

Tehachapi High School

Athletic Handbook

2015-2016



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The Purpose of THS Athletics

Tehachapi High School is proud of its athletic program and the contribution our student-athletes have made to build a strong sense of community. We expect that all student-athletes embrace the School's tradition of outstanding sportsmanship, citizenship, and fair play.

This guide provides the goals and objectives, along with the responsibilities and expectations of parents and student-athletes while actively involved in our athletic program. Because student-athletes are held to high standards of performance, citizenship, and sportsmanship during school and non-school functions, acceptance of these responsibilities to self and to the team is mandatory.

Students are expected to perform at a high level of physical and academic fitness in their sport activity. Each individual sport has adopted training rules to ensure that student's maintain a healthy body during their season of sport.

Parent support for these standards of excellence is needed to insure that the proper values are in place for our athletes as guidelines for their participation.

VISIT OUR WEBSITE: <http://www.teh.k12.ca.us>

Expectations for THS Athletes

Individual and team success in sports results from **commitment**. Athletes who are able to make such commitments reflect their maturity to family, friends, school and team. As an athlete at Tehachapi High School, I commit myself ...

- To be a worthy representative of my teammates and coaches, abiding by school and community expectations and reflecting my team's values of **commitment** and hard work.
- To maintain my health, fitness and academic levels by following the training rules as prescribed by the Athletic Department and the coach.
- To reflect the knowledge that a **commitment** to victory cannot be accomplished without the **commitment** to hard work in practice.
- To attend every practice unless excused by my coach.
- To understand that my future as a responsible adult and citizen relates to my academic and my athletic activities.
- To accept the responsibilities of team membership: cooperation, support of my teammates, shared responsibilities, positive interaction and mutual respect.
- To reflect my belief that true strength involves humility and that even the toughest athlete is sensitive to the needs of others.

IF YOU ARE INTERESTED IN PARTICIPATING IN THS ATHLETICS

Steps to follow:

Step 1: Contact the Head Coach of the sport you are intending to participate in.

Step 2: Read, understand and complete the School Student Handbook, Parent & Student Guide to Athletics and Athletic Clearance Packet that leads to a “Clearance Card”.

The Athletic Clearance Packet contains the following:

- Emergency Card
- Athletic Code of Ethics
- Athletic Physical
- AB25 Concussion Information (attached to this handbook)

Step 3: Each student will be evaluated by the athletic director as to his/her eligibility for participation. All athletes must be academically eligible and must pay any and all debts prior to clearance.

***Note:** Students cannot participate on any School team until all forms are signed and a Clearance Card has been issued.*

THS Sport Competitive Level

FROSH/SOPH: Frosh/Soph sports are open to Freshmen and Sophomore athletes only. Frosh/soph is developmental in nature and is designed for skill acquisition to beginning and intermediate athletes. Playing time is shared, but not always equal, so athletes have a chance to expand on their skills in a game situation.

JUNIOR VARSITY: Junior Varsity is open to Freshmen, Sophomore and Junior athletes. Junior Varsity is more specialized and competitive than Frosh sports. Playing time is unequal due to the competitive nature. However, athletes should have the opportunity to play in a game situation.

VARSITY: Varsity is open to Freshmen, Sophomore, Junior and Senior athletes. Varsity is the highest competitive level available in high school. Playing time is dictated by player skill and the team’s need (to win).

THS Athletic Goals & Objectives

THE GOAL OF THS ATHLETICS

“To develop the student-athlete in becoming a highly effective citizen”.

OUR SPECIFIC OBJECTIVES

1) ***To work with others ...*** You must learn to develop self-discipline, respect for authority, and the spirit of hard work and sacrifice. The team and its objectives must be placed above personal desires.

2) ***To be successful ...*** You must learn how to compete. You do not always win, but can succeed when you continually strive to do your best. You learn to accept defeat only by striving to improve your individual and team skills. Develop a desire to be the best you can be!

3) ***To develop sportsmanship ...*** To accept any defeat like a true sportsman, knowing you have done your best, you must learn to treat others as you would have them treat you. You need to develop social traits, including emotional control, honesty, cooperation and dependability.

4) ***To improve ...*** Continual improvement is essential to good citizenship. As an athlete, you must establish a goal and constantly strive to reach that goal with a strong sense of ***commitment*** and ***dedication***.

5) ***To enjoy athletics ...*** Athletes should enjoy participation in order to acknowledge all of the personal rewards to be derived from athletics, and to preserve and improve the program.

6) ***To develop desirable personal health habits ...*** It is important to obtain a high degree of physical and mental fitness through exercise and proper training, and to develop the desire to maintain physical fitness after formal competition has been completed.

