



NVUSD

NAPA VALLEY UNIFIED SCHOOL DISTRICT

2026-27

STUDENT-ATHLETE

AND

PARENT

HANDBOOK

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SECTION I: PHILOSOPHY, GUIDELINES & PROTOCOLS

PHILOSOPHY OF STUDENT ATHLETICS

The Governing Board of the Napa Valley Unified School District recognizes that the athletic program enhances students' feelings of connectedness with the schools and helps to build a positive school climate. The athletic program also promotes the physical, social, and emotional well-being and character development of participating students. The district's athletic program is designed to meet student interests and abilities and is varied in scope to attract wide participation. The district encourages and supports student participation in the athletic program without compromising the integrity and purpose of the educational program. (BP6145.2-Athletic Competition) The District recognizes that athletics is an important component of a student's complete educational development. As such, we believe that all students should have an opportunity to participate in some form of interscholastic athletics and that such participation should encourage positive scholastic and social growth and achievement. All participants and teams will represent the school and community in a positive manner. Student-athletes will reflect the dedication and hard work that will be required to compete and be successful. Success will be measured by the knowledge that each participant gave his/her best effort and prepared for each contest to the best of his/her ability rather than the records achieved by teams or individuals. The District realizes that an effective interscholastic athletic program is the product of responsible cooperation between its four major components: each high school's parents, the student-athlete, coaching staff, and site/district administration.

COMMUNICATION (In the event there is a concern)

In our continuing effort to establish and maintain clear lines of communication between our school's athletic coaching staff, student-athletes, and parents/guardians, we have developed a communication protocol. If at any time a student, parent/guardian, or other interested members of the public believes an unsafe condition exists at a location, with equipment, or for other objective reasons, the concerned party should immediately contact a member of the athletic staff or school administration.

STUDENT-ATHLETE, PARENT, COACH SUPPORT GUIDELINES

The Athletic Department intends to provide an avenue for meaningful dialogue and positive communication between coaches, student-athletes, and parents. For routine questions or matters of concern, please do not attempt to contact the coach directly before, during, or directly after a game or practice. The coach is likely to be distracted by other matters and his/her obligation to ensure the safe supervision of students. For your questions and concerns to receive the coach's greatest attention, and to ensure that the communication is undertaken without immediate emotion, we encourage the scheduling of a meeting where positive and productive conversations are most likely to occur. The following guidelines will help make the communication process a productive and positive experience.

STUDENT-ATHLETE, PARENT, COACH COMMUNICATION PROCESS

The process when resolving an issue between student-athletes and coaches has been structured to allow the student-athlete the opportunity to advocate and communicate their needs with their coach.

- **First Step -** Student-athlete will make an appointment and meet with the coach
- **Next Step-** Student-athlete and parent will make an appointment and meet with the coach
- **Third Step-** Student-athlete and parent will make an appointment to meet with the coach and athletic director
- **Final Step-** Student-athlete and parent will make an appointment to meet with the coach, athletic director, and administrator in charge of athletics.

PARENT SUPPORT GUIDELINES

All meetings with coaches must be scheduled in advance. The District discourages unscheduled or spontaneous meetings with coaches at athletic fields, gyms, or locker rooms.

Coaches will communicate with student-athletes and families using **district-approved communication methods only**, including district-issued email and approved platforms such as ParentSquare. Coaches should not communicate with student-athletes through personal text messages or other non-approved channels, including direct messaging on social media platforms.

Coaches will not discuss other student-athletes with parents.

Parents are expected to:

- Maintain a high level of sportsmanship before, during, and after athletic contests
- Remain in designated seating areas while contests are in progress
- Follow all VVAL, NCS, and host school rules
- Refrain from confronting officials, coaches, or players before, during, or after contests

Parents, guardians, or fans who display misconduct at athletic events that require intervention by school administration, whether at home or away, may be asked to leave the event.

A parent, guardian, or fan who is removed from a game by administration will not be allowed to attend any NVUSD event until they have completed the [NFHS Sportsmanship](#) course.

A second incident resulting in removal will lead to a 14-day stay away order issued by the site. During this time, the individual will not be allowed on any NVUSD campus for athletic or academic purposes.

A third offense will result in suspension from all NVUSD campuses for the remainder of the school year.

Parents who verbally abuse a coach may be subject to further consequences, including potential legal action.

SECTION II: ATHLETIC GUIDELINES

RESIDENTIAL ELIGIBILITY

District Inter-district Transfer Request:

State law governing school districts requires that each district ensures the placement of students living within its residential borders first. Students on inter-district transfers can only be accepted on a “space available” basis and only after local students have been enrolled. For this reason, the Napa Valley Unified School District *may not* be able to place inter-district transfer students until all resident students are placed. (NVUSD BP/AR 5117 – Inter-district Transfer) The California Interscholastic Federation Bylaws require that students who participate in a school team must be living with parents or legal guardians who reside within the school’s attendance boundaries. All exceptions to this rule require that special permission forms and letters of approval be on file before a student can be declared eligible. Any transfer student (except entering 9th graders) must meet with the athletic director to fill out the necessary C.I.F. forms and receive C.I.F. clearance **BEFORE** he/she may participate in any contests.

