting one's personal desires aside for the betterment of the program.

ISSUING AND COLLECTION OF UNIFORMS AND EQUIPMENT:

Each student is responsible for the proper care and safekeeping of all equipment issued. Lockers must be secured before and after practices or competitions. Please follow the care instructions for all garments. Uniforms and equipment should be returned to the coach and/or AD at the end of the season. Athletes are financially responsible for all equipment and supplies issued and they are returned, in good repair, within **one week** following the end of the season. Failure to return or pay for articles will result in suspension from further participation in the interscholastic sports program until returned or paid. Athletes will wear game uniform only at the times and locations authorized by the coach.

COACHES:

Coaches are to be treated with the same respect given to any other professional. Coaches put in many hours for very little financial compensation. It is important that any conversations at home regarding the coaches and/or their decisions are put in a positive tone. We can't expect students to treat a coach with respect if the parents don't.

OFFICIALS:

Officials should be treated with respect during and after contests, even if there is a disagreement with their calls. **Any physical confrontation of an official by an athlete may be considered an assault. The athlete may lose athletic eligibility for their entire high school career under CIF Bylaw 211.**

TEAM PARENTS:

Coaches appreciate when one or more parent volunteers to assist with the team chores, such as organizing senior night, arranging team dinners, concessions etc.

SOCIAL MEDIA AND NETWORKING:

Athletes and parents are expected to use social networking sites in a positive, sportsmanlike manner reflecting the values of their team, their school and the JUHSD. Assume nothing posted on social media will be private. Inappropriate posts relating to athletics - including but not limited to trash talking, taunting, profanity, hazing, harassment, or bullying - may be subject to team and/or school discipline. It is against CIF rules to use social media to engage and/or influence any student not at your school to enroll at your school for athletic purposes. Only appropriate pictures should be posted, always with the permission of the subjects in the photograph. Social media is not a place to solve team problems.

WHY KIDS PARTICIPATE IN SPORTS

1. Having fun
2. Improving skills
3. Develop fitness/exercise
4. Being with my friends
5. Experiencing thrills and excitement
6. Being on a team
7. Opportunities for personal accomplishment
8. Staying in shape
9. Doing something I'm good at
10. Winning

TOP REASONS WHY KIDS QUIT SPORTS

1. Not having fun
2. Too much pressure from Parents/Peers
3. Too much emphasis on winning
4. Concerns about coaching
5. Not getting enough playing time

Ewing & Seafeldt, 1996

What Parents Can Do

Before the Game

- Tell your child you are proud of him or her regardless of how well he or she plays.
- Make a commitment to honor the game no matter what others may do.

During the Game

- Cheer good plays by both teams.
- Mention good calls by the officials to others.
- Encourage others to honor the game.
- Remember to have fun! Enjoy the day.

After the Game

- Ask your child open-ended questions:
  "What was the most enjoyable part of the game for you? Least enjoyable?" "Do you feel you gave it your best effort?"
  "How did you respond to any mistakes you made?"
  "Did you bounce back?"
  "What did you learn from the game?"
- Tell your child again that you are proud of him or her! (Especially if the game didn't go well)
- Thank officials for doing a difficult job.
- Thank the coaches for their effort.

What If

- The official makes a "bad" call against your team? *Respect and Honor the Game—be silent!*
- Another spectator on your team begins to berate the official? *Ask them to Respect and Honor the Game. Remind them that officials are human and make mistakes.*
- Your child does not get to play/participate in the game? *Review the reasons why kids play sports.*

Reference: Positive Coaching Alliance www.positivecoach.org

Sportsmanship Conduct at Games

The following is unacceptable at ALL CCS/CIF high school contests:

1. Berating an opponent's school or mascot;
2. Berating opposing players;
3. Obscene cheers or gestures;
4. Negative signs;
5. Artificial noise-makers;
6. Complaining about officials' calls (either verbally or by gestures);
7. Actions by a school and/or team that are intended to embarrass or humiliate their opponent and/or show a lack of respect for their opponent or the integrity of the sport.
8. "Body-painting" that either would or would not necessitate the removal, or partial removal, of what a reasonable person would consider to be normal clothing (this prohibition does not include "face-painting").
9. Removal, or partial removal, of what a reasonable person would consider to be normal clothing: The changing of clothes that exposes undergarments or bare skin, not appropriate to the sport, in the view of spectators and general public before, during, or after the contest is not acceptable. Exception: Any removal of clothing due to an injury incurred during the contest.
10. Laser pointers

Fan attendance is not a right, but a privilege. Site management/supervisors have the right to remove any individual for not adhering to the CCS and school rule policies.

What We Believe About High School Sports
"Pursuing Victory with Honor"

At its best, athletic competition can hold intrinsic values for our society. It is a symbol of a great ideal: pursuing victory with honor. The love of sports is deeply embedded in our national consciousness. The values of millions of participants and spectators are directly and dramatically influenced by the values conveyed by organized sports. In the belief that the impact of sports can and should enhance the character and uplift the ethics of the state, we have established a framework of principles and a common language of values that should be adopted and practiced widely.

On November 5, 1999 nearly 50 interscholastic sports and educational leaders representing California's 1,292 high schools voted unanimously to adopt and endorse "Pursuing Victory With Honor" as operating beliefs and principles of the California Interscholastic Federation (CIF). "Pursuing Victory With Honor" is the result of a conference convened May 12-14, 1999 in Scottsdale, Arizona by the Josephson Institute of Ethics, CHARACTER COUNTS! Coalition and the United States Olympic Committee. Listed below are just a few of the principles. For the complete list go to: www.cifstate.org

- The essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and six core principles**: trustworthiness, respect, responsibility, fairness, caring and good citizenship**. The highest potential of sports is achieved when competition reflects these "six pillars of character."

- To foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical and ethical development of student athletes and teaches them positive life skills that will help them become personally successful and socially responsible.

- Participation in school sports programs is a privilege, not a right. To earn that privilege, student athletes must abide by the rules and they must conduct themselves, on and off the field, as positive role models who exemplify good character.

- Everyone involved in CIF competition - parents, spectators, associated student body leaders and all auxiliary groups - has a duty to honor the traditions of the sport and to treat other participants with respect. Coaches have a special responsibility to model respectful behavior and the duty to demand that their athlete's refrain from disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent trash-talking, taunting, and inappropriate celebrations.

- The profession of coaching is a profession of teaching. In addition to teaching the mental and physical dimensions of their sport, coaches, through words and example, must also strive to build the character of their athletes by teaching them to be trustworthy, respectful, responsible, fair, caring and good citizens.

Pursuing Victory With Honor*
Code of Conduct for Parents/Guardians

Athletic competition of interscholastic age children should be fun and should also be a significant part of a sound educational program. Everyone involved in sports programs has a duty to assure that their programs impart important life skills and promote the development of good character. Essential elements of character-building are embodied in the concept of sportsmanship and six core ethical values: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "Six Pillars of Character"$_{SM}$). The highest potential of sports is achieved when all involved consciously Teach, Enforce, Advocate and Model (T.E.A.M.) these values and are committed to the ideal of pursuing victory with honor. Parents/guardians of student athletes can and should play an important role and their good-faith efforts to honor the words and spirit of this Code can dramatically improve the quality of a child's sports experience.

TRUSTWORTHINESS

- *Trustworthiness* — Be worthy of trust in all you do.
- *Integrity* — Live up to high ideals of ethics and sportsmanship and encourage players to pursue victory with honor. Do what's right even when it's unpopular or personally costly.
- *Honesty* — Live honorably. Don't lie, cheat, steal or engage in any other dishonest conduct. • •
- *Reliability* — Fulfill commitments. Do what you say you will do.
- *Loyalty* — Be loyal to the school and team; Put the interests of the team above your child's personal glory.