THS Athlete's Personal Code

Athletics shall be governed by the C.I.F. Blue Book of Rules and Regulations and of their League. The head coach and his/her assistants are responsible for administration of these rules. The following are general responsibilities of the athlete:

APPEARANCE

As a member of a team, you want to be proud of your appearance. Team members are expected to dress neatly and be well groomed. A dress code on the day of a contest may be required by your coach.

COMMITMENT

An athlete must be willing to dedicate himself/herself to being a scholar-athlete. The athlete should be aware that nothing worthwhile is accomplished without hard work and a sincere desire to succeed. The athlete must also understand that this means making a commitment to attending all practices, contests and team meetings. An athlete must be willing to sacrifice his/her own desires for the good of the team.

CONDUCT and BEHAVIOR

As athletes you are representing yourself, as well as your team, parents, school and community. Proper conduct is expected at all times, on or off the playing fields and during School and non-School activities. Students found to have conduct detrimental to the team or school, may be suspended or released from the team.

ELIGIBILITY

Any student who has transferred more than once from one high school to another must check in with the Athletic Director to insure eligibility. Students are responsible to monitor and maintain academic grades, school participation and attendance.

LETTER REQUIREMENTS

Because of the differences in many sports, each coach will set his/her own award requirements.

RESPECT

The athlete is to demonstrate the proper respect and courtesy to all coaches, teachers, administrators, officials, opponents and spectators. This expectation is for on and off the field encounters.

RESPONSIBILITY FOR EQUIPMENT

Athletes shall assume the responsibility for the proper care and return of all equipment and supplies issued. Proper use and care of the facilities are mandatory. The athlete will be expected to pay for any lost, stolen or damaged items, regardless of blame. Athletes charged for equipment recovery will be put on the "Debt Owed List" and will be unable to practice another sport; attend any extra-curricular activity; or, receive transcripts and/or report cards until that debt is paid in full.

ABSENCE FROM SCHOOL

It is extremely important that, at the start of the season, each coach explain the absence policy to athletes. A student shall not participate in a game during or after school, if the student on the game day:

1. Has a medical excuse of any type which prevents participation in the sport;
2. Is absent from any portion of the school day for any reason other than official school business or a valid reason; unless the reason for absence is determined by the athletic director and administration to be valid.

ATHLETIC COUNSEL

1. An Athletic Counsel shall be activated under the leadership of the Principal.
 - a. The Athletic Counsel shall consist of the Principal or designee, Athletic Director and the head coach of the sport.
 - b. The Athletic Counsel shall be empowered to make decisions on all problems arising from or dealing with athletics in such matters as training rules, quitting a sport without permission from a coach or administrator, reinstatement after a suspension, responsibility for equipment, and the matter of letters, awards, etc.
 - c. Coaches shall agree on strict training rules with the approval of the Athletic Counsel and an explanation to the athletes of such rules at the beginning of each sport shall be made.
 - d. Additional issues may be referred to the Athletic Counsel for consideration and/or resolution.
 - e. An Appeals Board consisting of the Principal or designee, Athletic Director and head coach of the sport the student is presently on or was last a member of, and the head coach of the sport the athlete wishes to join shall be activated under the auspices of the Athletic Counsel. The Appeals Board shall review cases of discipline arising from interscholastic athletics.
2. All students planning to participate in interscholastic athletics are encouraged to purchase an ASB card, obtain insurance coverage, a physical examination by a doctor, and written permission from the parent or guardian to participate in athletics. The Clearance Card and Physical Card are provided by the school. A record of this information shall be kept on file in the Athletic Office prior to clearance to participate in athletics. All coaches shall be certain that the student's clearance is in order for each participant.

ATHLETIC INJURIES

1. All injuries must be reported to the head coach, athletic trainer and Parent. If an injury cannot be reported immediately, the report must be made on the following morning. In cases where a student is hospitalized, the coach must make the report when possible and the coach will contact the Athletic Director immediately. The Student Incident Report must be submitted to the Principal's Secretary. A copy of the form is attached to this handbook.

2. When an athlete requires medical treatment, he/she is not to participate in practice or contests until a medical release from the doctor has been submitted to the Athletic Director. The Athletic Director will issue a clearance form to the student who must give it to the coach before beginning practice.

The above procedures must be strictly followed to avoid liability issues for the coach and district.

When an injury occurs on the field during practice or a game, the coach must give immediate first aid. Do not move a seriously injured athlete without assistance of a doctor or emergency personnel. Notify the parent, and/or call the student's doctor for additional procedures. Refer to the student's Emergency Card for contact information.

Emergency Cards with the parent's signature for treatment must be carried by the coach at all times.

If an ambulance is called and if the parent or guardian cannot be reached, it is recommended that a coach or responsible adult accompany the athlete to the hospital and notify the Athletic Director or Vice Principal.

PURCHASING PROCEDURE

A Purchase Order needs to be **APPROVED BEFORE** any purchase is made. If not, you will be personally responsible for the expense!

