

ATHLETIC DEPARTMENT

Mission Statement

The Poway High School athletic department will adhere to the six pillars of “Pursuing Victory With Honor”: Caring, Citizenship, Fairness, Respect, Responsibility and Trustworthiness. Our goal is to create a positive environment, instill good sportsmanship, promote leadership and independence on and off the field; require dedication and hard work; and seek to be competitive at all levels.

STUDENT/ATHLETE RESPONSIBILITIES

Attendance

Be at all practices and games.

Be on time.

Attitude

Come prepared to be a part of the team.

Do whatever it takes to help the team.

Put the team before yourself.

Come prepared to do your best. This includes proper nutrition, sleep and care of injuries and illness.

Communication

Communicate any problems with the coach.

If you don't understand something, ask the coach.

PARENT RESPONSIBILITIES

Attendance

Try to schedule vacations, appointments, etc. other than during practice or game times.

Encourage your student/athlete to be on time so that the time of others is not wasted.

Attitude

Help your student/athlete to know and understand school and team rules.

Help your student/athlete to understand the team concept by explaining and supporting their role on the team.

Help your student/athlete to come prepared to do his/her best by encouraging them to be physically and mentally prepared; this includes proper nutrition, sleep and care of injuries and illness.

Help your student/athlete to understand that the team comes before the individual. Sacrifice might be necessary.

Communication

Use the system of communication set up by the Poway Communication Council.

Encourage the student/athlete to communicate with the coach.

COACH'S RESPONSIBILITIES

Attendance

Provide schedules of all practices and games.

Communicate any changes in schedule.

Attitude

Come prepared for all practices and games.

Encourage the athletes to do their best.

Apply all school and team rules to all athletes equally.

Be professional in all actions and words.

Communication

Philosophy of coach.

Communicate all CIF, District, PHS, and team rules to athletes and parents clearly.

Communicate to individual athletes their role on the team.

Return parent phone calls in a timely manner.

ATHLETIC DEPARTMENT

Communication Guidelines

Both parenting and coaching are extremely challenging in today's world. By providing these helpful communication guidelines, we believe we can best help our athletes reach their potential and allow them to enjoy their high school sports experience.

COMMUNICATION PARENTS CAN EXPECT FROM ATHLETE'S COACH:

- Philosophy of the coach
- Expectations of athlete and team
- Location and times of all practices and games
- CIF, District, PHS, and team rules
- Athlete's role on team

COMMUNICATION THAT COACHES CAN EXPECT FROM PARENTS:

- Concerns expressed directly to the coaches
- Specific questions about philosophy or expectations
- Notification of any injuries or illness
- Any absences prior to practices or games

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES:

- Treatment of your child (mentally or physically)
- Ways to help your child improve
- Concerns about your child's behavior
- Failure to meet Coaching Responsibilities listed in Philosophy Statement

INAPPROPRIATE CONCERNS TO DISCUSS WITH COACHES:

- Playing time
- Team strategy
- Play calling
- Another athlete

It can be very difficult to accept when your athlete is not playing as much as you may have hoped. Coaches make 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 one individual. As noted in the above lists, certain concerns should be discussed with the coach. Other decisions like the examples on the list of "Inappropriate Concerns" must be left to the discretion of the coach.

WHAT TO DO IF YOU HAVE A CONCERN TO DISCUSS WITH THE COACH

- Call the coach at school and set up an appointment.
- Poway High School's telephone number in 748-0245. Ask for the coach by name. If the coach is a JV or Frosh coach and is not a PHS staff member, leave a message with the Varsity coach of that sport. If the Varsity coach is not a PHS staff member call the Athletic Secretary, Arlene Grosely, at extension 5102 and leave a message.
- Please do not attempt to confront a coach before or after a contest. This can be an emotional time for both the parent and the coach. Confrontations of this nature do not promote positive resolutions.

If a satisfactory resolution between parent and coach does not take place after the initial communication:

- Contact the Athletic Director, Dan Crane, at extension 5112.
- The Athletic Director will set up a meeting with the parent, athlete, and coach.
- The Athletic Director will attempt to mediate a resolution.

