Los Alamitos High School

ATHLETICS HANDBOOK

for Players and Parents/Guardians

LOS ALAMITOS HIGH SCHOOL
PRINCIPAL: Cara Vienna
ASSISTANT PRINCIPAL-ATHLETICS: Blake Hyepock
ATHLETIC DIRECTOR: Nate Berger

SUPERINTENDENT: Andrew Pulver, Ed.D
DEPUTY SUPERINTENDENT OVER ATHLETICS: Ondrea Reed

Los Alamitos High School
3591 Cerritos Avenue
Los Alamitos, CA 90720

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I. INTRODUCTION

The Los Alamitos Unified School District's High School Athletics Handbook is a reference guide for student athletes, parents, and coaches concerning the policies that govern interscholastic athletics.

The coach of an athletic team reports to the Athletic Director and is primarily responsible for the compliance by their team members to the rules, regulations, and policies governing athletics. The Athletic Director will administer these rules and regulations as they relate to player and coach relationships.

Sound reasoning, good judgment, compassion for students, and adherence to the school's core values will be the standard by which situations outside these stated rules and regulations are determined and evaluated.

Interscholastic athletics is a voluntary extra-curricular program. Students are not obligated to participate, and participation is not required for graduation. Thus, competition in high school athletics is a privilege and not a right. Accompanying this privilege is the responsibility to adhere to standards established for the high school athletic program. This privilege may be revoked if the athlete fails or refuses to comply with the rules.

SPORTS OFFERED

FALL SPORTS	WINTER SPORTS	SPRING SPORTS
Cross Country (B/G)	Basketball (B/G)	Baseball
Flag Football - Girls	Cheer/Song	Beach Volleyball - Girls
Football	Soccer (B/G)	Golf - Boys
Golf - Girls	Water Polo - Girls	Lacrosse (B/G)
Tennis - Girls	Wrestling (B/G)	Softball
Volleyball - Girls		Swim & Dive (B/G)
Water Polo - Boys		Tennis - Boys
		Track & Field (B/G)
		Volleyball - Boys

PHILOSOPHY

The Athletic Department is an integral part of the total educational program. Being involved in athletics provides the student with opportunities to learn skills, good sportsmanship, develop leadership skills, and learn the ideals of fair play and ethical behavior that are necessary for competition and cooperation in our society. It should also provide our students with the unique opportunities for self-discipline, and loyalty to the community, the school, and the team. Los Alamitos Unified encourages all students to participate in athletics by offering a well-rounded program of interscholastic athletics.

LAHS coaches are an integral component of building teams and programs that are aligned to the philosophy of Los Alamitos Unified. We believe all student-athletes should be treated with kindness, respect, and held accountable to high expectations whether in a classroom or on a field, court, or pool deck.

NON-DISCRIMINATION STATEMENT

LAHS and the Los Alamitos Unified School District does not discriminate on the basis of race, color, sex, (which includes marital status}, sexual orientation, religion, national origin, ancestry, creed, age, disability, or need for special education services.

SPORTSMANSHIP

As members of a Los Alamitos High School athletic program, students, coaches, and parents/guardians are expected to demonstrate proper respect for each other, opponents, opposing coaches, teachers, officials, spectators, and the community. Student-athletes and coaches are expected to exhibit the highest level of conduct, both on and off the playing fields, as they are at all times a representative of their team, LAHS, and the community.

COMMITMENT

All team members are valuable. Participating on an athletic team requires a commitment which can translate into prioritizing social activities and other events that come in conflict with training and competition schedules. Learning how to make choices is one of the most valuable life lessons an athlete takes from a good athletic program. All players are expected to attend all practices and competitions, even if the sport is "no cut".

ATHLETIC STAFF / COACHES

Los Alamitos Unified strives to hire experienced coaches who are committed to educating student-athletes in individual skills, teamwork, good sportsmanship, and fair play. Our preference is always to recruit coaches from our faculty and staff. For those coaches hired from outside the school, every effort is made to integrate them into the entire school community. The same behavior expected of a teacher in the classroom is expected of all coaches during practices and games.

Los Alamitos Unified has an expectation that all coaches, regardless of their status as a teacher-coach or walk-on coach, participate in all professional development opportunities focused on coaching and mentoring of athletes. The District is firmly committed to supporting coaches and student athletes with the effective use of research-based practices for athletic rigor and emotional wellness.

