

STUDENT ATHLETE and PARENT/GUARDIAN HANDBOOK



FOLSOM CORDOVA UNIFIED SCHOOL DISTRICT

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Welcome...

On behalf of our dedicated coaches, advisors, teachers, and administrators, we warmly welcome all student-athletes and their families. As you begin your journey in our athletic program, we are excited to support your growth and help you achieve your goals both on and off the field. School athletics offer more than just competition—they provide opportunities for personal development, teamwork, and character building. To ensure a meaningful and rewarding experience, we have created the Student-Athlete and Parent/Guardian Handbook as a valuable resource for your journey.

IMPORTANT-Please Read This Handbook In Its Entirety

Integrity is a core value we emphasize with all our student-athletes, coaches, and parents/guardians. To uphold this standard, **we ask that you thoroughly read the handbook before signing**, ensuring that you understand and agree to follow its rules and guidelines.

Philosophy of Student Athletics

FCUSD recognizes athletics as an essential part of the school experience. Every student-athlete should have the opportunity to participate in interscholastic sports within the parameters of each program, fostering both personal growth and academic achievement. Both the athlete and the sport itself should reflect positively on the school and community.

A successful athletic program relies on the collaboration of five key contributors: student-athletes, parents/guardians, coaches, school staff, and district administration. FCUSD is committed to promoting sportsmanship, integrity, and academic excellence, reinforcing values such as character, trustworthiness, respect, responsibility, fairness, compassion, and good citizenship within our community.

Participating in Athletics

Participation in school athletics is a privilege, not a right. To earn this privilege, students must follow the rules and uphold the highest standards of character, serving as positive role models both on and off the field. Our goal is to maintain well-structured programs that meet the needs of both students and the school community.

The FCUSD athletic program is designed to:

1. Promote sportsmanship and fair play.
2. Foster character development by supporting students' academic, emotional, social, physical, and ethical growth.
3. Teach valuable life skills that contribute to personal success and social responsibility.

As members of an athletic team or program, students represent FCUSD and are expected to demonstrate exemplary behavior and citizenship. They are accountable for their actions and must adhere to the policies outlined in the Student Handbook, whether on campus, at school events, or in the community.

District Nondiscrimination and Harassment Policy

2026-2027 Nondiscrimination Statement

The Folsom Cordova Unified School District prohibits discrimination, intimidation, harassment (including sexual harassment) or bullying based on a person's actual or perceived ancestry, color, disability, gender, gender identity, gender expression, immigration status, nationality, race or ethnicity, religion, sex, sexual orientation, or association with a person or a group with one or more of these actual or perceived characteristics. For questions or complaints, contact:

Jim Huber, Ed.D., Assistant Superintendent, Educational Services
Compliance Officer, Section 504 Coordinator, ADA Coordinator (students)
jhuber@fcusd.org 916-294-9000 x 104580
Shannon Diaz, Director of Compliance
Compliance Officer and Title IX Coordinator
sdiaz@fcusd.org 916-294-9000 x 104415
1965 Birkmont Drive
Rancho Cordova, CA 95742

The Folsom Cordova Unified School District does not discriminate on the basis of sex and prohibits sex discrimination in any education program or activity that it operates, as required by Title IX and its regulations, including in admission and employment.

Inquiries about Title IX may be referred to the Folsom Cordova Unified School District's Title IX Coordinator, the U.S. Department of Education's Office for Civil Rights, or both. The District Title IX Coordinator is:

Shannon Diaz, Director of Compliance
Compliance Officer and Title IX Coordinator
sdiaz@fcusd.org
916-294-9000 x 104415
1965 Birkmont Drive
Rancho Cordova, CA 95742

The District nondiscrimination policy can be located at:

<https://www.fcusd.org/district/about-us/nondiscrimination-statementpolicy>

The District's nondiscrimination complaint procedures can be located at:

Students: <https://www.fcusd.org/departments/compliance/complaints/uniform-complaints>
Staff: <https://www.fcusd.org/departments/compliance/complaints/nondiscrimination-in-employment>

To report information about conduct that may constitute sex discrimination or sex-based harassment, or make a complaint of sex discrimination or sex-based harassment under Title IX, please refer to:

Students: <https://www.fcusd.org/district/about-us/title-ix-notificationsexual-harassment>
Staff: <https://www.fcusd.org/departments/compliance/complaints/sexual-harrassment-title-ix>

Bullying

The Governing Board is committed to providing all students with a positive learning environment free from disruptions. Students are expected to demonstrate respectful behavior that upholds the rights of others and supports the school community. This expectation applies while on school grounds, traveling to and from school, attending school activities, and using District transportation.

Prohibited conduct includes, but is not limited to, harassment of students or staff in any form, including bullying, intimidation, cyberbullying, hazing, initiation activities, ridicule, extortion, or any other verbal, written, or physical behavior that causes or threatens to cause harm or emotional distress. (BP 5131)

Sexual Harassment

The Governing Board is dedicated to maintaining a safe and respectful learning environment free from harassment. Board Policy 5145.7 strictly prohibits unlawful sexual harassment by any employee, student, or individual at school or during school-related activities. The District is committed to taking immediate and appropriate action in response to any violations of this policy.

Students have the right to a school environment free from sexual harassment or any form of harassment that disrupts their education or emotional well-being. If a student believes they have been subjected to sexual harassment, they are encouraged to file a complaint following the Uniform Complaint Procedures, which can be found on the FCUSD website. The District strictly prohibits retaliation against any student who reports harassment. Any student found engaging in sexual harassment at school or during a school-related activity will face disciplinary consequences.

Uniform Complaint Procedure

FCUSD is committed to ensuring compliance with all applicable state and federal laws governing educational programs. The District follows the Uniform Complaint Procedure to address complaints of unlawful discrimination based on actual or perceived ancestry, color, ethnic group identification, national origin, race, religion, sex, gender (including sexual harassment), sexual orientation, or physical and/or mental disability in any program or activity that receives state financial assistance.

Additionally, the Uniform Complaint Procedure applies to complaints regarding noncompliance with state or federal laws in areas such as adult basic education, consolidated categorical aid programs, migrant education, vocational education, child care and development programs, child nutrition programs, and special education programs.

For more details, refer to the *Parent's/Guardian's Rights and Responsibilities Handbook*. If you have any questions regarding the Uniform Complaint Procedure, please contact the Human Resources Department at (916) 294-9002.

Student Accident Insurance

The Folsom Cordova Unified School District does **NOT** carry dental or medical insurance for students injured on school premises, while under school jurisdiction, or while participating in school district activities.

You are responsible for the medical bills if your child gets hurt during school activities.

Insurance coverage may be arranged by parents/guardians through individual policies, group insurance or through a voluntary insurance program of the *Student Insurance Company*. The *Student Insurance Company* policy covers accidental injuries sustained by a student traveling to and from school and while participating in regular school activities including athletics.

Insurance Requirements for Athletics/Extra Curricular Activities

Please Read Carefully.

California State Law (Education Code 32220-32224) requires every *member of an athletic team** to have accidental bodily injury insurance providing at least \$1,500 for all medical and hospital expenses. Insurance must be applicable to practicing for, participating in, and traveling to or from interschool contests. These requirements can be met by private insurance if the student already has such protection, or a plan can be purchased through *Student Insurance* at reasonable rates.

