Cathedral City High School Handbook for Student-Athletes and Parents



A CHAMPIONSHIP GUIDE

FOR FUTURE CHAMPIONS

TABLE OF CONTENTS

Athletic Program	1
Nondiscrimination Statement	2
Cathedral City High School Sports	3
How to Participate in Lion Athletics	4
Academic Eligibility	5
Athletic Participation and Commitment	6
Team Selection	7
Student-Athlete Conduct & Behavior	8
CCHS Athletic Code of Conduct	9
PSUSD Code of Conduct	12
Locker Room Conduct	15
Training Room/Injury Referral Procedure	16
Transportation Rules	17
Fees for Participation and Equipment	18
NCAA Eligibility Center	19
Varsity Letter Information	21
Athletic Award Information	22
Varsity Athletic Awards	24
CIF Awards	24
Parent Information	26
Team Selection	29
Being a Supportive Parent	31
Parents Code of Conduct	32
Conduct at Athletic Events	33
Colleges and Scholarships	34

BE PART OF A GREAT TRADITION!

Cathedral City Lion

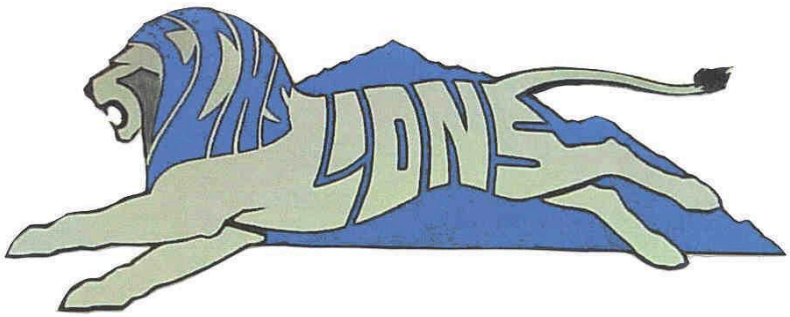
ATHLETIC PROGRAM

Congratulations on your decision to join the CCHS athletic program! You are joining what is a tradition of excellence. It is expected that you and your teammates set high performance goals and always put a "championship effort" into all that you do.

Athletics is just one of many parts of the educational program at Cathedral City High School. Remember, the reason students are in school is to learn, and therefore academics will always come first! Always give a "championship effort" in the academic arena AND in the athletic arena!

THE VALUE OF CO-CURRICULAR ACTIVITIES RELATING TO FUTURE SUCCESS

Research indicates that students involved in co-curricular activities have a greater chance of success during adulthood. In fact, the greatest indicator of success in college is not GPA, SAT/ACT scores, or class rank; it is participation in extra-curricular activities. Many of the positive character traits required to be a successful participant in athletics are exactly those that will lead to a successful life after high school.



"Success is showing character in everything you do."

Nondiscrimination Statement

The Palm Springs Unified School District is committed to equal opportunity for all individuals in education and in employment and does not discriminate on the basis of actual or perceived ancestry, age, color, disability, gender, gender identity, gender expression, nationality, immigration status, race or ethnicity, religion, sex, sexual orientation, pregnancy, parental/marital or family status, primary language, social class, geographical location, or association with a person or group with one or more of these actual or perceived characteristics. The Board prohibits, at any district school or school activity, unlawful discrimination, harassment, intimidation, and bullying of any student based on the protected characteristics named above. (PSUSD BP1312.3, AR 1312.3, BP 5145.3, BP 5131.2, BP 5145.7, AR 5145.7)

- **Title IX Coordinator:**

  Antonia Hunt, Ed.D.
  Director, Title IX & Compliance
  760-883-2703 x4805026, ahunt@psusd.us

- **Equity Compliance Officer:**

  Antonia Hunt, Ed.D.,
  Director, Title IX & Compliance
  760-883-2703 x4805026, ahunt@psusd.us

- **504 Plans:**

  Lisa Todd
  Director, Student Support Services
  760-883-2703 x4805502, ltodd@psusd.us

Cathedral City High School

BE A MULTIPLE SPORT ATHLETE! We recommend that student-athletes participate in 2 or 3 sports each year of high school.
You will learn things and have experiences in other sports that will help you become better in your favorite sport. DO YOUR BEST!

Sports offered at Cathedral City High School:

FALL SPORTS

(August to Mid-November)

Football

Girls Volleyball

Boys and Girls Cross Country

Boys Water Polo

Girls Tennis

Girls Golf

WINTER SPORTS

(November to mid-February) Boys Basketball

Girls Basketball

Boys Soccer

Girls Soccer

Wrestling

Girls Water Polo

SPRING SPORTS

(February to mid-May)

Baseball

Softball

Boys and Girls Track & Field Boys and Girls

Swimming Boys Tennis

Boys Volleyball

HOW TO PARTICIPATE IN LION ATHLETICS

Becoming a Lion student-athlete is a privilege and an honor. Each person must complete the following requirements to be eligible to participate on any CCHS team:

1. Complete your Athletic Clearance on-line.

2. Have a physical examination by a medical doctor. Bring a copy of your physical to the athletic office. (Physical forms are available on-line. Physicals are valid for one calendar year. Student-athletes must have a physical every school year.

3. Be academically eligible. Each grading period, a student-athlete must pass a minimum of 4 classes and not drop below a 2.0 G.P.A.