District Open Enrollment or Intra-district Transfer:

State law requires school districts to adopt policies allowing District residents to apply for open enrollment to schools within the District but outside their resident attendance area. An open enrollment period is designated annually and any student may apply. Acceptance is based on established priorities (e.g. siblings, etc.) and a random unbiased lottery. (NVUSD BP 5116-Open Enrollment and Intra-district Transfer-AR 5116.1 - Open Enrollment) Intra-district transfers are limited to specific reasons, including Serious Medical Condition of the Student, Hardship – Family, and legitimate change

of residence to remain at the original school of residence. (NVUSD AR 5116.1)

Intra-district transfers or Hardship enrollment does not guarantee CIF athletic eligibility. Questions about transfer eligibility should be directed to the Athletic Director.

TRYOUTS PROCEDURES: CIF Bylaw 206 / 207 / 510 Athletically-Motivated Valid Change of Residence

If a student completes a valid change of residence as provided in Bylaw 206.C.(1-5), a student-athlete may not be eligible to participate at the varsity level if there is evidence the move was athletically motivated or the student enrolled in that school in whole or in part for athletic reasons (CIF Bylaw 206; 510.B.-E.) Because the penalty for allowing an ineligible athlete to participate is severe (forfeiture of all contests in which the athlete participated), any athlete living outside of their assigned school attendance boundaries' must notify the athletic director of his/her residence at the beginning of the season, so that the athletic director can make sure all of the appropriate forms and approvals are on file. An athlete who is dishonest about his/her residence places an entire team in jeopardy. Any athlete known to be using a false address or otherwise not being honest about a residence should be immediately reported to the coach to avoid penalizing the entire team. If a student and his/her parents move out of the attendance area, but the student remains in the school, the student must immediately report his/her change of residence to the appropriate administrator. The school site administrator, or designees, may verify a student-athlete's residential eligibility by performing any of the following procedures: a phone call, a home visit, or any other appropriate measure to ensure verification consistent with NVUSD AR 5111.1 and AR 5116. District and attendance area residency verification procedures

CIF Bylaw 201.4.b

States that eighth graders who have not been promoted from the eighth grade may not participate in any athletic meetings, practices or competitions of any kind at any high school until June 1st. Coaches may contact incoming 8th-grade students once they are officially enrolled and have selected classes after May 1, of the school year.

The following is an outline of some of the basic guidelines/timelines that the NVUSD Athletic Departments follow prior to and at the start of a sports season. There are three sports seasons: Fall, Winter, and Spring.

Because of the unique nature of each individual sport, this outline may include or exclude some items that the coaching staff does or does not use.

- Pre-season sign-up meetings: 1 to 3 months prior to the start of the season
 - Fall, winter, and spring seasons begin according to the C.I.F. calendar
- Pre-season conditioning: Four to six weeks prior to the start of the season
- Open gym / Open field throughout "out of season" per NCS guidelines.
- Necessary forms and paperwork will be submitted online:
 - ACHS / NHS/ VHS electronic athletic registration - HomeCampus.com
- Mandatory Student / Parent Meeting (refer to school website for dates / times)
- Eligibility: Refer to Academic Eligibility.
- Tryouts:
 - Cuts may be made following each of the three day tryout sessions.
 - Head Coaches will make the decision in determining the final roster.
 - Student-athletes may make an appointment with the Head Coach to obtain feedback as to why they did not

make the team.

ELIGIBILITY TEAM TRYOUTS / CONTINUED TEAM ELIGIBILITY

See Attachment A for specific dates for fall, winter, and spring sports.

Playing time is at the sole discretion of the coaching staff.

ACADEMIC ELIGIBILITY

All student-athletes who wish to participate in an athletic activity in any of the District's High Schools must meet the following requirements: (edc 35160.5)(cif 205)

1. Have earned a 2.0 GPA unweighted (4.0 scale) for the grading period prior to their participation and for each succeeding grading period during participation.
 2. Meet standards of satisfactory citizenship.
 3. Have a satisfactory attendance record as defined by Board Policy
 4. The student passed 20-semester credits of work at the completion of the most recent grading period.
 5. An 'I' (Incomplete) grade shall not be considered a passing grade until the required coursework is completed and the final grade is officially reported.
- Any student entering from the 8th grade into any of the district's high schools will be granted provisional scholastic eligibility for only the first academic grading period of the school year.
 - At the coaches discretion: Academically ineligible athletes may practice with their team, but not compete. They may not be in uniform or on the court/field/bench with their team during competitions. They may sit in the stands and cheer the team on. (EdCode 35160.5)
 - Student- athletes who do not maintain these requirements and are dismissed from a team will not be eligible for postseason honors or recognition (Certificates, Letters, All league selection, etc.)

Academically ineligible athletes **may** practice with their team, but not compete. They may not be in uniform or on the court/field/bench with their team during competitions. They may sit in the stands and cheer the team on.

