GEORGE & EVELYN STEIN HIGH SCHOOL



INTRAMURAL SPORTS HANDBOOK

2026-2027

Traci Mitchell
Principal

Jovani Aguilar
Intramural Sports
Coordinator

Tiffany Pouliot
Bookkeeper

PHILOSOPHY STATEMENT

The primary purpose of the athletic program is to promote the physical, mental, social, emotional, and moral wellbeing of the participants. It is our desire that athletics will be a positive force in preparing youth for an enriching and vital role in American life.

The athletic program is an important and integral part of the total school program and is open to participation by all students regardless of individual differences. Through voluntary participation, the athlete gives time, energy, and loyalty to the program. He or she also accepts the training, rules, regulations, and responsibilities that are unique to an athletic program.

To contribute to the welfare of the group and meet the goals and objectives set for each sport, the athlete must willingly assume these obligations as the role demands and must keep in mind that the athlete must make sacrifices not required of others.

Non-Discrimination Notice

The Board of Education is committed to equal opportunity for all individuals in education. District programs, activities and services shall be free from unlawful discrimination, including discriminatory harassment, intimidation, and bullying, targeted at any student by anyone, based on the student's actual or perceived race, color, ancestry, nationality, national origin, immigration status, ethnic group identification, ethnicity, age, religion, marital status, pregnancy, parental status, physical or mental disability, medical condition, sex, sexual orientation, gender, gender identity, gender expression, or genetic information, or association with a person or group with one or more of these actual or perceived characteristics. The Board shall promote programs which ensure that unlawful discriminatory practices are eliminated in all district activities.

Complaints alleging noncompliance with this policy of nondiscrimination should be directed to the following personnel:

Title IX Coordinator – Jason Noll, 1875 W Lowell Ave, (209) 830-3280, jnoll@tusd.net
Section 504 Coordinator (students) – Jason Davis, 1875 W Lowell Ave, (209) 830-3274, jdavis@tusd.net
Section 504 Coordinator (staff) – Tammy Jalique, 1875 W. Lowell Ave, (209) 830-3260, tjalique@tusd.net Title II/ADA – TBD, 1875 W. Lowell Ave, (209) 830-3245

INTRAMURAL SPORTS CONTACT LIST

Position	Name	email	Phone
Principal	Traci Mitchell	tramitchell@tusd.net	830-3395 ext. 8450
Intramural Coordinator	Jovani Aguilar	joaguilar@tusd.net	830-3395
Bookkeeper	Tiffany Pouliot	tpouliot@tusd.net	830-3395 ext. 8450

COACHES

Name	Position	Email	Sport
Brandi Alger	Assistant Coach	aalger@tusd.net	Volleyball, Basketball, Soccer
John Moss	Head Coach	jmoss@tusd.net	Volleyball, Basketball, Soccer
Dave Vallotton	Head Coach	dvallotton@tusd.net	Flag Football, Dodgeball
Valerie Christenson	Assistant Coach	vchristenson@tusd.net	Dodgeball

TRACY UNIFIED SCHOOL DISTRICT

The highest potential of sports is achieved when competition reflects these six pillars of character: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. We can all promote sportsmanship and foster good character by teaching, enforcing, advocating, and modeling these six pillars of character.

Goals:
Programs must be conducted in a manner that enhances the academic, emotional, social, physical, and ethical development of student-athletes and teach them positive life skills that will help them become personally successful and socially responsible.

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.

Standards for participation will be adopted for coaches, athletes, parents, and spectators.

All communications directed to student-athletes and their parents will enforce the six pillars.

All employees must be directly involved and committed to the academic success of student athletes and the character-building goals of the school.

Everyone involved in the competition, including parents, spectators, associated student body leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect.

All publications and announcements will actively prohibit the use of alcohol, tobacco, drugs, and performance enhancing substances, as well as demand compliance with all laws and regulations, including those related to gambling and the use of drugs.

The profession of coaching is a profession of 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.

George and Evelyn Stein High School students must meet General Eligibility Requirements to participate in intramural sports and extracurricular activities.

PARTICIPATION ELIGIBILITY REQUIREMENTS

1. All sport team participants must register with Family ID.
2. The school administrator, intramural coordinator and/or head coach reserve the right to disqualify (temporarily or permanently) a participant from being a credible citizen should there be any egregious circumstances.