** “Member of an athletic team” means a member of any extramural athletic team engaged in athletic events on or outside the school grounds, maintained or sponsored by the educational institution or a student body organization thereof. “Member of an athletic team” also includes members of school bands or orchestras, cheerleaders and their assistants, pompon girls, team managers and their assistants, and any student or pupil selected by the school or student body organization to directly assist in the conduct of the athletic event, including activities incidental thereto, but only while such members are being transported by or under the sponsorship or arrangements of the educational institution or a student body organization thereof to or from a school or other place of instruction and the place at which the athletic event is being conducted.*

Before a student may participate in any extramural athletic squad practice or contest, the student must present evidence of:

1. A physical examination by a California licensed physician
2. A concussion and head injury information sheet
3. Accidental injury insurance that covers medical and hospital expenses
4. Parental permission
5. Either School Time or 24-hour Accident Insurance for extramural athletics; however,
Football Requires Interscholastic Tackle Football Insurance Coverage.

All extracurricular participation forms must be completed and on file with the Assistant Principal or Athletic Director before a student is issued a uniform, allowed to practice, or participate/compete.

Athletic Eligibility and Guidelines

All athletes will abide by the California Interscholastic Federation (CIF) rules. For more specific information, athletes and their families can visit the CIF website at www.cifsjs.org.

1. Residential Eligibility

- i. CIF requires that students who participate on a school team must be living with parents or legal guardians who reside within the school’s attendance boundaries.
- ii. If a student is transferring from another high school, they **MUST** contact the athletic director immediately to determine eligibility and complete CIF Transfer paperwork.

2. Academic Eligibility

- i. Participant must be a full-time student at their middle/high school. The criteria below are required by the CIF, bylaw 205 B:
 - a. Student must maintain an unweighted 2.0 grade-point average, on a 4.0 scale, in enrolled courses at the conclusion of the previous grading period.
 - b. Student is currently enrolled in at least 20 semester credits of work.
 - c. Student was passing in the equivalent of at least 20 semester credits of work at the completion of the most recent grading period.
 - d. Student is maintaining minimum progress toward meeting the high school graduation requirements.
 - e. The student has maintained during the previous grading period a minimum unweighted 2.0 grade point average, on a 4.0 scale, in all enrolled courses.

ii. Students with less than a 2.0 GPA may be placed on academic probation until the next grading period. (BP 6145, CIF 205 B. (2)) This is a one-time per year probationary status that can only be used for one grading period, within one semester and meets the criteria listed below. Students may be required to provide a periodic grade check when requested by the coach or athletic director.

A student applying for academic probation must complete the **Academic Probation Application** (the application can be obtained from the Athletic Director) and meet the following criteria:

1. A minimum of 1.5 GPA (FCUSD requirement);
 2. Passing at least 20 semester credits (CIF 205.B. (c) for high school only);
 3. No school disciplinary issues during probationary period (BP 6145).
- Additional option for middle school students (to be determined by administration):
1. Satisfactory citizenship in all classes;
 2. Complete a weekly progress check (include attendance and behavior).

iii. All 8th grade students matriculating into 9th grade are immediately scholastically eligible for participation in athletic activities on a probationary status upon enrollment into high school.

iv. High school athletes planning to attend Division I Colleges must be sure they have fulfilled the NCAA Clearinghouse Requirements (see school counselor for details).

v. Students enrolled in an Independent Study Program must be residents of the District and be enrolled in an Independent Study Program supported through FCUSD. Parents are responsible for contacting their school of residency. Students' eligibility will be determined on a case-by-case basis.

vi. Continuation School Eligibility: Current eligibility while enrolled in a continuation school, a student is only eligible to represent the continuation school of attendance.

3. Athletic Clearance

- i. No student will be allowed to practice or participate until:
 - a) EVERY form is completed and verified by the athletic director through the Athletic Clearance online application. <https://www.athleticclearance.com/>
 - b) Arrangement to return or replace athletic uniforms and/or equipment that was previously issued.

4. Attendance

Non-attendance for any part of the school day will result in no participation in an event, game or athletic contest, that includes practice or conditioning, unless prior approval has been received from site Assistant Principal in charge of Athletics.

