

DEL NORTE NIGHTHAWKS

ATHLETIC HANDBOOK

2017 – 2018



“TICKET TO PLAY”

**ALL FORMS ARE REQUIRED TO RECEIVE YOUR
TICKET TO PLAY**

- **ATHLETIC SCREENING HISTORY & PHYSICAL EXAM**
 - **MEDICAL INFORMATION RELEASE FORM**
 - **ATHLETIC PARTICIPATION SIGNATURE FORM**
- **CIF RESIDENCE & ELIGIBILITY VERIFICATION FORM**

**FORMS ARE AVAILABLE AT DELNORTENIGHTHAWKS.COM
ON THE ATHLETICS PAGE.**

DEL NORTE ATHLETIC DEPARTMENT

The Poway Unified School District (PUSD) is an equal opportunity employer/program and is committed to an active Nondiscrimination Program. PUSD does not discriminate on the basis of race, color, national origin, sex, sexual orientation, ethnic group identification, ancestry, religion, gender, gender identification, mental or physical disability. All course offerings, student clubs, and extracurricular activities are open to all students. For more information, please contact the Associate Superintendent, Personnel Support Services, Poway Unified School District, 15250 Avenue of Science, San Diego, CA 92128-3406.

DEL NORTE MISSION STATEMENT:

Inspiring passion and preparing all students to be college ready, future focused and globally aware!

INSPIRING PASSION AND PREPARING I. PHILOSOPHY OF ATHLETIC DEPARTMENT:

Del Norte Athletics is built upon four pillars - to teach, to serve, to compete and to excel....academics is the #1 priority. Del Norte Athletics strives to combine high athletic achievement with academic rigors and to do so with integrity, passion, respect, teamwork, innovation, diversity and professionalism. The department is charged to not only be a campus and community leader, but also to be a place where individuals can grow to their utmost potential.

We are committed to creating a positive culture in which coaches, parents, teachers/staff, fans, officials and athletes work together to achieve our mission. As a member of Del Norte Athletics you represent more than just yourself. Your actions on and off the field can reflect both positively and negatively upon many people. As a Nighthawk Athlete you represent yourself, your family, your coaches, your school, your community, and all the Nighthawk players who came before you.

STUDENT ATHLETE RESPONSIBILITIES:

1. Attendance
 - a. Be at all practices and games.
 - b. Be on time.
2. Attitude
 - 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
 - a. Communicate any problems or important issues with your coach.
 - b. If you don't understand something, ask your coach for further clarification.
 - c. Social media, dishonorable conduct that violates PUSD and/or DNHS policies will result in disciplinary action. This includes but not limited to racial, ethnic, sexual orientation/sexual nature, religious, and physical disabilities.
4. Sportsmanship
 - a. Act at all times as a representative of the Del Norte community.
 - 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. Programs may vary on what's considered an "excused absence", even when a parent holds their athlete out.
 - 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 Del Norte Athletic Department.
 - b. Encourage your student athlete to communicate with their coach.
 - c. Follow the Del Norte Expectation chain of command.
4. Sportsmanship
 - a. Act at all times as a representative of the Del Norte community.
 - b. Be a positive example for all Del Norte community members to follow by showing respect and acting in a positive manner in regards to all student athletes, coaches, and officials.

COACH'S RESPONSIBILITIES:

1. Attendance
 - a. Provide schedules of all practices and games.
 - b. Communicate any changes in schedule.
 - c. Be on time.
2. Attitude
 - a. Come prepared for all practices and games.
 - b. Encourage student athletes to always do their best.
 - c. Apply all school and team rules to all athletes equally.
 - d. Act in a professional manner at all times.
3. Respectful Communication
 - a. Philosophy of coach.
 - b. Expectations of both athletes and team as a whole.
 - c. Location and times of all practices and games.
 - d. Communicate all CIF, District, Del Norte, and Team rules to athletes and parents clearly.
 - e. Communicate to individual athletes their role on the team.
 - f. Return parent phone calls and other communication in a timely manner.
4. Sportsmanship
 - a. Act at all times as a representative of the Del Norte community.
 - b. Be a positive example for all student athletes to follow by showing respect and acting in a positive manner in regards to all student athletes, parents, other coaches, and officials at all times.