I. PROGRAM

Poway High School is a member of the California Interscholastic Federation, San Diego Section and competes in the North County Conference. The Conference consists of the following schools:

PALOMAR LEAGUE

Poway
Rancho Bernardo
Carlsbad
El Camino
Vista
Rancho Buena Vista

AVOCADO LEAGUE

Fallbrook
Mission Hills
Escondido
San Pasqual
La Costa Canyon
Torrey Pines

VALLEY LEAGUE

Mt. Carmel
Westview
Orange Glen
Oceanside
Ramona
San Marcos
Valley Center

The athletic program is bound by the Constitution, By-Laws and rules of the California Interscholastic Federation (CIF), and by the constitution and rules of the North County Conference. Our own school may also have policies and rules with which we must comply that could be more stringent than those of CIF or North County Conference.

Our athletic program at Poway High School consists of the following sports:

FALL

Cross Country (B/G)
Field Hockey (G)
Football (B/G)
Golf (G)
Tennis (G)
Volleyball (G)
Water Polo (B)

WINTER

Basketball (B)
Basketball (G)
Soccer (B)
Soccer (G)
Water Polo (G)
Wrestling (B/G)
Roller Hockey (B/G)

SPRING

Baseball (B)
Golf (B)
Gymnastics (G)
Lacrosse (B/G)
Softball (G)
Swim & Dive (B/G)
Tennis (B)
Track/ Field (B/G)
Volleyball (B)

II. PARTICIPATION

A. CIF Requirements

1. The student's attendance area is the one which his/her parent(s) or legal guardian(s) reside full time. The attendance area originally established when the student enters a Poway Unified School District school remains the student's attendance area as long as one or both parents or legal guardians reside in that attendance area.
2. Students will be considered for attendance in high schools other than their school of residence on a space-available basis. Any student who attends a high school other than the school of the student's attendance area, for whatever reason, shall be ineligible for athletics for one calendar year from the date of enrollment.
3. Every athlete must pass at least four classes each grading period. Presently at Poway High School, grading periods occur every 6 weeks.
4. An athlete cannot compete on any "outside" team in that sport from the date of our first game until that season is over. **With the exception of Swim and Gymnastics, who may continue to compete "unattached" and practice with their teams.**
5. Participation in school athletics takes precedence over all other outside athletic activities. This includes club teams.

Consequences:

First offense: Sit out next Competition (one game if tournament)

Second Offense: Dismissal from team. Subject to "Athletic counsel" for review.

6. An athlete cannot try out for a professional or collegiate team from September 15 to June 25 each year.
7. All seniors must participate at a **varsity** level..
8. Foreign students must be on a CIF approved exchange program.

B. Poway High School Rules of Eligibility

1. Athletes must obtain a ATHLETIC HANDBOOK from the PHS website. To obtain a “Ticket to Play”, all of the required forms (listed below) must be obtained from the PHS website and completed by the parent/guardian/caregiver, the athlete, and physician. Forms to submit are:
 - a. **Medical Information Release Form**
 - b. **Athletic Physical Form(good for one year from date of exam) & proof of insurance**
 - c. **Residency Verification Form**
 - d. **Athletic ParticipationSignature Form**
2. You must have your ticket to play, **IN HAND**, to attend your first practice.
3. Scholastic Requirement:
 - a. During each grading period, students must attain a 2.0 grade point average in all enrolled courses on a 4.0 scale.
 - b. Student must pass at least 20 credits of work to be eligible.
 - c. Changes in eligibility become effective the day after school-wide distribution of grades. The grades that will be counted for eligibility are six week grades, 12 week grades and semester grades.
 - d. If students do not attain a 2.0 grade point average in the previous grading period, they will be placed on probation. As per PUSD Board policy (June 2005) – you are allowed only one probationary period during Freshman year, and only 1 probationary period during the remaining 3 years. Grades are recorded only when an athlete is in season.
 - e. If students do not bring their grades up to a 2.0 grade point average at the end of the probationary period, OR they are not passing 4 classes, OR they have used their probationary period, they will be ineligible to participate for the following grading period.
 - f. Summer school grades may be computed to improve previous spring semester grades.
 - g. Ineligible athletes may practice (coaches discretion) but may not play in, or dress out for any games or scrimmages.
 - h. Progress Toward Graduation: At the high school level, normal progress toward graduation will be defined as follows: The student has earned 25 semester units the previous semester or has earned an average of 25 semester units for each semester enrolled.
 - i. Summer school credits may be applied to previous spring semester credits earned.