Coaches manage their teams under the supervision of the Athletic Director. Varsity coaches have general oversight of the Junior Varsity and Frosh programs for their sport.

The Athletic Director reports to the Assistant Principal in charge of Athletics, and ultimately to the Principal. The Assistant Superintendent of Education Services oversees all athletic programs from the District level. The Assistant Principal and Athletic Director provide for overall leadership and coordination of the various sports to facilitate programs that provide student-athletes with access to exemplary programs.

Coaches, at any level, may not privately coach or provide lessons for a fee to any athlete rostered to their team or within their program. This includes all potential athletes matriculating up from the middle once they have been promoted from eighth grade. In addition, all athletic camps/training sessions and off-season league participation must submitted and approved through the Athletics department, LAEF and/or your respective booster club*

**Board Policy 4136.6 Conflict of Employment – An employee shall not accept any compensation or other benefits for tutoring or coaching a student currently enrolled in their class(es) or on their team roster for arts, activities, or athletics. An employee who wishes to tutor/coach a student not currently enrolled in their class or on their roster may do so, but the employee shall not use district facilities, equipment, or supplies when providing the tutoring/coaching services, unless engaged in a contract to rent such facilities.*

II. ATHLETIC DEPARTMENT INFORMATION, EXPECTATIONS, PRACTICES & POLICIES

ACADEMIC ELIGIBILITY

Student-athletes must be enrolled in five instructional periods and have at least a 2.0 GPA (cumulative unweighted) for all enrolled courses on a scale of 4.0 at the end of each semester. Coaches, at their discretion, can request periodic grade and attendance checks to maintain eligibility for play.

If a student-athlete finds themselves academically ineligible at the end of a semester, they can play the following semester while on academic probation. While on academic probation the student-athlete will be required to maintain a 2.0 GPA at the six and twelve week grading periods. Failure to maintain a 2.0 GPA at the 6 and 12 week grading period will result in athletic ineligibility for the remainder of the semester. Student-athletes may play on academic probation only one semester in their high school career.

If a student-athlete again falls below a 2.0 GPA at any other semester grading period during their high school career, they will be ineligible to participate until a 2.0 semester GPA is achieved at a semester grading period.

No student-athlete whose nineteenth birthday is attained prior to June 14th shall participate or practice on any team in the following school year. Students are only allowed eight semesters of consecutive attendance for CIF eligibility. Students who spend more than eight semesters in high school exhaust their eligibility.

RESIDENTIAL ELIGIBILITY

All transfer and foreign exchange students must complete a CIF transfer form to be eligible to participate. This applies to transfers of any kind (family move, inter-district transfer, living with relatives, etc.). If you have previously attended another high school, please see the Athletic Director immediately.

LETTERING REQUIREMENTS

Student-athletes that participate at the varsity level for at any point during the season will earn a varsity letter. If student-athletes choose to purchase a letterman's jacket they must do so on their own. Students may take their varsity certificate to prove that they did letter at the varsity level.

Senior athletes who have a cumulative GPA of 3.5 for seven semesters of instruction will be issued a Los Alamitos High School Scholar Athlete Patch. In addition, seniors who compete on a Varsity level team and achieve semester GPA of 3.75 or higher will be awarded a Sunset League Scholar Athlete Patch.

- ***Fall Sports*** - 12 week mark of 1st semester
- ***Winter Sports*** - 1st semester grade
- ***Spring Sports*** - 12 week mark of 2nd semester

HEALTH ELIGIBILITY / ATHLETIC CLEARANCE

Athletes must obtain health clearance from the Athletic Office prior to participating in any tryouts or practices and have a current physical on file in the school health office. This physical form requires the signature of the doctor who has examined and cleared the student for competition per California Interscholastic Federation (CIF) rules. The Physical exam is valid for one year from the date it is completed. Failure to renew the physical before the expiration date will result in the athlete not being able to participate in any practices or competitions. In addition, parents/guardians must register their student-athlete in AthleticClearance.com and complete all necessary information and documents.

New athletes, who are not returning from a sport at the high-school level, are eligible to participate in tryouts only by completing the following documents:

- Preparticipation Physical Evaluation
- Voluntary Activities Participation Form
- Athletics Release of Liability

Once an athlete is placed on team, or is participating in team practices, they must adhere to the full clearance process outlined above within atehleticcleanance.com and be cleared by the athletics office.

