

**Whitney High School
Department of Athletics**

The Plan to Be Dynamic.

Part 2 - Expectations, Guidelines and Information for the Student-Athlete



ARTICLE I. PHILOSOPHY OF WHITNEY ATHLETICS

1. THE VISION. To be the state’s most dynamic athletic program in the eyes of our families, peers, community, and competitors by always keeping the mission statement as our driving force.

2. THE MISSION STATEMENT. “Work. Family. Life.” We will work hard. We will be a family. We will learn life skills.
 - 2.1. Work – In the classroom the athlete will demonstrate work by completing assignments during the class period, studying and staying on task. On the field/court the athlete will be ready for practice, demonstrate full effort, not give up, watch film, and scout the opponent.
 - 2.2. Family – In the classroom, the athlete will treat their teacher and peers with respect, listen when someone is talking, and accept differences. On the field/court, the athlete will listen to their coaches, develop a relationship with their teammates, worrying about their teammates and not the opponent.
 - 2.3. Life – The student-athlete will show life skills by being on time, dressing appropriately, have a positive attitude, attend class, and use appropriate language. On the field/court, the athlete will attend all practices, be on time, be responsible if they’re going to be late/absent due to verified excused reasons, have a positive attitude, respect their coaches/teammates, not argue with referees or opposing players, use appropriate language.

3. THE WHITNEY ATHLETICS CORE BELIEFS. The core beliefs were developed by the Whitney Athletic department (coaches and athletic director) to guide the decisions of the department.
 - 3.1. *Core Value #1 - Standardization of Processes, Protocol, and Forms.* The athletic program will focus on establishing standard processes and protocol for all coaches and players. These processes and protocol should be developed and supported by involved parties including the coaches, administration, and school board (if applicable). This development of guidelines, will help ensure that all invested parties are treated fairly and that there will be balance between the importance of all athletic teams. In order for these processes to be effective: the coaching staff must be part of the process and be able to ask questions, the coaching staff needs to consistently evaluate and analyze the processes and protocol to continue to strive to be more efficient and effective, keep detailed track of all coaching responsibilities and duties, use technology as an aid to expedite processes and procedures
 - 3.2. *Core Value #2 - Embrace and Support the Concept of “Student-Athlete”.* Secondary schools consist of three main components: academics, athletics, and activities. Out of these three components, the most important piece is academics. Athletics is there to support the academic piece and provide students with avenues of success outside the academic arena. Furthermore, athletics is crucial in the development of a positive school culture and pride. As the athletic program, we will strive to support all three areas mentioned above. We will firmly believe in the term “student-athlete” and understand the importance of being successful in the classroom. Furthermore, we will make it a priority to maintain positive relationships between the academics and athletics.
 - 3.3. *Core Value #3 - Commitment from the Coach and Players.* Commitment is what transforms a promise into reality. It is the words that speak boldly of your intentions, and the actions that speak louder than words. It is making the time when there is none. Coming through time after time after time, year after year after year. It is being there during the bad times as well as the good times. It is being there when the applauding begins and when the others sit down. It is being there when your strongest opponent publicly criticizes your efforts. It is being there to accept responsibility when everything that could go wrong does go wrong. Commitment to the team and program; you are either in or out, there is no such thing as in between.
 - 3.4. *Core Value #4 - Coach and Player Discipline.* Discipline in adherence to policies, rules, systems, procedures, and standards.

- 3.5. *Core Value #5 - Strive for Continuous Improvement as a Coach and Athletic Program.* The athletic program at Whitney High School will pursue growth and learning. This process will take place to encourage program improvement and success. Through a variety of avenues, the athletic program will improve as a whole and strive to improve all coaches and players. This will happen through bringing in guest speakers, attending clinics, researching and analyzing like programs and current trends, attendance at athletic practices and competitions by the athletic director, interaction between the coaches and athletic director on a regular basis, use of district protocol to evaluate the coaches, and evaluating all components of the athletic program.
- 3.6. *Core Value #6 - Build a Team and Athletic Program.* A team is a group of people that collaborate and interact to reach a common goal. The foundation of any team is belief in the system. Without this, the members of the team perform as individuals; with it, the members become a powerful unit striving to reach a common goal. In the ideal team each member performs his or her function in such a way that it merges with that of other team members to enable the team to reach its goals. Thus, the whole becomes greater than the sum of its parts.