5. Behavior

- i. School Suspension: Any student who has been suspended for violating the FCUSD Student Code of Conduct during school hours, on the way to or from school, or at a school-sponsored event, will be suspended from the team for no less than the same time period as the school suspension. A formal hearing with an administrator, coach/advisor, and athletic director will be held to determine the length of suspension from the team and if the student may continue to participate in the activity.
- ii. Team Suspension: If a coach or advisor suspends a student, the student will be ineligible for participation in practice and games until a hearing with the administrator, coach/advisor, athletic director, parent/guardian, and student is held to determine whether or not the student may remain on the team.
- iii. Citizenship: Students are expected to maintain excellent citizenship in conjunction with the CIF *Six Pillars of Character* and the *Pursuing Victory with Honor* standards. These standards ensure outstanding athlete behavior in class and at all school events. (CIF State, article 1, #12)
- iv. Proper Uniforms: Athletes must wear uniforms or equipment as specified by the coach / athletic director, according to CIF rules.

Sportsmanship

The School's Role

FCUSD's Athletic Program expects all members of the school community to uphold and demonstrate good sportsmanship and fair play during every athletic contest. This principle is reinforced with staff and student-athletes throughout the school year. The Athletic Department recognizes the importance of sportsmanship and remains committed to ensuring that every student-athlete embraces and exemplifies this core value.

The Athlete's Role

FCUSD student-athletes are expected to show respect for their teammates, coaches, game officials, and opponents. Every athlete plays a vital role within their program and should strive to compete at their best in both practices and games while keeping sight of the program's ultimate goals.

Athletes must maintain composure, manage their emotions during competition, and remain focused on supporting their team's success. They should appreciate worthy opponents and competent officials, as these individuals make competition possible.

Per CIF Bylaw 210: Any student who physically assaults a game or event official will be banned from interscholastic athletics for the remainder of their eligibility.

The Parent's/Guardian's Role

Parents and guardians play a crucial role in the success of our athletic programs. Their support is essential in fostering a positive environment for student-athletes. To effectively teach sportsmanship, everyone involved in athletics must lead by example.

We ask that parents and guardians respect the efforts of officials, coaches, and players, recognizing that each is doing their best. Demonstrating respect for opponents, teammates, officials, and coaches is a fundamental aspect of good sportsmanship.

Per CIF Bylaw 210: Any spectator who physically assaults a game or event official before, during, or after an interscholastic athletic contest will be permanently banned from attending future contests.

Code of Conduct for Students and Parents/Guardians

CIF Code of Conduct for 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 the Six Pillars of Character: *trustworthiness, respect, responsibility, fairness, caring, and good citizenship*. This code applies to all student-athletes involved in interscholastic sports throughout California (CIF State, article 1, 12E). To participate in high school athletics, you must act in accordance with the following:

i. Trustworthiness

Trustworthiness: Be worthy of trust in all you do.

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.

Honesty: Live and compete honorably. Don't lie, cheat, steal, or engage in any other dishonest or unsportsmanlike conduct. Plagiarism or cheating is not acceptable.

Reliability: Fulfill commitments. Do what you say you will do. Be on time to practices and games.

Loyalty: Be loyal to your school and team. Put the team above personal glory.

ii. Respect

Respect: Treat all people with respect all the time and require the same of other student-athletes.

Class: Live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; give fallen opponents help, compliment extraordinary performance, show sincere respect in pre- and post-game rituals.

Disrespectful Conduct: Don't engage in disrespectful conduct of any sort including profanity, obscene gestures, and offensive remarks of a sexual or racial nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.

Respect Officials: Treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic event.

iii. Responsibility

Importance of Education: Be a student first and commit to getting the best education possible. Be honest about the likelihood of getting an athletic scholarship or playing on a professional level.

Remember that many Universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically, or the character to represent their institution honorably.