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III. District Athletic Discipline Policy (Article 5.0 Student Personnel)

A. Athletes are governed by District Policy, CIF Regulations, school rules, and the Athletic Handbook. ANY VIOLATION OF THE FOLLOWING ACTS OUTSIDE OF SCHOOL FUNCTIONS, DURING THE SPORT SEASON OF YOUR PARTICIPATION, WILL BE GROUNDS FOR IMMEDIATE DISMISSAL FROM PARTICIPATION FOR THE REMAINDER OF THE SEASON (Fall, Winter, Spring) OR A MINIMUM OF FOUR WEEKS – WHICH WILL CARRY OVER INTO THE NEXT SEASON OF SPORT.

These rules will apply 24 hrs a day 7 days a week for athletes in season.

1. Possessing, using, having consumed, or being under the influence of alcohol, narcotics, dangerous drugs, other controlled substances, or intoxicants of any kind, including anabolic steroids at a school or at a school function will result in application of District sanctions
 2. Offering, arranging or negotiating to sell any drug paraphernalia as defined in Section 11014.5 of the Health and Safety Code.
 3. Transferring, selling, distributing, offering, arranging or negotiating to sell, or possessing quantities sufficient to suggest the intent to purvey, give or sell to other students substances which are, or purported to be, alcohol, dangerous drugs, other controlled substances, or intoxicants of any kind including anabolic steroids. In addition the athlete will remain on probation for one calendar year from the date of the offense. An additional incident involving alcohol or drugs, including anabolic steroids, within that year of probation, will result in a full year suspension.
- B. Any use of tobacco in any form during the season will result in a five-day suspension from athletics. These five days will carry over into the next season of sport if the incident occurs near the end of a season. A second offense will result in a one month suspension.
- C. Required school discipline will take precedence over athletic participation.
- D. Athletes will not be allowed to compete or practice on days in which they have been home suspended.
- E. An athlete will not be allowed to participate on another team during the same season if he/she quits a team without permission from the Athletic Director.
- F. An athlete who quits a team or does not complete his season in good standing will not be eligible to receive any letter award or any post-season award for that sport.
- G. An athlete may compete in more than one sport in the same season (i.e., baseball, track) but only with the consent of both coaches.
- H. Athletes are not allowed in the locker room unless a coach, or locker room supervisor is present.

IV. Practice Rules

- A. Athletes are expected to be on time. Coaches will impose an appropriate penalty for tardiness.
- B. If an athlete is absent from school, he/she must have one of his/her call parents/guardians call and notify the coach or leave a message with the Athletic Secretary (x5102)
- C. If an athlete has attended school he/she may not miss practice.
- D. If student is absent from school he/she may not practice.
- E. Athletes must attend 4 out of 6 periods on a regular day and 2 out of 3 periods on a lab day to be able to practice or play on that day. An exception may be granted if the Principal or the Athletic Director is informed prior to contest. If the student participates in the contest on day of his/her absence from classes, he/she will be held out of the next contest.**

V. Ethics in Sports

VI. Poway Unified School District Hazing Policy

VII. CIF Code of Ethics for Student Athlete, Coach and Contest

- A. Be courteous at all times (with school officials, opponents, game officials and fans).
- B. Exercise self-control.
- C. Be familiar with all rules of the contest.
- D. Show respect to players, officials and other coaches.
- E. Refrain from the use of foul and abusive language.
- F. Respect the integrity and judgment of game officials.
- G. Refrain from use of illegal and nonprescription drugs, anabolic steroids or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States or the American Medical Association.
- H. Win with character, lose with dignity.

VIII. Violations and Minimum Penalties (see CIF Green book/Ethics, page 4)

- A. Students wishing to appeal disciplinary decisions should contact the principal for information on specific procedures.

