Bella Vista High School

Department of Athletics

8301 Madison Avenue

Fair Oaks, CA 95628

PARENT & STUDENT ATHLETIC HANDBOOK

2026-2027

"BRONCO PRIDE—BRONCO POWER"

Athletic Mission Statement

Athletics at the San Juan Unified School District is an integral part of the entire school setting and a means to achieving complete student educational development. We also believe that all students should have an opportunity to participate in some form of interscholastic athletics within the limitations of each individual sport and that such participation should encourage positive scholastic and social growth and achievement. Both the student athlete and the sport itself should be a credit to the athlete's specific school and the community. Moreover, the District realizes that an effective interscholastic athletic program is a product of the responsible cooperation among its four major contributors: the student athlete, the coaching staff, the site administration and parents.

We expect athletes themselves to strive to develop a personal code of conduct consistent with the time-honored values of sportsmanship, scholarship, integrity, responsibility, character, attitude, discipline, sacrifice, commitment to self and team, and respect for self and others. Furthermore, as a result of participation in organized team sports, we believe our students should strive to become exemplary representatives for our schools and communities.

An array of sports and programs are offered at each campus under the direction of the Athletic Directors. School sports are staffed by experienced coaches that are carefully screened, bound by a code of ethics and undue influence policy, and participate and are certified in a coaching class, American Sports Education Program or National Federation of High Schools Coaching Education Program, which emphasizes *Pursuing Victory with Honor*, a mutual goal of the district and the California Interscholastic Federation (CIF).

Bella Vista Athletics

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Sports Offered at Bella Vista High School

Fall Sports	**Winter Sports**	**Spring Sports**
Football	Boys Basketball	Baseball
Coed Cross-Country	Girls Basketball	Softball
Girls Volleyball	Wrestling	Boys Tennis
Boys/Girls Water Polo	Boys Soccer	Boys Golf
Girls Golf	Girls Soccer	Boys/Girls Lacrosse
Girls Tennis		Coed Swimming & Dive
Field Hockey		Coed Track & Field
Flag Football		Boys Volleyball

Athletic Policies and Guidelines

The Interscholastic Athletic Program is an integral part of the total educational program at Bella Vista High School. We would like to be certain that you are aware of the policies and regulations used as guidelines for participation in any sport sponsored by the school. **Please read the following policies/guidelines carefully, knowing that both the coaches and the administrators will refer to them in discussing questions pertaining to acceptable conduct of a Bella Vista student/athlete in the school's interscholastic athletic program.** We feel these guidelines will be helpful in reassuring that our programs will result in a rewarding experience for all participants.

PRE-PARTICIPATION REQUIREMENTS

Athletes must complete several steps before they can be cleared for athletic participation.

1. A physical examination and doctor's certification on the SJUSD Physical Exam document are required. Documents generated by your doctor will not be accepted. In order for the student to be accepted for athletics, the physical must be completed after June 1 prior to the school year in which the athlete plans to compete. You need only one physical annually regardless of the number of sports in which you participate.

2. Insurance coverage is required to cover possible accidents. You must have medical coverage (at least $1,500). Coverage may be by parent's private insurance company or school accident insurance policy. If the coverage is by a private company, the **parents must state the name of the company and medical record number on the Consent Form**.

3. The parent and student, together, must complete the online athletic registration for each season of sport and upload or submit a hard copy of the physical form to the Athletics office. Registration can be completed at https://sportsnethost.com/bellavista-parent after May 1.

4. A student has the opportunity to participate/tryout for a team once all athletic policies and regulations have been submitted and the coach has received the verification clearance from the Athletic Director.

ACADEMIC ELIGIBILITY REQUIREMENTS

To encourage and promote academic excellence, all students participating in extracurricular activities shall demonstrate satisfactory minimum progress in meeting the requirements of graduation by undertaking the prescribed course of study and meeting the standards of proficiency established by the District.
The requirement has two elements. To be eligible for participation, the student:

1. Must have earned an overall minimum **2.0** grade point average on a **4.0** grading scale during the preceding grading period; and

2. Must have passed five of six classes during the preceding grading period. Students taking only the minimum number of classes must pass all of their classes to be eligible.

According to the CIF, scholastic eligibility requires the student to pass the equivalent of at least 20 semester periods of work at the completion of the most recent grading period. **Weighted grades** are not used to calculate eligibility per the CIF Bylaws.