- Approve expenditure in meeting
- Submit PO & Minutes of meeting
- Receive approved PO W/#
- Order/purchase product (reference PO#)
- Receive product
- Receive invoice, indicate it's "okay to pay" and sign, return invoice to Financial Secretary (Please double check that you received all the items on the invoice and they are priced correctly)

FUNDRAISING - All fundraising requests must be turned in **three weeks prior** to the event, to Financial Secretary for ASB approval.

CHARACTER COUNTS

All coaches, athletes and parents should follow the principles of Positive Coaching Alliance and Victory with Honor. These should be embedded in team rules and guidelines. Handouts outlining these principles are available from the Athletic Director and at www.positivecoach.org

COACH CLEARANCE

All paid and volunteer coaches must be fingerprinted and cleared - including all required paperwork - through the Athletic Director and the Human Resources Office prior to interaction with athletes. Principals/Athletic Directors should plan staffing needs well in advance to avoid any problems or delays. All coaches must have a valid CPR/First Aide Certificate. Failure to possess this certificate may delay clearance and pay. All coaches must also complete Title IX and Title VI training and California Interscholastic Federation (CIF) "ASEP" training or NFHS Online Certification. All coaches must have completed Positive Coaching Alliance training prior to the start of practice.

CODE OF ETHICS

Each athlete and his/her parent/guardian must sign the THS Athletic Code of Ethics form prior to the beginning of each season. Coaches must hold a meeting with all athletes to go over requirements for participation on the team as well as review policies regarding athletic eligibility. A copy of the Athletic Code of Ethics is attached to this handbook.

DISCIPLINE DROPS

The head coach of each sport is responsible for disciplinary rules governing teams. If it should become necessary to drop an athlete, the coach must notify the parent/guardian, the Athletic Director and school counselors. The Athletic Director is often the first to receive a complaint when a disciplinary drop occurs; information of the situation is helpful when answering questions or providing explanations to parents.

Merits and Citizenship

All students begin the school year with 100 merits. Demerits are given to students throughout the year for discipline issues. If at any time an athlete falls below 70 merits, that athlete will become ineligible to participate in athletic contests. The athlete has a week to make up the merits he/she needs to become eligible for the following week. Merit lists are posted every week in the main office and with every teacher.

ELIGIBILITY/CITIZENSHIP

1. 1. All participants with an athletic team organized for interscholastic competition must possess the official Athletic Clearance Card for the specific coach.
2. Students must maintain a scholastic standing satisfactory to the Athletic Counsel.
 - a. The Principal or designee retains the right to deny eligibility to any player due to disciplinary problems, undesirable representation of the school, or any reason deemed appropriate by the administration.
 - b. The Athletic Counsel reserves the right to require a higher standard than

that of C.I.F. for eligibility of student athletes.

FACILITIES

Any changes to stadium, field, track, locker rooms, storage rooms, etc. must be cleared by the Athletic Director. All equipment used in contest areas for games and practices must be removed and properly stored once the contest ends. Proper storage prevents misuse of the facilities and equipment.

When a team is involved in an activity, the coach is responsible for supervision of the locker room, practice facility, gym and/or other facilities. Following practices and games, a coach will be the last to leave the premises. It will be the responsibility of the coach to check the locker rooms, equipment rooms, showers, etc. to clear the area of trash, equipment, etc. and to verify that all doors, gates and windows are securely locked. The coach must establish the practice of inspecting a locker room prior to team use and after team use to ensure appropriate use of the facility. This practice is particularly important when visiting other facilities. During some events, non-coaching staff may handle some locker room responsibilities; however, non-coaching staff are not responsible for supervision of athletes. Under no circumstances are facility keys to be given to a student. All athletes are to be supervised by a coach.

FINANCIAL LIABILITY

Each athlete is financially liable for his/her equipment until it is officially checked into the coach at the end of the season. He/she shall not be permitted to try out for another sport until he/she has met any and all financial obligations incurred in a previous sport or activity. All uniforms must be turned in, washed and clean. Equipment and uniforms turned in dirty or left in lockers will result in a cleaning fee assessed to the athlete.

FOREIGN STUDENT ELIGIBILITY

Students enrolled in an approved foreign student exchange program (please reference CIF's list of approved organizations) must apply for eligibility through CIF. This process can take three to four weeks and must be completed prior to any participation in a sport. A foreign student who participates without the approval of CIF will be ineligible, and the team will face sanctions (including forfeiture of games in which the ineligible student played). A copy of the CIF 207/209/510 Application for Residential Eligibility is found as an attachment to this handbook.

GAME PASSES

Each school has a limited number of CIF passes that allow the bearer admission for two people to any CIF regular season event. Coaches should use good judgment and share these passes to benefit various staff and seasons; i.e.: Football coaches should have access to the passes during their season; basketball coaches should have access during basketball season, etc.