IX. Equipment and Uniforms

- A. Athletes should treat all equipment BETTER than if it were their own personal property. They must NOT abuse it. They must NOT trade with another athlete without first checking the equipment into the equipment person, and then have it reissued. Be sure the changes are made on the proper form.
- B. When players lose uniforms or equipment, they may not take part in any other sport until it is found and returned or paid for in full.
- C. Athletes are financially responsible for all equipment checked out to them.
NO ATHLETE:
 1. will be cleared from school until he/she is clear on equipment.
 2. will receive credit on items turned in if they are not the items which had been checked out to him/her.
 3. will receive any awards, trophies or letters until he/she is clear in all areas.
 4. who is a senior, will receive a diploma until clearance has been established.
 5. will allow friends to borrow their equipment.
- D. Athletes will not share their team locker unless assigned to do so.

X. Equipment and Uniforms

- A. All gear will be turned in immediately after the last contest.
- B. Uniforms are not to be worn around school or after school except for game purposes to communicate team unity.

XI. Transportation

- A. All athletes will travel by way of school vehicle (district buses or school van) for all away games.
- B. Private cars driven by parents may be used in special situations. It must be cleared and have permission of the Athletic Director.
- C. If for some special reason an athlete's parent/guardian wish to take the athlete (or if an athlete needs to drive themselves) to or from a contest, the parent/guardian and athlete must complete the following, **one day in advance** of the contest:
 1. Present note to coach for signature.
 2. Present signed note to Athletic Secretary.
 3. Receive pass to go with parent/guardian.
 4. Present pass to coach to be released (no pass, no permission).

XII. Risk of Injury

Participation in competitive athletics may result in severe injury, including paralysis or death.

Changes in rules, improved conditioning programs, better medical coverage and improvements in equipment have reduced these risks **BUT IT IS IMPOSSIBLE TO TOTALLY ELIMINATE SUCH OCURRENCES FROM ATHLETICS.**

Players can reduce the chance of injury by obeying all safety rules in their sport, reporting all physical problems to their coaches, following a proper conditioning program and inspecting their own equipment daily. **DAMAGED EQUIPMENT MUST BE REPLACED IMMEDIATELY. EVEN IF ALL THESE REQUIREMENTS ARE MET, AND EVEN IF THE ATHLETE IS USING EXCELLENT PROTECTIVE EQUIPMENT, A SERIOUS ACCIDENT MAY STILL OCCUR.**

XIII. Awards

- A. Each coach will communicate the standards for earning a varsity letter in his/her particular sport (so many quarters, points, etc.) at the beginning of the season.
- B. Varsity emblems will only be awarded the first time an athlete earns a varsity letter. Successive awards will be noted by a cloth decal which may be attached to the emblem.
- C. Junior varsity and freshman athletes receive a participation certificate
- D. The Poway Letter "P", issued by the athletic office to varsity athlete, may only be attached to a jacket with Poway colors of Green/Grey and White.

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<u>FALL SPORTS</u>	<u>PRACTICE BEGINS</u>	<u>LEVELS</u>
Cross Country (Boys)	Aug. 12th	Fr/JV/Var
Cross Country (Girls)	Aug. 12th	JV/Var
Field Hockey (Girls)	Aug. 12th	JV/Var
Football (Boys & Girls)	Aug. 10th	Fr/JV/Var
Golf (Girls)	Aug. 12th	JV/Var
Tennis (Girls)	Aug. 12th	JV/Var
Volleyball (Girls)	Aug. 12th	Fr/JV/Var
Water Polo (Boys)	Aug. 12th	Nov/JV/Var
 <u>WINTER SPORTS</u>		
Basketball (Boys)	Nov. 14th	Fr/JV/Var
Basketball (Girls)	Nov. 14th	Fr/JV/Var
Roller Hockey (Boys & Girls)	Nov. 14th	JV/Var
Soccer (Boys)	Nov. 14th	Fr/JV/Var
Soccer (Girls)	Nov. 14th	Fr/JV/Var
Water Polo (Girls)	Nov. 14th	Nov/JV/Var
Wrestling (Boys & Girls)	Nov. 14th	Fr/JV/Var
 <u>SPRING SPORTS</u>		
Baseball (Boys)	Feb. 20th	Fr/JV/Var
Golf (Boys)	Feb. 20th	JV/Var
Gymnastics (Girls)	Feb. 20th	JV/Var
Lacrosse (Boys)	Feb. 20th	JV/Var
Lacrosse (Girls)	Feb. 20th	JV/Var
Softball (Girls)	Feb. 20th	Nov/JV/Var
Swim/Dive (Boys & Girls)	Feb. 20th	JV/Var
Tennis (Boys)	Feb. 20th	JV/Var
Track & Field (Boys & Girls)	Feb. 20th	Fr/JV/Var
Volleyball (Boys)	Feb. 20th	Fr/JV/Var