4. Be eligible under all CIF Rules and Regulations.

5. Understand and follow all school and team policies with regard to conduct, attitude and proper training habits. (See Lion Code of Conduct on pages 7 & 8.)

"Doing what is right is not always popular. Doing what is popular is not always right."

-Daniel Webster

D o W h a t ' s R i g h t !

ACADEMIC ELIGIBILITY

The following eligibility procedures for student participation are to be followed in conjunction with BP 6145.

1. All students' grades will be checked at the time they are cleared for participation on a team or activity. The grades from the previous quarter will determine eligibility for the next quarter. This grade check is conducted by the Athletic Director and designated site vice principals. If a student is eligible at this time, no further grade check will be initiated for said student until the next school grading period (quarter).

2. All CIF eligibility requirements must be met for student athletes.

3. Students who have less than a "C" (2.0) average may be able to use a probation for a quarter.

a. Coaches and extracurricular advisors will be notified of names of students who are placed on probation.

b. Students placed on probation will be told of their status and the probationary process as it affects them.

c. Students are limited to three probation periods during four years of high school.

4. Grade checks will be made during the four quarters of the school year.

5. If on academic probation, students are required to attend weekly tutoring on Wednesdays and turn in a progress report every Friday. Failure to comply with this requirement may result in benching or removal from the team.

A student cannot be on probation for two consecutive quarters. A student will be declared ineligible for extracurricular activities if a second violation occurs. Eligibility will be determined the following quarter. If a student has a "C" average with no more than one "F", he/she is eligible to participate in the extracurricular activity.

For example: A student is on probationary status during the first quarter of an extracurricular activity. The same student cannot be placed on probation in the second quarter, but instead will be ineligible to participate in second quarter extracurricular activities. He/she may again, if necessary, be placed on probation for a third quarter

ATHLETIC PARTICIPATION & COMMITMENT

Every student attending Cathedral City High School is encouraged to participate in athletics and other co-curricular activities. Participation in the Lion athletic program is a privilege and not a right. Such a decision by a student and their family should not be entered into lightly.

The decision to participate also involves a commitment to do your best to become the best student-athlete you can possibly become and to be a part of a team. To be successful, every member of the team must work together to make the whole greater than the sum of the parts. This commitment will be challenging and difficult at times but will help every participant become a better person because of their involvement. All participants are expected to fulfill this commitment for the entire season.

In certain special situations, a coach may allow a student-athlete to be released from his/her commitment to that sport with parent permission. "Quitting" a sport is not an acceptable action by any participant at CCHS. Difficult challenges are part of adult life and learning how to deal with these challenges are a big part of the values of athletic participation. If a student-athlete quits a sport, they may not participate in another sport until that sport ends its regular season.

Come Ready to Play

Athletes are responsible for coming to practice every day on time, ready to listen and ready to learn. All participants should be physically and mentally prepared for the season. This includes training in the off-season and taking care of your body and mind during the season.

Student-Athlete Concerns

If you have a concern about the team or your role on the team, it is important for you to arrange a time to meet with your coach to discuss the issue. This should be your FIRST course of action. Your coach will do his/her best to give an honest evaluation of your status. This coach-to- athlete meeting should resolve most issues or questions. **Your coaches want you to be successful!**

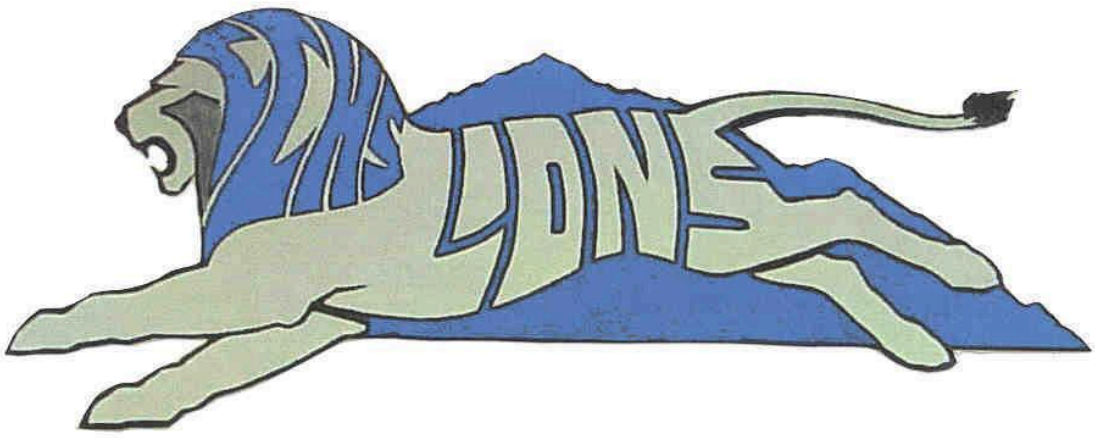
Team Selection

Many team sports must limit the size of their squad to provide time for proper instruction, safety concerns, and supervision. Cutting perspective student-athletes is a very difficult, gut-wrenching task that coaches must accept as a necessity to benefit the sport and the growth of the team as a whole.

Criteria for team selection is listed in handouts distributed at pre-season meetings and are reviewed numerous times. If a student-athlete is not selected one season this does not mean that he/she will never be selected for a team in that sport in future seasons.

