

ATHLETIC DEPARTMENT

Mission Statement

The Poway High School Athletic Department will adhere to the six tenets of Pursuing Victory with Honor: Caring, Citizenship, Fairness, Respect, Responsibility, and Trustworthiness. In addition, we will instill good sportsmanship, promote leadership and independence on and off the field, require dedication and hard work, and our teams will seek to be competitive at all levels.

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. For more information, please contact Associate Superintendent, Personnel Support Services, Poway Unified School District, 15250 Avenue of Science, San Diego, CA 92128-3406.

STUDENT/ATHLETE RESPONSIBILITIES

Attendance

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

Attitude

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

Communication

- Communicate any problems with the coach.
- If you don't understand something, ask the coach.

PARENT RESPONSIBILITIES

Attendance

- Try to schedule vacations, appointments, etc. other than during practice or game times.
- Encourage your student/athlete to be on time so that the time of others is not wasted.

Attitude

- Help your student/athlete to know and understand school and team rules.
- Help your student/athlete to understand the team concept by explaining and supporting their role on the team.
- Help your student/athlete to come prepared to do his/her best by encouraging them to be physically and mentally prepared; this includes proper nutrition, sleep and care of injuries and illness.
- Help your student/athlete to understand that the team comes before the individual. Sacrifice might be necessary.

Communication

- Use the system of communication set up by the Poway Communication Council.
- Encourage the student/athlete to communicate with the coach.

COACH'S RESPONSIBILITIES

Attendance

- Provide schedules of all practices and games.
- Communicate any changes in schedule.

Attitude

- Come prepared for all practices and games.
- Encourage the athletes to do their best.
- Apply all school and team rules to all athletes equally.
- Be professional in all actions and words.

Communication

- Philosophy of coach.
- Communicate all CIF, District, PHS, and team rules to athletes and parents clearly.
- Communicate to individual athletes their role on the team.
- Return parent communication in a timely manner.

ATHLETIC DEPARTMENT Communication Guidelines

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

COMMUNICATION PARENTS CAN EXPECT FROM ATHLETE'S COACH:

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

COMMUNICATION THAT COACHES CAN EXPECT FROM PARENTS:

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

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES:

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

INAPPROPRIATE CONCERNS TO DISCUSS WITH COACHES:

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

It can be very difficult to accept when your athlete is not playing as much as you may have hoped. Coaches make decisions based on what they believe to be in the best interest of the team. The coach must take into account all members of the team - not just one individual. As noted in the above lists, certain concerns should be discussed with the coach. Other decisions like the examples on the list of "Inappropriate Concerns" must be left to the discretion of the coach.

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

- Contact the coach and set up an appointment.
- Poway High School's telephone number is 858 748-0245. Ask for the coach by name. If the coach is a JV or Frosh coach and is not a PHS staff member, leave a message with the Varsity coach of that sport. If the Varsity coach is not a PHS staff member please call the Athletic Secretary at extension 5102 and leave a message.
- Please do not attempt to confront a coach before or after a contest. This can be an emotional time for both the parent and the coach. Confrontations of this nature do not promote positive resolutions.

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

- Contact the Athletic Director at 858 748-0245 x5102.
- The Athletic Director will set up a meeting with the parent, athlete, and coach.
- The Athletic Director will attempt to mediate a resolution.

I. PROGRAM

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

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

FALL

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

WINTER

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

SPRING

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

II. PARTICIPATION

A. CIF Requirements

1. The student's attendance area is the one which his/her parent(s) or legal guardian(s) reside full time. The attendance area originally established when the student enters a Poway Unified School District school remains the student's attendance area as long as one or both parents or legal guardians reside in that attendance area.
2. Students will be considered for attendance in high schools other than their school of residence on a space-available basis. Any student who attends a high school other than the school of the student's attendance area, for whatever reason, shall be subject to all CIF Rules and Regulations regarding transfer student athletes.
3. Every athlete must pass at least 60% or higher of their classes each grading period. Presently at Poway High School, grading periods occur every 6 weeks.
4. Changes in Scholastic eligibility for San Diego Section athletes, based upon the end of a grading period, become effective on the next calendar day following:
Official school-wide written, typed, or printed notification of grades to the student body, regardless of any delay (of any duration) between the end of a grading period (must be the same grading period for athletes and non-athletes) and the subsequent official school-wide notification of students. Such grades may cause ineligible students to become eligible as well as eligible students to become ineligible.
5. An athlete cannot compete or practice on any "outside" team in that sport from the date of the athlete's first day of participation with the high school team until that high school 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.
Consequences:
First offense: Sit out next Competition (one game if tournament)
Second Offense: Dismissal from team. Subject to review by the PHS Administration
7. An athlete cannot try out for a professional or collegiate team during the high school season of sport. See CIF Rule 605.
8. All seniors must participate at a **varsity** level (NCC rule).
9. Foreign students must be on a CIF approved exchange program.