A grading period will constitute an eligibility period. The grade issued at the end of each grading period will be used to determine eligibility.

a. For purposes of determining eligibility, a grade of incomplete is computed as an "F" or failure until a letter grade is assigned. When the letter grade is determined, the student's grade point average is refigured. Generally, incompletes are only assigned when a student had a long-term illness or after unforeseeable and unpreventable absence from school that prevented the student from completing the assigned work during the grading period.

b. For eligibility purposes, once a letter grade is assigned, the grade may be changed only if the person assigning the grade determines that an error was made in computing the grade. If a student requests that a teacher reconsider a grade, the reconsideration must be based on work assigned, due, and completed prior to the end of the grading period. Work submitted or assigned after the end of the grading period may not be used to improve or diminish an assigned grade.

Schools declare at the beginning of the year the grading periods and eligibility declaration days that they will use. Eligibility will be declared after each school-wide grading period.

A student becomes eligible or ineligible for athletic participation only when declared so by the site Athletic Administrator or site Athletic Director.

The District will follow CIF guidelines and procedures related to the eligibility of continuation/independent study school students returning to a comprehensive high school. Please check with the school's Athletic Director or Administrator.

PROBATION/INTERVENTION

A student may be granted only one period of probation per school year, beginning with the first school wide (9th grade) grading period. The probation may be granted only if the student has met one of the two academic eligibility requirements. If the student is below both standards, he/she will not be granted probation. A probation period is the same length and duration as a grading period.

During a probation period the student is still considered "ineligible" but is granted an opportunity to still practice and compete under the guidelines and regulations established by the CIF. When a student is on probation they will report to intervention on days prescribed by the Athletic Director. Athletes will be required to complete three (3) hours per week of intervention outside their regular school day. They may attend practice only after they have completed their daily intervention requirement. Intervention periods are during the time frame between grading periods.

When an athlete becomes eligible for probation they must automatically apply for and take a probation period. Athletes do not have the choice as to when they will take their probation. Any athlete who quits his/her sport during a probation period will be deemed to have used their probation period for that school year and will be ineligible to apply for probation for the remainder of the school year.

Probation Chart					
GPA	**#F's**	**Eligible**	**Probation**	**Compete**	**Practice**
2.0+	2	No	One time	If on Probation	w/ intervention
<2.0	0	No	One time	If on Probation	w/ intervention
<2.0	1	No	One time	If on Probation	w/ intervention

All athletes that are ineligible and do not qualify for probation will not be allowed to compete during the grading period in which they are declared ineligible. Non-probationary athletes must attend school intervention in order to remain with and practice with the team.

Intervention Eligibility Chart					
GPA	**#F's**	**Eligible**	**Probation**	**Compete**	**Practice**
<2.0	2	No	No	No	w/ intervention

- Students with 3 or more F's are not allowed to tryout, practice or compete.

The athletic administrator will ensure that transfer students are held to the same eligibility standards as students within this District and are consistent with CIF Bylaws. Transfer students will be granted one probationary period per school year.

NOTE: AT TIME OF PRINTING THE GOVERNING BOARD IS CONSIDERING ELIMINATING THIS PROVISION. IN THE EVENT THAT THIS PROVISION IS ELIMINATED; STUDENTS WILL NOT BE CONSIDERED FOR PROBATION OR INTERVENTION AND WILL REMAIN INELIGIBLE THROUGHOUT THE GRADING PERIOD IN WHICH THEY WERE DETERMINED INELIGIBLE.

RESIDENTIAL ELIGIBILITY

A student has residential eligibility upon initial enrollment in the ninth grade of any California Interscholastic Federation high school. A student retains residential eligibility if continuously enrolled in the CIF member high school of initial enrollment, transfers prior to the first day of the sophomore year or changes schools with a valid change in residence as defined in CIF Bylaws. Any ninth grade student who is transferring for a second time, or any tenth, eleventh or twelfth grade student, who transfers without a valid change of residence, will have limited eligibility for one year from the date of transfer. Any evidence of undue influence (recruiting), academic ineligibility at a previous school or disciplinary reasons for a transfer will impact eligibility at the new school.

