

RANCHO BERNARDO HIGH SCHOOL ATHLETIC HANDBOOK



INTRODUCTION

On behalf of the principal, faculty and staff, I would like to welcome you to Rancho Bernardo High School athletics. As a Bronco, you will be part of a very special group of students who will be representing not only yourself, but also your school, your parents and your community. That means a great deal of responsibility will be placed on you. We want you to consider that each time you put on the blue, silver and white of Bronco Athletics.

Our school provides a comprehensive program of 27 individual and team sports for both boys and girls. As a part of the program, you will be participating in events that will bring you many lasting memories. You will make new friends, develop new skills, and be associated with one of the finest coaching staffs in the state of California.

Athletics plays a vital role in the total educational experience, and as a Bronco athlete, you will be a visible part of this outstanding program. Consider it a privilege and honor to be a part of this program, and compete in a manner in which you, your school and your parents will be proud.

Check our website (rbhs.org) under athletics for updates and additional information.

WELCOME TO RANCHO BERNARDO HIGH SCHOOL!

Peggy Brose
Director of Athletics

The Poway Unified School District (PUSD) is an equal opportunity employer/program and is committed to an active Nondiscrimination Program. PUSD prohibits discrimination, harassment, intimidation, and bullying on the basis of actual or perceived race, color, ancestry, national origin, nationality, immigration status, ethnicity, ethnic group identification, age, religion, marital or parental status, physical or mental disability, sex, sexual orientation, gender, gender identity, or gender expression or association with a person or group with one or more of these actual or perceived characteristics. For more information, please contact the Associate Superintendent, Personnel Support Services, Poway Unified School District, 15250 Avenue of Science, and San Diego, CA 92128-3406.

I. PHILOSOPHY

Rancho Bernardo High School offers students an opportunity to participate in voluntary interscholastic competition in order that they may experience and acquire the lessons and rewards of team-oriented sports: namely cooperation, sacrifice, striving to achieve group goals, and commitment to the team. We also believe that a successful athletic program nurtures and fosters good citizens and tomorrow's leaders. Therefore, athletes at Rancho Bernardo High School will be expected to adhere to the following code of behavior:

Always...

1. be on time
2. be enthusiastic, industrious, dependable, loyal and cooperative
3. be responsible and coachable
4. be a team player
5. abide by the general rules of discipline for RBHS and CIF
6. strive to improve
7. be positive
8. show pride and respect for your school
9. practice humility
10. attend tutorial when required
11. demonstrate respect for your teachers, coaches and fellow athletes

Never...

1. sulk, pout or become angry when given constructive criticism
2. make excuses
3. criticize a teammate
4. be egotistical or selfish
5. use inappropriate language

II. PROGRAM

Rancho Bernardo High School is a member of the California Interscholastic Federation (CIF), San Diego Section, and competes in the North County Conference. The Conference consists of the following leagues:

FOOTBALL ONLY			
<u>PALOMAR</u>	<u>AVOCADO</u>	<u>VALLEY</u>	
Del Norte	Carlsbad	Escondido	
Mt. Carmel	El Camino	Fallbrook	
Poway	La Costa Canyon	Ramona	
Rancho Bernardo	Mission Hills	Rancho Buena Vista	
Vista	Oceanside	San Pasqual	
Westview	San Marcos	Valley Center	
	Torrey Pines		
OTHER SPORTS			
<u>PALOMAR</u>	<u>AVOCADO WEST</u>	<u>AVOCADO EAST</u>	<u>VALLEY</u>
Del Norte	Canyon Crest Academy	El Camino	Escondido
Mt. Carmel	Carlsbad	Oceanside	Fallbrook
Poway	La Costa Canyon	Rancho Buena Vista	Mission Vista
Rancho Bernardo	Mission Hills	Sage Creek	Ramona
Westview	San Marcos	San Dieguito Academy	San Pasqual
	Torrey Pines	Vista	Valley Center

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

The athletic program at Rancho Bernardo High School consists of the following sports.