B. Poway High School Rules of Eligibility

1. Athletes must obtain a "Ticket to Play" from the Athletic's office. To obtain a "Ticket to Play", all required forms must be obtained online (PHS Website under Athletics) and completed by the parent/guardian/caregiver, the athlete, and physician. Forms to submit are:
Page 1 Athletic Screening History Form
Page 2 Pre-Participation Physical Evaluation – Medical History
Page 3 Athletic Physical (good for one year from date of exam) & proof of insurance
Page 4 Residence & Eligibility Verification
Page 5 Medical Information Release Form
2. You must have your Ticket to Play, **IN HAND**, to attend your first practice/tryout.

3. **Scholastic Requirement:**
 - a. **During each grading period, students must attain a 2.0 grade point average in all enrolled courses on a 4.0 scale.**
 - b. **Student must make progress toward graduation each trimester. If you are taking three classes, then you must pass at least two of the courses. If you are taking four or five classes, then you must pass at least three of the courses.**
 - c. **Changes in eligibility become effective the day after school-wide distribution of grades. The grades that will be counted for eligibility are six week grades, 12 week grades and trimester grades.**
 - d. **If students do not attain a 2.0 grade point average in the previous grading period, they will be placed on probation. As per PUSD Board policy (June 2005) – you are allowed only one probationary period during Freshman year, and only 1 probationary period during the remaining 3 years.**
 - e. **If students do not bring their grades up to a 2.0 grade point average at the end of the probationary period, OR they are not passing 60% of classes, OR they have used their probationary period, they will be ineligible to participate for the following grading period.**
 - f. **Summer school grades may be computed to improve previous grades.**
 - g. **Ineligible athletes may practice (coaches discretion) but may not play or dress out for any games or scrimmages.**
 - h. **Progress Toward Graduation: At the high school level, normal progress toward graduation will be defined as follows: The student has earned 15 trimester units the previous semester or has earned an average of 15 trimester units for each trimester enrolled.**
 - i. **Summer school credits may be applied to previous spring credits earned.**

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

- A. Athletes are governed by District Policy, CIF Regulations, school rules, and the Athletic Handbook.
ANY VIOLATION OF THE FOLLOWING ACTS OUTSIDE OF SCHOOL FUNCTIONS, DURING THE SPORT SEASON OF YOUR PARTICIPATION, WILL BE GROUNDS FOR IMMEDIATE DISMISSAL FROM PARTICIPATION FOR THE REMAINDER OF THE SEASON (Fall, Winter, Spring) OR A MINIMUM OF FOUR WEEKS – WHICH WILL CARRY OVER INTO THE NEXT SEASON OF SPORT.
These rules will apply 24 hrs a day 7 days a week for athletes in season.
 1. Possessing, using, having consumed, or being under the influence of alcohol, narcotics, dangerous drugs, other controlled substances, or intoxicants of any kind, including anabolic steroids at a school or at a school function will result in application of District sanctions
 2. Offering, arranging or negotiating to sell any drug paraphernalia as defined in Section 11014.5 of the Health and Safety Code.
 3. Transferring, selling, distributing, offering, arranging or negotiating to sell, or possessing quantities sufficient to suggest the intent to purvey, give or sell to other students substances which are, or purported to be, alcohol, dangerous drugs, other controlled substances, or intoxicants of any kind including anabolic steroids. In addition the athlete will remain on probation for one calendar year from the date of the offense. An additional incident involving alcohol or drugs, including anabolic steroids, within that year of probation, will result in a full year suspension.
- B. Any use of tobacco in any form during the season will result in a five-day suspension from athletics. These five days will carry over into the next season of sport if the incident occurs near the end of a season. A second offense will result in a one month suspension.
- C. Required school discipline will take precedence over athletic participation.
- D. Athletes will not be allowed to compete or practice on days in which they have been home suspended.
- E. An athlete will not be allowed to participate on another team during the same season if he/she quits a team without first obtaining permission from the Athletic Director.
- F. An athlete who quits a team or does not complete his season in good standing will not be eligible to receive any letter award or any post-season award for that sport.
- G. An athlete may compete in more than one sport in the same season (i.e., baseball, track) but only with the consent of both coaches.
- H. Athletes are not allowed in the locker room unless a coach or locker room supervisor is present.

IV. Practice Rules

- A. Athletes are expected to be on time. Coaches will impose an appropriate penalty for tardiness.
- B. If an athlete is absent from school, please notify the level coach, that day, for which your son/daughter plays.
- C. If an athlete has attended school he/she may not miss practice.
- D. If student is absent from school he/she may not practice.
- E. **Athletes must attend 2/3rds of their periods to be able to practice or play on that day. An exception may be granted if the Athletic Director is informed prior to the practice/contest. If the student participates in the contest on day of his/her absence from classes, he/she will be held out of the next contest.**