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 athletic experience.

COMMUNICATION PARENTS CAN EXPECT FROM ATHLETE'S COACH:

- Philosophy of coach
- Expectations of both individual athlete and team
- Location and times of all practices and games
- CIF, District, Del Norte, and Team rules
- Athletes role on team

COMMUNICATION THAT COACHES CAN EXPECT FROM PARENTS:

- Concerns expressed directly to coaches, chain of command will be enforced
- 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 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. Other decisions like the examples on the list of, "Inappropriate Concerns" **must** be left to the discretion of the coach.

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, Mike Giaime, at 858-487-0877 ext. 6320.
- 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.

II. ATHLETIC PROGRAM

Del Norte 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:

FOOTBALL ONLY

<u>PALOMAR LEAGUE</u>	<u>VALLEY LEAGUE</u>	<u>AVOCADO WEST</u>
Westview	Escondido	Oceanside
Poway	Fallbrook	Mission Hills
Ramona	Rancho Buena Vista	Carlsbad
Rancho Bernardo	San Pasqual	San Marcos
Mt. Carmel	Valley Center	La Costa Canyon
Del Norte		El Camino
Vista		Torrey Pines

ALL OTHER SPORTS

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

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

The Del Norte athletic program consists of the following sports:

<u>FALL</u>	<u>WINTER</u>	<u>SPRING</u>
Cross Country (B/G)	Basketball (B/G)	Baseball (B)
Field Hockey (G)	Soccer (B/G)	Competitive Cheer (B/G)
Football (B)	Water Polo (G)	Golf (B)
Golf (G)	Wrestling (B/G)	Gymnastics (G)
Tennis (G)	Rugby (Club)	Lacrosse (B/G)
Volleyball (G)		Softball (G)
Water Polo (B)		Swimming & Dive (B/G)
		Tennis (B)
		Track & Field (B/G)
		Volleyball (B)

III. PARTICIPATION

A. *CIF Requirements

Del Norte 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, 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.

The students' attendance area is the one in which his/her parent(s) or legal guardian(s) reside full time. The attendance area originally established when the student enters 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.

3. 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 students' attendance area, for whatever reason, shall be ineligible for athletics for one calendar year from the date of enrollment.
4. Student Athletes must attend and be passing at least two classes to be eligible for athletic participation. Further, student athletes must pass at least 2/3 of their classes for each grading period. If you're taking two classes, then you must pass both classes. If you're taking three classes, then you must pass at least two of the courses. If you're taking four classes, then you must pass at least three of the courses. (Incompletes are counted as F's until they are changed to a letter grade. Passing means "D" grades and better).
5. 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.**
6. Participation in school athletics takes precedence over all other outside athletic activities. This includes club teams.
7. An athlete cannot be a member, a pledge, or attend meetings of a secret fraternity or club and still be eligible for a Del Norte team.
8. An athlete cannot try out for a professional or collegiate team from September 15 to June 25 each year.
9. Seniors must participate at the varsity level.
10. Transfer Students: Must have written approval from the CIF San Diego Section. Transfer paperwork is available from the Del Norte Athletic Director.
11. 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 Del Norte Athletic Director.