1. BEFORE YOUR SON/DAUGHTER MAY TRY OUT FOR A SPORT THEY MUST HAVE A “TICKET TO PLAY” FROM THE PHS ATHLETIC OFFICE.

To receive your “Ticket to Play” every athlete must:

Read the “Athletic Handbook” on the PHS Website. Download all of the required forms and return the completed forms to the athletic office at PHS.

1. Obtain a physical examination on PUSD form.
 - Physical is good for one year from date of exam/physicals must be renewed annually.
 - School offers physicals one time per year -
 - a. June 4th from 6 – 8 pm in the PHS HS Gym.
(subject to change)
 - b. Cost is \$20.00 prepaid, or at the door.
 - c. Make checks payable to Poway High School.
 - d. Physical process may take up to 2 hours.
2. Private physician – school physical form should be used.
3. Personal insurance and policy number is required to participate in athletics.
- 4. Complete forms: Physical, Athletic Participation Signature Form, Residency, and Medical Information Release Form.**

****Return all completed forms to the athletic office to receive your ticket to play.**

No Athlete may try-out or participate in any way until they receive their “Ticket to Play” from the athletic office. The athlete is responsible for giving it to their coach on their first day of participation in the sport.

2. ACADEMIC ELIGIBILITY

All Freshman are academically eligible entering Poway High School.

- At the conclusion of the first six-week grading period, all athletes active in a fall sport with under 2.0 GPA (but still passing 4 classes) will be placed on probation. Probation allows the athlete to continue to participate fully in their sport. Freshmen are allowed **ONE** probationary period during their freshmen year.
- At the conclusion of the first six-week grading period, if the athlete is not passing four classes, the student is ineligible to participate. If you are ineligible, you may practice (coaches discretion), but you may **NOT** compete in scrimmages/games.
- If at any subsequent grading period in which you are actively participating on a high school team, your GPA drops below a 2.0 or you are not passing four classes, and you have used your probationary period, the athlete will become ineligible. If you have not used a probationary period, you will be placed on probation.
- This process repeats each six-week grading period.

SOPHOMORES, JUNIORS AND SENIORS – to be academically eligible -

- Must be enrolled in 20 units of work. (four classes)
- Have passed at least 4 classes for current eligibility grading period.
- Have at least a 2.0 grade point average for the current eligibility grading period.

THESE ARE CIF RULES AND NO EXCEPTIONS WILL BE MADE



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ETHICS IN SPORTS (ATHLETE-PARENT/GUARDIAN/CAREGIVER) – 2009-10
(Revised 3/09)

I. POLICY STATEMENT

It is the mission of the California Interscholastic Federation, San Diego Section (CIFSDS) to promote high standards of sportsmanlike and ethical behavior in and around athletic contests played under its sanction and, in life, in general. Citizenship, Integrity, and Fairness are embodied in that mission. CIF and CIFSDS contests must be safe, courteous, fair, controlled, and orderly for the benefit of all athletes, coaches, officials, and spectators, and behavior by all involved at all times should manifest the highest standards of conduct.

It is the intent of the section membership that poor sportsmanship, unethical behavior, and violence, in any form, will not be tolerated in athletic contests or practices. In order to enforce this policy, the membership, through its Board of Managers, has established rules and regulations.

Coaches assume the responsibility to teach and demand high standards of conduct of their athletes both on the field of play and in everyday life, in season and out of season.

It is the school principal's responsibility to enforce all CIFSDS rules and regulations and to demand high standards of conduct from coaches, athletes, parents/guardians, and spectators. The principal shall demand strict adherence to all the CIF State and CIFSDS rules, regulations, and procedures.

Participation in interscholastic athletics and section playoffs is a privilege.