The only exceptions to this rule will require documentation of a hardship which is defined as an "unforeseeable,

unavoidable and uncorrectable act, condition or event which causes the imposition of a severe and non-athletic burden upon the student/family." The section and state CIF will review the documentation for a waiver of this rule.
A transfer student shall contact the athletic director or administrator in charge of athletics to determine his/her eligibility status and to complete any necessary forms. No athlete shall participate in competition until all forms have cleared.

Any student whose address has been falsified to achieve residential eligibility will be ineligible in all interscholastic athletic competition for a period of one year from the date the infraction is verified.

If a student and his/her parents move out of the attendance area but the student remains at the school, the student will maintain eligible but should immediately report his/her change of residence to the Attendance Office.

OUTSIDE COMPETITION

A student on a high school team becomes ineligible if the student competes in a contest on an "outside" team, in the same sport, during the student's high school season of sport.

Any student, who competes on a school team after an infraction of the above rule, becomes immediately ineligible for the number of contests equal to twice the number of contests of outside competition in which the student participated. Games, in which the student participated, after the infraction of the rule, shall be forfeited.

It is permissible for a high school team member to participate in a spontaneous recreational activity or game in which sides or teams are chosen without regard to players representing any group or organization. Such participation would not cause loss of eligibility.

Any athlete qualifying for an Olympic Development Program is required to contact the Athletic Administrator at least 30 days prior to participation**.**

Each CIF section may grant approval, upon individual petition, for a gifted athlete to travel to a foreign country to participate in international competition sanctioned by the governing body for that sport in the United States.

Any athlete who has any questions about eligibility, or who is considering outside competition, should contact the administrator in charge of athletics before entering into any competition.

General Conduct

SPORTSMANSHIP

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character, teamwork 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 in California and has been adopted as the operating beliefs and principles of the California Interscholastic Federation (CIF). From these six core principles, a set of specific rules has been established by each respective coach.

An additional aspect of good sportsmanship includes respect for all people and institutions associated with athletic competition. Athletes will be required to exhibit respect to officials, coaches, staff, fans, and opponents.

Athletes must understand that compliance with the standards of good sportsmanship is required regardless of the particular situation. Athletes or coaches who are ejected from an athletic competition will be disqualified from participating in the remainder of the game and from attending the next athletic contest.
Athletes should demonstrate sportsmanship and ethical behavior whether experiencing success or failure, victory or defeat.

HAZING

A pupil may be suspended from school, removed from a team, or recommended for expulsion if that pupil has committed an act of, engaged in, or attempted to engage in, hazing. "Hazing includes any method of initiation or pre-initiation into a student organization or student body or any pastime or amusement engaged in with respect to these organizations which causes, or is likely to cause, bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm, to any pupil or other person attending any school."

SCHOOL ATTENDANCE

Coaches recognize the importance of school attendance and expect athletes to establish good attendance patterns.

1. Students must attend at least four classes during the school day in order to participate in either practice or competition on that day. A student cannot be absent on the day of a game unless he/she previously clears with his/her principal or athletic director. Doctor or dental appointments will be accepted with a verification note. If there is any doubt, the athlete should clear with the Principal or Athletic Director prior to competition. An athlete who violates this requirement will be suspended at least one game.

2. If a contest is held on a non-school day, the student must attend at least four classes on the school day prior to the contest.

3. Students failing to comply with the district attendance policy will be referred to their coach for discipline.

PRACTICE ATTENDANCE

Students who participate in athletics make a commitment to a team and are expected to maintain good practice attendance.

1. Students are expected to attend all practices and contests, unless they are absent from school due to illness or the coach excuses them. Students are expected to communicate directly with the coach when they cannot attend a practice.

2. Unexcused absences from practice, or failure to maintain good attendance, may be cause for removal from a team.

3. Coaches may adopt individual rules for practice and contest attendance.

TRAINING RULES

The coaches support healthy behaviors by all athletes at all times. Athletes will be held responsible for all training rules while on school grounds, while going to or coming from school, or at a school-sponsored activity, during the officially recognized CIF "season of sport" as defined by CIF Bylaw 511, Section B. Athletes will also be held accountable for any off campus violation of training rules.

Students should understand that the coaches in the San Juan Unified School District believe that the use of tobacco, alcohol, and drugs is not acceptable and will not be tolerated for high school athletes. The coaches believe that high school students should be aware of the negative effects of tobacco, alcohol, and drugs and any use of steroids or performance-enhancing substances.

