

**BRONCO
ATHLETICS**

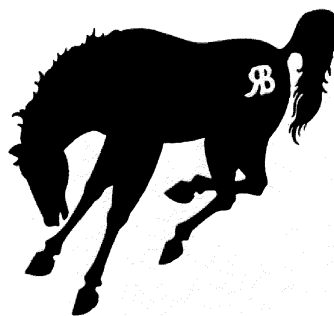


**PARENT &
STUDENT-ATHLETE
HANDBOOK**

RANCHO BERNARDO ATHLETICS

The RB Experience

- 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.**



Rancho Bernardo High School Athletic Guidelines

RBHS Athletics Philosophy:

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

Rancho Bernardo welcomes you to Bronco Athletics. We are hopeful that you will be an involved participant in a program that offers competition in 27 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 Rancho Bernardo High School (RBHS). With every privilege comes responsibility. The conduct of a Rancho Bernardo athlete is closely observed by many people. An athlete is a representative of the team, the school, and the community. It is important that Bronco athletes exemplify the core values of the *RB Experience* and embrace the characteristics of being *S.T.A.B.L.E.* 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, Peggy Brose, at 858-485-4808 or pbrose@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:

- Playing Time
- Team Strategy
- Play Calling
- 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

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

2. Attitude – Be a Good Teammate

- Put the team before yourself.
- Come prepared to be part of a team.
- Do whatever it takes to help the team.
- 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

- Communicate any problems or important issues with your coach.
- If you don't understand something, ask your coach for further clarification.
- Dishonorable conduct on social media that violates PUSD and/or RBHS 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

- Act at all times as a representative of your team, RBHS, and the Rancho Bernardo community.
- Respect your teammates, opponents, coaches, officials, facilities, equipment, and any other aspects that your athletic endeavors may include.

Parent Responsibilities

1. Attendance

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

2. Attitude

- Help your student-athlete to know and understand both 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 their best by encouraging them to be physically and mentally prepared. This includes proper nutrition, sleep and care of any injuries or illness.
- 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

- Use the system of communication set up by the Rancho Bernardo High School Athletic Department.
- Encourage your student-athlete to be a self-advocate and communicate with their coach.
- Follow the Rancho Bernardo communication chain of command.

4. Sportsmanship

- Act at all times as a representative of RBHS and the Rancho Bernardo community.
- Be a positive example for all Rancho Bernardo 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.

Bronco Athletic Program

Our Athletic Program consists of the following sports:

FALL	WINTER	SPRING
Boys' Cross Country	Boys' Basketball	Baseball
Girls' Cross Country	Girls' Basketball	Boys' Golf
Field Hockey	Roller Hockey	Gymnastics
Football	Boys' Soccer	Boys' Lacrosse
Girls' Golf	Girls' Soccer	Girls' Lacrosse
Girls' Tennis	Girls' Water Polo	Softball
Girls' Volleyball	Wrestling	Boys' & Girls' Swim & Dive
Boys' Water Polo		Boys' Tennis
		Boys' & Girls' Track & Field
		Boys' Volleyball

Participation

CIF Requirements

Rancho Bernardo 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 currently in his/her fifth year of high school, he/she cannot participate in interscholastic athletics. Once a student enters ninth grade of any school they may be eligible for athletic competition during a maximum period of time that is not to exceed eight consecutive semester following the initial enrollment. 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 more than 50% of their 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 (including playoffs), 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 students should contact the Rancho Bernardo Athletic Director as soon as possible upon enrolling at RBHS.
7. Foreign students must be in a CIF approved exchange program and have written approval from the CIF San Diego Section. Foreign students wishing to participate in athletics should contact the Rancho Bernardo Athletic Director as soon as possible upon enrolling at RBHS.

PUSD RESIDENTIAL ELIGIBILITY

An athlete must live with his/her parent or legal guardian and within the geographical boundaries of Rancho Bernardo High School to be eligible unless granted official permission to attend RBHS through the PUSD inter- or intra-district transfer policy.

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

RBHS/PUSD Scholastic Requirements

1. All incoming freshman ending 8th grade with <2.0 GPA will be placed on probation per CIFSDS.
2. During each grading period in their season of sport, students must attain a minimum 2.0 GPA in all enrolled courses (on a 4.0 scale) and be passing more than half of their classes.
3. 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.
4. Accounting for eligibility will be the Monday immediately following school wide posting of grades. The grades that will be counted for eligibility are those recorded at the end of each quarter. Summer school grades may be computed to improve grades given in the fourth quarter.
5. If a student-athlete earns a spot on a team but has not attained a 2.0 GPA in the previous grading period (*whether or not they were on a sports team at that time*), 1 of 2 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.
6. **A student-athlete may only be placed on probation once during their freshman year and once during the subsequent three years.**
7. Student-athletes must be enrolled in a minimum of 2 classes per quarter and being making normal progress toward graduation.

RANCHO BERNARDO HIGH SCHOOL RULES OF ELIGIBILITY

1. All student-athletes must have a "Ticket to Play" on file with the Athletic Office. To obtain a Ticket to Play packet, which contains all required forms for athletic clearance including a physical, please visit our website, www.rbhs.org, and click on the "Athletics" tab. Once all forms are completed, including a physical, they are to be turned in to the Athletic Office which is located in the Administration building.
2. 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.
3. **An athlete may not start a season, including tryouts, with a physical that will expire during the season.**
4. Health insurance is mandatory. If a student does not have insurance, School Accident Insurance may be purchased to meet this requirement. Information is available in the Athletic Office.