The CIFSDS Board of Managers requires that the following Code of Ethics be issued to and signed by each student-athlete, parent, coach, and officials' association. Penalties for failure to submit a signed Code of Ethics are:

- | | |
|--------------------------|--|
| 1. Athlete | Ineligibility for participation in CIF-San Diego Section athletics |
| 2. Coach | Restricted from coaching in CIF-San Diego Section contests |
| 3. Officials Association | Not approved to officiate in the CIF-San Diego Section |
| 4. Parent | Prohibition/Removal from attendance at CIF or CIFSDS event |

Failure to abide by the standards of behavior as agreed will result in a penalty up to and including disqualification to participate.

II. CODE OF ETHICS FOR STUDENT-ATHLETE, PARENT/GUARDIAN/CAREGIVER, COACH, CONTEST OFFICIAL

- A. Comply with the six pillars and 16 Principles of the Pursuing Victory with Honor program (on reverse side).
- B. Be courteous at all times with school officials, opponents, game officials, and spectators.
- C. Exercise self-control.
- D. Know all rules of the contest, of CIF State, and the CIFSDS and agree to follow the rules.
- E. Show respect for self, players, officials, coaches, and spectators.
- F. Refrain from the use of foul and/or abusive language at all times.
- G. Respect the integrity and judgment of game officials.
- H. An athletic director, sports coach, school official or employee or booster club/sport group member may not provide any muscle-building nutritional supplements to student-athletes at any time. A school may only accept an advertisement, sponsor, or donation from a supplement manufacturer that offers only non-muscle building nutritional supplements. A school may not accept an advertisement sponsorship or donation from a distributor of a dietary supplement whose name appears on the label. Permissible non-muscle building nutritional supplements are identified according to the following classes: Carbohydrate/electrolyte drinks; energy bars, carbohydrate boosters, and vitamins and minerals. (Revised - Federated Council May 2007.)

I. Win with character; lose with dignity.

Accept consequences of conduct deemed inappropriate or in violation of rules.

I have read, understand, and accept the Policy Statement, Code of Ethics, The Pillars and Principles of Pursuing Victory with Honor, and the Violations, Minimum Penalties, and Appeal Process (on attached page) of the CIF-San Diego Section **ETHICS IN SPORTS** Policy. I agree to abide by this policy while participating and/or being a spectator at CIFSDS athletic events regardless of contest site or jurisdiction.

PURSUING VICTORY WITH HONOR

SIX PILLARS OF CHARACTER

TRUSTWORTHINESS

RESPECT

RESPONSIBILITY

FAIRNESS

CARING

GOOD CITIZENSHIP

SIXTEEN PRINCIPLES OF PURSUING VICTORY WITH HONOR

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 pressure 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 student 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 and CPR. 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 programs must actively prohibit the use of alcohol, tobacco, drugs, and performance-enhancing substances, as well as 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 interference or influence of commercial interests. In addition, sports programs must be prudent, avoiding undue financial dependency on particular companies or sponsors.
16. The profession of coaching is a profession of teaching. In addition to teaching the mental and physical dimension 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.

VIOLATIONS, MINIMUM PENALTIES, AND APPEAL PROCESS
(Applicable to players and coaches from time of departure for contest until time of return.)