RESPECT

- *Respec*t — Treat all people with respect at all times and require the same of your student athletes.
- *Class* — Teach your child to live and play with class and be a good sport. He/she should be gracious in victory and accept defeat with dignity, compliment extraordinary performance and show sincere respect in pre- and post game rituals.
- *Disrespectful Conduct* — Don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual nature, trash-talking, taunting, boastful celebrations or other actions that demean individuals or the sport.
- *Respect for Officials* — Treat game officials with respect. Don't complain or argue about calls or decisions during or after an athletic event.

RESPONSIBILITY

- *Importance of Education* — Support the concept of "being a student first." Commit your child to earning a diploma and getting the best possible education. Be honest with your child about the likelihood of getting an athletic scholarship or playing on a professional level. Reinforce the notion that many universities will not recruit student athletes who do not have a serious commitment to their education. Be the lead contact for college and university coaches in the recruiting process.
- *Role Modeling* — Remember, participation in sports is a privilege, not a right. Parents/guardians too should represent the school, coach and teammates with honor, on and off the court/field. Consistently exhibit good character and conduct yourself as a positive role model.
- *Self-Control* — Exercise self-control. Don't fight or show excessive displays of anger or frustration.
- *Healthy Lifestyle* — Promote to your child the avoidance of all illegal or unhealthy substances including alcohol, tobacco, drugs and some over-the-counter nutritional supplements, as well as unhealthy techniques to gain, lose or maintain weight.
- *Integrity of the Game* — Protect the integrity of the game. Don't gamble or associate with gamblers.

Our athletic program subscribes to the Pursuing Victory With Honor Arizona Sports Summit Accord. "Pursuing Victory With Honor" and the "Six Pillars of Character" are service marks of the CHARACTER COUNTS! Coalition, a project of the Josephson Institute of Ethics. Reproduced with Permission by the

• *Sexual Conduct* — Sexual or romantic contact of any sort between students and adults involved with interscholastic athletics is improper and strictly forbidden. Report misconduct to the proper authorities.

FAIRNESS

• *Fairness and Openness* — Live up to high standards of fair play. Be open-minded, always willing to listen and learn.

CARING

• *Caring Environment* — Consistently demonstrate concern for student athletes as individuals and encourage them to look out for one another and think and act as a team.

CITIZENSHIP

• *Spirit of the Rules* — Honor the spirit and the letter of rules. Teach your children to avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

I have read and understand the requirements of this Code of Conduct and acknowledge that I may be disciplined if I violate any of its provisions.

What Parents Can Expect From Their School

Communications you should expect from your child's coach:

1. Philosophy of the coach
2. Expectations the coach has for your child
3. Location and times of all practices and games
4. Team requirements, i.e. practices, special equipment, out of season training
5. Procedures to follow should your child be injured during participation
6. Discipline that may result in the denial of your child's participation

Communications that coaches expect from parents:

1. Concerns expressed directly to the coach
2. Specific concerns with regard to a coach's philosophy and/or expectations
3. Notification of any illness or injury or missed practices

Appropriate concerns to discuss with the coaches:

4. Treatment of your child, mentally and physically
5. Ways to help your child improve
6. Concerns about your child's behavior

Issues not appropriate to discuss with the coach:

1. Playing Time
2. Team strategy
3. Play calling
4. Other student athletes

There are often situations that may require a conference between the coach and the parents. The student athlete will be invited and involved in these meetings. To resolve the problem, we must have everyone's help and involvement. These meetings are encouraged.

If there is a problem:

1. Have your son/daughter talk to the coach, one-on-one (it's part of growing up).

If this does not resolve the problem, the parents should:

1. Call the school and request a returned call or a face-to-face meeting with the coach.
2. Coaches will make time available in their day to meet with students and parents.

Parents MUST not:

1. Confront the coach before or after practice
2. Confront the coach before or after a game

Coaches are teachers. A parent would not walk into a classroom during class time and yell at the teacher about a poor grade, so please do not confront the coach in a public setting. There are proper ways to communicate and have your concerns addressed. Practices and games are highly emotional times for everyone involved, players, coaches and parents. Meetings and concerns do not get resolved during emotional times.