Role-Modeling: Remember that participation in sports is a privilege, not a right. Represent the school, coach, and teammates with honor, on and off the field. Students are to consistently exhibit good character and conduct themselves as positive role models. Suspension or termination of the participation privilege is within the sole discretion of the school administration.

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.

Healthy Lifestyle: Ensure good 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.

Integrity of the Game: Protect the integrity of the game; don't gamble. Play the game according to the rules.

iv. **Fairness**

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

v. **Caring**

Concern for Others: Demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to anyone.

Teammates: Help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

vi. **Citizenship**

Play by the Rules: Maintain a thorough knowledge of and abide by all applicable game and competition rules.

Spirit of Rules: Honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

CIF Code of Conduct for Parents/Guardians

i. The role of the parent/guardian 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 (CIF State article 1, 12K).

ii. There is a value system established in the home and nurtured in school which young people are developing. Their involvement in classroom and other activities contributes to that development. Trustworthiness, Citizenship, Caring, Fairness, and Respect are lifetime values taught through extra-curricular activities. These are the principles of good sportsmanship and character. Fueled by honest rivalry, courteous relations, and graceful acceptance of the results, the spirit of competition thrives.

iii. Parents/Guardians agree to:

- a) Realize that athletic activities are part of the educational experience and the benefits of involvement go beyond the final score of a game.
- b) Encourage students to perform to their best ability as both an athlete and a student.
- c) Participate in positive cheers that encourage student athletes and discourage any cheers that taunt, intimidate or demean opponents, their fans, or officials.

- d) Learn and understand the rules of the game and respect the officials who administer them.
- e) Respect the task coaches/advisors face as teachers and support them as they strive to educate student athletes.
- f) Respect opponents as students and acknowledge them for striving to do their best.
- g) Model dignity and sportsmanship under all circumstances.

Spectator Expectations and Game Day Guidelines

Folsom Cordova Unified School District, in partnership with the **California Interscholastic Federation (CIF)**, proudly supports interscholastic athletics and the promotion of **positive sportsmanship**. We believe that good sportsmanship is the foundation of every athletic competition and should be modeled by **athletes, coaches, officials, and fans alike**.

As a valued fan or spectator, we ask that you help us create a **welcoming and supportive environment** for all. Your positive encouragement and enthusiasm make a lasting impact on our student-athletes and community.

To ensure that every event is safe and enjoyable, please follow these **guidelines before, during, and after the game**.

We Encourage:

- Enthusiastic and respectful support of all teams.
- Demonstration of good sportsmanship at all times.
- A family-friendly atmosphere.
- Commitment to safety for all guests.
- A welcoming attitude toward visiting teams and their fans.

Game Day Expectations & Policies

- To maintain a safe and positive environment, the following rules will be in effect:
 - **No coolers or large bags** of any kind are allowed for students, fans, or parents.
 - **No outside food or drinks** are permitted. Sealed water bottles are allowed.
 - **All Elementary and Middle school students** must be accompanied by an adult for the entirety of all high school games.
 - Middle school students must present their **current school ID** and cannot be dropped off for high school games.
 - Students who become disruptive may be asked to leave by school administration.
 - **All students** must have their **current year school ID card** for entry.
 - **Students and fans** are expected to **sit in the stands** during the game.
 - Please help keep walkways, snack bar, and restroom areas clear and accessible.
 - Unsupervised children will be asked to return to the stands or may be asked to leave.

- **All FCUSD Student Code of Conduct (behavioral expectations)** apply during school events.
 - Individuals who do not follow these expectations may be removed from the event, and students may face additional school consequences, including suspension.
- **No skateboards, scooters, rollerblades, or bicycles** allowed at games.
- **No re-entry** will be allowed once you leave the event.

Unacceptable Behaviors

The following actions will result in **ejection from the game** and possible **exclusion from future athletic events**:

- Disruptive, unruly, or intoxicated behavior.
- Use or possession of alcohol, drugs, or tobacco.
- Negative comments or gestures directed at opposing teams, mascots, officials, fans, or FCUSD personnel.
- Foul or offensive language, chants, or gestures.
- Displaying negative or derogatory signs.
- Use of **artificial noise makers**.