TRYOUTS

Generally, coaches will hold a pre-season meeting for all interested student-athletes explaining the tryout schedule and any pre-season voluntary conditioning sessions. All athletes meeting eligibility requirements may try out for a team. Multi-sport athletes should communicate with both coaches to assure a smooth transition from one sport to the next. Coaches should provide ample opportunity for multi-sport athletes to transition to the next sport without penalty.

FORMATION OF TEAMS

Coaches have the sole discretion to place athletes on to leveled teams following each sport's outlined tryout guidelines. Student athletes will not be moved down, for example from Varsity to Junior Varsity, after the start of an athletic season. However, athletes can be moved up a level, for example from Frosh to Junior Varsity, at any time during the season. Student athletes can be asked to play down, for example a Varsity athlete playing Junior Varsity, but it would not remove the students Varsity standing.

PRACTICE

Coaches will have regular practice schedules depending on availability of field, pool, or gym space. Senate Bill 328 mandates the start time of high schools to be no earlier than 8:30AM. In compliance with the spirit of the Senate Bill 328, all efforts will be made to schedule practices after school or not prior to the start of zero (0) period. Any practice schedule prior to the beginning of zero (0) period, must be pre-approved by the Assistant Principal over Athletics.

Varsity practices are expected to be no more than 2 - 3 hours in length, 5 - 6 days per week. All players are expected to attend all practices and competitions, even if the sport is "no cut". All coaches should clearly communicate with athletes and parents where the practice and game schedules can be located. Coaches who regularly film practices for teaching and learning purposes will inform parents at the beginning of the season that the use of film is standard practice. Coaches should not film individual athletes for non-standard coaching practices without parental consent.

CONFLICTS WITH OTHER SCHOOL COMMITMENTS

Athletes are expected to work with their coaches when conflicts arise due to other school commitments.

Athletes must recognize that missed practices or games may result in reduced playing time in future competitions due to conflicts, but athletes will not be "cut" from programs due to multiple schedule commitments.

Los Alamitos Unified is committed to providing opportunities for students across the 4 A's, Academics, Athletics, Activities, and the Arts, and coaches and administration work diligently to accommodate multi-sport athletes and athletes who also have commitments in the arts or activities at LAHS.

SCHOOL ATTENDANCE

It is expected that athletes will attend class on school days in order to participate in practice or competitions.

In accordance with California Education Code §60901(c)(1), a student is considered chronically absent if they miss 10% or more of the school year for any reason, including excused and unexcused absences.

Student-athletes identified as chronically absent may be subject to review and potential restrictions or loss of participation in extracurricular activities, including athletics. Los Alamitos High School reserves the right to enforce participation limitations in alignment with Education Code §35160.5(b), which allows districts to establish eligibility standards for extracurricular involvement.

NON-SCHOOL OR OUTSIDE COMPETITION RULE

According to CIF rules, a student-athlete on a high school team becomes ineligible if the student-athlete competes in a competition on an "outside" team in the same sport during the student-athlete's high school season of sport.

SOCIAL MEDIA

Student athletes and their parents/guardians should be aware of the impact of use of personal social media. Information shared publicly can impact a player's eligibility and in some circumstances opportunity for athletic scholarships.

Only designated members of the booster club and/or coaching staff should have access to a program's social media account. A program's social media account should never be managed or accessible to student athletes.

CELL PHONE POLICY

To promote focus, safety, and respect within athletic programs, student-athletes are expected to follow the same cell phone expectations that apply during the school day. Cell phones and personal electronic devices must be stored away and not in use during all practices, competitions, team meetings, and related activities unless explicitly permitted by a coach for a specific purpose. The use of cell phones is strictly prohibited in locker rooms, restrooms, and team rooms at all times. Failure to adhere to these expectations may result in team or athletic disciplinary consequences.

PARENT INFORMATION NIGHT

At the start of each season, the head coach will hold an information session for parents/guardians to review policies of the team, including philosophy, sportsmanship, and booster fundraising opportunities. Attendance is strongly recommended. The dates for the meetings will be communicated through the coaches and Athletics Office. All documents related to program policies and responsibilities of the athletes must be pre-approved by the Assistant Principal over Athletics. Individual sports team's policies do not override information included in this handbook.