1. REQUIRED DOCUMENTS

All athletes must have on file in the Intramural Coordinator's office before any participation:

a. Complete record of physical examination
b. Proof of insurance form
c. Emergency medical card
d. Signature page at the end of this handbook

In addition, parents and students must agree to the terms of the Steroid Awareness and Concussion and Head Injury policies either by signature page or e-signature.

Students owing bills/fines/equipment, from a previous sport, will be ineligible to participate in any other sport until bills/fines/equipment is paid or returned.

2. ACADEMICS AND BEHAVIOR

a. Positive Citizenship: Student who represent this school in intramural or extra-curricular activities must be credible citizens. Students who do not have discipline referrals, in class or out of school suspensions (but not limited to) demonstrate positive citizenship.
b. A minimum of 30 lessons is completed two weeks prior to each event. Accommodations determined by IEP's and 504 are upheld.
c. Students suspended any part of the day off campus or assigned to an in-house suspension, period suspension and/or intervention center for all periods of the school day may not practice on that day.
d. The school administrator, intramural coordinator and/or head coach reserve the right to disqualify (temporarily or permanently) a participant from being a credible citizen should there be any egregious circumstances.

3. ATTENDANCE ELIGIBILITY

a. No unexcused absences in the two weeks prior to each event (this includes truancies).
b. No tardies the week of the event.
c. Students are expected to participate in all practices and games. A student who misses a practice or a game without the coach's prior permission will be subject to disciplinary action from a verbal warning up to dismissal from the team. Athletes are expected to attend all practices, games and team events that are scheduled.

4. INJURIES

If you are injured in practice or in a game, you must let your coach know. Also, if you visit a doctor because of an injury, you must submit a doctor's release note to your coach or Intramural Coordinator before you can participate again.

WHAT IS HEAT ILLNESS?

Exercise produces heat within the body and can increase an athlete's body temperature. Add to this a hot or humid day and any barriers to heat loss such as padding and equipment, and the temperature of the individual can become dangerously high. If left untreated, the elevation of core body temperature can cause organ systems to shut down in the body.

HEAT RELATED ILLNESSES ARE ALL PREVENTABLE

There are several ways to prevent heat illness from occurring:

Adequate Hydration

- The athlete should arrive to practices, games, and in-between exercise sessions well-hydrated to reduce the risk of dehydration.
- Water should be freely accessible and water breaks should be given in the shade if available at least every 15-20 minutes and should be long enough to allow athletes to ingest adequate volumes of fluid. Unnecessary equipment should be removed during breaks.

Gradual Acclimatization

- Intensity and duration of exercise should be gradually increased over a period of 7-14 days to give athletes time to build fitness levels and become accustomed to practicing in the heat.
- Protective equipment should be introduced in phases.

Additional Prevention Measures

- Provide appropriate medical coverage during exercise.
- Encourage hydration status record-keeping. Athletes can weigh in before and after practice, ideally in dry undergarments in check hydration status. The amount of fluid lost should be replaced by the next session of activity. An athlete should drink approximately 16 oz of fluid for each kilogram of fluid lost (1 kg = 2.2 lbs.).
- Eat a well-balanced diet which aids in replacing lost electrolytes and avoid drinks containing stimulants such as ephedrine or high doses of caffeine.
- Alter practice plans in extreme environmental conditions. Coaches should be aware of both the temperature and humidity. The greater the humidity, the more difficult it is for the body to cool itself. Use one of the heat index tools listed below to determine precautions for athletic activity. Athletes with heat illness risk factors should be closely supervised during strenuous activities in hot or humid climates.

HEAT EXHAUSTION

Inability to continue exercise due to heat-induced symptoms. This occurs with an elevated core body temperature between 97- and 104-degrees Fahrenheit.

- Dizziness, lightheadedness, weakness
- Headache
- Nausea
- Diarrhea, urge to defecate.
- Pallor, chills
- Profuse sweating
- Cool, clammy skin
- Hyperventilation
- Decreased urine output.

TREATMENT OF HEAT EXHAUSTION

Stop exercise, move player to a cool place, remove excess clothing, give fluids if conscious, COOL the BODY with fans, cold water, ice towels, ice bath or ice packs. Fluid replacement should occur as soon as possible. The Emergency Medical System (EMS) should be activated if recovery is not rapid. If in doubt, CALL 911. Athletes with heat exhaustion should be assessed by a physician as soon as possible in all cases.

HEAT SYNCOPE

Dizziness or faint due to high temperatures. It often occurs after standing for long periods of time, immediately following cessation of activity, or rapidly standing after resting or sitting.