HARDSHIP ACADEMIC ELIGIBILITY WAIVER

Through a Hardship waiver, a student who does not achieve the above requirement in the previous grading period may remain eligible to participate in interscholastic athletics during a hardship period. Hardship Waiver application will be approved on a case-by-case basis with the philosophy of supporting the student-athlete who is experiencing an extenuating hardship that directly affected their academic eligibility. Decisions regarding the waiver for the student athlete will be determined by the site athletic administration team, and district administration team. (CIF 205,A-1,C)(EdCode 35160.5)

IN SEASON AND OUT OF SEASON ATHLETIC CLEARANCE

For eligible participation in try-outs, practices, and competition (in season) students must have their online athletic clearance completed on [Home Campus](#) and their physical must be updated and signed annually by an approved medical professional. Proof of medical insurance and all the student and parent signature pages must be completed. [District Insurance Link](#) For off-season participation, online athletic clearance (Home Campus) is acceptable or completion of the district agreement for team participation. [Link to Off Season Forms](#)

PE Waivers

Students who participate in and successfully complete a full season of a varsity-level sport may be eligible to receive a PE waiver for that academic year. This policy recognizes the rigorous physical training and time commitment required of student-athletes as a substitute for traditional physical education courses.

SPORTS PHYSICAL EXAMINATIONS

Each year, before any practice or participation, each student must have a medical exam performed by (MD, DO, PA, or NP) and document the physical on the NVUSD's approved [Sports Physical Form](#) (or equivalent form). The sports physical form must be dated after June 1 of the school year in which the athlete plans to compete.

NON-DISCRIMINATION

The Napa Valley School District is committed to equal opportunity for all individuals and does not allow discrimination, intimidation, harassment, including sexual harassment, or bullying based on a person'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, sex, sexual orientation, gender, gender identity, gender expression, genetic information, medical information or association with a person or group with one of more of these actual or perceived characteristics. For questions or complaints, contact our District Equity Officer and District Compliance Officer and Title IX Coordinator for Employee Affairs: Dana Page, Assistant Superintendent Human Resources, 2425 Jefferson St., Napa CA 94558, 707-253-3571, dpage@nvusd.org, HR@nvusd.org; and/or District Compliance Officer and Title IX Coordinator for Student Affairs: District Section 504/ADA Coordinator: Maryanne Christoffersen, Director of Student Services, 2425 Jefferson St., Napa CA 94558, mchristoffersen@nvusd.org, studentservices@nvusd.org, 707-253-3815.

SECTION III: GENERAL RULES

GENERAL BEHAVIOR

Student-athletes must comply with all rules and regulations as specified by the California Education Code, California Penal Code, and NVUSD Board Policies, CIF Bylaws, and the CIF/NVUSD Code of Conduct. For additional information, please visit the NVUSD Athletic website. Violations of these rules will be addressed by a site administrator.

SCHOOL ATTENDANCE

Student-athletes often miss classes to attend athletic competitions. It is very important for all student-athletes to establish good attendance patterns and communicate with their teachers regarding missing lessons and coursework. Students must attend 60% (minimum) of the school day, excluding lunch, in order to participate in practice or competition that day. Subject to the discretion of the athletic director/ administration.

TRAINING RULES

For health and safety reasons, students should understand that the NVUSD believes that the use of tobacco, alcohol, drugs, and performance enhancing drugs and supplements is not acceptable. Any violation of these training rules may also result in school disciplinary action according to NVUSD Board Policies and California Education Code. (NVUSD BP/AR 5144-5144.4 - Suspension and Expulsion).

The following information concerning tobacco, alcohol, drug, and performance enhancing drug and supplement use is the policy adopted by the Napa Valley Unified School District. It is a policy designed to be supportive, restorative, and helpful to students/athletes. Students and parents must realize that it is their responsibility to follow this cumulative policy, and repeated offenses during the season or at offseason team activities will result in progressive consequences.

ANDROGENIC/ANABOLIC STEROIDS

The use of androgenic/anabolic steroids or dietary supplements including synephrine to expedite the physical development and to enhance the performance level of Athletes presents a serious health hazard to student athletes. (NVUSD BP 5131.63 - CIF 501.3 Steroids) The student shall not use androgenic/anabolic steroids without the written permission of a fully licensed physician, as recognized by the American Medical Association, to treat a medical condition. The student's violation of District policy regarding steroids or dietary supplements shall result in discipline against the student, including, but not limited to, restriction from athletics, suspension, or expulsion from school.

USE OF ALCOHOLIC BEVERAGES, TOBACCO (E-CIGARETTES) OR DRUG USE

Revised 4/30/25

Students possessing, using or selling alcohol, or other drugs or related paraphernalia shall be subject to disciplinary procedures including suspension or expulsion and/or referral to law enforcement in accordance with the law, Board policy, and administrative regulation. In addition, such students may be referred to an appropriate counseling program, transferred to an alternative placement, and/or be restricted from extracurricular activities, including athletics. (NVUSD BP/AR 5131.6 - Tobacco, Alcohol and other Drugs). [NVUSD Tobacco/Drug Alcohol Protocol](#)

The following forms and provisions apply on a yearly basis

INJURY REPORTING / MEDICAL TREATMENT

Coaches and district supervisors are required to immediately report to the head coach and are encouraged to additionally promptly notify any authorized athletic trainer, 'team doctor,' and/or athletic director of any injury to a student reasonably believed to involve a need for medical care (including broken bones, serious strains/sprains, etc.) or involving one or more of the issues below. If the injury or incident is an emergency, the head coach or athletic trainer will activate the EAP. In the absence of the head coach or athletic trainer, the supervising employee or coach should use his/her best judgment in activating the EAP, or contacting a site supervisor/principal or the Athletic Director.

