

# **SUNDEVIL ATHLETICS**



## **PARENT & STUDENT-ATHLETE HANDBOOK**



**MT. CARMEL ATHLETICS**

# *The Sundevil Way*

- 1. Engage in positive relationships between student-athletes, coaches, and parents.**
- 2. Engage in experiences that allow for student-athletes to develop and demonstrate leadership skills.**
- 3. Engage in learning and skill development that supports all student-athletes in fulfilling their potential.**



# Mt. Carmel High School Athletic Guidelines

## **MCHS Athletics Philosophy:**

Mt. Carmel provides a competitive environment, challenging student-athletes to pursue excellence on the field, in the classroom and in the community. Participation in Sundevil athletics offers athletes an opportunity for personal development through teamwork, responsible behavior, leadership, victory with honor and character development.

Mt. Carmel welcomes you to Sundevil athletics. We are hopeful that you will be an involved participant in a program that offers competition in 26 sports. Participation on an athletic team is a *privilege* that is extended to every student who is eligible under regulations set up by the State of California Interscholastic Federation (CIF), Poway Unified School District (PUSD), and Mt. Carmel High School (MCHS). With every privilege comes responsibility. The conduct of a Mt. Carmel athlete is closely observed by many people. An athlete is a representative of the team, the school and the community. It is important that Sundevil athletes exemplify the *Sundevil Way* at all times.

## **CHAIN OF COMMAND**

***If you have a concern to discuss with the coach, please follow this procedure:***

- Contact the coach and set up an appointment directly with him/her.
- 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, Greg Lanthier, 858-484-1180 or [glanthier@powayusd.com](mailto:glanthier@powayusd.com)
- The Athletic Director will set up a meeting with the parent, athlete and coach.
- The Athletic Director will attempt to mediate a resolution. It is our intention to do our best in resolving any situations between athletes, parents, and coaches at its lowest level. For this to happen, all of the parties involved must be willing to work together to find the best possible solution.

## **INAPPROPRIATE CONCERNS TO DISCUSS WITH COACHES:**

1. Playing Time
2. Team strategy
3. Play Calling
4. Another student-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 upon 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, and others should not. Concerns outside of these examples will be left to the discretion of the coach.

## **Student-athlete responsibilities:**

### 1. Attendance

- a. Be at all practices and games.
- b. Be on time.

### 2. Attitude – Be a Good Teammate

- a. Put the team before yourself.
- b. Come prepared to be part of a team.
- c. Do whatever it takes to help the team.
- d. Come prepared to do your best. This includes proper nutrition, sleep and taking care of any injuries or illness.

### 3. Respectful Communication – Be a Self-Advocate

- a. Communicate any problems or important issues with your coach.
- b. If you don't understand something, ask your coach for further clarification.
- c. Dishonorable conduct on social media that violates PUSD and/or MCHS policies will result in disciplinary action. This includes, but is not limited to, bullying, references regarding race, ethnicity, sexual orientation/sexual nature, religious affiliations, and physical disabilities.

### 4. Sportsmanship

- a. Act at all times as a representative of the Mt. Carmel community and the Sundevil Way.
- b. Respect your teammates, opponents, coaches, officials, equipment, and any other aspects that your athletic endeavors may include.

## **Parent Responsibilities:**

### 1. Attendance

- a. Please schedule vacations, appointments, etc. as to not interfere with practices or games.
- b. Encourage your student-athlete to be on time to all athletic functions.

### 2. Attitude

- a. Help your student-athlete to know and understand both school and team rules.
- b. Help your student-athlete to understand the team concept by explaining and supporting their role on the team.
- c. Help your student-athlete to come prepared to do their best by encouraging them to be physically and mentally prepared. This includes proper nutrition, sleep and care of any injuries or illness.
- d. Help your student-athlete to understand that the team comes before the individual. Sometimes you must sacrifice individual success for team success.

### 3. Respectful Communication

- a. Use the system of communication set up by the Mt. Carmel Athletic Department.
- b. Encourage your student-athlete to be a self-advocate and communicate with their coach.
- c. Follow the Mt. Carmel communication chain of command.