ARTICLE II. GENERAL INFORMATION

1. **SPORTSMANSHIP.** As the people out front, coaches and students have a unique opportunity to impact the future of athletics. Many of you are aware that in the past, CIF has reported violence associated with player vs. player, player vs. official, coach vs. coach, coach vs. official, spectator vs. spectator, spectator vs. official, etc. Thus, before it happens here, we are asking each of you to make sportsmanship a personal goal. No contest's outcome is worth an ugly incident due to some spur-of-the-moment action. We realize that in spite of all our efforts, an incident may occur. But, if we have not practiced sportsmanship, we must shoulder the blame of the action. We can create an environment that is conducive to a higher goal than a win-at-all-costs environment. If we are successful in this, we will have attained a more lasting mark than any championship could possibly bring.
2. **GOVERNING BODY OF ATHLETICS.** High school athletics shall be governed by the CIF Constitution and By-Laws (Blue Book), Sac-Joaquin Section Constitution and By-Laws, Capital Valley Conference Constitution and By-Laws and the Whitney High School Code of Conduct-Extracurricular Eligibility Policy. Athletes shall be directly responsible to the head coach and his/her assistants. It is assumed that participation in a sport is a privilege and not a right.
3. **VOLUNTARY ATHLETIC CONTRIBUTION.** In order to continue to provide the outstanding athletic programs at Whitney High School, a voluntary athletic contribution program has been created. This will be in lieu of transportation fees and will be used to fund the necessary resources to keep the athletic program at its current state. Each athlete will be asked to contribute prior to the beginning of each season. The money raised will go to offset administrative costs of each program and additional expenses as explained. The money donated will go to the specific sport that is chosen. If you don't understand the program or have additional questions, please contact the athletic department.
4. **TRANSPORTATION.** Athletic transportation to and from events is not provided by the Rocklin Unified School District. Parents and athletes are responsible for arranging transportation on an individual basis. Student athletes will be released from class at the designated time and responsible for transporting themselves to and from the visiting school. Students are not required to check out in the front office when being released from school for an athletic event. The departure times will be determined by the coach and/or school for all away athletic competitions.
5. **STUDENT PARTICIPATION.** Student participation in athletic contests is a privilege. As a student athlete, you are expected to conduct yourself in an exemplary manner at all times. During participation in all CIF competition, a student who is ejected or disqualified from participating in the remainder of said contest will be ineligible for the team's next

contest. Any student who physically assaults a game or event official shall be banned from interscholastic athletics for the remainder of the student's interscholastic eligibility.

6. **APPEARANCE AND BEHAVIOR.** As a member of our team, we want to be proud of your appearance. Athletes are expected to dress neatly and keep well groomed. The coach may determine a dress code on the day of a contest. As athletes, you are representing your parents, school, community, and yourself. Athletes will show respect for all coaches, teachers, officials, spectators, school facilities, equipment and opponents at all times.
7. **RESPECT.** At the very core of citizenship is respect, respect for self and respect for others. Respect is the lifeblood of citizenship that provides motivation and a sense of responsibility. Without respect for self and others, there can be no citizenship, because the foundation of citizenship is built upon the desire to respect the rights and preferences of others. Courtesy is a quality of respect. On the other hand, discourtesy, ridicule, and dishonor define disrespect. Respect is often a difficult idea to portray to young students. So much of what they see on television or in the movies reflects in-your-face lack of respect that is the direct opposite of citizenship. Taunting, wild celebrations and a general lack of regard for the efforts of others have become a common denominator. Classic examples are at sporting events, movies, television, and other media spheres.