1. Any student who uses or possesses drugs, alcohol, tobacco or drug paraphernalia (this includes any form of vape pen) shall be removed from the team. Students who refer themselves to a staff member for help for substance abuse WILL NOT be subject to ANY discipline penalties unless they are apprehended breaking the rules.

2. The District and its coaches prohibit the use of androgenic/anabolic steroids, synephrine, or any performance-enhancing dietary supplement without a written prescription from a licensed health care practitioner to treat a medical condition.

3. A second offense within 365 days, involving drugs, alcohol, tobacco or drug paraphernalia (including any form of vape pen) will cause the student to be ineligible for athletic participation for one calendar year from the date of the infraction. The student may not continue practice or participate with a team during the period of ineligibility.

4. Any suspension from school will result in a suspension from participation, attendance, and competition with the team beginning the first day of suspension through the last day of suspension.

SOCIAL PROBATION:

A student placed on social probation will be prohibited from attending or participating in any non-mandatory school function, activity or event. Non-mandatory school functions, activities or events include, but are not limited to participation on athletic teams including practices, dances/proms, athletic events, drama and musical productions, student club activities, and activities related to graduation, including the graduation ceremony. Social probation begins the first day of suspension. **Violation of social probation will extend the extracurricular prohibition for an additional time period**.

1. If a player quits an athletic team or is removed from the team for disciplinary reasons, he/she will not be allowed to tryout for another sport until the current team season is officially over.

2. If social probation is imposed prior to the start of a sports season tryout then the student/athlete will only be able to tryout once the social probation has ended but only up until the start of sanctioned league competition.

3. Forgery or falsification of any information on any form required to participate in athletics will result in the athlete being suspended from all athletic teams and participation for ONE YEAR from the date of the infraction.

TEAM MEMBER RESPONSIBILITIES

1. Be on time for games and practices. Coaches will take necessary action to see that this rule is enforced. Repeated violations may result in the player being dropped from the team.
2. Athletes appearance shall be presentable and in conformity with CIF guidelines. The head coach of each sport will determine special guidelines. All violations shall be referred to the head coach of that sport and to the athletic directors

3. There will be absolutely no cutting of practice. If you are at school during the day and then must be absent from practice for some good reason, you must report personally to the coach and check out. You owe this to your coach, who is organizing the practice for your benefit, and other team members, who are depending on you. If this personal report is not made in advance, the absence will be considered a cut of practice. Coaches will have the discretion of determining the number of cuts allowed before considering the dismissal of a player from the team. Be a loyal team member.

4. During the season, players are responsible for equipment checked out to them. They must keep it clean and accounted for at all times. At the end of the season, players are responsible for checking in all equipment clean and neat the day after the season ends. All team members are financially responsible for all issued athletic equipment. An athlete will not be allowed to practice or participate in any other sport until all equipment has been returned or accounted for from the previous team. Replacement costs rather than volume cost will be charged for non-returned equipment.

5. Remember that a player is never more important than a team and will be removed from said team if she/he does not live up to her/his obligations to the team, coaches, and school. If the coach does not take action, the Athletic Director, Principal, or Vice Principal may do so. The following are general points to remember:

a. Remember that you represent Bella Vista High School. Swearing will not be tolerated.

b. You are responsible for proper conduct in the locker room at all times. This includes pre-game, halftime, and after game use.

c. Respect other people's property. When you borrow school equipment to use, return it when you are finished. Also, make certain all equipment is put away after practice. Stay off the gym floor with street shoes of all types and always keep out of other player's lockers.

LETTERMAN QUALIFICATIONS

One of the benefits of participating in athletics is being awarded a block letter. However, this award is a privilege and NOT an entitlement.

1. The Bella Vista Athletic Department has established the following criteria to qualify for a block letter award.
    a. You must be an active participant with the team by regularly attending practices and contests.
    b. If you fail to complete the season through quitting, disciplinary, or academic reasons, you will not receive a block letter award or certificate of participation.
    c. Coaches may establish stricter criteria for earning an award. Please consult with the coach.

2. You only receive a block letter for lettering in a varsity sport. Frosh and JV sports do not qualify for a block letter award.

3. All participants will receive a Certificate of Participation for successful participation and completion of a season with an athletic team regardless of level.

4. Athletes only earn one block letter. Lettering in additional sports and years in a varsity sport earns that athlete a sport patch (boys) or sport pin (girls) to indicate that they have lettered in that sport.