TRANSPORTATION

All team members are expected to ride with the team to and from competitions. Buses or arranged parent carpools are all methods of transportation that teams will use. Only parents/guardians with proper paperwork filed with the school may drive the carpools. For emergencies only, and with prior approval from school administration, students may drive their own cars. At no time shall students ride with a student driver. With prior permission of the coach, parents/guardians may drive their child after a competition. Parents/guardians must fill out an insurance form to be eligible to drive athletes to away games. Please see the Athletic Secretary for the driving forms.

UNIFORMS & EQUIPMENT

Athletes are issued uniforms and equipment for each team. All equipment and uniforms must be returned to the head coach within seven days of the last game. A student will be charged for the replacement cost of uniforms and equipment that is lost or damaged. Athletes should be appropriately attired if out of the athletic area of campus and change in designated locker rooms or changing areas.

FACILITIES

The use of all campus facilities for games and practice must be scheduled and/or approved through the Athletic Director and/or Assistant Principal over Athletics. All LAHS athletic teams use facilities without paying a rental fee for use of fields, courts, batting cages, and/or pool time.

Coaches must rent any district facility if they are using it for personal reasons and/or profiting from the use of the space personally or for a club team. Coaches must use the same process as outside groups interested in renting facilities when the facility is not being used for a LAHS team and are responsible for providing all the necessary insurance and documentation to rent facilities.

Programs operating under the leadership of a booster and running a for profit event, for example a tournament, will be responsible for paying custodial and any facility charges other than the rental fee.

*The Head Varsity Coach may have up to 30 hours per school year waived for the rental fee of a district facility but would still be responsible for any custodial or supervision fees, regardless of purpose for use. The waived hours must be pre-approved by the Assistant Principal over Athletics and cannot be in conflict with a facility needed by any LAHS team or school/district group. *(Board Regulation 1330: Use of School Facilities).* Hours must be used for the same sport coached during the school year. Head Varsity Coaches cannot gift or transfer hours to other coaches or outside entities.*

CLUB SPORTS

Many athletes and coaches are involved with club sports. Los Alamitos Unified teams are independent from all club sports. Participation in club sports does not fulfill P.E. requirements, nor is it a criterion for playing on a school team. Participation on an outside club sports team is not a valid excuse for missing school team practices or competitions.

NCAA CLEARINGHOUSE

All students who could potentially participate in college athletics should familiarize themselves with the criteria for meeting minimum standards for freshman eligibility at the collegiate level. For current information and to begin the certification process, please log on to the NCAA Eligibility Center at https://web3.ncaa.org/ecwr3/.

EARLY GRADUATION

All students who, regardless of athletics status, must comply with board policies in regard to early graduation. Early graduation requires meeting with a student's counselor and Assistant Principal of Academics, to determine a plan and seek a board waiver. A waiver will not be submitted for early graduation for students who have only completed one semester at Los Alamitos High School at the time of graduation.

FUNDING OF ATHLETICS

The high school athletics program in Los Alamitos Unified cannot function without parent/guardian support.

The Athletic programs are self-funded except for coaching stipends. Donations are used to pay for major operating costs including, but not limited to, officials, league fees, equipment, tournament entries, uniforms, first aid supplies, team/athlete awards, and banquets. A contribution is requested, not required, from each athlete upon their selection to a team. Without generous donations, sports at LAHS would not be able to compete at the highest level. A mandatory transportation fee is collected as allowed under the Education Code for Pupil Fees.

BOOSTER CLUBS

Booster clubs provide necessary and valuable services to athletic teams at Los Alamitos High School. The goal of booster clubs is to support the programs both emotionally and financially. Coaches and advisors are asked to keep the following things in mind when working with booster clubs:

- The school and booster clubs should do everything possible to keep parents/guardians informed for involvement in athletics. Parents/guardians new to Los Al are often very surprised to learn of the level of commitment for these activities. One of the primary considerations of the booster club should be to find ways to raise funds to financially support athletic programs. Students will **never** be denied participation because they are unable to make a donation to any program.
- Booster clubs are organized to assist a program. Members perform many voluntary tasks during the course of the year. Whenever possible, they should be recognized for their hard work.
- Booster clubs are not under the direct control of the school district; rather, they function under their own elected board of directors with a faculty/staff/coaching advisor. Booster clubs should reflect school and district guidelines. Boosters recognize and accept their role as being supportive of programs, not one of influencing direction or content.
- Parents/guardians do not have to pay to join a booster club in order for their children to participate in any program. Boosters may solicit membership to support the programs, but parents/guardians do not have to join.
- All booster clubs must annually apply to Los Alamitos Unified to maintain booster status according to board policy.