ARTICLE III. CALIFORNIA INTERSCHOLASTIC INFORMATION

1. The CIF Sac-Joaquin Section has standards that you must meet in order to be eligible to compete at the high school level. You are urged to study these carefully. Please contact the Athletic Office with questions.
2. **FALSE INFORMATION OR UNDUE INFLUENCE.** Any student whose address or name has been falsified in order to achieve residential eligibility will be ineligible in all interscholastic athletic competition for a period of one year from the date of the infraction. The use of undue influence by any person or persons to secure or retain a student or to secure or retain one or both parents, guardians or care giver of a student as residents may cause the student to be ineligible for high school athletics for a period of one year and shall jeopardize the standing of the high school in the CIF.
3. **RESIDENTIAL ELIGIBILITY.** A student has residential eligibility upon initial enrollment in the ninth grade of any CIF high school or tenth grade of any CIF high school from ninth grade of a junior high school or any CIF school in an approved foreign exchange program as outlined by By-law 212.
4. **TRANSFER STUDENTS.** If you have participated in high school athletics at another school within the last 12 months, you are required to fill out CIF transfer paperwork prior to participation at Whitney High School. Please contact the Athletic Director for eligibility questions and proper paperwork. Students are not automatically eligible.
5. **AGE PARTICIPATION LIMITATIONS.** No student, whose 19th birthday is attained prior to June 15, shall participate or practice on any team during the following year. A student who begins the ninth grade may be eligible for athletic competition for a maximum of 8 consecutive semesters. In other words, students have 4 consecutive years from when they begin high school to compete in high school athletics.
6. **ATTENDANCE ELIGIBILITY.** In order to practice or participate in an athletic contest: the student must be in attendance for the entire school day on the day of the athletic contest. Student must be in attendance for the entire school day prior to weekend/holiday contest. Students in OCS or Off Campus Suspension will not be allowed to play in games on those days.

Absence due to funerals, medical appointments, religious activities or serious family obligations must be approved /cleared 24 hours in advance by the AD prior to practice or contest.

7. ELIGIBILITY MISCELLANEOUS COMMENTS.

- 7.1. A student may not compete on an outside (of school) team in the same sport during the season. (Soccer players should check with their coach or AD for exceptions allowed).
- 7.2. Grades earned in summer school or equivalent courses may be utilized to determine eligibility for the first quarter of the subsequent school year (Board adopted 1/20/99).
- 7.3. A student must meet CIF, League, and RUSD eligibility requirements.
- 7.4. Days of eligibility for determining length of suspension from extra/co-curricular activities are defined as school days excluding weekends and legal holidays. (See section in handbook for further information on athletic disciplinary procedures)
- 7.5. Failure to have served suspensions, Saturday School for truancy and disciplinary detention as well as failure to have paid outstanding fees and fines will result in practice and contest ineligibility.

ARTICLE IV. WHITNEY ATHLETICS ELIGIBILITY POLICIES

1. ELIGIBILITY INFORMATION. Any athlete that plans to participate on a Whitney Athletic Team must complete the following items prior to the Friday before try-outs. Failure to complete the necessary items in a timely manner will result in the possibility of the student-athlete not being allowed to try-out.
 - 1.1. Physical examination within the last calendar year
 - 1.2. Handbook consent and acknowledgement
 - 1.3. Eligibility and insurance information
 - 1.4. Social media information and expectations
 - 1.5. Expectations of athletes and parents
 - 1.6. Concussion and Supplement information
 - 1.7. Voluntary athletic contribution informational form
2. Secondary schools consist of three main components: academics, athletics, and activities. Out of these three components, the most important piece is academics. Athletics is there to support the academic piece and provide students with avenues of success outside the academic arena. Furthermore, athletics is crucial in the development of a positive school culture and pride. The athletic program will strive to support all three areas mentioned above. Whitney athletics will believe in the term “student-athlete” and understand the importance of being successful in the classroom. Furthermore, this department will make it a priority to maintain positive relationships between the academics and athletics.
3. ACADEMIC ELIGIBILITY. A student is scholastically eligible if the student is currently enrolled in at least 20 semester units of work and the student passed at least 20 semester units at completion of previous regular grading period and the student is maintaining minimum progress toward high school graduation requirements. All student/athletes must have a 2.0 GPA with no more than one “NM” on the quarter report card or “NC” on the semester report card. During the grading period the athlete will have two weeks from the end of the grading period to clear any NM/NC on the report card (except at the end of the second semester) due to an essential skill assignment or test. Grade changes will not be accepted for assignments other than those classified as essential skills. Athletes who fall below the 2.0 GPA at any grade reporting

period (every nine weeks) will become ineligible to participate in any interscholastic contest. Practice participation will be left up to the discretion of the coach and athletic department.