We encourage athletes who have been cut to take on the challenge to work hard to develop their mental and physical skills to eventually make the team the following year. In many cases, these young men and women will go on to become major contributors to their team's success.

If a student-athlete tries out for a team and is not selected, he/she is invited to participate in a sport during the same season that does not limit the number of participants (e.g., football, cross-country, wrestling and track).



"We can complain because Rose bushes have thorns, or rejoice because thorn bushes have Roses."

-Abraham Lincoln

STUDENT-ATHLETE CONDUCT & BEHAVIOR

All Lion student-athletes are expected to “do what is right.” As young adults, you have learned the difference between what is right and what is wrong from your parents, family, teachers and coaches. The Lion CODE OF CONDUCT is designed to help student-athletes “SAY NO” when they are in difficult situations and must choose to make THE RIGHT decision.

Cathedral City High School enjoys athletic success because of tremendous “team spirit” within our athletic programs. TEAM FIRST is the goal for all our players. Remember, everything you do not only effects you but those in your family, your team, your school, and your community.

It is not always easy to do what’s right, but it is always best to do what’s right.

The following CODE OF CONDUCT has been established and all student-athletes should know the rules and consequences if they choose to violate this code.

Discipline Yourself and Others Won’t Have to.

Cathedral City High School

ATHLETIC CODE OF CONDUCT

PREAMBLE

Athletic participation can be one of the most significant, formative experiences in a young person's life. It gives a great deal of pleasure and builds friendships that can last for years. In our school, athletics is an integral part of the educational program. Athletics teaches fair play, sportsmanship, teamwork, perseverance and appreciation for improvement, desire to succeed and excel, self-discipline, responsibility, leadership, and quick thinking.

Participation in interscholastic athletics is voluntary. It is a privilege, not a right and carries with it the responsibilities of courtesy and sportsmanship on the playing field, on the campus and in the community. Following this athletic code will aid you in building team morale, discipline and spirit. Therefore, you should take it upon yourself to become the very best athlete and team member possible, for you alone have the power to achieve or fail in these goals.

1. CONDUCT

1.1. **In the Classroom:** A CCHS athlete:

1.1.1. Maintains prompt and regular attendance

1.1.2. Maintains his/her grades in accordance with CIF and school district rules

1.1.3. Strives to become a good student and citizen

1.1.4. Shows proper respect for faculty members, adults, and other students at all times

1.1.5. When suspended from school, will not practice or participate until the suspension is complete.

1.2. **On the Field:** A Lion athlete:

1.2.1. Uses legal tactics; refrains from using profanity

1.2.2. Is courteous and hospitable to visiting teams

1.2.3. Respects the integrity and judgment of officials and accepts their decisions

1.2.4. Is gracious in defeat and modest in victory and controls his/ her temper and maintains his/her poise.

1.3. **On & Off Campus:** A Lion athlete:

1.3.1. Demonstrates a high standard of conduct, as it reflects not only on oneself, but one's family, team, coach and school

1.3.2. Maintains "good citizenship" by not being involved in any criminal activity

1.3.3. Does not participate in "vandalism" at any school.

1.4. **On Athletic Trips:** A Lion athlete:

1.4.1. Demonstrates a high standard of conduct as a representative of the school, community, family and coach

1.4.2. Respects the property of others; travels to and from athletic contests on district provided transportation;

1.4.3. Can only be released to the parent by a coach.

2. **DRESSING AND GROOMING**

2.1. Dress and grooming standard shall conform to Palm Springs Unified School District regulations. Coaches may require that hair be restrained in an appropriate head covering and other grooming and dress standards that are more restrictive may be implemented in order to insure compliance with necessary safety precautions.

3. **PHYSICAL CONDITIONING AND TRAINING RULES**

3.1. CCHS student-athletes will refrain from the use of tobacco (in any form), alcohol and other illegal drugs. This includes the illegal use of non-prescribed steroids and/or other performance enhancing substances. Proper diet, hydration and adequate sleep are equally important to the physical conditioning of an athlete. Athletes should maintain good citizenship by not being involved in any criminal activity. Athletes should protect themselves and their team by abstaining from anything that would harm their health or that of others.

4. **HAZING/BULLYING/INITIATIONS**

4.1. Any form of hazing, initiation, rights of passage, or bullying in any form will not be tolerated.

4.1.1. Violations of Ed Code 48900 will be dealt with accordingly. Additional penalties involving athletics may be incurred and are explained below.

5. **ENFORCEMENT DUE TO VIOLATION OF RULES**

5.1. Non adherence to the regulations herein may result in disciplinary action by the coaches, athletic director and administrators of the school.

