



Athletic Handbook

Board Adopted Date: 5/22/2017

PHILOSOPHY OF STUDENT ATHLETICS

East Nicolaus Joint Union High School recognizes athletics as an integral part of the entire school setting as a means of achieving an athlete's complete educational development. As such, all students should have an opportunity to participate in some form of interscholastic athletics within the limitations of individual sport. Participation should encourage positive scholastic and social growth and achievement. Both the student athlete and the sport itself should be a credit to the school and general community. The East Nicolaus Joint Union High School District realizes that an effective interscholastic athletic program is a product of the responsible cooperation among its four major contributors: the student athlete, the coaching staff, parents, and the administration.

Athletes are expected to strive toward a personal code of conduct consistent with the time-honored values of sportsmanship, scholarship, integrity, commitment to self and team, and respect for self and other. Furthermore, as a result of participation in organized team sports, athletes should strive to become advocates of the school and community.

Parent Expectations

Parents, along with the coach, should be excellent role models of all character qualities ENHS strives to teach. The following ideas are a few things you can do to help ENHS athletics continue to offer quality programs.

1. Make sure your children know you love them, appreciate their efforts and be the most constant and positive person in their lives.
2. Teach your children to always feel good about themselves when giving their best.
3. Be a great fan. Attend all games and practices. Show respect for the opponents and game officials.
4. When communicating with coaches, see the following guidelines.

Three Step Procedures for Communicating with the Coach:

1. If appropriate, talk with your son/daughter about your question. What is your child's perspective? Can your child solve the problem by himself/herself?
2. Set up a meeting with the coach if you still have questions. This meeting will remain as an informational meeting where you can ask questions, listen, and have a discussion. Remember that the coach makes decisions for the good of the team based on practice, ability, attitude, and team dynamics.
3. If questions remain, set up a meeting with the athletic director, coach and yourself.

Things parents are encouraged to discuss

1. Ways to help their child improve.
2. Treatment of their child.
3. Concerns about their child's behavior.
4. Coaches expectations for their child.
5. Team Rules.

Things that are "off limits" for discussion

1. Playing time.
2. Game Strategies.
3. Other Student-Athletes.

Meeting Guidelines

1. The conversation must be in a professional manner with regard to both language and conduct.
2. Everyone will get a chance to speak, but everyone must listen.
3. Emotional control by all parties is imperative.

4. Meeting must not occur on game days, during practice time, non school days, and will be made by appointment only.

ENHS and CIF Athletic Bylaws/Guidelines

Any student enrolled at East Nicolaus High School who satisfies the requirements of the California Interscholastic Federation (CIF) and those of the district, is eligible to try out for an athletic team.

Northern Section/CIF Eligibility Requirements:

1. **AGE LIMIT** – Article 2, Section 201: Ineligible if 19 years of age on or before June 15th.
2. **Semesters of Eligibility** – Article 2 Section 202: Student is eligible for the first eight semesters of his/her high school attendance.
3. **Transfer Rule** – The CIF requires that students who participate on a school team must be living with parents or legal guardians who reside within the school's attendance boundaries. All exceptions to this rule require special permission, forms and letters of approval to be on file with the ENHS athletic dept. before a student can be declared eligible. Questions about exceptions should be addressed to the athletic director at ENHS.
4. **Amateur Standing Rule** – Article 4: A student who violates CIF amateur or award rules shall be barred from CIF competition in that sport.
5. **Outside Competition** – Article 6, Section 600: A student on a school team becomes ineligible if he/she competes in a contest on an outside team in the same sport during the high school season of sport.
6. **All Star Competition** – Article 9: Any pupil taking part in a prohibited All Star contest shall be barred from ALL CIF athletic contests.

NOTE: Because the penalty for allowing an ineligible athlete to participate is severe (the team must forfeit all the contests in which the athlete participates), any deviation from the above rules should be brought to the coach's attention at the beginning of the season, to make sure all appropriate forms and approvals are on file. An athlete who is dishonest about these rules places an entire team in jeopardy. Any athlete known to be violating any of these rules should be immediately reported to the coach to avoid penalizing the entire team.

General Eligibility Requirements

All participants of East Nicolaus Union Joint High School District are required to adhere to the rules and regulations set forth by the ENHS Board of Trustees and the CIF. All rules, regulations, and expectations will be enforced for the entire school year whether the act of misconduct happens on or off campus. Failure to comply with all rules, regulation or expectations may lead to denial of eligibility.

Academic Eligibility Requirements

It is the policy of East Nicolaus Union High School District that students who desire to participate in an Interscholastic Program will be making satisfactory progress towards graduation requirements. To be eligible to participate in interscholastic athletics the following rules will apply:

- Each student athlete must maintain a 2.0 GPA with no more than one (1) F for the enrolled classes of the previous grading period.
- Grades will be checked for eligibility each semester.

Academic Probation

Students may practice at the coach's discretion with approval of the Athletic Director. Student athletes deemed ineligible may qualify for academic probation if they meet the following requirement:

- *Received a GPA below 2.0 with no more than one (1) failing grade.*
- OR**
- *Received a GPA above 2.0 with no more than two (2) failing grades.*

A student who fails more than 2 classes is not eligible for an academic probation.

Student athletes that are granted academic probation will be allowed to participate until the next grading period in which the students GPA can be verified.

These requirements meet all CIF Academic Eligibility Requirements.

Probation Period - A student is only granted one (1) probation period for their entire 4 years at ENHS.

Any athlete that is academically ineligible may request a probation period. This means that if an athlete is academically ineligible and chooses to use their probation period the athlete will be allowed to participate until the next grading period in which the student's GPA can be verified. If the student is then academically eligible, the athlete may continue participation. If the athlete is still academically ineligible the student will not be allowed participation until the next grading period.