4. TRYOUTS. Student athletes may participate in tryouts for some sports (listed below) even if their overall GPA is below a 2.0 (they must have two NM/NC or less). They will remain on the roster until the next grading period. If they are once again deemed ineligible, they will be removed from the team/roster. Student-athletes may try-out for the following sports even though they are academically in-eligible (they cannot play in competition until the next grading period, but they can make the team): baseball, basketball (men's), cheer, cross country, dance, softball, track and field, and wrestling. Student-athletes may not try-out for the following sports if they are academically ineligible: basketball (women's), football, golf, soccer, swimming, tennis, volleyball, and water polo. If a student-athlete is injured during the try-out period, he/she will be allowed to try-out once they are cleared by a medical doctor. They will remain on the active roster until they are given a try-out, at which point the coaching staff will determine if they have the ability to earn a permanent roster spot.

5. QUITTING A SPORT. Any athlete who quits a team without permission of the coach after first scrimmage date as defined by the CIF Sac-Joaquin Section or is removed from a sport will not be eligible to participate in another sport until the completion of the season of the sport that the athlete quit.

6. ATHLETIC PHYSICAL EDUCATION CLASS. All 11th and 12th grade athletes will be enrolled in an athletic physical education class by the counseling department. These classes include: aquatics, aerobic fitness, and weights. If a student-athlete feels that they cannot participate in a weights class, they must get the class waived by the Athletic Director. This will ensure that a common practice and protocol is followed in regards to waiving the athletic physical education class. Exceptions will not be granted to allow the students to have a short schedule. Examples of reasons for the class waiver include:
 - 6.1. Substituting ROTC drill or dance in the place of the athletic physical education class
 - 6.2. Three or more advanced placement, honors, or dual enrollment classes (in the core academic areas - math, science, language arts, and foreign language)
 - 6.3. ROP classes that will not allow participation due to time requirements
 - 6.4. Academic or graduation requirements that need to be met by the student-athlete
 - 6.5. Work schedule that will not allow participation due to extenuating circumstances
 - 6.6. Doctor's note and/or IEP that identifies and injury and limits their ability in an athletic class
 - 6.7. Excuses not accepted to be waived from participation:
 - 6.7.1.I participate in _____ year round.
 - 6.7.2.My club coach said no.
 - 6.7.3.I don't want to.
 - 6.7.4.My parents said no.

7. STUDY HALL. Study hall will be conducted to provide the student-athletes a place and time to complete classwork, homework, projects, etc. Study table will occur in the theater from 1:15 pm to 2:45 pm. Students will sign in when they enter and study table will be monitored by the athletic department. All 9th graders will have mandatory study table every Monday after school while they are "in-season". If you fail to attend study table, you will have four days to make it up if the absence is excused. If you fail to make up the study hall period, you will miss practice the following week. If you miss study hall due to an unexcused absence, you will not be allowed to start the next competition. Those freshmen that have a 4.0 or higher, will be dismissed from study table and are not required to attend. Those students in the 10th, 11th, and/or 12th grade will be require to attend study hall if they achieve a GPA of lower than 2.75. They will remain in study hall until a grade check in their planner proves they have exceeded these specific requirements. Those students in the 10th, 11th, and/or

12th grade will be require to attend an intervention period with the Athletic Department if they achieve a GPA of lower than 2.75.

8. ATTENDANCE POLICY. This policy applies to all sports teams of the athletic department (including dance and cheer) and applies to one season of play (in other words absences do not carry over from one sport to the next). The attendance policy is available online at www.whitneywildcats.org.
9. ATHLETIC AWARD POLICY. Athletes who have completed their entire sport season and are in good standing will be eligible for all special awards, participation awards, and scholar-athlete recognition. Students/athletes who are not members of the team at the close of the season will forfeit team awards and all league honors. (Season is defined as that period of time that includes all scheduled games, post-season contests and awards banquets.)
- 10.EQUIPMENT. School equipment checked out to a student/athlete becomes the responsibility of that person. The student/athlete is expected to maintain the equipment in a clean condition and utilize it only for the sport issued. Damage to equipment as a result of unauthorized use, or loss of such equipment, will become the financial obligation of the student/athlete. When players lose uniforms or equipment, they may not take part in any other sport until said uniform and/or equipment is found and returned or paid in full. Students may not wear school owned activity equipment/uniforms except at practices, activities, & games representing WHS.