5.2. Violations of the letter or spirit of the Athletic Code may result in one or more of the following penalties when recommended by the coach, athletic director, or school administration:

5.2.1. Placement on probation.

5.2.2. Removal from one or more of the next scheduled contests.

5.2.3. Referral for assessment and/or treatment of any alcohol/drug violation, and/or any criminal activity.

5.2.4. Removal from the team.

5.2.5. Forfeiture of letter or the like award.

Palm Springs Unified School District

Code of Conduct for Extra-Curricular Activities

(continued from BP 6145)

8. The Code of Conduct applies to:

a. All students enrolled in grades 9-12.

b. All cocurricular activities

c. All extracurricular activities

9. The Code of Conduct applies to any major infraction. Major infractions are defined in Education Code 48900 (a-o), 48900.2, 48900.3, 48900.4 and 48900.7:

a. (1) Caused, attempted to cause, or threatened to cause physical injury to another person; or (2) Willfully used force or violence upon the person of another, except in self-defense.

b. Possessed, sold or otherwise-furnished any firearm, knife, explosive, or other dangerous object.

c. Possessed, used, sold or otherwise furnished, or been under the influence of any controlled substance, alcoholic beverage, or intoxicant of any kind.

d. Offered or arranged or negotiated to sell any controlled substance, alcoholic beverage, or intoxicant of any kind, and then sold, delivered, or otherwise furnished to any person another liquid, substance, or material and represented the liquid, substance, or material as a controlled substance, alcoholic beverage or intoxicant.

e. Committed robbery or extortion.

f. Caused or attempted to cause damage to school property or private property.

g. Stole or attempted to steal school property or private property.

h. Possessed or used tobacco or any product containing tobacco or nicotine products.

i. Committed an obscene act or engaged in habitual profanity or vulgarity.

j. Had unlawful possession of, offered, arranged, or negotiated to sell any drug paraphernalia.

k. Disrupted school activities or willfully defied the authority of school personnel.

l. Knowingly received stolen school property or private property.

m. Possessed an imitation firearm.

n. Committed or attempted to commit sexual assault or committed a sexual battery, as defined in the Penal Code.

o. Harassed, threatened, or intimidated a student who is a complaining witness or witness in a school disciplinary proceeding.

(Education Code 48900.2, 48900.3, 48900.4, 48900.7)

Code of Conduct consequences for violation of Education Code 48900 b, c., d., e., n., and o. shall be invoked automatically.

Code of Conduct consequences for violation of Education Code 48900 a., f., g., h., i., j., k., l., m., 48900.2, 48900.3, 48900.4 and 48900.7 may be invoked at administrative discretion, depending on the degree of severity of the violation.

10. Consequences for violations of Code of Conduct as noted above:

a. On the first violation of the Code of Conduct (grades 9-12), students will be removed from all cocurricular and extracurricular activities for 30 school days. On the second and subsequent violation, students will be removed from all cocurricular and extracurricular activities for the remainder of the current semester and the following semester.

b. Additionally, on first offense, ASB grade level officers (President, Vice President, Secretary, Treasurer, and all Commissioners) shall be removed from office for the remainder of the school year.

c. Students in cocurricular activities may remain in the class but may not represent the school in outside performances or competitions. (Teachers would be responsible to modify the curriculum to provide a successful educational experience.)

d. During their period of exclusion, students will be permitted to remain in clubs as members. Students may not, however, hold an office participate in competitions or performances that represent their school.

e. Students who are not involved in cocurricular or extracurricular activities will be ineligible to participate, as defined above for 30 school days.

f. Definition of school days: School days shall commence on the first student day of the fall semester and continue through the last student day of the spring semester. In addition, school days attended during summer school session are considered school days. Holidays, weekends, vacation periods, etc., do not count as school days. The counting of school days shall continue from fall to fall semester.

g. Students may participate in ASB election activities provided they are eligible to participate or to take office on the first day of the regular school year. Students may try out for pep provided they are eligible to participate the following year.

h. Students seeking to participate in sports will be permitted to try out when their suspension is complete in accordance with CIF rules and regulations.

11. Appeal Process: All decisions may be appealed based upon review of due process by presenting a formal letter to the school principal within 10 calendar days of receipt of notification of the decision to remove a student from or to designate a student ineligible for, any cocurricular or extracurricular activity. The principal will review the appeal and render a decision within five working days in writing. Students are ineligible to participate in extracurricular and cocurricular activities while an appeal is being processed.

Regulation PALM SPRINGS UNIFIED SCHOOL DISTRICT

approved: September 30, 1999 Palm Springs, California

LOCKER ROOM CONDUCT

Students are expected to adhere to these policies and report those who do not.

Welcome to Cathedral City High School

This locker room/rest room facility is for the use of CCHS students and their guests. Please do the following to keep this facility secure:

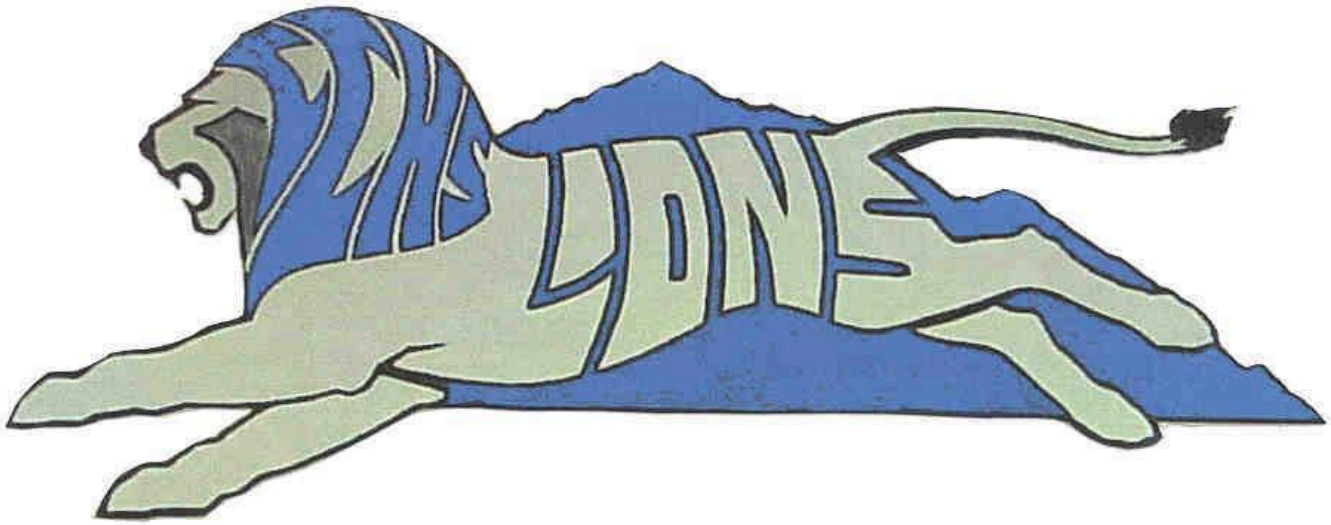
- Do not share lockers!
- Clean your area as you leave each day.
- Lock your locker; keep all valuable items secure.
- Do what is right.
- Treat others who use this facility in the way in which you would like to be treated.
- Students are not allowed to be in the locker room, weight room, dance rooms, gym lobby, or either gym without a supervising staff member present. Students who do not comply with this regulation may be subject to disciplinary action.

Thank you on behalf of Cathedral City High School Students and Staff

TRAINING ROOM - INJURY REFERRAL PROCEDURE

The training room is located P17. Our Certified Athletic Trainer is in charge of this facility. The training room is for the treatment and rehabilitation of injuries. All taping and support wraps for injured athletes will also involve a rehabilitation program designed by the trainer. Student-athletes will not play or practice when under the care of the trainer without permission to do so from the trainer. Athletes, with the help of their coaches and the trainer, must make a plan to be taped or treated on a regular basis.

If you are injured, notify your coach and the Athletic Trainer immediately. The earlier that an injury can be evaluated and treated, the faster it can improve. If an injury is serious, parents will be notified and the athlete may be referred to a sports medicine specialist or a physician (with parent permission). The potential for injury is inherent in any physical activity and is accepted by each athlete and their family when the decision is made to become a participant in the athletic program. The goal is to keep every student-athlete in top physical condition throughout the entire season.



TRANSPORTATION RULES

Lion athletes are expected to conduct themselves with the utmost integrity on all trips. Athletes are expected to be courteous and to help the bus drivers whenever possible. At no time are athletes allowed to act in a way which will reflect poorly on Cathedral City High School.

All Lion student-athletes are responsible for their own behavior at all times. Your conduct reflects on your family, your team and our school. Conduct which reflects poorly on CCHS will result in immediate consequences which may include parents being required to pick up their students, suspension from further trips, or dismissal from the team.

RIDING HOME WITH PARENTS

All Lion student-athletes will ride to and return from all athletic contests on the team bus unless prior approval has been given by the athletic director (or in emergency situations as per coach discretion).

In some cases, it may be necessary for a student-athlete to be released after a contest to ride home with their parents due to an unavoidable situation or multiple activities scheduled on the same day. Advanced planning by the student-athlete and their parents is a MUST! Students/ Parents must communicate with their coach and the athletic director to make plans for such a release in advance.

Athletes may only be released to their parent(s). Parents may not give permission to have their students driven home by another adult.

EMERGENCY SITUATIONS: If an emergency situation occurs (medical, family, etc.) where advanced permission was not possible, the coach will use their discretion and judgment. The student-athlete may only be released to their parent(s). Forgetting to get advance permission does not constitute an emergency.

FEES FOR PARTICIPATION AND EQUIPMENT

Students or their families will **never be required to pay any fees to participate in athletics** at Cathedral City High School. If you are ever asked to pay a fee, please report this to the athletic director immediately. At the conclusion of each season, student-athletes are required to return all school issued equipment/uniforms and are responsible for paying for lost items. Equipment is expected to be kept clean and in good working condition during the time it is assigned to the athlete.

NCAA ELIGIBILITY CENTER

Many college athletic programs are regulated by the National Collegiate Athletic Association. The NCAA is an organization founded in 1906 that has established rules of eligibility, recruiting and financial aid. The NCAA has three membership divisions: Division I, Division II and Division III. Institutions are members of one or another division according to the size and scope of their athletic programs and whether they provide athletic scholarships.

Many other colleges and universities belong to the National Association of Intercollegiate Athletics (NAIA). These are mostly smaller colleges such as Biola, Westmont, Concordia, La Sierra, Cal State San Marcos, etc.

If you are planning to enroll in college as a freshman and you wish to participate in NCAA Division I or Division II athletics, you must be certified by the NCAA Eligibility Center. The Eligibility Center (formerly known as the NCAA Clearinghouse) was established as a separate organization by the NCAA member institutions in January 1993. The Center ensures consistent interpretation of NCAA initial-eligibility requirements for all prospective student-athletes at all member institutions.

You can access the Eligibility Center at: https://web3.ncaa.org/ecwr3/

YOUR RESPONSIBILITY AS A PROSPECTIVE STUDENT ATHLETE

It is your responsibility to make sure the Eligibility Center has the documents it needs to certify you. These documents are:

1. Your completed and signed Student Release Form and fee*
2. Your official transcript mailed directly from every high school you have attended
3. Your ACT or SAT scores
4. Foreign Student Application, if applicable

WHEN TO START THE PROCESS

If you want to participate in Division I or Division II athletics, plan to start the certification process early – usually the end of your junior year in high school. See your counselor for more information.