CIF Spectator Bylaw 503.M.

If a spectator is ejected from a contest, it is the responsibility of the school to ensure that person does not attend that team's next three (3) contests. If the same spectator is ejected a second time, it is the responsibility of the school to ensure that person does not attend any of the remaining contests for that season. Note: A spectator may be ejected by an official or school administrator.

Thank you for helping us maintain a **safe, respectful, and enjoyable atmosphere** for everyone involved. Together, we can continue to make FCUSD athletic events a source of pride for our students, schools, and community!

Communication Procedures

Effective communication is the key to success for any athletic department. The Athletic Departments strive to keep open and professional lines of communication between its coaching staff, student-athletes, and parents/guardians. Our coaching staff will make every effort to communicate all important information to their respective student-athletes and parents/guardians on a regular basis.

24 Hour Rule

Athletics naturally bring out strong emotions, especially on game days. Coaches, athletes, and parents/guardians may experience intense feelings during competition. To promote constructive conflict resolution, the Athletic Department requires a **24-hour waiting period** before addressing any concerns that arise during games or practices. This allows emotions to settle, fostering more productive discussions. The only exception to this rule is when a child's safety is at risk, in which case immediate action should be taken.

Conflict Resolution Process

Addressing conflicts or concerns promptly and directly is essential to finding a resolution. To maintain clear and professional communication between the athletic department, student-athletes, and parents/guardians, coaches will designate specific times to meet upon request.

Important: Athletes and parents/guardians should **never** confront a coach before, during, or immediately after a game or practice (see *24-Hour Rule*). Playing time is a common topic of discussion, and while concerns are understandable, decisions regarding playing time are solely at the coach's discretion. Understanding and respecting this dynamic is crucial.

If an issue arises, the following process should be followed:

Step 1: Student-Athlete Contacts Coach

Athletes are encouraged to advocate for themselves and address concerns directly with their coach. Most issues can be resolved at this step.

Step 2: Parent/Guardian Contacts Coach

If the concern remains unresolved, a parent/guardian may contact the coach, but never immediately before, during, or after a game or practice. Parents/guardians should request a meeting via email or phone.

Step 3: Contact the Athletic Director

If a satisfactory resolution is not reached with the coach, the athlete or parent/guardian should inform the coach and then contact the Athletic Director. A meeting may be scheduled with all parties involved to discuss the concern. The Athletic Director will respond in a timely manner.

Step 4: Contact the Assistant Principal Overseeing Athletics

If the issue remains unresolved after meeting with the Athletic Director, the athlete or parent/guardian may escalate the concern to the school's Assistant Principal overseeing athletics. The Athletic Director should be informed of this contact. While all parties may not always agree with the final resolution, an open and respectful discussion can help foster understanding and a productive path forward.

Protection Against Retaliation

Student-athletes and parents/guardians should feel confident that raising concerns through the proper channels will not result in any form of penalty or retribution. Coaches and the Athletic Director are responsible for ensuring that no student or parent/guardian faces retaliation for voicing a respectful concern within any FCUSD school.

Injury and Concussion Protocol

In the event of an injury during a game or practice, coaches are responsible for communicating with parents/guardians to assess the need for further evaluation and treatment. When in doubt, we prioritize safety and will call **911** for serious injuries. Parents/guardians will be notified immediately.

If a concussion is suspected, the athlete will be removed from play and evaluated by a medical professional, following the **CIF Concussion Policy**. The **Concussion and Head Injury/Serious Injury Report Form** will be provided to the parent/guardian, and **Page 2 (Medical Clearance Form)** must be completed by a qualified physician and returned to the coach before the athlete can resume practice or competition. All student-athletes and their parents/guardians are expected to understand and comply with the **CIF Concussion Policy** as a requirement for participation in any sport (**CIF Bylaw 503 H**).