HEAD COACHES

Once coaching assignments have been approved by school administration, the head coach of each sport is responsible for the unity of the entire program. The head coach will delegate to all assistant coaches special assignments, rules, discipline policies, expectations of coaches and student athletes, etc. The head coach will evaluate staff members at the end of each season. The administration is responsible for the evaluation of all head coaches.

INELIGIBLE LISTS AND GRADE CHANGES

It is the sole responsibility of the head coach to check on the eligibility of athletes. Ineligible lists should be checked on the day they are issued (usually the second Monday after the end of all the grading periods) and prior to the next contest. Additions and/or deletions to the roster must be done by the following day and submitted to the Athletic Director and counselors. Failure to check these lists may result in the forfeit of games in which the ineligible athletes participated. Coaches must check the confidential ineligible list at an administrator's office. Grade changes: No coach should be involved with grade changes. Coaches shall not contact teachers regarding grade changes.

INSURANCE – PHYSICALS – PERMISSION

Each athlete must complete an athletic paperwork packet before participation in any sport, including practices. An Athletic Clearance Card verifying completion of these requirements must be on file in the Athletic Office prior to participation of any type. When all items have been verified, the Athletic Director will issue to the student an Athletic Clearance Card or to be given to the coach of the specific sport for which it was issued. The Athletic Clearance Card must be in the possession of the coach at all times, including practices.

At the end of the specific sport season, the coach should return the Clearance Card to the athlete after the athlete has met all requirements for returning equipment, uniforms, and fundraising have been met. If an athlete loses his clearance card, a duplicate may be obtained from the Athletic Director .

To ensure proper medical and legal coverage for all athletes, each coach must:

1. Prepare a roster on the first day of practice listing by team classification and grade of all students who have submitted a Clearance Card for that sport. **Absolutely no student may participate in practice games until his/her Clearance Card has been given to the coach and the student's name has been added to the roster.**
2. A copy of the roster must be submitted to the Athletic Director.
3. Additions and deletions to the roster must be submitted to the Athletic Director.

INVENTORY

It is the responsibility of each head coach, upon completion of his/her program to provide the Athletic Director with an up-to-date inventory of all equipment charged to the particular sport. This document should be completed and on record before checking out in May/June. Inventory forms are available from the Athletic Director.

After each season, all uniforms and associated equipment will be turned in along with the inventory to the Athletic Director. Uniforms will be cleaned, folded and stored appropriately in designated athletic storage areas.

Coaches leaving the service of the District will, with the Athletic Director, take a special inventory of items on hand, condition of each and place of storage. In the event the head coach is unable to complete the inventory, an assistant coach should be delegated to act as the responsible

party. Each coach should regularly check equipment and encourage the students to take proper care of equipment and uniforms.

PLAYOFFS

Any athletic team with an overall season record below .500 must receive approval from the Athletic Director and Principal to participate in CIF playoffs. If granted permission, the team must pay all costs associated with participating in the first two rounds of playoffs and have the funds deposited in an ASB account prior to registering for the playoffs.

PRACTICE SESSIONS

Practice before school and at night must be cleared by the Athletic Director. Saturday practices are allowed, but no practices may be held on Sunday. CIF rules prohibit any practices or games on any Sunday and on the following dates: Thanksgiving Day (except football), December 24, 25 and 31, January 1, Good Friday and the following Saturday.

PROBLEMS AND GRIEVANCES

The Principal and Athletic Director are responsible for all athletic representation to the league and CIF. All incidents that may fall under problems and grievances should first be called to the attention of the Athletic Director to eliminate double-checking, misunderstanding and loss of time. If the problem, in the opinion of the Athletic Director, necessitates the judgment of administration, a description of the problem and all pertinent information will be forwarded to the appropriate site administrator. Usually, discussion between the coach and Athletic Director will solve the problem.

PROBLEM-SOLVING PROCEDURE

Step 1: Any problem or concern is to first be discussed with the Athletic Director informally and should include the details of the problem and the coach's proposal for resolution. The Athletic Director will respond verbally or in writing within five working days.

Step 2: If the problem is not resolved, a written statement is to be submitted to the principal or designee within five working days of the Athletic Director's response. The principal or designee will respond in writing within five working days to the Athletic Director and coach.

Step 3: If the problem is not resolve at Step 2, it may be appealed to the Superintendent in writing within five working days of the response by the principal or designee. The appeal will contain copies of all document and reasons for not being satisfied with the solution(s) proposed in Step 1 and 2. The written response of the Superintendent will be submitted within five working days to the Principal, Athletic Director and coach. The decision of the Superintendent will be final.

Grievances: Any problem relating to the collective bargaining agreement should use the grievance process outlined in the agreement.