*Students who qualify for free and reduced lunch may qualify for a fee waiver for the Eligibility Center as well.



VARSITY LETTER INFORMATION

Only those athletes who have earned a varsity letter at the conclusion of their sport may wear the letter jacket of Cathedral City High School. Letters for varsity sports may be purchased in the athletic office after the varsity coach has turned in his/her list of varsity letter recipients to the athletic office following the conclusion of their sport season. A student- athlete must complete their sport season in good standing to be eligible to wear a Lion Varsity Letter.

Varsity letter recipients will be given one letter only at the time they earn their first varsity letter. Athletes that letter in other sports will receive pins for each sport. Sport insignia pins inserts may be obtained free of charge from the athletic office after the varsity coach has turned in his/her letter winners at the end of the season.

Scholar-Athlete Patches are awarded to those athletes who have earned a varsity letter and have earned a minimum 3.0 (unweighted) GPA . Athletes will be given one patch only and then are awarded rattles to be placed on the patch at no extra cost for each semester that they attain a 3.0 GPA. Patches and horseshoes may be obtained in the Athletic Office.

It is the student-athletes option to choose where to purchase their jacket.

ATHLETIC AWARD INFORMATION

The following is a list of awards that Lion student-athletes have the opportunity to earn during their varsity athletic careers. Our athletic staff hopes that this will help all Lions to set high goals and have the determination and desire to accomplish great things during their time here at Cathedral City High School. Our main objective is team success and bringing positive recognition to our school and community. With team success, individual accomplishments are recognized.

CCHS VARSITY ATHLETIC AWARDS:

Varsity Letter

When a varsity athlete meets the criteria as determined by the athletic department and by the head coach, he or she earns the right to wear a CCHS varsity letter and to purchase a varsity letter jacket. The criteria to earn a varsity letter may differ from sport to sport as determined by the head coach of the sport. At the conclusion of the season, head coaches send a list of letter winners to the athletic office. Being a member of a varsity team does not automatically qualify an athlete for a varsity letter.

League Championship Patch

Each member of a varsity team that wins a League Championship receives this award to wear on their letterman's jacket.

Senior Athlete of the Year Award

An outstanding female and male athlete will receive this award at the conclusion of the school year at Senior Scholarship & Awards Night. The athlete must be a senior and competed in at least one varsity sport their senior year. Consideration is given to academic accomplishments and personal integrity in addition to other criteria.

Senior Scholar Athlete of the Year Award

This award goes to an outstanding female and male athlete at the conclusion of the school year at CCHS Awards Night. The athlete must be a senior, have a grade point average of 3.5 (minimum), must have competed in at least one varsit sport their senior year and be an outstanding citizen on campus and in the community in addition to other criteria.

CIF Awards

CIF Southern Section Championship

This is the most prestigious award for a team or individual performer to attain. To win this award, the championship team has qualified for the playoffs and has been undefeated in each round of playoffs. (The championship team will receive a team trophy to be displayed at the school, and each member of the team receives a CIF Championship patch for their lettermen jacket.)

State Championship

The following sports have a championship tournament: Cross Country, Volleyball, Basketball, Wrestling, Track and Golf. To qualify for this level of competition, a team or individual athlete must have won their respective CIF- SS Championships or finished as the runner-up.

All CIF-SS Team

Special recognition is given to outstanding athletes in team sports in the CIF-SS. At the conclusion of the CIF-SS playoffs, a special committee made up of local sports media and selected CIF representatives select an All CIF-SS first, second and third team. Just as in all league selections, the better the team, the better the chance more All CIF selections will come from that school. These teams are announced to the media and certificates are sent to each athlete's school for them and their coach.

CIF Player of the Year

This award is selected by a special committee made up of local sports media and selected CIF representatives. The recipient of this award is deemed to be the most outstanding player in his or her sport in the CIF Southern Section. This award is usually presented to an athlete who is a member of the CIF championship team or runner-up.

INFORMATION FOR PARENTS

Parent/Coach Relationship & Communication

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to our children. As parents, when your children become involved in our program, you have the right to understand the expectations that are placed on your child. This begins with clear communication from your student-athlete's coach. Participation in high school athletics is a privilege and not a right.

As your student-athletes become involved in the athletic teams at Cathedral City High School, they will experience some of the most rewarding and challenging experiences of their young lives. Not everything will go according to plan for your son/daughter. It is not a matter of whether or not an issue will arise, but when, and most importantly how the issue will be dealt with.

This is the time when your student should set-up a time to talk to his/her coach. It is extremely important that your son/daughter approach the coach to set up such a meeting. This type of communication will help give both the coach and the athlete a better understanding of expectations of all involved. This is also a crucial part of a young person's growth into adulthood.