ACT	MINIMUM PENALTIES* <u>EJECTION POLICY:</u>
1. Behavior resulting in ejection of athlete or coach from contest	<p>Any coach, team attendant, or spectator ejected by a contest official from any contest for any reason, at any level, is suspended indefinitely from participation, practice, or attending (site and sound) any sports contest, until the first of the following occurs: the ejected person serves the tentative penalty recommended by the commissioner; or a meeting is held among the <u>school administration, coach, player, and custodial parent(s)/guardian(s)</u> with CIFSDS staff member(s) to discuss and impose an appropriate penalty which is served before participation resumes.</p> <p>Any player ejected by a contest official from any contest for any reason is suspended from participation in the next contest(s) until the tentative penalty recommended by the commissioner is served; or a meeting is held among the <u>school administration, coach, player, and custodial parent(s)/guardian(s)</u> with CIFSDS staff member(s) to discuss and impose an appropriate penalty which is served before participation resumes. Players are permitted to practice with the team and attend contests, but not in game uniform, during the period of suspension. (Approved June 3, 2008, Board of Managers). Meetings will be scheduled at a time to be announced. There is no appeal of the Commissioner's decision. Telephonic and electronic meetings are not permitted.</p> <p>Additionally, any person ejected (coach, player, spectator) is required to attend a CIFSDS Ethics In Sports Sportsmanship Meeting, which will be held at a time to be announced. Failure to attend the sportsmanship meeting will result in immediate suspension of athletic eligibility or attendance (site and sound) at contests or practices until such time as the ejected person attends a Sportsmanship Meeting. (Approved June 7, 2005, Board of Managers).</p>
2. Illegal participation in next contest by athlete ejected from previous contest.	<p>Ineligibility for remainder of season for athlete. A written appeal may be made by the individual or school to the commissioner.</p> <p>A coach, who permits participation by a player ejected from a previous contest, knowingly violates a CIF or San Diego Section rule, and penalty may include a sanction to the school, coach, or suspension of membership.</p>
3. Second ejection of athlete or coach from any contest during one season.	<p>Ineligibility of athlete for remainder of season or suspension of coach for remainder of season. A written appeal may be made by the school principal within two school days to the commissioner for reduction of penalty. Official to make report by the next school day to the commissioner.</p>
4. When an athlete leaves the bench area or fielding position to begin a confrontation or leaves the bench area or fielding position to join an altercation.	<p>Ejection from the contest for those designated by the official, ineligibility for the next contest, probation for remainder of season. Those players involved are later identified, ineligible for next contest and probation for remainder of season. A written appeal may be made by the individual(s) or school to the commissioner. Official to make report by the next school day to the commissioner.</p> <p>A similar infraction of this act by the same athlete(s) during the same season will result in termination of the season for the athlete(s) concerned. A written appeal may be made by the school principal to the Commissioner.</p>
5. When more than two athletes leave the bench area or fielding position to begin a confrontation or leave the bench area or fielding position to join an altercation.	<p>Contest will be stopped by officials and coaches. Ejection from the contest for those athlete(s) designated by the officials. The team(s) that left the bench area must forfeit the contest, record a loss, and the team(s) and player(s) placed on probation for the remainder of the season. A written appeal may be made by the school(s) principal to the commissioner. A second infraction will result in cessation of the season for the team(s) and/or athlete(s). A written appeal may be made by the school(s) principal to the commissioner. Official to make report by the next school day to the commissioner.</p> <p>If the act occurs in the CIF-San Diego Finals, and both teams are charged with a forfeit, there will be no champion. A written appeal may be made by school(s) principal to the commissioner. Official to make report by the next school day to commissioner.</p>
6. Other acts committed by individuals or teams or acts committed at end of season.	<p>Commissioner, as authorized by Green Book, to determine and implement penalties up to and including career suspension for individuals and following year penalties for teams.</p>
7. Use of an ineligible player in a contest.	<p>If a team uses an ineligible player in a contest(s), the contest(s) shall be forfeited. The number of forfeited contest(s) exceeds the maximum permitted in accordance with the CIFSDS Forfeit Policy (see Green Book) the team shall be excluded from CIFSDS playoffs.</p> <p>If an ineligible individual is permitted to participate in an individual sport, that individual is excluded from playoffs, and the school is subject to penalties for a willful violation of a rule.</p>

*Commissioner, as authorized by Green Book, may determine and implement additional penalties up to and including career suspension for individuals and following year penalties for teams.

Poway Unified School District
ATHLETIC POLICY AGAINST HAZING

Poway Unified School District strives to maintain a healthy athletic program in which all students feel safe and welcome and can be proud of the school and athletic programs they represent.

I understand that hazing of any kind is not allowed on this campus and in the athletic program. This includes mental, verbal and physical acts. I further understand that it is my duty to report any acts of hazing that I see to a coach or administrator on campus.

By signing below, I agree to uphold this District policy and understand that any violation will result in my immediate suspension from athletics and further disciplinary action as outlined in District policy and procedures.

Definition of Hazing

Hazing in any form, including initiation which is degrading, is strictly forbidden by California State Law. No student shall conspire to engage in hazing, participate in hazing or commit any act that causes or is likely to cause bodily danger, physical harm, personal degradation or disgrace resulting in physical or mental harm to any fellow student or other person. Persons violating this policy shall be subject to District discipline, misdemeanor penalties and forfeiture of entitlements.