QUITTING A SPORT

If an athlete quits or is dropped from a sport for disciplinary reasons prior to the end of the season, he/she will not be eligible to go out for another sport until the first team's season is

completed unless the Athletic Director gives permission after consulting with the first coach. The athlete may appeal a decision to the Athletic Counsel.

ROSTERS

Prior to the first contest, coaches will submit rosters to the Athletic Director. The roster will include all coaches, players (alphabetized and including grade level, eligibility, etc.), managers, scorekeepers and statisticians. When a player is added or dropped for any reason, the name will be forwarded immediately to the Athletic Director.

SCHEDULING CONTESTS

The majority of scheduling is done by league representatives. A league schedule will be given to each head coach well in advance of the season. The Athletic Director is responsible for scheduling of all athletic events. This duty may be delegated to the head coach of a sport to schedule contests on available dates. Final schedules must be made well in advance of an upcoming season. Once the season has started, no additional contest may be scheduled unless a cancellation arises and, then only with the approval of the Athletic Director. The limitation on the number of contest to be scheduled is set by CIF for each sport and by the school. The principal may reduce the number of contests for each sport.

SHARING OF ATHLETES

All coaches should make every effort to encourage student athletes to participate in other sports. The success of any sport depends on having all available talent out for the particular sport. Under no circumstances will coaches encourage a student/athlete to concentrate on anyone particular sport by giving up another sport. Coaches guilty of this practice may be relieved of their coaching assignment(s).

SMOKING/ALCOHOL/DRUGS

1. Use or possession of tobacco **in any form** by a student is prohibited at any time during the school year.

- 1st offense-Athlete will lose athletic privileges for 9 weeks of school
- 2nd offense-Athlete will lose athletic privileges for 18 weeks of school
- 3rd offense-Athlete will lose athletic privileges for 1 school year.

2. Use or possession of alcoholic beverages by a student is prohibited at any time during the school year. Will be suspended from participation in all athletics for one calendar year.

- 1st offense-Athlete will lose athletic privileges for 9 weeks of school
- 2nd offense-Athlete will lose athletic privileges for 18 weeks of school
- 3rd offense-Athlete will lose athletic privileges for 1 school year.

3. Use, possession, sale or distribution of any illegal drugs (marijuana, cocaine, etc.), drug paraphernalia, or controlled substance (steroids, etc.) (unless prescribed by a licensed physician) is prohibited during the calendar year.

- 1st offense-Athlete will lose athletic privileges for 18 weeks of school
- 2nd offense-Athlete will lose athletic privileges for 1 school year
- 3rd offense-Athlete will lose athletic privileges for remainder of high school career

4. Other training rules and sanctions may be established by the head coach of each sport. Any sanctions under this provision shall not extend beyond the season of the sport in effect at the time of the infraction.

TRANSPORTATION

All travel arrangements must originate from the Athletic Director. When a travel date is cleared on the master schedule, the Athletic Director will notify the Transportation Department. If transportation is available, the Athletic Director will inform the coach.

Travel conflicts can arise if care is not taken to follow correct transportation procedures. Conflicts seldom occur within league schedules, but frequently occur when games are scheduled to replace canceled events or with other schools not on the schedule.

Teams must miss as little school as possible when leaving for an event. All competition arrangements must protect instructional time. Release and departure times require principal or designee approval.

On Athletic Trips: Trips of more than 100 miles one way and/or overnight trips must be approved by the principal and superintendent. The Competition/Field Trip Form must be completed and submitted to the principal. Permission for a trip should be granted prior to scheduling the event. A copy of the Competition/Field Trip Form is appended to this handbook.

A coach must always ride in the vehicle carrying the team members to a contest. If needed, a head coach may assign this duty to an assistant. Each coach in charge of a trip should possess a checklist of the traveling squad, making certain that all who leave in the vehicle return via the same vehicle. The coach must have a Clearance Card for each student/athlete traveling with the team. Exceptions to these travel arrangements must be cleared by administration prior to departure. It is the responsibility of the coach to provide the names of those traveling with the team to the attendance office so the students can be cleared. Be certain to list all names and the date(s) and time(s) of release from school.

All members of a traveling team must ride the school transportation unless other arrangements have been cleared with the coach and administration. A coach may give permission for a player to ride with his/her parents or guardian only. Any athlete who will not be returning from the activity on the team bus should notify the coach 24 hours prior to the event. Authorization signed by his/her parents or guardian is to be kept by the coach.

Cheerleaders on the team bus must be accompanied by a cheerleader supervisor on the bus. Coaches may agree to accept this responsibility.

It is recommended that on athletic trips, team buses use a direct return to school without making food stops. In some special cases (e.g., tournament play), permission will be granted for stopovers. However, in league areas, and most practice games, travel time and distance do not warrant a dinner stop. Teams are responsible for removing all trash from the bus. Athletes who have lost their bus riding privilege may not participate in away games or activities. Coaches may enforce additional penalties per individual team rules.