It is the obligation of the head coach to instill in all parents and student-athletes the need for them to report any injury or potential injury as promptly as possible to the head coach and the athletic trainer. Open lines of communication should be encouraged to prompt student safety and the timely opportunity to prevent or avoid further injury or harm.

Anytime a medical professional restricts an athlete's participation, it is necessary for the student to have a full written release before resuming athletic activity. A medical note shall be given directly to the head coach, who will place a copy in the athletic office for documentation. An athletic trainer may receive a medical release note, but it will not be valid for return to play until received and accepted by the head coach.

CONCUSSIONS

California law mandates that all CIF member schools must comply with the following: On a yearly basis, a concussion and head injury information sheet shall be signed and returned by the athlete and the athlete's parent or guardian before the athlete's initiating practice or competition.

Concussion Protocols Including Return to Learn

Any student-athlete suspected of sustaining a concussion will be removed from activity immediately and may not return to play the same day.

Return to athletics requires:

- Evaluation by a licensed healthcare provider
- Written medical clearance
- Completion of a graduated return-to-play protocol

In addition to physical recovery, student-athletes may require academic adjustments during recovery.

This is known as **"Return to Learn"** and may include:

- Reduced screen time
- Modified assignments or workload
- Rest breaks during the school day

Final decisions regarding participation and scheduling are made by school and district administration in collaboration with athletic staff, with student safety as the top priority.

HEAT ILLNESS & WHY STUDENT-ATHLETES & PARENTS SHOULD KNOW

You are receiving this information about Heat Illness because of California state law AB 2800 (effective January 1, 2019), now Education Code § 35179 and CIF Bylaws 22.B.(9) and 503.K (Approved Federated Council January 31, 2019):

1. *CIF rules require a student-athlete, who has been removed from practice or play after displaying signs and symptoms associated with heat illness, must receive a written note from a licensed health care provider before returning to practice.*
2. *Before an athlete can start the season and begin practice in a sport, a Heat Illness information sheet must be signed and returned to the school by the athlete and the parent or guardian.*

Every 2 years all coaches are required to receive separate training about concussions (AB 1451), sudden cardiac arrest (AB 1639), and heat illness (AB 2800), as well as certification in First Aid training, CPR, and AEDs (life saving electrical devices that can be used during CPR). This information is detailed in athletic clearance.

Environmental and Weather Safety (Heat, Air Quality, Lightning)

The district prioritizes student-athlete safety when environmental conditions are a concern. Athletic activities may be modified, postponed, or canceled based on real-time conditions.

Napa Valley Unified School District utilizes the Perry Weather monitoring system to track environmental conditions, including temperature, wet bulb, lightning, and other weather-related risks.

Athletic activities may be modified, delayed, or canceled based on the following:

- **Heat:** Activities may be shortened, modified, or canceled based on temperature and wet bulb guidelines
- **Air Quality (Smoke):** Practices and games may be limited or canceled when air quality reaches unsafe levels
- **Lightning and Severe Weather:** All outdoor activities will be suspended immediately when lightning is detected or conditions become unsafe through the Perry Weather system

Decisions are made using **CIF Sports Medicine Guidelines** and **North Coast Section (NCS) expectations for event safety**, in combination with real-time data from the Perry Weather system.

Student-Athlete Mental Health and Wellness

The district recognizes that student-athlete well-being includes both physical and mental health.

Student-athletes are encouraged to seek support if they are experiencing:

- Stress, anxiety, or depression
- Emotional challenges related to school, sports, or personal life
- Feelings of being overwhelmed

Coaches and staff may refer students to school support services when concerns arise.

Available supports may include:

- School counselors
- Wellness centers
- Site administration

Concerns related to student safety or well-being will be taken seriously and addressed in a timely and supportive manner.

Medical Conditions and Emergency Medications

Student-athletes with medical conditions must report all relevant health information during the athletic clearance process.

This includes, but is not limited to:

- Asthma
- Severe allergies (requiring EpiPen)
- Diabetes
- Seizure disorders
- Any condition requiring emergency medication

If a student-athlete requires emergency medication:

- The medication must be provided and properly documented per district policy
- Coaches must be informed of the condition and emergency response steps
- Students may be allowed to carry prescribed emergency medication when authorized

Failure to disclose medical conditions may delay participation and could impact the district's ability to respond in an emergency.

OPIOIDS – Disclosure of Fact Sheet and Limitations on Use

In keeping with Education Code Section 49476, the District shall provide each student-athlete, and the parents/legal guardians of each student who is below the age of 18 on the first day of tryouts or practice, the current version of the [Prescription Opioids: What You Need to Know](#).

The student-athlete shall not use or possess opioids during school hours, or during any athletic try-out, practice, or event, in the absence of a current Medication Assistance Authorization form signed by a duly licensed physician. Failure to comply with this requirement shall result in the student being immediately removed from the practice or event, and the incident reported to the Athletic Director and site principal. The student will no longer participate in practice or the sport until the investigation is complete.