B. Del Norte Rules of Eligibility

1. Athletes will not be allowed to participate in practices or contests until the following is on file with the Athletic Department:
 - a. Statement signed by practicing physician stating that on or after June 1 of the preceding year, the athlete has passed a physical examination.
 - b. Evidence of insurance coverage. Athletes must be covered by health/medical insurance. Insurance may be purchased through Poway Unified School District for specific coverage.
 - c. Signed written parental consent to participate.
 - d. Athletic Participation Signature Page.
 - e. "Ticket to Play" issued to athlete designating paperwork clearance.
2. 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. Students receiving below a 2.5 grade point average must participate in athletic tutoring 3 hours per week. Athletic Tutoring is an unfunded program that is run solely on donations.
 - c. Students must pass at least 20 credits of work during the term to be eligible. If taking three classes, must be passing both classes during the term. If taking four classes, must be passing at least two classes. If taking five classes, must be passing at least three classes.
 - d. Changes in athletic eligibility become effective the day after school wide distribution of grades. The grades that will be counted for eligibility are six week, and end of trimester grades.
 - e. If students do not attain a 2.0 grade point average in the previous grading period, they will be placed on probation for the following grading period. However, **a student may only be placed on probation once during their freshman year and once during the subsequent three years.**
 - f. If students do not bring their grades up to a 2.0 grade point average at the end of the probationary period, they will be ineligible to participate for the following grading period. Summer school grades may be computed to improve spring term grades.
 - g. Progress Toward Graduation:
At the high school level, normal progress toward graduation will be defined as follows: The student has earned 20 credits the previous term or has earned an average of 20 credits for each term enrolled.
 - h. All CIF eligibility rules still apply.

IV. TRAINING RULES/ATHLETIC DISCIPLINE

(PUSD Administrative Procedure)

- 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 at a school, or a school related function will result in application of District Sanctions (see Discipline Section).
- B. 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. They are:
 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.
 2. Offering, arranging or negotiating to sell any drug paraphernalia as defined in 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, or narcotics of any kind.
 - a. In addition the athlete will remain on probation for one calendar year from the date of the offense.
 - b. An additional incident involving alcohol or drugs, including anabolic steroids or performance enhancing drugs (PED's), within that year of probation, will result in a full year suspension.
 4. Del Norte High School also requires that students participating 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 PUSD or Del Norte 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 at the discretion of the Del Norte Principal, Athletic Director and Head Coach.
 5. These rules will apply 24 hours a day, seven days a week for all athletes all year.
- C. 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 the season. A second offense will result in a one-month suspension.
- D. Athletes who are absent from school all day will not be allowed to practice that day after school.
- E. An athlete must attend 2/3 of their classes on the day of a contest in order to practice or play in any athletic contest at any level. An exception may be granted if the Principal or Athletic Director is informed prior to the day of the contest.
- F. Athletes will not be allowed to compete or practice on days in which they have been home suspended.
- G. An athlete will not be allowed to participate on another team during the same season if they quit a team without permission from the Athletic Director.
- H. 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.
- I. Athletes are not allowed in the locker room unless a coach or locker room supervisor is present. A written warning will be provided to the athlete, parent, and coach informing all parties involved that a second offense will result in a three-day suspension from the participation in athletic activities.
- J. Students wishing to appeal disciplinary decisions should contact the Principal or Athletic Director for information on specific procedures.

V. PRACTICE RULES

- A. Athletes are expected to be on time. Coaches will impose an appropriate penalty of tardiness.
- B. If an athlete is absent from school, he/she must leave a message for their coach by contacting the coach, or the Del Norte Athletic office.
- C. If an athlete has attended school he/she may not miss practice, unless cleared by coach to do so.
- D. If an athlete is absent from school, he/she may not practice.

VI. CIF - ETHICS IN SPORTS

A. 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

VII. POWAY UNIFIED SCHOOL DISTRICT HAZING POLICY

A. 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.

VIII. CIF CODE OF ETHICS FOR STUDENT ATHLETE, COACH, AND CONTEST OFFICIAL

- 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 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 Food and Drug Administration, Surgeon General of the United States or the American Medical Association.
- H. Win with character, and lose with dignity.

IX. VIOLATIONS AND MINIMUM PENALTIES (APPLICABLE TO PLAYERS AND COACHES FROM TIME OF DEPARTURE FOR CONTEST UNTIL TIME OF RETURN).

ACT

1. Behavior resulting in ejection of athlete or coach from contest.
2. Illegal participation in next contest by athlete ejected in previous contest.
3. Illegal placement of ejected athlete in next contest by coach or illegal participation by coach ejected in previous contest.
4. Second ejection of athlete or coach from contest during one season.
5. When an athlete leaves the bench or fielding position area to begin a confrontation or leave the bench area or or fielding position to join an altercation.