5. Any athlete that is academically ineligible for any part of a sport season will be ineligible to letter in that sport for that season.

SCHOLAR ATHLETE

1. Athletes who are members of a CVC recognized Varsity Team are eligible for the award.

2. Freshmen are not eligible as the athlete must have at least one year of grades, beginning with the ninth grade.

3. Athletes must have a cumulative 3.50 (or above) unweighted grade point average as well as a current 3.5 (or above) unweighted GPA. The cumulative GPA is based on cumulative grades of Semesters (or

Trimesters) from ninth grade onward. Athletes must finish the season with these minimum requirements.

4. Athletes are awarded a Scholar-Athlete patch for each sport season for which they qualify.

PARENTAL RESPONSIBILITIES

Parents are expected to set an example of exemplary behavior and character for their child who is participating in athletics. Your child only gets four years to participate in athletics, please don't try to live vicariously through your child. Let them grow and become their own young man and woman. There are some standing rules/guidelines that parents should follow as well as using good common sense when dealing with coaches, other parents, and athletes.

1. Athletic contests can sometimes create an emotionally charged atmosphere. It is never wise to confront a coach after a contest. If you have something you would like to talk to the coach about, wait at least 24 hours after a contest to approach them.

2. Many of the issues you may want to talk about should be handled by the student athlete. Part of the growing and learning process is to allow them to take responsibility for themselves. Stand back and let them do so. They are on the verge of becoming young adults; they do not always need a parent to hold their hands.

3. Some standing rules in this athletic program:
    a. **NEVER** question the coach on playing time
    b. **NEVER** question play calling
    c. **NEVER** question strategy
    d. **NEVER** interfere with a practice: STAY OFF THE PRACTICE FIELDS.

4. If you have some other issue or conflict with the coach, make arrangements to meet them and discuss the issue. If this does not work contact the Athletic Director. If the Athletic Director cannot help you then the Athletic Director will refer the issue to an administrator.

5. Proper spectator behavior at athletic contests is crucial. Berating coaches, officials, fans, or athletes is unacceptable behavior. The athletes are out there doing their best and are here to have fun and enjoy the high school athletic experience. Nothing takes away more from that experience than an angry fan. Profanity and abuse at athletic contests will not be tolerated.

    a. 1st offense will be a warning for the behavior unless a physical altercation takes place; in which the proper law enforcement authorities will be summoned.
    b. 2nd and/or subsequent infractions of improper behavior may result in a letter of barment from the principal to attend school events, activities, and athletic contests. Such a letter has the force of law.

6. If you suspect that a coach is verbally or physically abusing your child then please report the behavior to the administration immediately.

7. Encourage your child to participate in as many sports as possible. Don't put all your eggs in one basket in hope for college scholarships. Colleges routinely recruit athletes that have a wide variety of interests and skills.

APPEALS OF ATHLETIC HANDBOOK RULES

Students may appeal the application of the rules in the Athletic Handbook to an Athletic Appeal Board. An appeal requires that the student and parent(s) or legal guardian(s) submit a written request identifying the specific rule and consequence they wish to appeal and the grounds for requesting the review. Rules established by the California Interscholastic Federation may be appealed only to the CIF Sac-Joaquin Section.

1. The Athletic Council will consist of an Administrator, the Athletic Director, and three coaches not involved in the disagreement.

2. The appeal will be held within five school days of the receipt of the written request for appeal from the student and parent.
3. The Athletic Council may uphold or modify the consequences for the violation as outlined in the handbook. The Athletic Council does not determine or review the facts of a school discipline incident but may modify the athletic consequences for the incident based on the intent and spirit of the handbook.

The San Juan Unified School District Board of Education is committed to equal opportunity for all individuals in district programs and activities. District programs, activities and services shall be free from unlawful discrimination, harassment, intimidation, and/or bullying based on actual or perceived characteristics of race or ethnicity, color, ancestry, nationality, national origin, immigration status, ethnic group identification, age, religion, marital or parental status, pregnancy, physical or mental disability, sex, sexual orientation, gender, gender identity, gender expression, or genetic information, or on the basis of a person's association with a person or group with one or more of these actual or perceived characteristics.

If you believe you have experienced unlawful discrimination, please contact the District's Title IX Coordinator:

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