Communication You Can Expect From Your Coach

1. Expectations the coach has for your student as well as all of the players on the squad.

2. Locations and times of practices and contests.

3. Team requirements such as special equipment, off-season expectations.

4. Procedures to follow should your student be injured during participation.

5. Discipline that results in the denial of your child's participation.

6. The availability of the coach to speak with your student if they have a problem.

Communication Coaches Can Expect From Parents

1. Concerns expressed directly, at the appropriate times, to the coach.

2. Notification of any schedule conflicts which involve absence from practices or contests well in advance.

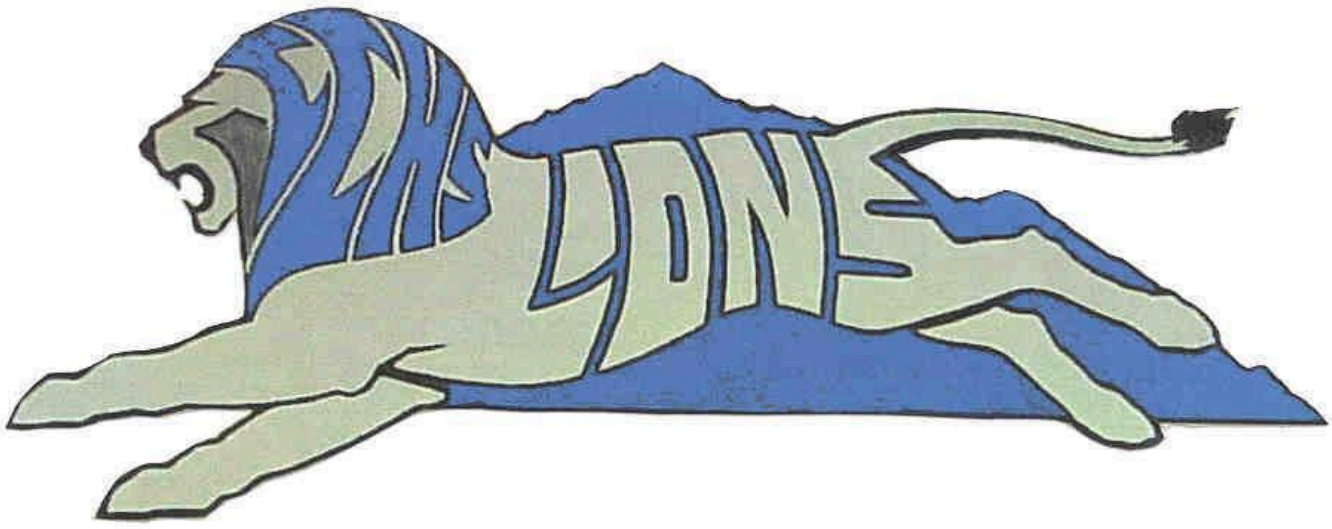
3. Your support for the program that your student has chosen to participate in and positive encouragement for all involved.

Appropriate Concerns to Discuss with Coaches

It is very difficult to accept that your student-athlete may not play as much as you may have hoped. Our coaches are experienced, professional educators. They use their experience and expertise to coach young men and women and are required to make judgment decisions based upon evaluation of practice performance and what they believe to be in the best interest of all those involved in their program. As you read the items below, certain topics can and should be discussed with your student- athlete's coach.

1. Concerns about your student-athlete's behavior and/or academic progress.

2. Suggested ways to help your student-athlete improve.



Issues NOT Appropriate to Discuss with Coaches

1. Playing Time
2. Team Strategy
3. Play calling/game strategy
4. Other student-athletes

What To Do If You Have a Concern

1. Have your student-athlete meet with his/her coach to discuss an issue. On most occasions, this coach-to-athlete meeting can resolve issues or questions. As stated earlier, this is an integral part of our young men and women learning to grow as adults.
2. Call or email the coach directly and set up a possible meeting to discuss your issues. Remember, the desired outcome is to resolve the issue, not to inflame it.
3. Please DO NOT attempt to talk to a coach before or after a contest or practice. Our coaches are responsible for supervision and safety of their athletes. In addition, these can be emotional times for both the parents and the coach. Meetings of this nature do not promote resolution and will not be tolerated at any time.

If a Next Step is Necessary

Call or email CCHS and set-up an appointment with the Athletic Director, and the coach to discuss the situation. At this meeting, issues of concern will be discussed and an appropriate plan of action developed.

Team Selection

A Letter to Parents and Student-Athletes

Dear Parent/Guardian and Student-Athlete:

In each program, a coach and/or coaches are hired by the school district to be responsible for team selection. Criteria for selection are established by the head coach with input from the entire coaching staff. This may be a subjective process. Team selection, practices and decisions regarding game situations are the responsibility of the coaching staff.

The Cathedral City High School athletic program is highly competitive. In certain sports, we are not able to place every child who wishes to participate on a team. While this is not our desire, this is a reality. The most difficult task facing our coaches is to let great young men and women know that they were not selected for a team. Doing so is not something that coaches like at all.

Please be sure when your child tries out for a team, both you and they understand there is a very real possibility they may not be selected. If selected, both you and your child should be prepared to accept placement at any level, i.e. freshman, junior varsity, or varsity. It is disturbing to have a student try out for a team and then quit when they are not placed where they think they should be. By doing this, they have taken away someone else's opportunity to be on a team. At CCHS, quitting a sport is not accepted. When a student-athlete chooses to participate in a sport, their commitment lasts for the entire season.

Normally, during the tryout period, coaches have a limited amount of time to make team selections. They do the best they can in keeping the most talented athletes, filling positions for play, and placing athletes on the proper team. Coaches are under a good deal of pressure to assemble the most competitive team possible. Any one of us might select different athletes for the team. We believe it is the coaches' responsibility to select the team with whom they will work for the entire season.