SUDDEN CARDIAC ARREST

In keeping with Education Code Sections 33479-33479.9, all coaches must be trained to recognize and address the potential for sudden cardiac arrest in students pursuant to the California Department of Education's SCA training program, or any CIF training program, whichever standard is higher.

For CIF Sports, the parents/legal guardians of each student who is below the age of 18 on the first day of tryouts, or each student-athlete above the age of 18 on the first such date, shall receive a copy of the CIF Sudden Cardiac Arrest Information Sheet and shall sign and return before the first day of participation an acknowledgment of the receipt of this information. The same CIF Form may be used for non-CIF or intramural sports, which also requires written confirmation of receipt by the parents/guardian or adult student before participation can begin.

HAZING / BULLYING

Any form of hazing, bullying, initiation, or rites of passage will not be tolerated. Violations will be addressed according to NVUSD student behavior expectations. (NVUSD BP 5131.2 - Bullying and BP/AR 5144 - Suspension and Expulsion)

Perpetrators may be penalized by, but not limited to, removal from the team, suspension from school, expulsion, and/or criminal citation. Hazing should be reported to the athletic director or site athletic administrator immediately. Hazing includes, but is not limited to, any activity involving an unreasonable risk of physical or emotional harm such as:

- Engaged in, or attempted to engage in, hazing (Education Code 48900(q))
- Hazing means a method of initiation or pre-initiation into a student organization or body, whether or not the organization or body is officially recognized by an educational institution, which is likely to cause serious bodily injury or personal degradation or disgrace resulting in physical or mental harm to a former, current, or prospective

student. Hazing does not include athletic events or school-sanctioned events. (Education Code 48900(q))

- Engaged in an act of bullying (Education Code 48900(r))
- Bullying means any severe or pervasive physical or verbal act or conduct, including communications made in writing or by means of an electronic act, directed toward one or more students that have or can reasonably be predicted to have the effect of placing a reasonable student in fear of harm to himself/herself or his/her property; cause the student to experience a substantially detrimental effect on his/her physical or mental health; or cause the student to experience substantial interferences with his/her academic performance or ability to participate in or benefit from the services, activities, or privileges provided by a school. (Education Code 48900(r))
- Bullying shall include any act of sexual harassment, hate violence, or harassment, threat, or intimidation, as defined in Education Code 48900.2, 48900.3, or 48900.4 and below in items #1-3 of "Additional Grounds for Suspension and Expulsion: Grades 4-12," that has any of the effects described above on a reasonable student.
- Electronic act means the creation or transmission of communication originated on or off school site, including, but not limited to, a message, text, sound, image, or post on a social network Internet web site, by means of an electronic device, including, but not limited to, a telephone, wireless telephone, or other wireless communication devices, computer, or pager. A post on a social network Internet website shall include, but is not limited to, the posting or creation of a burn page or the creation of a credible impersonation or false profile for the purpose of causing a reasonable student any of the effects of bullying described above. (Education Code 48900(r))
- Reasonable student means a student, including, but not limited to, a student who has been identified as a student with a disability, who exercises average care, skill, and judgment in conduct for a person of his/her age, or for a person of his/her age with his/her disability. (Education Code 48900(r))

STUDENT-ATHLETE SOCIAL MEDIA EXPECTATIONS

Student-athletes are expected to use social media in a way that reflects the standards of the NVUSD Code of Conduct, CIF "Pursuing Victory with Honor," and all district behavior expectations.

Student-athletes shall not:

- Post, share, or amplify content that demeans, harasses, threatens, or targets another student, staff member, coach, official, team, or school.
- Engage in cyber-bullying, electronic acts of harassment, or creation of false/"burner" accounts targeting others (Ed Code 48900(r)).
- Post images/videos involving alcohol, drugs, vaping, weapons, or illegal activity.
- Post team strategies, playbooks, film, or confidential team information.
- Engage in online arguments with opposing teams, fans, or officials.

Student-athletes are encouraged to:

- Use social platforms to promote sportsmanship, teamwork, and healthy representation of NVUSD athletics.
- Notify a coach or athletic director if they see threatening or harmful online activity involving teammates.

Student-Athlete Accountability

Violations of this policy may result in school and/or athletic consequences, including but not limited to:

- Warning and parent notification
- Loss of playing time
- Game suspension(s)
- Removal from leadership roles (captainship)

- Removal from the team for severe or repeated violations
- School disciplinary action under Ed Code 48900

PARENT/GUARDIAN SOCIAL MEDIA EXPECTATIONS

Parents/guardians play a critical role in maintaining a positive environment around athletics. Online activity can directly affect team morale, coach retention, the emotional safety of athletes, and the reputation of NVUSD schools.

Parents/guardians shall not:

- Post defamatory, hostile, harassing, or threatening comments about coaches, student-athletes (including their own), officials, school staff, or other families.
- Engage in online disputes with minors (including opposing athletes).
- Create or share content that undermines the team, coaches, or athletic program.
- Post video clips that violate CIF filming restrictions or misrepresent game events to incite hostility.
- Encourage online harassment or pile-on behavior from other adults.