### 4. Sportsmanship

- a. Act at all times as a representative of the Mt. Carmel community and the Sundevil Way.
- b. Be a positive example for all Mt. Carmel community members to follow by showing respect and acting in a positive manner in regards to all student-athletes, coaches, opponents, officials and any other aspects of the athletic experience.

## Sundevil Athletic Program

### Our Athletic Program consists of the following sports:

<b>FALL</b>	<b>WINTER</b>	<b>SPRING</b>
Boys' & Girls' Cross Country	Boys' Basketball	Baseball
Field Hockey	Girls' Basketball	Boys' Golf
Football	Boys' Soccer	Gymnastics
Girls' Golf	Girls' Soccer	Boys' Lacrosse
Girls' Tennis	Girls' Water Polo	Girls' Lacrosse
Girls' Volleyball	Wrestling	Softball
Boys' Water Polo	Cheer (competitive)	Boys' & Girls' Swim & Dive
Cheer		Boys' Tennis
		Boys' & Girls' Track & Field
		Boys' Volleyball

## Participation

### CIF Requirements

Mt. Carmel will uniformly meet the standards of eligibility as stated by the Constitution and By-Laws of the California Interscholastic Federation – San Diego Section (CIF Green Book)

#### Some requirements are:

1. If an athlete attains his/her 19th birthday prior to June 15th of the current year, he/she shall not be allowed to participate or practice on any CIF team.
2. If an athlete is in his/her fifth year of high school, he/she cannot participate in interscholastic athletics. A student who enters the ninth grade of any school following the student's completion of the eighth grade in any school may be eligible for athletic competition during a maximum period of time that is not to exceed eight consecutive semesters following the initial enrollment in the ninth grade of any school. Said eligibility must be used during the student's first eight consecutive semesters of enrollment at that school or any other school.
3. Student-athletes must pass a minimum of 3 classes for each grading period. (Incompletes are counted as F's until they are changed to a letter grade. Passing means "D" grades and better).
4. An athlete cannot compete on any "outside" team in that sport from the date of the first scrimmage until the 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.
6. Transfer students must have written approval from the CIF San Diego Section. Transfer paperwork is available from the Mt. Carmel Athletic Director.
7. Foreign students must be in a CIF approved exchange program and have written approval from the CIF San Diego Section. Foreign Exchange paperwork is available from the Mt. Carmel Athletic Director.

## PUSD--RESIDENTIAL ELIGIBILITY

***Always check with the Athletic office when changing schools to determine athletic eligibility.***

## **MCHS/PUSD Scholastic Requirements**

1. All incoming freshman ending 8th grade with <2.0 GPA will be placed on probation per CIFSD.
2. During each grading period, students must attain a minimum 2.0 GPA in all enrolled courses on a 4.0 scale.
3. Student-athletes must pass a minimum of 3 classes each grading period.
4. For the purpose of determining grade point average, all incompletes shall be computed as F's until the incomplete is changed to a letter grade. At that point, grade point average will be recalculated using the grade(s) earned.
5. Accounting for eligibility will be the Saturday immediately following school wide distribution of grades. The grades that will be counted for eligibility are mid-trimester progress grades and final trimester grades.
6. If students do not attain a 2.0 GPA for the previous grading period, they will be placed on probation for the following grading period. Student-athletes are only allowed one probationary period during their 9th grade year and one additional probationary period during their combined 10<sup>th</sup>-12<sup>th</sup> grade years.
7. If students do not bring their grades up to a 2.0 GPA at the end of the probationary period, they will be ineligible to participate for the following grading period, beginning the Saturday immediately following school wide distribution of grades. Summer school grades may be computed to improve grades given in the spring trimester.
8. Student-athletes must enroll in 4 classes per trimester and seniors no less than 3 classes the last trimester of their senior year.
9. At the high school level, normal progress toward graduation will be defined as follows: The student has earned 15 credits the previous term or has earned an average of 15 credits for each term enrolled.