- Fatigue
- Tunnel Vision
- Dizziness
- Lightheadedness, fainting
- Pale or sweaty skin

TREATMENT OF HEAT SYNCOPE

Move the athlete to a cool, shaded area, elevate the legs and rehydrate. Remove excess clothing and cool the athlete with wet towels or ice bags.

HEAT STROKE

Dysfunction or shutdown of body systems due to elevated body temperature which cannot be controlled. This occurs with a core body temperature greater than 104 degrees Fahrenheit. Signs observed by teammates, parents, and coaches include:

- Dizziness
- Drowsiness, loss of consciousness
- Seizures
- Staggering, disorientation or behavioral/cognitive changes (confusion, irritability, aggressiveness, hysteria, emotional instability)
- Weakness
- Hot and wet or dry skin
- Rapid heartbeat, low blood pressure
- Hyperventilation
- Vomiting, diarrhea

TREATMENT OF HEAT STROKE

This is a MEDICAL EMERGENCY. Death may result if not treated properly and rapidly.
Stop exercising, call 911, remove from heat, remove clothing, immerse athlete in cold water for aggressive, rapid cooling (if immersion is not possible, cool the athlete as described for heat exhaustion), monitor vital signs until paramedics arrive.

5. ACCIDENT INSURANCE

Tracy Unified School District does not provide medical, dental or accident insurance for students while on school premises or while participating in school activities. A low-cost medical/dental accident insurance program is available to you through Pacific Educators. The plan does not provide unlimited coverage but does offer substantial assistance in the event of injury.

There are two levels of benefit available through Pacific Educators. The "High" option is recommended if your child has no family coverage or if your private coverage has a high deductible. All plans are available

on a "School Time" or "24-Hour" (all day, every day) basis for a one-time, annual payment (prices vary based on selected options). The plans pay the first
$500.00 in benefits, in addition to other insurance, which can help you meet your primary insurance deductibles and/or co-payments.

Proof of medical insurance or Pacific Educators Accident Insurance is required to participate in school athletics. You may sign up online for instant coverage at www.peinsurance.com. If you have further questions, please call Pacific Educators, Inc. at (800) 722-3365.

6. ACCIDENT PROCEDURES

In the event you are involved in an accident, report it immediately to the nearest teacher or supervising adult, obtain a pass, and go directly to the Attendance Office to be seen and for a parent to be called. If the accident requires first aid treatment, additional aid will be provided by the Bookkeeper/Nurse. If you are ill, you must report to the Attendance Office at once. A school official will notify the parent/guardian and ask that the student be picked up by a responsible adult. The student will remain in the attendance office until picked up or sent back to class.

In case you witness an accident where another student may be injured, report the accident to the nearest teacher, supervising adult, or go to the office for help. Even minor accidents or injuries should be reported so that care can be given, and the proper accident report forms can be filled out online or in hard copy.

In the event of a serious or potentially serious accident, at least three attempts to contact parents will be made directly after the incident. Contact will be completed through the home phone number, work number and emergency number. The principal, assistant principal, teacher in charge, or secretary will make the calls. In cases where serious or potentially serious injury is apparent or suspected, these staff members will also notify the emergency unit (911) directly, and/or the school district nurse. Parents and students are responsible for informing the school Attendance Office of any changes in home and emergency phone numbers or address changes.

7. TRANSPORTATION

Athletes must travel to and from contest when district transportation is provided or under the guidelines specified in Board Policy. Athletes may not transport themselves to and from athletic events outside of the Tracy Unified School district boundaries. Athletes must have a parent personally speak to the coach, and receive pre-approval, to travel with their parents.

8. ATHLETIC CITIZENSHIP ELIGIBILITY Athlete Expectations:

- Total commitment to your sport
- Exemplary citizenship on and off the school campus

- High academic achievement
- Participation in all practices and games
- Adherents to all team and Athletic Department rules and policies
- Have current school identification
- Refrain from unsportsmanlike conduct always including posts on social media
- All athletes are expected to abide by the TUSD student conduct code as outlined in the TUSD Student Handbook. The TUSD Student Handbook outlines most disciplinary violations and their consequences.

Quitting

Anyone who quits a team prior to the end of the season is ineligible for awards and will not be allowed to try out for another sport until the conclusion of the first sport unless the athletic director approves their release from the previous sport.

Ejections

Any athlete ejected from a game or contest will not participate in the remainder of that game and the following game/contest as well.