Parents/guardians are encouraged to:

- Use direct communication with coaches and athletic directors (following the handbook's communication process) rather than online commentary.
- Model digital citizenship and help student-athletes understand the impact of their online behavior.

PARENT/GUARDIAN ACCOUNTABILITY MEASURES

Online behavior by adults has a direct impact on student-athletes and the safety of athletic environments. The district may take action when parent/guardian social media activity results in:

- Disruption to the athletic program
- Harm to a student-athlete
- Undermining of coaches or officials
- Harassment of staff
- Hostile environments that affect team operations
- Safety concerns at games or practices

Consequences for parent/guardian violations may include:

- Formal warning from athletic administration
- Required meeting with the site administrator or District Athletic Coordinator
- Removal from athletic events for a specified timeframe
- Season-long suspension from attending athletic events
- Loss of campus access for athletic purposes (P.C. 602.1, 653b – trespass/harassment)
- Referral to law enforcement for severe threats or harassment

If parent behavior causes emotional harm, disruption to a team, or safety concerns for an athlete—including their own child—the district may restrict attendance to protect the student's well-being.

TEAM, SCHOOL, AND DISTRICT REVIEW PROCESS

Revised 4/30/25

Reported violations will be reviewed by:

- Site Athletic Director
- Site Administrator
- District Athletic Coordinator (as needed)

Findings and consequences will be shared with the involved parties. Documentation will be stored in accordance with district guidelines.

COACHES' ROLE RELATED TO SOCIAL MEDIA

Coaches will:

- Model appropriate online conduct.
- Refrain from posting negatively about individual student-athletes.
- Avoid responding to negative online commentary.
- Report concerning posts to the Athletic Director.
- May use official team platforms for communication only (practice times, schedules, etc.).

REPORTING PROCEDURES

If a student, parent, or staff member observes online content that violates this handbook:

- Send documentation (screenshots/links) to the site Athletic Director.
- AD will initiate the review process.
- Social media posts will be evaluated based on impact, intent, severity, and disruption caused.

CONNECTION TO EXISTING POLICIES

This revised section aligns with:

- Ed Code 48900 (electronic acts of bullying/harassment)
- NVUSD Board Policies 5131, 5131.2, 5144
- CIF Pursuing Victory with Honor
- NFHS best practices for digital citizenship

TRAVEL/TRANSPORTATION

The district provides transportation to selected away contests.

- Bus departure times are determined by a collaborative effort between the site Athletic Department & NVUSD Transportation Department.
- At the coach's discretion, students may be signed off the return bus by their parents/guardians.
- At the discretion of the Principal or designee; prior to leaving for the game, students may be signed off the return bus by an approved adult driver that has been cleared by the NVUSD Transportation Department and has a permission slip with prior approval signed by the parent.
- All athletes will dress in an appropriate manner for bus trips. Coaches will establish requirements for proper attire.
- Students are expected to conduct themselves in a mature, responsible manner. Profanity and inappropriate behavior will not be tolerated.

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- Students are expected to follow all rules set forth by the bus driver and/or coach, to be courteous and respectful at all times.
- Students who must transport themselves to off-campus practice or events using their personal vehicle must complete a NVUSD Student Driver transportation form and receive approval by the school's site Administration (the student may only drive him/herself).
- Vans are a potential option if a NVUSD employee (coaches) is cleared to drive student-athletes in the van(s).

Students are required to travel on school transportation. Under special circumstances, with Principal or designee and coach prior approval, students may be transported to the event by their parent/guardian or other designated adult drivers cleared by the NVUSD transportation Department and Human Resources.

SECTION IV: ADVERSE INCIDENTS

ADVERSE INCIDENTS RATIONALE

Ejection of player from a contest for unsportsmanlike or dangerous conduct as defined in sport-specific NCS Ejection Policy rules summaries. [NCS Ejection Policy Link](#)

Penalty: The player shall be ineligible for the next contest the school actually participate (non-league, league, invitational tournament, post-season {league, section or state} playoff, etc.). The player may not attend the game in which s/he has been suspended from a player or student. An additional penalty applies for any player ejected for fighting: Player(s) ejected for fighting shall complete the NFHS online sportsmanship course. The student may not participate until the course has been completed. A student who was ejected from his/her team's previous contest for dangerous or unsportsmanlike actions, shall not be allowed to dress in his/her team uniform but will remain the responsibility of school personnel.

Interpretation: The student will be held out of the school's next contest of the respective sport from which he/she was ejected even if it is the first contest of the next season.

(Board of Managers 4/28/2015)

PHYSICAL ALTERCATIONS PLAN

If a physical altercation should occur on the playing field/court during a contest, the following action will take place:

- All athletes in the sideline/bench area will remain there, and all athletes on the field/court are to move immediately to the sideline/bench area.
- All parents/guardians, fans, etc. are to remain in the stands or in the sideline/bench area if there are no stands.
- No unsportsmanlike words or actions are to come from members of any NVUSD athletes in contests.
- Coaches will periodically rehearse how to behave if a conflict should occur in a contest.
 - Ejection from a contest may include in addition to the NCS ejection policy, additional consequences per NVUSD student code of conduct (Suspension, removal from a team, etc.).
 - See Appendix B

SECTION V: MISCELLANEOUS

EQUIPMENT

The Napa Valley Unified School District provides a great deal of money to maintain and purchase proper equipment. Equipment is to be handled properly for safety and financial reasons and also to teach students responsibility.