WEIGHT TRAINING AND CONDITIONING PROGRAMS

Coaches may hold a weight training and conditioning program during off season. However, the program must be open to all students. Weight room rules must be followed.

1. All weights must be neatly put away on weight trees.
2. No weights are to be left on the bars.
3. No students are to be left unsupervised in the weight room.
4. Lock the weight room after each use.

THS Athletics Information for Parents

A coalition among coaches, athletes, parents and school personnel is essential if students are to realize the values of athletic participation. Like coaches and athletes, parents must make commitments to the athletic program to assure such a coalition. Please read the following and, as needed, discuss your reactions with your child, your child's coach or the Athletic Director. Thank you for your help and cooperation.

EXPECTATIONS OF PARENTS

- To accompany my child to as many orientations and informational meetings offered by the athletic department or the coach as my schedule will permit.
- To work closely with all school personnel to assure an appropriate academic, as well as athletic, experience for my child while he or she is in high school.
- To assure that my child will attend all scheduled practices and athletic contests. I understand that this will require self-sacrifice.
- To require my child to abide by the athletic departments and coaches' training rules.
- To acknowledge the ultimate authority of the coach to determine **strategy, player selection** and **playing time** of each player.
- To promote mature behavior from students and parents during athletic contests.
- To work cooperatively with other parents and school personnel to identify a reasonable and realistic future for my child as a student athlete, both in school and in college.

CONDUCT

The importance of parents behaving as model spectators cannot be over stated. Parents who display exemplary conduct provide a role model for other parents and students alike. Of particular concern are parents who harass officials or make comments in the stands regarding judgment decisions made by the coach or officials. This is counterproductive and tends to destroy the values of good sportsmanship and the game.

ISSUES OF CONCERN: *What are appropriate issues to discuss with the coach?* This is often the question many parents have when their children are participating in sports.

Parents are Encouraged to Discuss

The treatment of their child

- Ways to help their child improve
- Concerns about their child's behavior
- Coaches' expectations for their child and the team
- Team rules and requirements
- Sanctions incurred by their child
- Scheduling of practices (holidays, summer programs, etc.)
- College participation

Parents are not Encouraged to Discuss

- Placement on teams
- Playing time
- Strategies used by the coach during contests
- Other student-athletes

Special Note: It is very difficult to accept that your child is not playing as much as you hoped he or she would like. Coaches are professionals. They make judgments and the prospective decisions based on what they believe to be in the best interest of the team. The coach must take into account ALL members of the team, not just your son or daughter.

COACH OR PROGRAM COMPLAINTS

It is imperative that parents respect the position of the coach and direct any concerns **to the coach first**. If you wish to discuss a problem or issue concerning your child; begin by contacting his/her coach. Often the problem or issue is resolved at this level. If the issue persists, please adhere to the following chain of command:

Steps for Resolution

1. First contact the coach
2. Contact the A.D.
3. Contact the A.D.'s Administrator
4. Lastly, contact the Principal

Productive Communication

Make an appointment to speak with the coach/AD/Principal prior to or after games/practices. Please do not approach the coach during a game.

PARENT/SPECTATOR SUSPENSION

Spectator conduct is an instrumental component of forging athletic events. Therefore, fan sportsmanship should reflect the CIF's values and ethics illustrated in the ideal of "Pursuing Victory with Honor". Spectator priorities are to advance the principles of trustworthiness, respect, responsibility, fairness, caring and good citizenship.

At athletic events, it is **inappropriate** for spectators to engage in:

- Harassment of officials, coaches, players or fans (verbal or nonverbal)
- Obscenity or obscene gestures
- Vandalism or throwing objects
- Violent acts
- Game disruption (i.e., coming on to the field of play)
- Possession of and/or under the influence of alcohol or illegal substances

Spectators, who demonstrate inappropriate behavior before, during or after an event, shall be cause for immediate removal from the event and may result in banishment from attending any future THS home event and/or any league event for up to one (1) calendar year.

THS Athletics Information for Coaches

THE COACHES PLEDGE

The Coaches Pledge extends beyond knowledge of athletics and reaches into the life of each of his or her players. It is one of the most important responsibilities in the school and involves at least the same level of commitment that coaches expect of their players. Mutual respect and team membership are to be expected equally of player and coach, and for the coach, involve the following promises:

As a coach at Tehachapi High School District I promise:

- To be a model of appropriate language and behavior.
- To respect and dignify each of my athletes as an individual.
- To promote the safety of each athlete.
- To promote the conditions and circumstances that encourages each athlete to realize his or her full potential.
- To impose time demands that acknowledges the importance of each athlete's academic and family responsibilities.
- To promote among all athletes and coaches a solid sense of team membership.
- To assist, whenever appropriate and mutually convenient, with the post-high planning of my players as it relates to athletics.
- To be available to parents at times that is mutually convenient.
- To work, whenever appropriate, with other school personnel to guarantee the best interests of each of my student athletes.