9. AWARDS

One of the obligations that the recipient of an athletic award should assume is to conduct himself or herself at all times in such a way as to bring credit to the coach, the team, and the school. Letters and other awards should be used to promote good citizenship. No student may be granted any award who is not in good scholastic and citizenship standing at the time of presentation, citizenship involving suspension from school may eliminate the possibility of receiving a school award. This applies to any award that is to be presented at a school awards assembly (action of Board of Trustees). The awards subsequently may be made, if the above conditions are met, if this is accomplished within the semester in which the letter is earned. Awards at each high school will be determined by each school's Athletic Department.

10. STUDENT-ATHLETE PARENT & COACH EXPECTATIONS

Both parenting and coaching are extremely difficult vocations. By establishing an understanding o f each position, we are better able to accept the actions of the other and provide greater benefit to students.

Communications you should expect from your Child's Coach:

1. Philosophy as a coach.
2. Expectation 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 may result in the denial of your child's participation.

Communication that Coaches expect from Parents:

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

Appropriate concerns to discuss with the coaches:

1. Treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior

It is very difficult to accept your child not playing as much as you may hope. Coaches are teachers. They make judgement decisions based on what they believe to best for all students involved. As you have seen from the above list, certain things can and should be discussed with the coach. Other things, such as the ones listed below, must be left to the professional judgement of the coach.

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:

- Have your son/daughter talk to the coach one on one. (It is part of growing up.)

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

- Call the school and request a return call or a face-to-face meeting with the coach.

Parents must not:

- Confront the coach before or after practice.
- Confront the coach before or after a game.

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.

If the issue is not resolved contact your high school's Athletic Director.
If the meeting with the Athletic Director does not provide a satisfactory resolution, please contact the site principal.

We hope this information helps make your child's and your experience with the intramural sports program less stressful and more enjoyable.

Sports Media Relations
Tracy Unified School District's athletic teams generate a high level of public interest and media attention. Please be aware a student athlete's image reflects on themselves, their family, their team, their school, and their district. Therefore, we ask all student athletes to exercise care when making statements to the media.

View the media as business partners. If possible, organize and prepare your thoughts before a scheduled interview. Often a verbal comment that seems innocent looks different when it appears in print. Remember, regardless of what is said, a reporter's first obligation is to report the news. Don't say it if you don't want to see it in print.

Trust your instincts. On rare occasions, the general tone of an interview is such that you may not be comfortable continuing the interview. Should this occur, please notify your coach, who will in turn notify the school's Athletic Director and the district office.

In general, when speaking to the media, be confident and courteous. Always remember when dealing with the media to present an image that is consistent with the ideals and high standards of your school and Tracy Unified.

Because media interviews may be a new area of responsibility for many student-athletes, the following tips may help you when dealing with the media:

1. Organize your thoughts before a scheduled interview so that you are sure about the points you want to communicate. Treat all interviews the same whether it be for your school paper or a local one.
2. If the interview was not scheduled, feel free to take a few moments to collect your thoughts after each question is asked. Often after an emotional game, you need to take a

3. Be sure to understand the reporter's question before answering it. Ask for clarification if the question is not understood.
4. Be wary of an "off the record" situation. It is usually not in your best interest to do interviews in this manner as it may be left open to interpretation as to what is or is not "off the record."
5. If possible, try not to speak on controversial topics. It is better to answer, "I do not know," or "I am not familiar enough with that issue to give a fair answer."
6. Do not become overly sensitive about a question or a story. With very few exceptions, reporters who cover our athletics programs are fair and are not out to "get somebody."
7. Do not criticize your teammates, your coaches, game officials or your opponents in the media. If you have concerns, share them with your teammates and your coach, not the public.

If you approach an interview with poise and courtesy, you are off to a good start. Remember, the image you project not only reflects upon you, but upon your team and your school as well. You are encouraged to ask your coach for assistance if you feel you need help with the proper techniques for handling interviews.

Declaration of Student/Athlete:

I realize it is a privilege to participate in athletic activities and represent our school in athletic functions. Accordingly, I hereby agree to follow the regulations established by the Athletic Department, the administration, and the district policies set by the Board of Trustees and California Interscholastic Federation rules. I also agree to conform to the following conduct as a participant in our school's athletic program:

1. I will follow all school rules and regulations. Failure to do so will result in disciplinary action by the administration and possible forfeiture from participation in activities during that period.
2. I will follow the Athlete Expectations while participating in a sport. All school policies are also in effect for any school-related activity.