- All equipment will be inventoried, numbered, and checked out by coaches.
- Students are responsible for the security of their equipment and uniforms. In some cases, particularly with game uniforms, the replacement fee may be higher than the original purchase price because special processing and printing may be required to duplicate the uniform.
- Students are expected to turn in the same piece(s) of equipment checked out to them.
- Equipment should be returned in the same condition as it was received. Equipment and uniforms should be

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cleaned before being returned. Students are expected to make arrangements to have torn or ripped clothing repaired prior to turning it into the coach.

- All equipment must be returned within one week of the last contest.
- No awards (letters, trophies, etc.), grades, or transcripts will be issued until all equipment is returned and/or paid for by the student-athlete.
- Students must return or pay for all equipment before they can practice or participate in another sport. In unusual circumstances when a significant amount of money is owed, arrangements for repayment can be made with the coach and the administrator in charge of athletics.
- Students who leave a team prior to the end of the season must turn in their equipment and uniform within one week.
- **Only district purchased safety-related equipment (helmets, pads, etc) may be used in practice and games.**

LEAVING A TEAM

Students are encouraged to try a variety of sports and students may leave a team prior to the first contest, excluding scrimmages, without penalty, by personally notifying the Head Varsity Coach that they no longer wish to participate. After this “try-out” period, students may leave a team under the following conditions:

1. It is the student’s responsibility to notify the Head Varsity coach that he/she no longer wishes to participate after the first contest. The coach may request that the student explain the reason(s) for leaving the team. If the coach and student agree that the student can leave the team, the student may leave without penalty. If there is no agreement, the student may not begin practicing another sport until the season (including play-offs if applicable) has ended. This includes any off-season programs.
2. If a student-athlete is dismissed from a team, the student may not begin practicing another sport until the season (including play-offs if applicable) has ended. This includes any off-season programs.
3. If a student communicates with a coach, but no agreement can be reached, the student may appeal to the athletic director.

PARENT MEETING SCHEDULE

The Napa Valley School District holds an all **sports preseason meeting at each high school** for the purpose of involving families and the schools in creating partnerships to support the athletic program and student-athletes. Through such involvement and partnership, the opportunity for optimal growth and development of students is enhanced. Preseason meetings provide a forum for students and their parents, school athletic staff and other leaders to openly discuss a variety of issues, such as sportsmanship, school policy, risk of injury/ failure to warn and healthy lifestyles, including the use of tobacco, alcohol and other drugs. These meetings represent an extraordinary opportunity to foster a dialogue among students, their parents and school staff—a dialogue that lays the groundwork for real collaboration towards healthier high school students and strong schools and communities. Parents are highly encouraged to attend or arrange an alternative means to acquire the information presented. Please refer to the school district website for dates and time for seasonal parent meetings.

MULTI-SPORT ATHLETES

The multiple-sport athlete is a key component to all high school athletic programs. In order for Napa Valley Unified School District athletic programs to be as successful as possible, we need the best athletes competing in a variety of sports. Our coaches understand that talented athletes bring fantastic skills, a competitive spirit, and a drive to succeed. Therefore we have set standards to allow our student athletes the ability to focus on their season and have the most positive experience as multi-sport athletes as possible. Student-athletes are expected to only commit to the season currently in session. Off-season coaches may not expect student-athletes to participate in any skill or conditioning sessions when playing another interscholastic sport that is in-season. During the offseason, student-athletes should never miss a competition (passing league over basketball skills session or a basketball summer league game over a baseball hitting session). When a conflict arises, the closest season of sport should take precedence. Communication between the

student-athlete and coaches is most important.

SECTION VI: “PURSUING VICTORY WITH HONOR”

CIF/NVUSD CODE OF CONDUCT

CODE OF CONDUCT FOR PARENTS/GUARDIANS

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 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/guardian of a student-athlete at our school, your goals should include:

Promote a healthy lifestyle that does not include the use of performance enhancing drugs or supplements;

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 classwork;

Participate in positive cheers that encourage our student-athletes; discourage 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 that 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 can have a major influence on your student’s attitude about academics and athletics. The leadership role you take will help influence your child, and our community, for years to come.

Violation of the above code of conduct could result in one or more of the following consequences: a warning, removal from the venue, suspension, or further discipline to be determined by the administration (per P.C. 602.1, 653b)

CODE OF CONDUCT FOR INTERSCHOLASTIC STUDENT-ATHLETES

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. This Code applies to all student-athletes involved in interscholastic sports in California. I understand that, in order to participate in high school athletics, I must act in accordance with the following:

TRUSTWORTHINESS

1. Trustworthiness – be worthy of trust in all I do.
 - A. Integrity – live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what’s right even when it’s unpopular or personally costly.
 - B. Honesty – live and compete honorably; don’t lie, cheat, steal, or engage in any other dishonest or unsportsmanlike conduct.
 - C. Reliability – fulfill commitments; do what I say I will do; be on time to practices and games.
 - D. Loyalty – be loyal to my school and team; put the team above personal glory.