## **MT. CARMEL HIGH SCHOOL RULES OF ELIGIBILITY**

1. All student-athletes must have a "Ticket to Play" on file with the Athletics Office. To obtain a Ticket to Play packet, which contains all required forms for athletic clearance, please visit <https://www.powayusd.com/en-US/Schools/HS/MCHS/Athletics/Athletic-Resources-forms>. Once forms are completed, they are to be turned in to the Athletic Office, which is located in the Administration building.
2. The Ticket to Play Packet *must* be on file with the Athletics Department before trying out for any sport. Athletes will not be allowed to try out, be issued any equipment or be permitted to practice until this packet is completed and returned.

If a student does not have insurance, School Accident Insurance may be purchased to meet this requirement.

## **MCHS--VACATION POLICY**

Vacations by athletic team members during a sport season are discouraged. Parents/athletes wishing to do so may wish to reassess their commitment to being an athlete. In the event that an absence due to a vacation is unavoidable, an athlete must:

1. Contact the head coach prior to the vacation
2. Be willing to assume the responsibilities and consequences of missing practice. Consequences will be at the discretion of the head coach. Vacation policy will be reviewed by the head coach at the beginning of each season.

## **MCHS--MISSING PRACTICE**

Mt. Carmel athletic teams usually practice every day, Monday through Friday (some teams will also hold Saturday practices). An athlete should always consult his/her coach before missing practice and leaving campus. Consequences for missing practice or a game will be dealt with by the coach. Athletes who are absent from school all day will not be allowed to practice after school.

## **MCHS--RELEASE FROM CLASS**

It is the responsibility of athletes to see their teachers before they are absent due to an athletic contest. Do not leave class prior to your release time. Be a credit to your team in the classroom.

## **MCHS--EQUIPMENT AND UNIFORMS**

1. 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.
2. Athletes are financially responsible and assume liability for all equipment checked out to them.
3. No athlete will be cleared from school until he/she is clear on equipment.
4. No athlete will receive credit on items turned in if they are not the items which had been checked out to him/her.
5. No athlete will receive any awards, trophies or letters until he/she is clear in all areas.
6. No Senior-year athlete will receive a diploma until clearance has been established.
7. Athletes will not share their team lockers unless assigned to do so.
8. All gear will be turned in after the last contest. If an athlete quits or is released from a team, he/she must turn in all equipment immediately.
9. Uniforms are not be worn around school or after school unless for game purposes to communicate team unity.
10. Athletes assume liability for use of their own athletic equipment.

## **MCHS--CONTEST TRANSPORTATION**

1. All athletes will travel to away contests by way of PUSD authorized vehicles only, unless transportation is not provided. In that case, the athlete will be responsible for their own transportation to and from the event.
2. If for some special circumstance an athlete's parent or guardian wishes to take the athlete home after a contest, they must request permission in writing from the Athletic Director 24 hours in advance. Convenience is *not* a special circumstance. The parent/guardian must meet the athlete in person after the contest. Private cars may not be used without express permission of the Athletic Director. Alternate Transportation forms are available on the MCHS website. Please download the form, obtain all required signatures and return to the Athletic Director's office 24 hours prior to the event.
3. Under certain circumstances an athlete with a valid driver's license, with the approval of the coach, Athletic Director, and with written parental consent prior to the event (in time for Athletic Director to verify with parents) may drive his/her own vehicle to the contest.
4. ***UNDER NO CIRCUMSTANCES MAY STUDENTS TRANSPORT OTHER STUDENTS.***
5. Good behavior on the bus is expected. As a member of a team representing Mt. Carmel High School you are entrusted with the pride and reputation of the school.

## **MCHS--SCHOOL COLORS**

Mt. Carmel school colors are Scarlet and Gold with White as a neutral accent color. All athletic school uniforms, warm-ups, and spirit packs are to be variations of these colors. These colors were decided upon by the student body and no individual team may alter them. Each coach (head coaches and assistants) and the Athletic Director have the responsibility of making sure that athletic teams wear school colors.