***MINIMUM PENALTIES**

Ineligibility for next contest (league, non-league, tournament, invitational, playoff, etc.) Except in cases of physical acts which cause or could provoke bodily harm, a written appeal from the coach can be made within two school days to the site Principal who will uphold or deny the appeal. For all other suspensions, a written appeal may be made by the individual or school concerned within two school days to the Commissioner preceded by a phone call within one school day. Official to make report by the next school day to the Principal and or the Commissioner for each ejection.

Ineligibility for remainder of season for athlete. A written appeal may be made by the individual or school to the Commissioner.

Green Book procedure for coach who knowingly violates a CIF or San Diego Section rule.

Ineligibility of athlete for the remainder of the season or suspension of coach for remainder of season. A written appeal may be made by the individual or school within two school days to the Commissioner. Official to make report by the next school day to the Principal and/or to Commissioner. The decision by the Commissioner will be final.

Ejection from the contest for those designated by the official, ineligibility for the next contest, and player(s) to be placed on probation for the balance of the 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.

A similar infraction of this act by the same athlete(s) during the same season will result in cessation of the season for the athlete(s) concerned. A written appeal may be made by the individual(s) or school to the Commissioner.

ACT

***MINIMUM PENALTIES**

6. When more than two athletes leave the bench or fielding positions area to begin a confrontation or leave the bench or fielding position area during the altercation.

Contest will be stopped by the officials and coaches. Ejection from the contest concerned for those athletes designated by the officials. The team(s) that left the bench area must forfeit the contest, record a loss and the team(s) and athlete(s) will be put on probationary status for the remainder of the season. A written appeal may be made by the individual(s) or school 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 individual(s) or school to the Commissioner. Official to make the report by the next school day to the Commissioner. If the act occurs in the CIF-San Diego Section Finals, and both teams are charged with a forfeit, there will be no champion. A written appeal may be made by the individual(s) or school to the Commissioner. Officials to make report by the next school day to the Commissioner.

7. Other acts committed by individuals or teams or acts committed at end of season.

Commissioner, as authorized by the Green Book, to determine and implement penalties up to and including career suspensions for individuals and following year penalties for team.

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

Note: In cases of violations during a regular season tournament, the tournament management will necessarily act upon any appeal regarding subsequent game suspensions. Report will still be required of official to the Commissioner.

CIF- Student Participation Conduct Penalty

Student participation in athletic contests is a privilege. Student-athletes are expected to conduct themselves in an exemplary manner at all times. During participation in all CIF competitions, a student who is ejected or disqualified from participating in the remainder of a contest may be ineligible for the team's next contest. In addition, any student who physically assaults a game or event official shall be banned from interscholastic athletics for the remainder of the student's interscholastic eligibility.

Athletic Discipline Appeal Process

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

X. ATHLETIC EXEMPTION

Students who participate in a CIF sanctioned sport may request an athletic exemption through Del Norte Athletics Department. This exemption allows students to waive 5 physical education (PE) credits. Waiving PE credits does not reduce the total of 230 credits required for graduation. It allows students to take an elective course instead of a PE course. Students are required to attend a mandatory meeting to enter into an Athletic Exemption Contract. Dates of the seasonal meetings and detailed information can be found on the athletic website. Only upon successful completion of the season and completion of the Athletic Exemption Contract will 5 PE credits be waived from the PE subject requirement and added to the elective requirement. Students enrolled in any PE class are not concurrently eligible for a PE waiver (Fall Sport-Trimester 1, Winter Sport-Trimester 2, and Spring Sport-Trimester 3). Freshmen are not eligible for a PE waiver. Seniors are not eligible for a PE waiver Trimester 3 of senior year. Students participating in an OCIS Contract are not eligible for a PE waiver.

XI. EQUIPMENT AND UNIFORMS

- A. Athletes should treat all equipment as though it was their own personal property. They must NOT abuse it. They must NOT trade equipment with another athlete without first checking the equipment into the equipment person, and then having it reissued. Be sure the changes are made on the equipment forms as well.
- B. When players lose uniforms or equipment, they may not take part in any other sport until it is found and 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. Will allow friends to borrow their equipment.
- D. Athletes will not share their team locker unless assigned to do so.
- E. All gear will be turned in immediately after the last contest.
- F. Uniforms are not to be worn around school or after school except for game purposes to communicate team unity.