V. Ethics in Sports (see attached form)

VI. Poway Unified School District Hazing Policy (see attached form)

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

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

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

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

IX. Equipment and Uniforms

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

X. Equipment and Uniforms

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

XI. Transportation

- A. All athletes will travel by way of school vehicle (district buses or school van) for all away games.
- B. Private cars driven by parents may be used in special situations. It must be cleared and have permission of the Athletic Director.
 - 1. Each driver must have a copy of insurance information and driver license on file with Athletic Secretary prior to trip.
 - 2. Each athlete must have a signed copy of Assumption of Potential Risk (T-13) on file with their coach.
- C. If for some special reason an athlete's parent/guardian wish to take the athlete (or if an athlete needs to drive themselves) to or from a contest, the parent/guardian and athlete must complete the following, **one day in advance** of the contest:
 - 1. Write note explaining reason for not riding the bus, signed by parent/guardian.
 - 2. Present note to coach for signature.
 - 3. Present signed note to Athletic Secretary.
 - 4. Receive pass to go with parent/guardian.
 - 5. Present pass to coach to be released (no pass, no permission).

XII. Risk of Injury

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

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

XIII. Awards

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



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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.

 Signature – Athlete

 Printed Name

 Date

 Signature – Parent/Guardian/Caregiver

 Printed Name

 Date

ATHLETIC SCHEDULE

2017-2018

<u>FALL SPORTS</u>	<u>PRACTICE BEGINS</u>	<u>LEVELS</u>
Cross Country (Boys)	Aug. 7 th	Fr/JV/Var
Cross Country (Girls)	Aug. 7 th	JV/Var
Field Hockey (Girls)	Aug. 7 th	JV/Var
Football (Boys & Girls)	Aug. 1 st	Fr/JV/Var
Golf (Girls)	Aug. 7 th	JV/Var
Tennis (Girls)	Aug. 7 th	JV/Var
Volleyball (Girls)	Aug. 1 st	Fr/JV/Var
Water Polo (Boys)	Aug. 1 th	Novice/JV/Var

WINTER SPORTS

Basketball (Boys)	Nov. 11 th	Fr/JV/Var
Basketball (Girls)	Nov. 11 th	Fr/JV/Var
Roller Hockey (Boys & Girls)	Nov. 11 th	JV/Var
Rugby (Boys & Girls)	Nov. 11 th	Var
Soccer (Boys)	Nov. 11 th	Fr/JV/Var
Soccer (Girls)	Nov. 11 th	Fr/JV/Var
Water Polo (Girls)	Nov. 11 th	Novice/JV/Var
Wrestling (Boys & Girls)	Nov. 11 th	Fr/JV/Var

SPRING SPORTS

Baseball (Boys)	Feb. 17 th	Fr/JV/Var
Golf (Boys)	Feb. 10 th	JV/Var
Gymnastics (Girls)	Feb. 17 th	JV/Var
Lacrosse (Boys)	Feb. 17 th	JV/Var
Lacrosse (Girls)	Feb. 17 th	JV/Var
Softball (Girls)	Feb. 17 th	Novice/JV/Var
Swim/Dive (Boys & Girls)	Feb. 10 th	JV/Var
Tennis (Boys)	Feb. 10 th	JV/Var
Track & Field (Boys & Girls)	Feb. 17 th	Fr/JV/Var
Volleyball (Boys)	Feb. 17 th	Fr/JV/Var

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

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

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

1. Obtain a physical examination on PUSD form.
 - Physical is good for one year from date of exam/physicals. They must be renewed annually.
 - School offers physicals one time per year -
 - a. TBD.
 - b. Cost is \$20.00 prepaid, or \$25 at the door.
 - c. Make checks payable to Poway High School.
 - d. Physical process may take up to 2 hours.
2. Private physician – school physical form should be used.
3. Personal insurance and policy number is required to participate in athletics.
- 4. Complete forms: Athletic Screening History, Medical History, Physical, Residency, Medical Information Release Form.**

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

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

2. ACADEMIC ELIGIBILITY

All Freshman are academically eligible entering Poway High School.

- At the conclusion of the first six-week grading period, all athletes active in a fall sport with under 2.0 GPA (but still passing 60% of their classes) will be placed on probation. Probation allows the athlete to continue to participate fully in their sport. Freshmen are allowed **ONE** probationary period during their freshmen year.
- At the conclusion of the first six-week grading period, if the athlete is not passing 60% of their classes, the student is ineligible to participate. If you are ineligible, you may practice (coaches discretion), but you may **NOT** compete in scrimmages/games.
- If at any subsequent grading period in which you are actively participating on a high school team, your GPA drops below a 2.0 or you are not passing 60% of your classes, and you have used your probationary period, the athlete will become ineligible. If you have not used a probationary period, you will be placed on probation.
- This process repeats each six-week grading period.

SOPHOMORES, JUNIORS AND SENIORS – to be academically eligible -

- Must be enrolled in three classes
- Have passed at least 60 % classes for current eligibility grading period.
- Have at least a 2.0 gpa and not used a probation.

THESE ARE CIF RULES AND NO EXCEPTIONS WILL BE MADE

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Poway Unified School District
ATHLETIC POLICY AGAINST HAZING

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

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

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

Athlete's Name

Athlete's Signature

Parent/Guardian Name

Parent/Guardian Signature

Date

Definition of Hazing

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