The athletes alone do not dictate the success of the athletic program. It is a joint venture of all stakeholders. If the contribution of any group is less than total, the entire program stands to lose. We have a tremendous amount of support for Los Al student-athletes and extra-curricular programs by the coaches, teachers, administration and the school board.

Boosters must maintain financial records that clearly delineate financial deposits and expenditures, which solely support the LAHS sports team/program. At no time should any booster dollars be directly used to support an outside group. Coaches who are supported by a booster and who coach privately must assure that resources and funding are used appropriately.

For additional information about booster clubs please contact the Assistant Principal in charge of Athletics & Activities and reference the Booster Club Handbook.

MARKETING / ADVERTISING / SPONSORSHIPS

Teams/Coaches and Booster Groups, may not enter into any advertising or marketing contracts which grant the use of any school structure as marketing or advertising space without administrative approval. (Board Policy 1325 Advertising and Promotion: At no time shall any school group or team hang or post advertising or marketing materials on any school facility, field, scoreboard or fencing without the approval. **All approvals for submission for advertisements posted/hung on any school structure must also follow the school site approval process for boosters/non-profit groups and include specific date(s) for removal). For information about establishing an Advertising Agreement, please request an updated form from the Athletics Office.**

COMMUNICATION WITH PARENT / GUARDIAN

Parents/guardians in the Los Al community have a keen interest in the athletic programs and students having a positive experience with their involvement. Coaches and advisors should always be truthful with parents/guardians when assessing any situation, recognizing that no school employee may divulge confidential pupil or personnel information.

Communication is crucial! Practice and game schedules should be provided as soon as possible, and parents/guardians should be notified promptly of any changes. Coaches are willing to discuss the status of a student at appropriate times. Right after a game, or when a situation is tense, is not the best time. Parents/Guardians should make an appointment with the team coach to discuss individual player concerns.

III. SAFETY

ATHLETIC TRAINING

Los Alamitos Unified is fortunate to have a highly qualified and skilled full-time athletic trainer on staff. The trainer is on site every day that athletic practices and games are scheduled, as well as for all home games. The training program exists to help athletes receive the best possible care. At certain times, however, the trainer and training room facilities are extremely busy. Consequently, access to the training room and its services is limited to athletes who require care only. Training services are granted on a first come, first served basis on practice days. On game days, students will be treated in an order that will allow bus and/or game commitments to be met.

ACCIDENT / INJURY

Coaches will have access to their student-athletes' medical information at all practices and competitions. Coaches are trained in basic first aid. It is the responsibility of the athlete to report any and all injuries to their coach. The coach and/or athlete will then communicate the injury to the athletic trainer. All sport related injuries must be reported to the athletic trainer and coaches. A student may not return to competition without clearance by the trainer, which may also include written permission from a physician.

CONCUSSION PROTOCOL

CA State Law AB 2127 and CIF-SS Bylaw 503 mandate that any student-athlete suspected of a concussion or traumatic brain injury during a practice or game be immediately removed from competition for the remainder of the day. Any student-athlete suspected of a concussion may not return to play until they have been evaluated and received *written clearance* by a licensed health care provider trained in education and management of concussions. As defined by CIF, the scope of practice for a licensed healthcare provider trained in education and management of concussions limits evaluation to a Medical Doctor (**MD**) or Doctor of Osteopathy (**DO**).

If a licensed healthcare provider trained in education and management of concussions determines that the student-athlete has sustained a concussion or minor traumatic brain injury, the student-athlete is required to complete a graduated return-to-play (RTP) protocol of a *minimum of seven full days in duration*, under the supervision of a licensed healthcare provider.

In compliance with CA AB 2127, all athletes and their parents/guardians will receive the Los Alamitos High School Concussion Information Packet on an annual basis. Written verification by the athlete and the athlete's parent or guardian must be returned to the Athletics Office prior to the athlete's first practice or competition. Athletes are not permitted to practice, condition, weight lift or compete until this form has been turned into the athletic department. In accordance with CIF Bylaw 22.9.f, all coaches, paid or unpaid, and athletic department personnel are required to complete the NFHS course, Concussion in Sport, on a bi-annual basis.

To assist with this process, we have implemented the following guidelines for the safety of our student athletes.