ARTICLE V. CODE OF CONDUCT

1. The Board of Trustees encourages all parents to assist us in administering this policy fairly and equitable for all students by mutually cooperating with school personnel during school conferences regarding alleged violations of this policy. In order to develop themselves as students and citizens, and so that they can fulfill their duties in the most appropriate fashion, students must discipline themselves both mentally and emotionally. This is especially true of Rocklin Unified School District students involved in extracurricular programs, for competition is more than contests between individuals representing different schools. It is, as well, a means to learning a way of life which exemplifies the concepts of honesty, fair play, hard work and dedication to standards of the highest caliber relative to personal and team conduct. Moreover, it must be remembered that representing one's school in an extracurricular activity is a privilege, and not a right.
2. Sportsmanship will be the top priority of interscholastic athletics. Commitment to fair play, integrity, and a genuine empathy for others must be taught and practiced if we are to make a difference. Athletics should assist in the development of fellowship and goodwill, and encourage the qualities of good citizenship. It plays an important role in developing a healthy self-image as well as a healthy body. Athletics also contribute to school/community spirit and pride.
3. Interscholastic athletics is a voluntary program. Thus, participation is a privilege and not a right. Along with that privilege comes the responsibility to conform to standards established for the high school athletic teams. This privilege may be revoked when the athlete fails or refuses to comply with the rules.
4. THE STUDENT/ATHLETE IS A REPRESENTATIVE OF HIS/HER FAMILY AND HIS/HER SCHOOL. THEREFORE:
 - 4.1. In the classroom, a student involved in an extracurricular program:
 - 4.1.1.Meets the academic and citizenship standards of the school.
 - 4.1.2.Shows respect for teachers and fellow students.
 - 4.1.3.Maintains a good attendance record.

- 4.1.4. Makes arrangements for all assignments missed due to a contest.
- 4.2. On the campus, a student involved in an extracurricular program:
 - 4.2.1. Helps to promote school spirit.
 - 4.2.2. Sets a good example for others to follow.
 - 4.2.3. Works for the improvement of the school.
 - 4.2.4. Is respectful of personal and school property.
- 4.3. At a contest, a student involved in an extracurricular program:
 - 4.3.1. Respects the rules and the decisions of the officials.
 - 4.3.2. Is modest in victory and gracious in defeat.
 - 4.3.3. Controls one's temper at all times.
 - 4.3.4. Knows that profanity and illegal tactics are signs of poor sportsmanship.
 - 4.3.5. Shows respect for visiting teams and their equipment.
- 4.4. On trips, a student involved in an extracurricular program:
 - 4.4.1. Conducts oneself in such a manner that he/she is a good representative of the community, the school, and student body.
 - 4.4.2. Helps take care of school equipment.
 - 4.4.3. Respects the regulations as well as the property of the host school.

5. THE PROGRAMS, ACTIVITIES, AND PARTICIPANTS LISTED BELOW SHALL BE GOVERNED BY THIS POLICY:

- 5.1. All athletic programs - all athletes will abide by CAL, Sac-Joaquin Section, and CIF rules.
- 5.2. Homecoming Court, Cheerleaders/Pep Squads/Song Leaders, Student Body and Class Officers.
- 5.3. Club Officers (e.g. Speech Club, Spanish Club).
- 5.4. Academic and Speech Contests, Field trips that result in a performance before an audience.
- 5.5. Drama and music productions not related to classroom instruction.
- 5.6. High School students serving in capacity of counselors for elementary activities.
- 5.7. Other activities designated as extracurricular.

6. CLASS I INFRACTIONS. Academic Eligibility: Failure to maintain academic standards will result in the student being declared ineligible for competition and practice until the publication of grades at the close of the next grading period or until grades for the grading period average a minimum of a 2.0 grade point average (GPA) and 1 no credit/mark (NC/NM) or less.

7. CLASS II INFRACTIONS. Behavioral: Class II Behavioral Infractions occur when the student/athlete, while at school during a school activity or while going to or from school, commits any of the following acts, which are prohibited by the California State Education Code or Rocklin Unified School District Policy:

- 7.1. Causes or attempts to cause physical injury to another person.
- 7.2. Possesses a dangerous object/weapon.
- 7.3. Commits or attempts to commit robbery/extortion.
- 7.4. Commits an obscene act or engages in profanity/vulgarity.
- 7.5. Disrupts school activities or otherwise defies the valid authority of school personnel.