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RBHS--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/games. 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.

RBHS--MISSING PRACTICE

Rancho Bernardo athletic teams usually practice every day, Monday through Friday and 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 unless cleared by the Athletic Director in advance due to special circumstances.

RBHS--RELEASE FROM CLASS

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

RBHS—EQUIPMENT AND UNIFORMS

1. When athletes 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 and uniforms.
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 or letters until he/she is clear in all areas.
6. No Senior-year athlete will receive a diploma until athletic clearance has been established.
7. Athletes will not share their team lockers unless assigned to do so.
8. All gear should be turned in after the last contest. If an athlete quits or is released from a team, he/she must turn in all equipment and/or uniforms immediately.
9. Uniforms are not to 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.

RBHS—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 at least 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 RBHS website under the Athletics link. Please download the form, obtain all required signatures and return to the Athletic Director's office at least 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 the Athletic Director to verify with the parents) may drive his/her own vehicle to a 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 Rancho Bernardo High School you are entrusted with the pride and reputation of the school.

RBHS—SCHOOL COLORS

Rancho Bernardo school colors are Royal Blue, Silver, and White. With the approval of the Athletic Director, a graphite/dark grey or black may be used as a neutral accent color. All athletic school uniforms, warm-ups, and spirit packs should 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 athletic teams wear school colors.

RBHS—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 and/or uniforms issued to you.

RBHS—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 and parents of these standards at the beginning of their season of sport. **In order to receive a varsity letter, an athlete must complete the season, including playoffs, in good standing both academically and athletically.**

2. A chenille “RB” letter, sport-specific insert patch, and certificate will be awarded to each athlete the first year he/she letters. Each subsequent year that the athlete letters in that sport he/she will receive a royal blue service bar and certificate.
3. An athlete may receive only 1 chenille “RB” letter while at RBHS. Those athletes lettering in more than one varsity sport shall receive a sport-specific insert patch for each additional sport.
4. There shall be a certificate awarded to any athlete for participating on a Freshman, Novice, or Junior Varsity team. Letters are not awarded at these levels.

CIF Awards

1. CIF championship patches will be awarded to all athletes of a team who have won the CIF team championship in that sport providing the athlete also earned a letter award in the sport during the same season.
2. A CIF pin will be awarded to those athletes who won a championship in an individual sport providing the athlete participated in the CIF prelims or finals of the individual sport.

Year End Athletic Department Awards

1. At the end of each 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 Male and Female Sportsmanship Award recipients. The winners of these awards will be presented with a plaque at Athletic Awards Night in addition to having their names inscribed on a perpetual plaque displayed in the Athletic office.

RBHS—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 team or individual award.

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, certificates, pins, etc.)

RBHS—CONFLICTS IN EXTRACURRICULAR ACTIVITIES

The following policy pertains to events scheduled by Rancho Bernardo High School teams, not outside school team participation. An individual student who attempts to participate in too many extracurricular activities on the RB 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.

RBHS—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 place limitation on the most effective squad size for some sports, therefore cuts are a possibility. Squad selection is determined by the coaching staff through a normal tryout procedure open to all students.

RBHS—CONFLICTS WITH OUTSIDE TEAMS/SPORTS

Participation in school athletics takes precedence over all other outside athletic activities. If conflict occurs, the RBHS athletic event will come first. Bronco 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 Rancho Bernardo needs to fundraise. The coaches of the various athletic teams, as well as the Rancho Bernardo Foundation (the non-profit organization that supports all programs, including athletics), fundraise to help provide your son/daughter with the best possible experience. We hope you will support the teams, coaches, and Foundation in these endeavors.

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. *Refer to Discipline Section of Student Handbook.*

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 of 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 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.
3. **Athletes must attend a minimum of 2/3 of the school day in order to practice or compete after school. An exception may be granted if the Athletic Director or the Principal is informed prior to the absence.**
4. **Athletes will not be allowed to practice or compete on days in which they have been home suspended.**
5. 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.
6. Rancho Bernardo High School 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.
7. Athletes assigned to detention will serve the same duration as any other student.
8. 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.
9. 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.
10. Students wishing to appeal disciplinary decisions should contact the administrator in charge of athletics for information on specific procedures.

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 – ETHICS IN SPORTS

Policy Statement

The California Interscholastic Federation San Diego Section (CIF-SDS) is committed to the exhibition of sportsmanship and ethical behaviors in and around all athletic contests played under its sanction. Citizenship, integrity, and fairness are embodied in that mission. CIF and CIF-SDS 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.

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 the following Code of Ethics be issued and signed by each student-athlete and coach.

CIF Code of Ethics for Student-athlete and Coach

- Be courteous at all times (with school officials, opponents, game officials, and fans).
- Exercise self-control.
- Be familiar with all rules of the contest.
- Show respect to players, officials, and other coaches.
- Refrain from the use of foul and abusive language.
- Respect the integrity and judgment of game officials.
- Refrain from the use of illegal and nonprescription drugs, anabolic steroids, or any substance to increase physical development or performance.
- Win with character and lose with dignity.

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, joint, 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, other team rules, etc. **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, as do some cheerleading movements.



RBHS Athletic Department main contacts:

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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.