14. General Rules of Sportsmanship:

To promote fairness in competition, a series of rules governing each sport have been adopted. Good sportsmanship requires that athletes adhere to the rules of the game.
Furthermore, it requires that athletes comply with the spirit of those rules which were written to promote fairness. Athletes must understand that compliance with the standards of good sportsmanship is always required.

A. **<u>On the field</u>**, athletes are respectful in actions and language towards their teammates, opponents, and officials. They abide by all the rules of the game. They are modest in victory and gracious in defeat.

B. **<u>On campus</u>**, athletes should set an example of good citizenship for their classmates. They should help promote school spirit and be positive leaders in school activities. Athletes should affiliate with a positive attitude.
C. **<u>In the classroom</u>**, athletes show respect for teachers and for their fellow students. They maintain good attendance, satisfactory academic progress, and good citizenship.
D. **<u>On trips,</u>** an athlete's conduct is such that they are positive representatives of their community, school, and team. Athletes are always conscious of their appearance and manners.

15. Tracy Unified School District's Code of Conduct for Parents

The role of the parent in the education of a student is vital. The support shown in the home is often manifested in the ability of the student to accept the opportunities presented at school and in life.

There is a value system – established in the home, nurtured in the school – that young people are developing. Their involvement in the classroom and other activities contributes to that development. Trustworthiness, citizenship, caring, fairness, responsibility, and respect are lifetime values taught through athletics. These are the principles of good sportsmanship and character. With them, the spirit of competition thrives, fueled by honest rivalry, courteous relations, and graceful acceptance of the results.

As a parent of a student-athlete at our school, your goals should include:

- ♦ Realize that athletics are part of the educational experience, and the benefits of involvement go beyond the final score of a game.
- ♦ Encourage our students to perform their best, just as we would urge them on with their class work.
- ♦ Participate in positive cheers that encourage our student-athletes; and discourage from any cheers that would redirect that focus – including those that taunt and intimidate opponents, their fans, and officials.
- ♦ Learn, understand, and respect the rules of the game, the officials who administer them and their decisions.
- ♦ Respect the task our coaches face as teachers; and support them as they strive to educate our youth.
- ♦ Respect our opponents as student-athletes, and acknowledge them for striving to do their best; and
- ♦ Develop a sense of dignity and civility under all circumstances.

You have a major influence on your student's attitude about academics and athletics. The The leadership role you take will help influence your child, and our community, for years to come.

STEIN HIGH SCHOOL

INTERSCHOLASTIC/EXTRA-CURRICULAR ACTIVITIES PARTICIPATION and ELIGIBILITY REQUIREMENTS

Signature Page and Consent Form

George and Evelyn Stein High School students must meet General Eligibility Requirements to participate in extracurricular activities.
Participation Eligibility Requirements:

1. Positive Citizenship: Students who represent this school in interscholastic or extra-curricular activities must be credible citizens. Students who do not have discipline referrals, in-class or out of school suspensions (but not limited to) demonstrate positive citizenship.
2. A minimum of 30 lessons are completed two weeks prior to each event. Accommodations determined by IEP's & 504 are upheld.
3. No unexcused absences in the two weeks prior to each event (this includes truancies).
4. No tardies the week of the event.
5. All athletes must have on file in the Intramural Coordinator's office before any participation (including practices):
    a. Complete record of physical examination
    b. Proof of insurance form
    c. Emergency medical card
    d. Signed Signature Page and Consent Form to participate in athletics.
6. All sport team participants must register with Family ID.
7. The school administrator, intramural coordinator and/or head coach reserve the right to disqualify (temporarily or permanently) a participant from being a credible citizen should be warranted by any egregious circumstances warrant.
8. Students owing bills/fines/equipment, from a previous sport, will be ineligible to participate in any other sport until bills/fines/equipment is paid or returned.

I/We have read and understand the Tracy Unified School District Athletic Handbook. I hereby grant permission for my son/daughter to participate in the interscholastic activity program.

Student/Athlete Signature:_____ Year of Graduation: _____

Sport(s):_____

Please indicate if your student has any disability, which needs accommodations to participate: **Yes** **No**

If yes, please indicate the nature of the disability: _____

Student/Athlete Signature:_____ **Date:** _____

Parent/Guardian Signature:_____ **Date:** _____

Parent/Guardian Print Name:_____ **Date:** _____