RESPECT

2. Respect – Treat all people with respect all the time and require the same of other student-athletes.
3. Class – Live and play with class; be a good sport; be gracious in victory, accept defeat with dignity give fallen opponents help, compliment extraordinary performance, show sincere respect in pre- and postgame rituals.
4. Disrespectful Conduct – Don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
5. Respect Officials – Treat contest officials with respect; don't complain or argue with official calls or decisions during or after an athletic event.

RESPONSIBILITY

6. Importance of Education – Be a student first and commit to getting the best education I can. Be honest with myself about the likelihood of getting an athletic scholarship or playing on a professional level. Remember that many universities will not recruit student-athletes who do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.
7. Role-Modeling – Remember, participation in sports is a privilege, not a right, and that I am expected to represent my school, coach and teammates with honor, on and off the field. Consistently exhibit good character and conduct yourself as a positive role model.
8. Self-Control – Exercise self-control; don't fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.
9. Healthy Lifestyle – Safeguard your health; don't use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.
10. The integrity of the Game – Protect the integrity of the game; don't gamble. Play by the rules.

FAIRNESS

11. Be Fair – Live up to high standards of fair play; be open-minded; always be willing to listen and learn.

CARING

12. Concern for Others – Demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to others or myself.
13. Teammates – Help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

CITIZENSHIP

14. Play by the Rules – Maintain a thorough knowledge of and abide by all applicable game/competition rules.
15. Spirit of Rules – honor the spirit and the letter of rules; avoid temptations to gain a competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

Suspension or termination of the participation privilege is within the sole discretion of the school administration. See appendix B for progressive response for student-athletes who are in possession of or under the influence of drugs/alcohol/tobacco/vaping at school or school-sponsored events. Progressive response for students who are engaged in caused, attempted to cause/threaten physical injury to another person at school or school-sponsored events

APPENDIX A

Dates of Academic Eligibility Determination 2026-2027: American Canyon HS / Napa HS / Vintage HS

Fall Sports

Official CIF/NCS Start of Fall season:	August 10th, 2026 (Fall tryouts)
Fall semester progress report #1:	October 2nd, 2026
Fall semester progress report #2:	October 30th, 2026

Winter Sports

Official CIF/NCS Start of Winter season:	November 2nd, 2026 (Winter tryouts)
Fall semester progress report #2:	October 30th, 2026
End of fall semester:	January 15th, 2027
Spring semester progress report #1:	March 5th, 2027

Spring Sports

Official CIF/NCS Start of Spring season:	February 8th, 2027 (Spring tryouts)
End of fall semester:	January 15th, 2027
Spring semester progress report #1:	March 5th, 2027
Spring semester progress report #2:	April 30th, 2027

Summer Period

Start of Summer Period:	June 15th, 2027
End of Summer Period:	August 9th, 2027

APPENDIX B

Progressive response for student-athletes

Progressive response for students who are in the possession or under the influence of Drugs/ Alcohol / Tobacco / Vaping at school or school-sponsored events.		
First Occurrence	<ul style="list-style-type: none"> Referral to Aldea / Wolfe Center Wellness Center 	<ul style="list-style-type: none"> In addition to the school response. Participate in a diversion meeting, in-school intervention group. NFHS Video - <u>Understanding Vaping and E-cigarettes</u> Minimum 1 game suspension (contact parents, coach and AD) <ul style="list-style-type: none"> Practice is at the discretion of coaches Not allowed to attend away competitions as an athlete. Competition at home, cannot dress in uniform.
Second Occurrence	<ul style="list-style-type: none"> Referral to Aldea / Wolfe Center Wellness Center 	<ul style="list-style-type: none"> In addition to school response Participate in a diversion meeting, in-school intervention group. Minimum 3 game suspension (contact parents, coach and AD) <ul style="list-style-type: none"> Practice is at the discretion of coaches Not allowed to attend away competitions as an athlete. Competition at home, cannot dress in uniform.
Third Occurrence	<ul style="list-style-type: none"> Referral to Aldea / Wolf Center Wellness Center 	<ul style="list-style-type: none"> In addition to school response Re-entry meeting with AD, Principal, and Parents In addition to school response Participate in a diversion meeting, in-school intervention group. Team suspension for the entire season (Fall, Winter, Spring)

Progressive response for students who are engaged in Caused, attempted to cause/threaten physical injury to another person at school or school-sponsored events.		
First Occurrence	<ul style="list-style-type: none"> Restorative Conversation and/or No Contact Parent Conference 	<ul style="list-style-type: none"> In addition to the school response. Minimum 1 game suspension (contact parents, coach and AD) <ul style="list-style-type: none"> Practice is at the discretion of coaches Not allowed to attend away competitions as an athlete. Competition at home, cannot dress in uniform.
Second Occurrence	<ul style="list-style-type: none"> Restorative Conversation and/or No Contact Parent Conference 	<ul style="list-style-type: none"> In addition to school response Minimum 3 game suspension (contact parents, coach and AD) <ul style="list-style-type: none"> Practice is at the discretion of coaches Not allowed to attend away competitions as an athlete. Competition at home, cannot dress in uniform.
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