XII. TRANSPORTATION

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 their own transportation to and from the event.

- 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 their own transportation to and from the event.
- B. Absolutely no student is allowed to drive himself/herself to any contest anywhere without prior approval by Athletic Director.
- 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. Private cars driven by parents may be used in special situations.
- E. If for some special reason an athlete's parent/guardian wish to drive the athlete to an away contest, the parent/guardian and athlete must complete an Alternative Transportation Form 24 hours in advance of the contest. (Form is located on the Del Norte website.)
- F. **UNDER NO CIRCUMSTANCES MAY STUDENTS TRANSPORT OTHER STUDENTS.**

XIII. 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 OCCURRENCES 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.**

XIV. 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 coach. Such standards will be communicated to athletes and parents. In order to receive a varsity letter, an athlete must complete the season, including playoffs. In addition, the head coach will establish criteria according to the sport.
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 teams 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 or patch 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. 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.
4. At the end of the year, the head coaches of each varsity sport will assist in the selection of Del Norte's male and female athlete of the year. The winners of these awards will be presented a plaque.

XIVI. WARNING, AGREEMENT TO OBEY INSTRUCTIONS

I am aware that playing or practicing to play/participate in any sport can be a dangerous activity involving **MANY RISKS OF INJURY**. I understand that 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. I understand that 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.

I recognize the importance of following coaches' instructions regarding playing techniques, training, and other team rules, etc., and agree to obey such instructions. I specifically acknowledge that **FOOTBALL, WRESTLING, LACROSSE, SOFTBALL, GYMNASTICS, SOCCER, ROLLER HOCKEY, RUGBY** 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.

CIF ADVISEMENTS RE: Bylaw 510

State CIF Bylaws require that all information provided in regard to any aspect of student eligibility to participate in athletics must be true, correct, accurate, and complete. State CIF Bylaws also require that parents, students, coaches and schools must disclose any pre-enrollment contact of any kind whatsoever with the parent or student during the 24 months prior to enrollment in the school.

San Diego Section, CIF

Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:

- | | |
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| <ul style="list-style-type: none"> • Headaches • “Pressure in head” • Nausea or vomiting • Neck pain • Balance problems or dizziness • Blurred, double, or fuzzy vision • Sensitivity to light or noise • Feeling sluggish or slowed down • Feeling foggy or groggy • Drowsiness • Change in sleep patterns | <ul style="list-style-type: none"> • Amnesia • “Don’t feel right” • Fatigue or low energy • Sadness • Nervousness or anxiety • Irritability • More emotional • Confusion • Concentration or memory problems (forgetting game plays) • Repeating the same question/comment |
|--|---|

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

San Diego Section, CIF

Concussion Information Sheet

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new CIF Bylaw 313 now requires implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

“A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and for the remainder of the day.”

and

“A student-athlete who has been removed may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to: <http://www.cdc.gov/ConcussionInYouthSports/>

**Poway Unified School District
Del Norte**

ATHLETIC POLICY AGAINST HAZING

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

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.

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, and 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.



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ETHICS IN SPORTS (ATHLETE-PARENT/GUARDIAN/CAREGIVER) – 2017-18 (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
CITIZENSHIP

RESPECT

RESPONSIBILITY

FAIRNESS

CARING

GOOD

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*

1. Behavior resulting in ejection of athlete or coach from contest

EJECTION POLICY:

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 school administration, coach, player, and custodial parent(s)/guardian(s) with CIFSDS staff member(s) to discuss and impose an appropriate penalty which is served before participation resumes.

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 school administration, coach, player, and custodial parent(s)/guardian(s) 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.

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).

2. Illegal participation in next contest by athlete ejected from previous contest.

Ineligibility for remainder of season for athlete. A written appeal may be made by the individual or school to the commissioner.

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.

3. Second ejection of athlete or coach from any contest during one season.

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.

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.

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.

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.

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.

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.

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.

6. Other acts committed by individuals or teams or acts committed at end of season.

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.

7. Use of an ineligible player in a contest.

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.

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.

*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.