Fall

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

Winter

Basketball
Roller Hockey
Soccer
Water Polo (G)
Wrestling

Spring

Baseball (B)
Golf (B)
Gymnastics
Lacrosse
Softball (G)
Swimming/Diving
Tennis (B)
Track & Field
Volleyball (B)

III. PARTICIPATION AND ELIGIBILITY

A. CIF Requirements - Rancho Bernardo High School will uniformly meet the standards of eligibility as stated by the Constitution and By-laws of the California Interscholastic Federation (CIF Green Book.)

1. If an athlete attains his/her 19th birthday before July 1 of the upcoming school year, he/she cannot participate in interscholastic athletics.
2. If an athlete is in his/her fifth year of high school, he/she cannot participate in interscholastic athletics.
3. Every athlete must pass at least 20 credits of work during the term **AND** maintain a 2.0 GPA each grading period.
4. An athlete cannot tryout for, practice or compete on any "outside" team, in the same sport, during the high school season of that sport, including playoffs. Exception: swim and gymnastics who may continue to practice and compete unattached with their teams.
5. An athlete cannot try out for a professional team during the high school season of that sport.
6. Foreign students must be on a CIF approved exchange program and have written approval from the CIF San Diego Section.

B. General Regulations

1. An athlete must live with his/her parent or legal guardian and within the geographical boundaries of Rancho Bernardo High School to be eligible. (For your information, it takes court action to have someone declared your legal guardian.) If the athlete has moved recently, or if you have any questions on this rule, talk to the athletic director immediately.
2. There are some situations where students do not live within the boundaries of Rancho Bernardo High School, but have the official permission of the Board of Education to attend our school. These students may be eligible. If you have any questions, see the Athletic Director.
3. An athlete cannot be a member, or a pledge of, or attend meetings of a secret fraternity or club and still be eligible for a Rancho Bernardo team.
4. Seniors may participate only at the varsity level.

C. Rancho Bernardo High School Rules of Eligibility

1. Potential athletes must turn in a completed athletic packet by the required deadline to be eligible to pick up a “Ticket to Play”. Possession of a “Ticket to Play” is required **before** trying out for **any** team and must be presented to the coach on the first day of tryouts. Forms are available on the RBHS website:
 - a. Physical and medical information (3 pages)
An athlete may not start the season, including tryouts, with a physical that will expire during the season.
 - b. Residence & Eligibility Verification/Parent and student athletic information verification
 - c. Medical Information Release
2. Health insurance is mandatory. If a student does not have insurance, **School Accident Insurance** may be purchased to meet this requirement. An application can be picked up from the Athletic Secretary.
3. Scholastic Eligibility Requirement
 - a. During each grading period, in their season of sport, students must attain a 2.0 grade point average (based on a 4.0 scale) and be passing more than half their classes (2 out of 2 classes, 2 out of 3 classes, 3 out of 4 classes). The student must take a minimum of 2 classes.
 - b. The grades that will be counted for eligibility are nine-week grades and end of term grades. Summer school grades may be computed to improve spring term grades.
 - c. If a student earns a spot on a team but has not attained a 2.0 grade point average in the previous grading period (*whether they were on a sports team or not at that time*), one of two things will occur:
 - (1). The athlete will be placed on probation (which allows them to compete).
 - Or**
 - (2). The athlete will be ineligible if they have used their probation or have not passed enough classes as stated above.
 - d. A student **may only be placed on probation once during their freshman year and once during the subsequent three years.**
 - e. All CIF eligibility rules still apply.
 - f. Ineligible athletes may not be released early from the school day for athletic events.

D. Team Rules/Policies

1. Athletes are expected to be on time. Coaches may impose an appropriate penalty for tardiness.
2. If you are absent from school, you must have one of your parents notify the coach.
3. If an athlete has attended school, he/she may not miss practice.
4. An athlete **must** attend at least 2 or 3 classes of the school day depending on the number of classes currently being taken (2 out of 2 classes, 2 out of 3 classes, 3 out of 4 classes) in order to **practice or play** in any athletic contest at any level. An exception may be granted if the Director of Athletics is informed **prior** to the absence.
5. Participation in school athletics takes precedence over all other outside athletic activities. Recognizing that choices must be made in everything we do; **first priority must be given to high school athletics over club sport activities. An athlete may have to choose to participate in high school athletics over club sports during the season.**

6. General Athletic Facility Regulations

- a. Shirts and shoes are required at all times
- b. **No one** is to be in the athletic facility alone
- c. All students **must** be under the supervision of an instructor
- d. No chewing gum or eating candy while lifting weights in the weight room
- e. No food or drinks (except water) inside weight room or on stadium field/track.
- f. No horseplay or profanity
- g. No abuse of equipment. Any equipment that is broken must be reported immediately.
- h. Sunflower seeds are **NOT** allowed in any athletic facility.