ATHLETIC CHAIN OF COMMAND:

Parents **Athlete**

Head Coach

Athletic Director

Vice Principal of Administration/Athletics

Principal

Superintendent

Board of Trustees

FREQUENTLY ASKED QUESTIONS

1. I am very concerned about my child's coach, but I fear that a conversation with the coach will lead to retaliation and resentment. What should I do?

If your child was having problems in their math or science class, would you call the school and ask to schedule an appointment with the teacher to find out what you as parents can do to assist your child? If your child continued to have pain in their teeth long after visiting the dentist, would you schedule a follow-up visit? The answers are obvious, YES. Your concerns regarding retaliation should not enter your mind. Of course, much will depend on your manner of inquiry. Like most people, coaches will get defensive when attacked so the best method is to schedule a face-to-face meeting with the coach and include your child at the meeting, just like a meeting with their math teacher. Make sure you are seeking answers to questions that will ultimately enhance your child's sports experience and what you, as a parent, can do to assist in that effort.

2. Why do school administrators protect incompetent coaches?

Much of the answer is in defining the term incompetent and the age-old adage, "in the eye of the beholder." Often when you hear individuals in the stands yelling "fire the bum" or "the coach doesn't know what they're doing" it really means that their child is not getting enough playing time or the fan's ego is hurt. There are incompetent coaches just as there are incompetents in other professions. However, school administrators, based on the educational philosophy of the school and the mission of educational athletics to promote the positive values of the school, evaluate coaches yearly. Retention of coaches should be based upon their ability to assist and improve their student's character development and lifelong learning skills. Winning contests is just the icing on the cake.

3. When my child played youth sports everyone got to play. Now that my child has made the high school team, it seems she doesn't get much playing time. Should I encourage my child to seek other interests?

You are assuming that your child's role on the team has not been rewarding. Kids play for a variety of reasons and everyone including parents have a desire for more playing time and a higher profile on the team. Not everyone can be the star on a team, yet the most successful teams are ones where all members contribute, be it in practice or the games. Kids learn great life-long skills about commitment, dedication, teamwork, effort, accountability and never giving up while participating in high school sports. These are the character traits we all want our children to learn.

4. How can I ensure that my child is getting a qualified coach?

In 1998 the State CIF instituted a nationally recognized program "Coaching Principles" that teaches coaches how to be better at their profession. Over 11,000 coaches in California have been certified in the past few years in this class that covers sports philosophy (Pursuing Victory with Honor), physiology (how to deal with students and adults), nutrition, team management, risk management and basic CIF rules and regulations.

5. Our high school team has not won very many games, shouldn't the coach let the younger kids play and gain experience?

It will depend on the philosophy of the coach making the decision. When teams are struggling to win, everyone has suggestions. The coach must balance the desire to play the best players while keeping an eye on the future. It is not an easy decision, but ultimately, it is the coach's decision who gets to play.

6. Is one particular coaching "style" more effective?

About the time that you argue that one style is more effective, a host of exceptions comes to mind. There is no one way to coach. We generalize that there are the three basic coaching styles as taught in the CIF "Coaching Principles" classes; command, submissive and cooperative. We strongly advocate a combination of all three. A command style coach might be viewed as a "my way or the highway" type of personality, yet when it comes to the health and safety of the students, the coach must be assertive as to expectations. There are times when the best lessons kids learn are when we let them fail and they have to recover. Studies have shown that kids and teams excel best when the team has some say in the goals and decisions for the team. However, again, ultimately ***the coach is the adult*** *and has the duty to ensure that the kids grow and mature under their leadership. Good coaches use a multitude of tools and styles to accomplish that goal.*

7. Why is officiating so poor at our high school games? I wouldn't yell so much if the officials were better.

An unfortunate attitude in our society these days is to "place the blame" and the official becomes an easy target or villain. We hope that you will recognize officials the same as we do players, coaches and teams…some are good and some are not so good. It is difficult finding people who are willing to become game officials as the potential for abuse far outweighs the pay. High school sports officials receive very low pay (this is not the NBA) and most officials do it for the love of the sport. Officials, just like coaches and teachers, are constantly being evaluated and rated for competency, but they are human and do make mistakes. But, as the student in the videotape said, "Give them a break, they are right most of the time." Be a Fan, not a Fanatic!