Our experience in athletics reveals there are many "select or traveling teams" sponsored by many different organizations. Participation on a "select or traveling team" does not guarantee any player a spot on a high school team. While we believe players can gain valuable experience outside of the school athletic program, neither parents nor students

should count on this type of participation to “guarantee” a spot on a high school team.

The main goal of a competitive athletic program is to put the most talented members of the team in competition. Starting positions and playing time are not guaranteed to seniors making the team, or anyone else for that matter. Each member of the team is very valuable to the team’s overall progress. Some members may play a great deal of the time in a contest while others may not see what a parent would consider “significant” playing time.

Each student-athlete should have personal improvement as one of his/her goals. By being a member of a team, regardless of time spent in actual competition, a person can learn many valuable lessons. Among them are: citizenship, sportsmanship, appreciating good play by an opponent, working together to meet team goals, responsibility, commitment to team and school, loyalty, placing team above self, learning to accept instruction and criticism, respect for others, winning and losing with dignity, self-control, and being responsible for one’s own actions.

We sincerely hope this helps you to understand the goals and philosophies of the competitive athletic program at CCHS.

GO LIONS!

Being a Supportive Parent

(taken from Coach Herb Meyer, El Camino HS, CIF San Diego Section)

1. Be positive with your child.
2. Don't offer excuses for your child if they are not playing.
3. Don't "put down" the coaches – be supportive in front of your children.
4. Encourage your child to follow the team rules.
5. Insist on good grades!
6. Don't develop envy toward other players because you don't like their parents.
7. Don't be a know-it-all.
8. Insist on your child's respect for team rules, game officials, and sportsmanship.
9. Encourage your child to improve their self-image by believing in themselves.
10. Encourage your child to play "for the love of the game."

Work to Develop Positive Sports Parenting

(by George Selleck, Sports Psychologist)

1. Use sports to reinforce family values.
2. Teach children to cope with frustration.
3. Teach children to make good choices about tobacco, drugs and alcohol.
4. Build character.
5. Teach children to respect themselves and others.
6. Communicate effectively with the coach.

Parents CODE OF CONDUCT

(by Dr. Laura Finch, Western Illinois University)

1. Remain in the spectator area during competition.
2. Do NOT yell instructions or criticisms to the players.
3. Make no derogatory comments to players, other parents or fans; officials, or administrators.
4. Do NOT interfere with your child's coach.
5. Be willing to let the coach be responsible for your child during the duration of the contest.
6. Provide unconditional love, acceptance and emotional support regardless of the games' outcome.



Conduct at Athletic Events

Thank you for attending today's event. We hope that you enjoy the contest! In order to provide a pleasant and safe environment for all spectators and participants, all participating schools' staff and students ask that all fans do the following:

- REMEMBER that this is a high school athletic event. All participants (players, coaches, officials, and fans) are involved in this phase of education of our student-athletes. Our school endorses the principles of Pursuing Victory with Honor. All involved should display proper sportsmanship and play by the rules of the game because it's the right thing to do!

- Do not coach from the bleachers. It embarrasses you, your child and those seated near you.

- Support your team by being a positive representative of your family and your school.

- Cheer for good play.

- Refrain from intimidating or harassing players, coaches, officials, or other fans.

- Use proper language at all times.

- Remain in assigned seating areas – spectators are not allowed in the playing area.

- Follow safety rules and CIF regulations.

Admission to this event is a privilege and not a license to display insensitive or offensive behavior.

Coaches, program administrators, sport officials, and the athletes themselves have a right to demand that spectators conform to acceptable standards of behavior.

Enjoy the event by being a FAN, not a fanatic!!

COLLEGES AND SCHOLARSHIPS

Recent studies have shown that the percentage of young men or women being offered an NCAA Division I full scholarship is 0.08 %! In other words, it's easier to become a National Merit Scholar Finalist than to receive an athletic "full ride" scholarship. It is very important to understand that high school coaches ARE NOT responsible for getting student-athletes college scholarships. However, high school coaches do work very hard to make sure that the high school student-athlete maximizes his/her potential in both the athletic and academic arenas.

Parents can help improve the odds of their student participating in sports at the collegiate level by:

1. Learning about the different divisions and the types of scholarships and grant opportunities available.

2. Determine if your student really wants to play at the collegiate level.

3. Have a realistic evaluation of what level your student can participate in at the collegiate level. (Remember, there are over 25,000 high schools in the nation.)

4. Remind your student to enjoy their high school sports experience.

Here are a few suggestions to help parents learn about participation in athletics at the collegiate level:

Develop Your Recruiting Game Plan

(taken from RECRUITING REALITIES by Jack Renkens)

1. Evaluate your talent/skill level honestly

2. Respond to Questionnaires

3. Your coach has sent in names of prospective players

4. Introduce yourself to college coaches

5. Develop a list of questions for coaches

6. Call College Coaches

7. Create a Game/Skill Tape (send on request ONLY!)

8. Arrange unofficial college visits

9. Take the SAT or ACT (multiple times)

10. Register with the NCAA Eligibility Center

11. Get a copy of the NCAA Guide for the College Bound Student-Athlete. This booklet can be down loaded from the NCAA website or call 800-638-3731 to receive a free copy.