- 7.6. Commits theft or receives stolen property.
- 7.7. Possession of tobacco, including chewing tobacco.
- 7.8. Possession of drug paraphernalia.
- 7.9. Habitual truancy (student has been truant for 3 or more days).
- 7.10. Violation of league sportsmanship standards. The following behavior is unacceptable at all CIF high school contests: Berating your opponent's school or mascot, Berating opposing players, Obscene cheers or gestures, Negative signs, Noise makers, Complaining about officials' calls (verbal or gestures).

8. CLASS II – DISCIPLINARY ACTIONS

- 8.1. First Offense: The student/athlete may be suspended from competition/participation for 5 to 30 days; the athlete may participate in practice at the discretion of the coach and principal.
- 8.2. Second Offense: The student/athlete will be suspended from competition/participation for 10 to 60 days. Prior to reinstatement, the student must conference with the coach and school principal regarding eligibility. Participation in practice shall be at the discretion of the coach and principal.
- 8.3. The principal may, at his/her discretion, reduce disciplinary action specified for Class II infractions below the maximum level when the student, during the course of an investigation into his/her violation of this policy, displays cooperation, honesty, and a positive attitude, as viewed by the Principal.

9. CLASS III INFRACTIONS. Substance Abuse (Drugs/Alcohol/Tobacco): A Class III Infraction occurs when commission of either of the following violation of Education Code Section 48900 (c) and (d) at any time during the school year, at school or in the community, when observed by school officials, reported by a parent or guardian, or otherwise proven by investigation. These infractions include possession/use of alcohol and/or possession/use of controlled substances including steroids, other than medically prescribed.

10. CLASS III DISCIPLINARY ACTIONS.

- 10.1. First Offense: The student will be suspended from competition for 30 days, or for 15 days plus a completion of drug/alcohol assessment with ongoing involvement in the activities recommended by the assessment. Recommendation of the assessor will be shared with the principal in order that he/she may monitor adherence to the program. The student may participate in practice at the discretion of the coach and Principal.
- 10.2. Second and Subsequent Offenses: The student/athlete will be suspended from competition/participation for 60 days, or 30 days plus completion of a drug and alcohol assessment, with ongoing involvement in activities recommended by the assessment. The recommendations of the assessor will be shared with the principal in order that he/she may monitor adherence to the program. The student may participate in practice at the discretion of the coach and principal.
- 10.3. Self-Disclosure: Students who voluntarily disclose substance abuse dependency to school personnel/parents and who involve themselves in an assessment and treatment program will not be penalized under this policy. The recommendations of the assessor will be shared with the principal in order that he/she may monitor adherence to the program.

11. FIGHTS IN SPORTS. Whitney High School believes that the primary purpose for athletics is to promote good sportsmanship. Any student spectator who steps onto the court/field to join or start a fight, player on the field who fights, team or group of players that leaves the bench while a fight is in progress or any individual athlete who participates in a fight before or after the game (or while on school grounds) are subject to any of the following:

- 11.1. Immediate removal from the contest.
- 11.2. Removal from the next regularly scheduled contest.

11.3. Removal from all athletic programs for a period of time to be determined by the school.

11.4. Suspension from school.

11.5. Removal from the team.

11.6. Other appropriate disciplinary action.

12. TRAVEL/UNIFORM DURING SUSPENSION. Students suspended from competition may be required to travel with the team only if they do not miss classes to do so, and the coach requires such travel. During home games, students suspended from competition may, at the discretion of the coach, be required to sit with the team, but not in uniform.

13. DURATION. This eligibility policy shall remain in force for the academic year in which a student/athlete is involved in interscholastic competition. Should insufficient school days remain in a given academic year to satisfy the disciplinary aspects of this policy, the remaining days required will be carried over into the next season of sport, as defined by the CIF.

14. JURISDICTION. This eligibility policy shall govern the actions of students/athletes, both on and off campus, and traveling to and from school and school activities, during the academic year.