## **MCHS--DROPPING A SPORT**

On occasion, an in-season athlete may find it necessary to drop a sport. If this is the case, the following procedure must be followed:

1. Talk with your immediate coach and then the head coach.
2. Report your situation to the Athletic Director.
3. Check in all equipment issued to you.

## **MCHS—AWARDS**

### **Letters and Certificate Awards**

1. Letter awards in Athletics can be earned only when participating on a Varsity-level team. Coaches determine minimum standards and requirements for lettering. Coaches will inform their athletes of these standards at the beginning of their season of sport.
2. A chenille "MC" letter and sport-specific insert patch will be awarded to each athlete the first year he/she letters. Each subsequent year that the athlete letters he/she will receive a gold bar and certificate.
3. There shall be a certificate awarded to any athlete for participating on a Freshman or a Junior Varsity team. Letters are not awarded at these levels.

## **MCHS--QUITTING, LOSS OF ELIGIBILITY AND ATHLETIC AWARDS**

Any athlete who loses his/her eligibility due to grades forfeits all rights to letters and awards that he/she may have otherwise been entitled to receive.

**EXCEPTION** -- An athlete who has completed league play and who has already met the minimum requirements for lettering in that sport prior to CIF play, SHALL retain his/her letter, but will not be able to receive any other type of award (M.V.P., etc.).

**QUITTING**--Athletes who quit their teams or are removed from the team by the coach at any time during the season will forfeit any awards they would have received (i.e., letters, pins, etc.).



## **MCHS--CONFLICTS IN EXTRACURRICULAR ACTIVITIES**

The following policy pertains to events scheduled by Mt. Carmel High School teams, not outside school team participation. An individual student who attempts to participate in too many extracurricular activities on the Mt. Carmel campus will, undoubtedly, be in a position of conflict of obligations. Students have a responsibility to do everything they can to avoid such conflicts. This includes being cautious about committing to multiple activities where conflicts are bound to happen. It also means immediately notifying the faculty members involved when a conflict does arise. When conflicts arise the faculty will meet and attempt to work out a solution so that a student does not feel caught in the middle. If a solution cannot be found, the Athletic Director will make a decision based on the following:

1. The relative importance of each event.
2. The importance of each event to the student.
3. The relative contribution the student can make.
4. How long each event has been scheduled.
5. Talk with parents. If conflicts are reoccurring and a student cannot fulfill the obligation of a school activity, they should consider withdrawing from the activity.

## **MCHS--SQUAD SELECTION**

In accordance with our philosophy of athletics, it is our desire to see as many students as possible participate in the athletic program while at Mt. Carmel High School. We encourage coaches to keep as many students as they can without unbalancing the integrity of their sport. Time, space, facilities, equipment, personal preference, and other factors place limitations on the most effective squad size for some sports, therefore cuts are a possibility.

## **MCHS--CONFLICTS WITH OUTSIDE TEAMS/SPORTS**

Participation in school athletics takes precedence over all other outside athletic activities. If conflict occurs, the MCHS athletic event will come first. Sundevil athletes should ensure that their participation in outside teams/sports in no way negatively affects their school athletics team or they may be asked to leave the team.

## **FUNDRAISING**

Every athletic team at Mt. Carmel needs to fundraise. The coaches of the various athletic teams, as well as the Mt. Carmel Athletic Foundation (the non-profit organization that supports our athletics program), fundraise to support your son/daughter with the best equipment that we can. We hope that you support the teams, coaches and Foundation in these endeavors. Please be aware that when an athlete checks out fundraising materials (calendars, Sundevil cards, etc.) he/she will be held responsible for those items. If at the end of the fundraiser the athlete does not return the checked out items, he/she will be responsible for payment.