DRESS CODE FOR COACHES

The coach is in the eye of the public during practice and games. Since coaches represent their schools and the District at all times, they should dress in site approved attire

THS Athletes as College Athletes

THS Athletes interested in qualifying for interscholastic competition in an NCAA Division I or Division II institution, must meet minimum amateur and academic eligibility requirements. Athletes must obtain initial eligibility through the NCAA Eligibility Center BEFORE enrolling in college or accepting a formal recruiting trip. The NCAA recommends students apply for initial clearance at the beginning of the athlete's **Junior** year in high school.

Please be aware that professional activities, course selection, grades and compensation for athletics while in high school may affect your ability to participate in collegiate athletics. For a complete list of eligibility requirements, visit www.ncaaclearinghouse.net, or contact the athletic director.

If your son or daughter has the ambition to play at the next level, schedule an appointment with their academic counselor to make sure they are on the right track.

Heat Illness Prevention is a Team Effort

Pennsylvania Athletic Trainers' Society members are taking the lead in educating coaches, parents, and student-athletes within their community regarding the prevention and management of heat-related illnesses. Knowing the common signs and symptoms of heat exhaustion and heat stroke, understanding additional risk factors, tracking environmental conditions, modifying activity, and monitoring hydration are simple yet effective ways to prevent a tragedy while exercising in hot and humid weather.



Ryan Wantz, ATC, LAT (Photo Credit - John Landis)

“Athletic Trainers and coaches need to be vigilant to protect athletes from heat illness.

Ryan Wantz, ATC, LAT
Perkasie, Pennsylvania (PRWEB) August 22, 2012

Thousands of student-athletes across the Commonwealth of Pennsylvania are taking the field this month for the start of fall sports preseason practices. However, the most intimidating opponent they face this season will not line up against them in a different color jersey. Heat illness is an unseen and unforgiving adversary of physically active individuals. Athletic Trainers are often the first line of defense when it comes to the prevention, management, and care of this potentially fatal condition. Yet, the prevention of heat illness is a team effort which also requires active participation and observation from coaches, parents, and student-athletes.

While life threatening situations are rare in athletics, serious consequences can result from heat illness. Ryan Wantz, ATC, LAT, states “heat illness is a risk for any athlete, especially football players, who participate in hot and humid environment.” For the past two years Wantz, the Athletic Trainer at Penridge High School in Perkasie, Pennsylvania, has organized a Sports Safety presentation to educate coaches, parents, school officials, and other members of the community regarding warning signs and preventative measures which can be taken to ensure the safety of student-athletes participating in extreme environmental conditions. “Athletic Trainers and coaches need to be vigilant to protect athletes from heat illness.”

Heat illness prevention begins with adequate preparation. Recognizing signs and symptoms of heat illness, monitoring environmental conditions, and tracking weight loss during activity are proactive measures which can avert a tragic outcome. Acclimatization and hydration are also essential for avoiding heat exhaustion and heat stroke.

Heat exhaustion is the most commonly diagnosed form of heat illness. Symptoms of this non-life threatening condition include headache, dizziness, fatigue, profuse sweating, nausea, vomiting, shallow rapid breathing, and weak rapid pulse. Heat stroke, conversely, is a medical emergency. Headache, red flushed face, hot dry skin, lack of

sweating, strong rapid pulse, extremely high core temperature, and possible unconsciousness are among the symptoms of this heat illness.

Clothing and protective equipment, such as helmets, shoulder pads, and shin guards, increase heat stress by interfering with the evaporation of sweat and inhibiting other pathways for heat loss. Other risk factors which contribute to heat illness include nutritional supplements, prescription medications, medical conditions, lack of aerobic conditioning.

Aerobic conditioning provides partial acclimatization to the heat. The more an individual exercises in a hot, humid environment, the better their body will be adapted to handle heat stress. Complete acclimatization requires up to 14 days while gradually increasing in workout intensity. The better student-athletes are acclimatized when pre-season practices begin, the less risk they will have of developing heat exhaustion or heat stroke.

Tracking environmental conditions and understanding levels of risk associated with heat index leads to educated decision making regarding the intensity, volume, and scheduling of physical activity during times of increased risk. Heat index is a measure of air temperature and relative humidity. Ideally, heat index should be assessed using a Wet Globe Bulb Temperature (WGBT) monitor. However, those who do not have access to a WGBT can easily utilize websites or mobile apps to check the forecast for a specific city or town.