1. If a student sustains a head injury during practice or a game the coach will assess the situation and then send the athlete to the trainer.
2. Once the athlete has seen the trainer, then the trainer will contact the parent/guardian.
3. If it is determined that the athlete has a head injury, then the student must provide a medical clearance by a licensed healthcare provider who is trained in concussion management in order to return to their sport.
4. The medical clearance must be given to the athletic trainer before the student is allowed to return to practice or a game.
5. To assist parents/guardians in understanding some of the general symptoms of a concussion we have included the following chart.

POSSIBLE SYMPTOMS OF A CONCUSSION	
Appears dazed or stunned	Headache or "pressure" in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problem or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (even briefly)	Feeling sluggish, hazy, foggy, or groggy
Shows mood, behavior, or personality changes	Just not "feeling right" or is "feeling down"
Can't recall events prior to hit or fall	Confusion
Can't recall events after hit or fall	Concentration or memory problems

ILLEGAL & PERFORMANCE ENHANCING SUBSTANCES

Any athlete found to be in possession of or involved in the use of alcohol, tobacco, smokeless tobacco, or narcotics during the season, while attending school or at any school-sponsored activity, will be suspended from all athletic activities, including practices and games, for a period of three (3) weeks. Athletes may be subject to additional disciplinary action from their Head Coach.

Performance enhancing substances are strictly prohibited. The Board of Education recognizes that the use of androgenic/anabolic steroids ("steroids") and other performance enhancing supplements presents a serious health and safety hazard. As part of the District's drug prevention and intervention efforts, the Superintendent or designee and staff shall make every effort to ensure that students do not begin or continue the use of steroids or other performance enhancing supplements. Students in grades 9 - 12 shall receive instruction on the effects of steroids as part of their health, physical education, or drug education program.

Students participating in interscholastic athletics are prohibited from using steroids or any other performance enhancing supplements. Use of energy drinks (i.e. 5 Hour Energy, etc.) is highly discouraged and detrimental to an athlete's health and athletic performance.

A student who is found to have violated the agreement or this policy shall be restricted from participating in athletics and shall be subject to disciplinary procedures including, but not limited to, suspension or expulsion in accordance with law, and board policies, and administrative regulations.

IV. VISION OF ATHLETE / COACH / SPECTATOR CONDUCT

Los Alamitos Unified has a duty to ensure that their athletic programs impart important life skills and promote the development of good character. Coaches are the ultimate role model of expected behavior. At all practices and athletic competitions, coaches, players, and parents/guardians are expected to emphasize the proper ideals of sportsmanship, ethical conduct, and fair play.

BEHAVIOR EXPECTATIONS

- Be prompt to practices and games.
- Be gracious in victory and accept defeat with dignity.
- Be respectful to others - no profanity, obscene cheers or gestures, negative signs, artificial noisemakers, offensive remarks of a sexual nature, trash talking, taunting, boastful celebrations or other actions that would demean individuals or the sport.
- Treat game officials with respect - no complaining about calls during or after an athletic event.
- Exercise self-control - no fighting or excessive displays of anger or frustration.
- Promote a healthy lifestyle encouraging good nutrition and rest.
- Be open-minded, willing to listen and learn. Encourage teamwork on and off the field.
- Honor the spirit and letter of rules of the sport - avoid improper gamesmanship techniques that violate the highest traditions of sportsmanship.
- Positive cheering only. Spectators should not shout coaching comments - leave coaching to the coaches.

HAZING & BULLYING

Hazing is defined as any conduct or method of initiation into any student organization that willfully or recklessly endanger the physical or mental health of any student or person. Please remember, what one person may find "funny and harmless" can be perceived as embarrassing and traumatic to others. Hazing is strictly prohibited under the California Education Code.

Bullying (Ed Code Section 48900(r)) is defined as any conduct that is:

Severe or pervasive physical or verbal act or conduct, including communications made in writing or by means of an electronic act, and including one or more of the following:

- Sexual Harassment (48900.2)
- Hate Violence (48900.3) Threats, Harassment,Intimidation (48900.4)
- Has or reasonably predicted to have one or more of the following:

    1. Reasonable pupil in fear of <u>harm to person or property.</u>
    2. Reasonable pupil to experience <u>substantially detrimental effects to physical or mental health.</u>
    3. Reasonable pupil to experience <u>substantial interference with academic performance.</u>
    4. Reasonable pupil to experience <u>substantial interference with ability to participate in or benefit from services, activities, or privileges provided by the school.</u>

LAHS CODE OF CONDUCT

Please refer to the Student Athletic Code of Conduct for outlined violations, consequences, special circumstances, and the due process and appeal process for student-athletes. All athletes must annually sign the Code of Conduct in order to participate in interscholastic athletics.