8. Should I be concerned with the increase in violence in sports?

YES! We all need to be concerned about the increasing violence that takes place during and after the contest. Most incidents are occurring in the stands and parking lots, not on the field of play by the game participants. Most parents and fans are outstanding role models for kids. However, it only takes a few people to ruin this great sporting experience. Schools must set and demand high behavioral expectations from spectators, including parents. Pre-season parent meetings like the one you have attended help set those standards for parents

PAL SCHOOLS

Aragon
900 Alameda de las Pulga
San Mateo, CA 94402
(650) 558-2999 fax (650) 558-2952 fax
http://aragon.schoolloop.com

Burlingame
1 Mangini Way
Burlingame, CA 94010
(650) 558-2899 (650) 762-0122 fax
http://www.bhs.schoolloop.com

Capuchino
1501 Magnolia Ave.
San Bruno, CA 94066
(650) 558-2799 (650) 558-2759 fax
http://chs.smuhsd.org

Carlmont
1400 Alameda de las Pulgas Belmont, CA 94002
(650) 595-0210 (650) 591-6067 fax
http://www.carlmont.seq.org

El Camino
1320 Mission Rd.
South San Francisco, CA 94080 (650) 877-8806 (650) 589-2343 fax http://echs.schoolloop.com

Half Moon Bay
Lewis Foster Drive
Half Moon Bay, CA 94019
(650) 712-7200 (650) 712-7232 fax
http://hmbhs.schoolloop.com

Hillsdale
3115 Del Monte Street
San Mateo, CA 94403
(650) 558-2699 (650) 574-4173 fax
http://hhs.schoolloop.com

Jefferson
6996 Mission Street
Daly City, CA 94014
(650) 550-7700 (650) 550-7790 fax
http://whs.juhsd.net

Menlo-Atherton
555 Middlefield Rd.
Atherton, CA 94027
(650) 322-5311 (650) 323-1411 fax
http://www.mabears.org

Mills
400 Murchison Dr.
Millbrae, CA 94030
(650) 558-2599 (650) 652-1029 fax
http://millshigh.org

Oceana
401 Paloma Ave
Pacifica, CA 94044
(650) 550-7300 (650) 550-7310 fax
http://ohs.juhsd.net

San Mateo
506 North Delaware Street
San Mateo, CA 94401
(650) 558-2399 (650) 762-0265 fax
http://sanmateohigh.org

Sequoia
1201 Brewster Ave
Redwood City, CA 94062
(650) 367-9780 (650) 368-5180 fax
http://www.sequoiahs.org

South San Francisco
400 B Street
South San Francisco, CA 94080
(650) 877-8754 (650) 871-7943 fax
http://ssfhs.schoolloop.com

Terra Nova
1450 Terra Nova Blvd.
Pacifica, CA 94044
(650) 550 7600 (650) 550 7690 fax
http://whs.juhsd.net

Westmoor
131 Westmoor Ave.
Daly City, CA 94015
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http://whs.juhsd.net

Woodside
199 Churchill Ave.
Woodside, CA 94065
(650) 367-9750 (650) 306-8842 fax
http://www.woodsidehs.org

WESTMOOR HIGH SCHOOL ATHLETICS

ATHLETE/PARENT HANDBOOK ACKNOWLEDGEMENT FORM

Please read and e-sign prior to the start of your season of sport.

I have read the WESTMOOR HIGH SCHOOL ATHLETE/PARENT HANDBOOK and understand the contents. I know the Athlete/Parents Handbook represents the CIF, CCS, PAL and Westmoor philosophy and rules on interscholastic athletics.

If I have any questions, my school's Athletic Director Mary Ann Paul mpaul@jeffersonunion.net 650-550-7506 is available to answer questions.