Returning from an Injury

If a student-athlete is withheld from a practice or game by a parent/guardian due to injury or illness, they must provide a written note from the parent/guardian detailing the concern and any necessary precautions before being allowed to return to play. If a student-athlete is withheld by a medical provider, they must present a clearance note from the provider stating they are approved to participate, along with any restrictions if applicable, before resuming athletic activities.

Locker Room Conduct

Changing for practices and games/matches must take place in a locker room. No one except assigned coaches and players are allowed in the locker room. No one is allowed in the locker room without a coach present; this includes the locker room and/or the coach's room. Rough housing is not allowed in the locker room. The use of cell phones in locker room areas is strictly prohibited. No glass containers are allowed in the locker rooms. At no time should shoes with cleated soles be worn inside the building. Serious injury can occur from slipping on cement or tiled surfaces.

Awards/Uniform/Equipment

Awards and Award Ceremony

- i. Awards and end of season ceremonies are organized and managed by individual school sites. A student/athlete must meet the following requirements before participating in award ceremonies or banquets:
 - a. Complete the entire season, including post-season if applicable, in good standing.
 - b. All equipment / uniforms are returned or replaced.

Equipment / Uniforms

The Folsom Cordova Unified School District and the individual sites provide a great deal of money to maintain and purchase proper equipment. Equipment is to be handled properly for financial reasons and to teach students responsibility.

- i. All equipment / uniform will be inventoried, numbered, and checked out by coaches.
- ii. Students are responsible for the security of their equipment and uniforms.
- iii. Students are expected to turn in the same piece(s) of equipment / uniform checked out to them.
- iv. Equipment / uniform should be returned in the same condition as it was received, subject to any reasonable wear and tear, however alterations are prohibited. Equipment and uniforms should be cleaned before being returned. Students are expected to make arrangements to have torn or ripped clothing repaired prior to turning it into the coach.
- v. All equipment / uniform must be returned within one week of the last contest.
- vi. Students must return or pay for all 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. In unusual circumstances when a significant amount of money is owed, arrangements for repayment can be made with the coach and the administrator.

- vii. Students who leave a team prior to the end of the season must turn in their equipment and uniform within one week.
- viii. Parents can opt to purchase uniforms if that option is available.

Replacement of Equipment / Uniforms

Assembly Bill 1974 (AB 1974) prohibits public schools from placing a debt on a student for unpaid fees. It also restricts schools from withholding a student's grades, transcripts, or diplomas, and prevents them from barring participation in extracurricular activities, clubs, or sports due to unpaid fees.

However, AB 1974 allows public schools to recover costs from students for damages caused by vandalism or for the replacement of lost or damaged schoolbooks, supplies, or property that was loaned to a student. Additionally, schools may offer nonmonetary options for debt resolution with the consent of the student's parents or guardians.

Donations / Fundraising

Donations and fundraising efforts for the Athletic Program are completely voluntary, and any contributions are welcome to support the program at each site. These efforts are not a condition for participation in athletic activities and should not limit any student-athlete's ability to take part.

All fundraising activities must be approved in advance by the Principal. No student shall be required to participate in or meet any fundraising quotas, nor will they be asked to participate in door-to-door sales. Groups seeking recognition by or affiliation with the District must comply with applicable state and federal laws, including requirements for reporting taxable income, when conducting fundraising for the school or District. Funds raised by athletic booster clubs must also adhere to the requirements set forth by the Board.