Level of risk for physical activity can be determined by referring to the Heat Index Chart provided by the National Weather Service (<http://www.nws.noaa.gov/os/heat/index.shtml>). Athletic Trainers, coaches, parents, student-athletes, and other physically active individuals should be alert during extreme conditions and should consider modifying or re-scheduling activity when appropriate.

Student-athletes should be weighed before and after each practice in an effort to monitor water loss due to perspiration. Losses of 3-5% of body weight after practice indicates dehydration. Student-athletes should return to their pre-practice weight prior to the next practice. Urine color is another simple method through which hydration can be monitored. As an individual becomes dehydrated, their urine will become darker in color.

According to Wantz, heat illness is one of the most preventable conditions Athletic Trainers manage during the hot and humid days of preseason. Yet, the task is not left to Athletic Trainers alone. "It is important that parents and coaches have the information to be able to minimize the risks of participating in athletics. Heat illness can be prevented if an athlete is properly conditioned, adjusted to heat, and hydrated well."

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For more information regarding this topic or to schedule an interview with PATS President Yvette Ingram, PhD, ATC, LAT, please contact Tim Doane, MA, ATC, LAT at patspublicrelations@gmail.com.

The Pennsylvania Athletic Trainers' Society, Inc. is a progressive organization of licensed health care professionals who work under the direction of a licensed physician. Our society continues to increase public awareness and education regarding Athletic Trainers and the Athletic Training profession while serving as the premier source of information for public safety, injury and illness prevention, early intervention, patient care, and healthcare delivery for the physically active in the Commonwealth.

"The Keystone to a Healthy and Physically Active Life"

16 Principles of Pursuing Victory With Honorsm

1. The essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is achieved when competition reflects these “six pillars of character.”
2. It’s the duty of School Boards, superintendents, school administrators, parents and school sports leadership - including coaches, athletic administrators, program directors and game officials – to promote sportsmanship and foster good character by teaching, enforcing, advocating and modeling these “six pillars of character.”
3. To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical and ethical development of student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible.
4. Participation in school sports programs is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules and they must conduct themselves, on and off the field, as positive role models who exemplify good character.
5. School Boards, superintendents, school administrators, parents and school sports leadership shall establish standards for participation by adopting and enforcing codes of conduct for coaches, athletes, parents and spectators.
6. All participants in high school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.
7. The importance of character, ethics and sportsmanship should be emphasized in all communications directed to student-athletes and their parents.
8. School Boards, superintendents, school administrators, parents and school sports leadership must ensure that the first priority of their student-athletes is a serious commitment to getting an education and developing the academic skills and character to succeed.
9. School Boards, superintendents, principals, school administrators and everyone involved at any level of governance in the CIF must maintain ultimate responsibility for the quality and integrity of CIF programs. Such individuals must assure that education and character development responsibilities are not compromised to achieve sports performance goals and that the academic, social, emotional, physical and ethical well-being of student-athletes is always placed above desires and pressured to win.

10. All employees of member schools must be directly involved and committed to the academic success of student-athletes and the character-building goals of the school.
11. Everyone involved in competition including parents, spectators, associated study body leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect. Coaches have a special responsibility to model respectful behavior and the duty to demand that their student-athletes refrain from disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent trash-talking, taunting and inappropriate celebrations.
12. School Boards, superintendents, and school administrators of CIF-member schools must ensure that coaches, whether paid or voluntary, are competent to coach. Training or experience may determine minimal competence. These competencies include basic knowledge of: 1) The character building aspects of sports, including techniques and methods of teaching and reinforcing the core values comprising sportsmanship and good character. 2) The physical capabilities and limitations of the age group coached as well as first aid. 3) Coaching principles and the rules and strategies of the sport.
13. Because of the powerful potential of sports as a vehicle for positive personal growth, a broad spectrum of school sports experiences should be made available to all of our diverse communities.
14. To safeguard the health of athletes and the integrity of the sport, school sports program must actively prohibit the use of alcohol, tobacco, drugs and performance-enhancing substances, as well as a demand compliance with all laws and regulations, including those related to gambling and the use of drugs.
15. Schools that offer athletic programs must safeguard the integrity of their programs. Commercial relationships should be continually monitored to ensure against inappropriate exploitation of the school's name or reputation. There should be no undue influence of commercial interests. In addition, sports programs must be prudent, avoiding undue dependency on particular companies or sponsors.
16. The profession of coaching is a profession of teaching. In addition to teaching the mental and physical dimensions of their sport, coaches, through words and example, must also strive to build the character of their athletes by teaching them to be trustworthy, respectful, responsible, fair, caring and good citizens.

“Pursuing Victory With Honor” and the “Six Pillars of Character” are service marks of the CHARACTER COUNTS! Coalition, a project of the Josephson Institute of Ethics. For more information on promoting character education and good sportsmanship, visit www.charactercounts.com.