15. ADMINISTRATIVE OBLIGATION. The Principal will conduct a reasonable investigation of alleged violations by the student/athlete and make appropriate determinations relative to continued eligibility in terms of this policy. When, in the opinion of the Principal, a student/athlete's conduct, both in or outside school, is deemed to be a detriment to the school, poses a danger to students, or is a threat to disrupting the educational process, the Principal may, at his/her discretion, suspend/remove the student from participation in any extracurricular program. Furthermore, the school Principal is charged with the interpretation and enforcement of this policy. Should a student, a parent, or guardian wish to appeal decisions of the principal, they enjoy the right to bring this matter to the attention of the Superintendent for resolution. Should the matter remain unresolved to the satisfaction of all concerned, appeal may be made to the Board of Trustees.

ARTICLE V. STUDENT-ATHLETE & PARENT EXPECTATIONS

1. EXPECTATIONS OF ATHLETES. The following expectations are those ideals that the Athletic Department expects from its student-athletes. Failure to follow these expectations will result in disciplinary action. Participation in athletics is a privilege, not a right. With that privilege come responsibilities and expectations both on and off the field.

1.1. To follow the concepts set forward in the mission statement

1.2. Maintain academic eligibility

1.3. Attendance at practice and competitions and arriving in a timely manner ready to participate

1.4. Set a positive example on campus and on-line for behavior and conduct

1.5. Demonstrate the values of sportsmanship and respect

2. EXPECTATIONS OF PARENTS. The following expectations are those ideals that the Athletic Department expects from its fans and parents. Failure to follow these expectations could result in removal (temporary or permanent) from athletic competitions. Attendance at athletic events is a privilege, not a right. With that privilege come responsibilities and expectations. The following were taken from "Positive Sports Parenting" written by Recruiting Realities, Inc.

2.1. Make sure your child knows win or lose, that you love them, you appreciate their efforts, and that you are not disappointed in them.

- 2.2. Try your best to be completely honest about your child’s athletic capability, competitive attitude, sportsmanship, and actual skill level.
- 2.3. Be helpful but don’t “coach” on the way to an athletic competition, on the way home, at breakfast, and so on...
- 2.4. Teach your child to enjoy the thrills of competition: trying, working, improving their skills, and more.
- 2.5. Try not to relive your athletic life through your child in a way that creates pressure. Remember, you fumbled the ball, lost as well as won, were frightened, backed off at times, and were not always heroic.
- 2.6. Don’t compare the skill, courage, or attitudes of your child with that of other members of the squad or team.
- 2.7. Always remember that children tend to exaggerate both when praised and when criticized. Temper your reactions to their tales of woe or heroics they bring home.
- 2.8. Never approach a coach on game day to talk about your child (before or after).
- 2.9. Participate in team fundraisers and events.
- 2.10. Demonstrate sportsmanship and appropriate behavior at all events, contests, and practices.

3. GRIEVANCE PROCEDURE. This process is intended to be a general guideline whereby concerns of alleged unfair treatment of athletes can be addressed in a timely manner. Legitimate grievances include failure to provide due process in disciplinary action, failure to provide a fair opportunity to compete to make the team, mistreatment of the student-athlete, and any violation of an adopted code. Non-legitimate grievances include playing time, athletes not playing the right position, strategies used by the coach, and win/loss record of the team or coach. If there is a problem then it is expected that the following process will occur.

- 3.1. Meeting between the student-athlete, parent and coach. If a resolution cannot be achieved:
- 3.2. Parent request for a meeting with the athletic director.
- 3.3. Meeting between the student-athlete, parent, coach, and athletic director. If a resolution cannot be achieved:
- 3.4. Written report will be submitted to the site principal by the athletic director and the athlete/parent
- 3.5. Meeting with the coach, athletic director, athlete, parent, principal, and any other individuals deemed necessary will take place. If a resolution cannot be achieved:
- 3.6. Written appeal shall be submitted to the Deputy Superintendent of Rocklin Unified School District.

4. ADDITIONAL GRIEVANCE INFORMATION. As a school district, we welcome calls and/or conferences with parents and community members at-at-large who have concerns about our policies and practices. Grievances and appeals about our athletic policy and regulations must be based on violations of the adopted codes of conduct, expectations, and/or ethics.

5. REPORTING PROCESS. If an incident occurs where a student-athlete needs to report an incident or issue (may be anonymously) regarding a coach or student-athlete they can do so by filling out an **incident report form** and dropping it off at the athletic department, emailing it to the Athletic Department, or going to the CONTACT US tab on the athletic department website and completing the form.