Discipline

Discipline Consequences

- i. Athletes are to follow FCUSD's Board Policies (BP) and Administrative Regulations (AR) as stated in the Student Code of Conduct. A student who has been suspended from school for violating the Student Code of Conduct will be suspended from any practices/games occurring during that same period of time (Bullying BP & AR 5131.2; Alcohol & Other Drugs BP & AR 5131.6; Tobacco BP & AR 5131.62; Steroids BP & AR 5131.63).
- ii. In addition to District expectations for student conduct, each coach has the authority and responsibility, with the approval of the Athletic Director and school Principal, to establish his/her own rules and standards of behavior as they apply to his/her sport. All team rules must be in writing and clearly communicated to each team member and parent/guardian at the beginning of the season. Coaches have the right to suspend or dismiss participants for conduct considered detrimental to the team or school. To assure that such decisions by individual coaches are reasonably just and fair, dismissal from the team disciplinary decision can be appealed following the appeals process. The Principal or designee will handle any serious discipline issues that occur.

Appeals Process

- i. Any student who feels unjustly dismissed from any athletic team has the right to appeal within five business days. They may appeal to the site Athletic Director, Administrator, and/or to the Superintendent's designee. In order to appeal, they must do the following:
 - a. Present a written appeal to the site Athletic Director within five business days of dismissal.
 - b. Attend an informal hearing with the site Athletic Director and site Administrator. A final decision will be made to resolve the issue.
 - c. If the problem remains unresolved, a formal complaint may be filed with the District Director of Athletics within five days of an appeal to the site administration. A formal hearing may be scheduled.

Transportation

FCUSD is currently facing challenges in providing transportation to and from away games, and we are relying on parents/guardians to help transport student-athletes to these events. To ensure the safety of all students, we ask that you follow the guidelines outlined below.

Parents can select from the following option for transporting student-athletes to athletic event/s:

a. Parent Provided Transportation

For all District-sponsored events, transportation provided by parents/guardians (or other adults authorized in writing by a parent or guardian) is permitted only when the driver of the vehicle has [filed required transportation forms](#) with the school office. Coaches/Supervisors are prohibited from releasing a student to self-transport or obtain transportation from a parent, guardian or other adult absent pre-Activity compliance with this requirement. No student may ride in a vehicle driven by another student, whether or not an adult is present in the vehicle. Students transported in an alternate manner fully assume the risk of harm of such transportation; the District assumes no liability or obligation associated with such methods of travel.

b. District Provided / Arranged (Charter) Transportation

District provided bus with transportation fee paid to student account or a [confidential waiver request](#) is completed and submitted to Principal. Note: this may not be offered for all sports.

The District provides transportation to almost all away events/games. Students are encouraged to ride to and from events/games on District-provided transportation.

- i. FCUSD Transportation Department and the associated league/conference often determine bus departure times.
- ii. At the coach/advisor's discretion, students may be signed off the return bus by the parent/guardian. If the student will be riding home with another adult, the [Student Alternate Transportation Form](#) must be on file indicating the appropriate drivers and the [ACTIVITY TRANSPORTATION Sign-In/Sign-Out Sheet](#) must be initialed by the appropriate driver.

c. On rare occasions when a bus is not available for an off-campus game/event, a coach/advisor may make arrangements for parent/guardian drivers. Parent/guardian drivers must be a cleared Category 2 Volunteer and have a [Volunteer Personal Auto Use Form](#) on file. See the Volunteer Category 2 Requirements on the school's website or contact school office for more information.

Traveling Expectation

- A. All students will dress in an appropriate manner for bus trips as determined by coach/advisor.
- B. Personal items are the responsibility of the students. Personal electronic devices may be allowed at the coach/advisor's discretion and at the student athlete's risk.

Thank You!

We sincerely appreciate you taking the time to review our athletic handbook. Your commitment to understanding our policies and procedures helps ensure a smooth experience, whether you're joining us for the first time or returning for another season.

At the heart of our athletic department is a dedication to the well-being and success of our students and their teams. Every decision we make is rooted in this commitment, with the goal of fostering an environment where students can excel both on the field and in the classroom.

Should you have any questions or concerns, please don't hesitate to reach out to your school's athletic director. We are here to support you every step of the way