7. Vacation Policy

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

- a. Contact the head coach prior to the vacation.
- b. Be willing to assume the responsibilities and consequences of missing practice or athletic contests. 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.

8. Squad Selection

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program while at Rancho Bernardo 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 will place limitations on the most effective squad size for any particular sport. Squad selection is determined by the coaching staff through a normal tryout procedure open to all students.

9. Locker Room Regulations

- a. Rough-housing and throwing towels or other objects are not allowed in the locker room.
- b. **Hazing of other players is not allowed.** All athletes and parents must sign and return the school policy against hazing as a requirement for athletic participation.

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, 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 (athletic participation, awards, certificates, letters, etc.)

- c. All showers must be turned off. The last person to leave the shower room is expected to check all showers.
- d. Only coaches and assigned players are allowed in the locker room.
- e. All spiked or cleated shoes must be put on and taken off outside the locker room or school buildings.
- f. No glass containers are permitted in locker rooms.

10. 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.

11. Grooming and Dress Policy

A member of an athletic team is expected to be well groomed. Appearance, expression and actions always influence people's opinions of athletes, the team and the school. Once a student has volunteered to be a member of a squad(s), he/she has made a choice to uphold certain standards expected of athletes in this community. The following grooming and dress rules will be adhered to by team members:

- Hair styles are to be maintained in a neat and clean manner so as to present a positive image for both the team and the school.
- An athlete shall dress presentably at all times, on trips or at assemblies or banquets.
- Athletes will not be permitted to participate until deviations of the above rules are satisfactorily corrected.

IV. DISTRICT ATHLETIC DISCIPLINE POLICY (Section 3.21.2)

Rules of Conduct

Athletes are governed by District Policy, CIF Regulations, school rules, and the Athletic Handbook. Each school's Athletic Handbook includes 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.
2. Outside of school activities, these are prohibited acts that will be grounds for immediate dismissal from participation for the remainder of the season (fall, winter, and spring) or a minimum of four weeks, which will carry over into the next season of sport.
 - a. 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.
 - b. Offering, arranging or negotiating to sell any drug paraphernalia as defined in Section 11014.5 of the Health and Safety Code.
 - c. 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 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.
 - d. Rancho Bernardo High School also requires that its 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 the team.
 - e. **These rules will apply 24 hours/day 7 days/week for athletes in season.**
3. Any use or possession of tobacco, nicotine or e-cigarette products in any form during the season will result in a five school-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. Coaches have the right to impose additional consequences as warranted.
4. Any use of social media by an athlete that is considered “unbecoming of a Bronco” may result in discipline including, but not limited to, suspension, removal from a team leadership position, or dismissal from the program.
5. Athletes will not be allowed to compete or practice on days in which they have been home suspended.
6. If an athlete quits a team, he/she will not be allowed to participate on another team during the same season without permission from the Athletic Director.
7. Multiple Sports - athletes may compete in more than one sport in the same season, i.e. baseball & track, but only with the consent of both coaches.

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

V. WARNING, AGREEMENT TO OBEY INSTRUCTIONS

Playing or practicing to play/participate in any sport can be a dangerous activity involving **MANY RISKS OF INJURY**. The dangers and risks of playing or practicing to play include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the skeletal system, and serious injury or impairment to other aspects of my body, general health, and well-being. The dangers of playing or practicing to play may result not only in serious injury, but in serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities, and generally to enjoy life.

It is important to follow and obey coaches' instructions regarding playing techniques, training, and other team rules, etc., and agree to obey such instructions. Specifically, **FOOTBALL, WRESTLING, LACROSSE, SOFTBALL, GYMNASTICS, SOCCER, ROLLER HOCKEY** and **BASEBALL** are **VIOLENT CONTACT SPORTS** involving even greater risk of injury than other sports. Due to the heights involved, **POLE VAULTING** also involves greater risk of injury. By the nature of their performance, some cheerleading movements are very high risk.