## Training Rules and Athletic Discipline

### Rules of Conduct – (Rules apply 24/7 for in-season athletes)

Athletes are governed by District policy, CIF regulations, school rules, and the school requirements for extra- and co-curricular activities. Student/athletes need to be aware of the following:

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 function will result in application of district sanctions. *See Discipline Section.*
2. Outside of school activities, the following are prohibited acts that 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 or sport:
  - 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.
  - Offering, arranging, or negotiating to sell any drug paraphernalia as defined in Section 11014.5 of the Health and Safety Code.
  - 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, narcotics, dangerous drugs, other controlled substances, or intoxicants of any kind. 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.
  - Any use of tobacco in any form during the season will result in a five day suspension from athletics. The five days will carry over into the next season of a sport if the incident occurs at the end of a season. A second offense will result in a one month suspension.
- 3. Athletes who are absent from school all day will not be allowed to practice after school. An athlete must attend at least four hours of class on the day of a contest. An exception may be granted if the Principal or the Athletic Director is informed prior to the absence. Prior notice is required for exceptions.**
4. Mt. Carmel High School also requires that students involved in athletic activities conduct themselves appropriately at all times while in public. Any public behavior at any time during a season of sport that is in conflict with District or school policies or codes of law enforcement is subject to team participation sanctions. These sanctions may range from a short term suspension to removal from a team.
5. Athletes assigned to detention will serve the same duration as any other student.
6. Athletes will not be allowed to compete or practice on days in which they have been suspended from school.
7. 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 head coaches and the Athletic Director.
8. Multiple-sport athletes may compete in more than one sport in the same season, (ex. baseball and track), but only with the consent of both coaches.
9. Coaches are responsible for ensuring that all athletes have access to the Athletic Handbook prior to participating in any practice or competition. The Athletic Handbook is to be reviewed by student-athletes and their parent(s)/guardian(s) on an annual basis.
10. Students wishing to appeal disciplinary decisions should contact the administrator in charge of athletics for information on specific procedures.

## **CIF - Ethics in Sports**

### **Policy Statement**

The California Interscholastic Federation San Diego Section (CIF-SDS) is committed to the exhibition of sportsmanlike and ethical behaviors in and around all athletic contests played under its sanction. 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.

Behavior by all involved at all times should manifest the highest standards of conduct. It is the intent of the CIF-SDS Board of Managers that poor sportsmanship, unethical behavior, and violence in any form, will not be tolerated in athletic contests (or practices) under the jurisdiction of this Board. In order to enforce this policy, the membership, through its Board of Managers, has established rules and regulations.

Coaches are expected to assume responsibility to teach and demand high standards of conduct of their athletes both on the field of play and in everyday life. It will be the school Principal who assumes responsibility for enforcement of the rules and regulations and to demand high standards of conduct from coaches, athletes, parents, and spectators. The CIF-SDS Board of Managers requires that the following Code of Ethics be issued and signed by each student-athlete, coach, and officials' association as a guide to govern their behavior. Penalties for failure to sign a copy of this policy are as follows:

- Athlete – Ineligibility for CIF-San Diego Section Athletics
- Coach – Restricted from coaching in CIF- San Diego Section contests
- Officials Associations – Not approved to officiate in the CIF-San Diego Section

## **Poway Unified School District Hazing Policy**

### **Policy Statement**

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, or 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.

## **CIF Code of Ethics for Student-athlete, Coach, and Contest Official**

1. Be courteous at all times (with school officials, opponents, game officials and fans).
2. Exercise self-control.
3. Be familiar with all rules of the contest.
4. Show respect to players, officials and other coaches.
5. Refrain from the use of foul and abusive language.
6. Respect the integrity and judgment of game officials.
7. Refrain from the 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 and Drug Administration, Surgeon General of the United States or the American Food Medical Association.
8. Win with character, and lose with dignity.



**MCHS Athletic Department main contacts:**

**Athletic Director**

Greg Lanthier

glanthier@powayusd.com

858-484-1180 x3109

**AD's Assistant**

Emily Comstock

ecomstock@powayusd.com

858-484-1180 x3110

**Athletic Trainer**

Diane Lawrance

dlawrance@powayusd.com

858-484-1180 x3154

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