SCHOOL VS. ATHLETIC DISCIPLINE

Student-athletes are expected to follow all Los Alamitos Unified School District rules and the LAHS Student Code of Conduct, in addition to team and athletic department expectations. Discipline issued by the school is determined by school administration in accordance with district policies. Coaches may impose additional athletic consequences related to team rules, expectations, and the privilege of participation in athletics. If a coach determines that additional athletic discipline is warranted beyond school-issued consequences, the coach must communicate this decision to the student-athlete and their parent/guardian within 48 hours of the school consequence. This communication will include the reason for the additional discipline and any expectations for reinstatement or return to full participation.

CONFLICT RESOLUTION

When conflicts or issues arise, it is important that they be addressed immediately, and as directly as possible, so that they can be promptly resolved. A student-athletes' physical and emotional well-being is always the primary goal of LAHS athletic programs.

- ***First Step*** **-** Student-Athlete Contacts Coach - The student-athlete should present the conflict/issue to the coach as soon as possible. It is always best for students to become their own advocates. It is expected that the majority of concerns will be resolved at this first meeting.

- ***Second Step*** **-** Parent Contacts Coach - If needed, a parent may contact the coach directly. A parent should email or call the coach to set up an appropriate time to discuss the issue, practice and game times are not appropriate.

- ***Third Step*** **-** Contacting the Athletic Director - If a satisfactory solution is not reached through direct contact with the coach, the student and/or parents should contact the Athletic Director. The coach should be informed that this contact is going to be made. If needed, a meeting may be scheduled involving all concerned parties in an attempt to reach a satisfactory resolution. The Athletic Director will respond to student-athletes and parent/guardian in a timely manner as to the disposition of their concerns.

- ***Fourth Step*** **-** Contacting the Assistant Principal of Athletics - If there is still not a satisfactory resolution, the student or parent may contact the Assistant Principal of Athletics. The Athletic Director should be informed that this contact is going to be made. While there can be no guarantee that all parties will agree with all resolutions or findings, a thorough, respectful airing of different perceptions and experiences can lead to more productive relationships and clearer understandings in the future.

It is expected that the majority of concerns can be resolved with the above outlined steps. In rare

circumstances when resolution cannot be achieved, the LAHS Principal will meet with all parties to attempt to resolve the conflict. The LAHS Principal may refer the concern to the Assistant Superintendent of Education Services.

Retribution/Retaliation: Retribution/Retaliation is prohibited in the California Education Code. Students and parents/guardians must be confident that the voicing of an opinion or concern, using the proper forum and method, is not only free from penalty or retribution, but also is strongly encouraged. The Athletic Director and coaches are committed to ensuring that after a student or parent raises an issue or concern, there shall be no "retribution" in any form within the athletic department.

V. CIF INFORMATION

CALIFORNIA INTERSCHOLASTIC FEDERATION - SOUTHERN SECTION (CIF-SS)

Los Alamitos Unified is a member of the California Interscholastic Federation - Southern Section (CIF-SS). CIF is the governing body of high school athletics in the state of California. The objectives of this organization are:

1. To serve as an organization through which member high schools mutually adopt rules and regulations for interscholastic athletic competition so that Boards of Education and school faculties will regard interscholastic athletics as an educational resource to be encouraged and fostered.
2. To establish the responsibility for the administration of high school athletics by member schools in order to ensure satisfactory supervision.
3. To provide a constitution, by-laws, and organization through which member schools shall administer their interscholastic athletic programs.
4. To cultivate cordial and friendly relations among schools through good standards of sportsmanship.
5. To promote equal opportunities for all involved in California secondary school athletic programs regardless of race, religion, gender, or national origin.
6. To promote the acceptance of the Cardinal Principles and Code of Ethics of the California Interscholastic Federation.

Failure to follow the "spirit and intent" of CIF rules and regulations may result in the following penalties for your athletes and school: Forfeiture of all league games and championships, and elimination of your school from playoffs in the particular sport.