VI. EQUIPMENT AND UNIFORMS

- A. Athletes should treat all equipment as though it were their own personal property. They must NOT abuse it. They must NOT trade with any other athlete without first checking the equipment in to the equipment person, and then have it re-issued. Be sure the changes are made on the proper form. No trades should be made without the approval of the head coach.
- B. When players lose uniforms or equipment, they may not take part in any other sport until uniforms/equipment is returned or paid 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 that 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.
- D. Athletes will not share their team locker unless assigned to do so.
 - E. All gear will be turned in after the last contest. If you quit or are released from a team, you must turn in your equipment immediately.
 - F. Uniforms are not to be worn around school or after school unless for game purposes to communicate team unity.
 - G. Athletes assume liability for use of their own athletic equipment.
 - H. Only uniforms issued by the athletic department will be permitted to be worn for contests.

VII. TRANSPORTATION

- A. All athletes will travel to away contests by way of PUSD authorized vehicles only unless no such transportation is provided. In that case, the athlete will be responsible for his or her own transportation to and from the event.
- B. If, for some unforeseen circumstance, an athlete's parents or guardian wish to take the athlete home after a contest, in which PUSD provided transportation, the **parents must request permission in writing from the Athletic Director 24 hours in advance**. The "Alternative Transportation Request" form can be found on our website and requires the coach's signature of approval. The parent must meet the athlete in person after the contest.

- C. Under certain, specific circumstances an athlete with a valid driver's license, the approval of the coach, Athletic Director, and with written parental consent prior to the event in time for the Athletic Director to verify with parents, may drive his/her own vehicle to the contest.
- D. **UNDER NO CIRCUMSTANCES MAY STUDENTS TRANSPORT OTHER STUDENTS.**
- E. Good behavior on the bus is expected. As a member of a team representing Rancho Bernardo High School, you are entrusted with the pride and reputation of the school. It is your responsibility to make that reputation a good one.
- F. Conduct of Athletes on the Bus
- Players are to be neat and clean
 - Behavior on the bus by the athletes is the direct responsibility of the coach in charge
 - Players must not leave their seat while the bus is in motion
 - All athletes must sit facing the front of the bus
 - Players must not throw anything inside or out of the bus
 - Use of profanity and excessive noise will not be allowed on the bus
 - Players may not wear spiked or metal cleated footwear on the bus
 - Players will take all equipment and trash (tape, papers, etc.) off the bus

VIII. AWARDS

A. Letters and Certificate Awards

1. All letter awards in athletics should be earned. Letter awards can only be earned by participation in varsity contests. In order for a player to letter, minimum standards and requirements must be met as established by each head coach. Such standards will be communicated to athletes and parents. **In order to receive a varsity letter, an athlete must be a rostered varsity athlete who completes the season, including playoffs, in good standing both academically and athletically.**
2. A letter, certificate and team emblem shall be awarded to each athlete the first time it is earned in a sport. Each subsequent year, a service bar and certificate will be awarded.
3. There shall be a certificate awarded to any athlete for participating on freshman or junior varsity team but not a letter.
4. At the completion of the season, all equipment must be returned and bills paid before any award is given to an athlete.

B. CIF Awards

1. CIF championship medals or emblems (patches) will be awarded to all athletes of a team who have won the CIF team championship of that sport providing the athlete has also earned a letter award in the sport for the same year. The cost of extra patches will be paid by the team's club account.
2. A CIF pin will be awarded to those athletes in a CIF championship *individual* sport providing the athlete participated in the CIF preliminaries or finals of the individual sport.
3. A CIF pin will be awarded to all athletes of a *team* sport who win a CIF championship providing the athlete has also earned a letter award in that sport the same year.
4. Awards may be presented at the appropriate end of season program for each sport with the coach having the prerogative to award them at his/her discretion.
5. At the end of the year, the head coaches of each varsity sport will assist in the selection of Rancho Bernardo's male and female Athlete of the Year, male and female Scholar Athlete of the Year and the male and female Sportsmanship Award recipients. The winners of these awards will be presented a plaque at Athletic Recognition Night in addition to having their names inscribed on a perpetual plaque.