A student is only granted one (1) probation period for their entire 4 years at ENHS.

1. In order for the probation period to be granted the student must indicate to the athletic director they wish to apply for the probation period.
2. The probation contract will then be given to the student to have signed by the athletes parents/guardians, academic advisor and the assistant principal.
3. When the probation period is over the athlete must then meet with their academic advisor and assistant principal who will sign them off ensuring they have met the academic standards.

Non-Discrimination Statement

It is the policy of the East Nicolaus Joint Union High School District not to discriminate on the basis of ethnic group identification, religion, age, sex, color, or physical or mental disability, in its educational programs, activities or employment policies as required by Title IX of the 1972 Education Amendment. "All vocational opportunities are offered without regard to race, color, national origin, sex or handicap."

Inquiries regarding compliance with Title IX and Section 504 may be directed to Dr. Karen Villalobos, Title IX Coordinator, East Nicolaus Joint Union High School District, 2454 Nicolaus Avenue, Nicolaus, CA 95659, (530) 656-2255; or the Director of the Office of Civil Rights, Department of Health, Education and Welfare, Washington D.C.

ATHLETIC GUIDELINES

General Behavior

Student athletes are the most highly recognized students on campus and in our communities. Student/Athletes understand that they are role models whether they choose to be or not. Profanity, unsportsmanlike conduct, and disrespect to any person or institution will not be tolerated and may be cause for removal from a team. Athletes accept responsibility for their actions both on and off the field/court. An athlete's language and behavior should not embarrass himself, the team, the school, the district, or the community.

1. Specifically, throwing of equipment, profanity, or any similar displays of unsportsmanlike behavior will not be tolerated and may be cause for removal from any team.
2. Defiant behavior and back-talk toward any coach, school official, or game official will not be tolerated and may be cause for removal from any team. Any disagreements should be handled in private mature discussions.
3. Any student who steals, damages, defaces, or possesses without permission a teammate's property, ENHS property, or property from any other school will not be tolerated and may be cause for removal from any team.
4. Any student that is found to be bullying, hazing, or any other form of harassment toward teammates, opposing teams, or the general student population will be cause for removal from any team.

Sportsmanship

Participation in athletics requires adherence to the highest standards of good sportsmanship. Aspects of good sportsmanship ensure fairness in competition, while exhibiting respect for the people and institutions associated with athletic contests.

In order to promote fairness in competition, a series of rules governing each sport have been adopted. Good sportsmanship requires that athletes adhere to the rules of the game. Furthermore, it requires that athletes comply with the spirit of rules that were written to promote fairness. Athletes of the East Nicolaus Union High School District will comply with the rules of each sport.

- On the field, athletes will be respectful toward their teammates, opponents, coaches and officials. Athletes will abide by all the rules of the game and will persevere with honor.
- On campus, athletes will set an example of good citizenship for their classmates. Athletes will help promote school spirit and be positive leaders in school activities.
- In the classroom, athletes will show respect for teachers, other students and fellow athletes. Athletes will maintain positive attendance and quality academic grades.

Athletes understand that compliance with sportsmanship is an absolute must and will be followed in every situation. Athletes that find themselves unable to comply with the sportsmanship standards may be denied athletic participation eligibility.

Social Media – Playing sports for your high school is a privilege. Athletes are held in the highest regard and seen as role models in the community. As leaders you have the responsibility to portray your team, your school and yourselves in a positive manner at all times. Sometimes this means doing things that are an inconvenience to you, but benefit the whole team.

Facebook, Twitter, Instagram and other social media sites have increased in popularity globally, and are used by the majority of student athletes here at your school in one form or another.

Student athletes need to be aware that third-parties- the media, faculty, future employers, future universities, CIF, and NCAA officials- can easily access your profiles and view all personal information. This includes pictures, videos, comments and posts. Inappropriate material found by third-parties affects the perception of the student-athlete, the athletic department and this school. This can also be detrimental to the student athlete's future employment options or future choice in university attendance.

Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions or presentations of the following:

- Photos videos, comments, or posts showing the use of alcohol, drugs, and tobacco. Ex. No holding cups, cans, shot glasses, etc.
- Photos, videos, and comments of a sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.
- Pictures, videos, comments, or posts that condone drug related activity. That includes but is not limited to images that portray the personal use of marijuana and drug paraphernalia
- Content online that is unsportsmanlike, derogatory, demeaning, or threatening toward any other individual or entity (examples: derogatory comments regarding another institution; taunting comments aimed at another cheerleader/athlete, coach or team at another school and derogatory comments against race or gender). No posts should depict or encourage unacceptable, violent or illegal activities (ex. hazing, sexual harassment, assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, illegal drug use). **Failure to comply could result in immediate dismissal from the team.**

Team Selections

In the event that team tryouts/participation is high, team selections will be made for Varsity and Frosh/Soph squads. Criteria for each team will be presented by the coach to the team. The principal, athletic director and head coach will decide when team selections are needed based on the number of participants, equipment available and safety. NOTE: CIF rules allow, before league play, freshman and sophomores to play at the varsity level, however, if it is determined that the athlete would flourish better at the Frosh/Soph level, such assignments would be made after notification to the parents.

Athletic Clearance Form

Every student wishing to participate in a sport at ENHS must have on file with the athletic director an athletic clearance form. The student and his/her parent/guardian must complete all the questions and have the required signatures before turning the form in. This form includes the following clearances:

1. Health History Questionnaire
2. Physical form
3. Emergency information
4. Insurance verification
5. Parent permission to compete
6. Handbook Agreement, Consent Risk Assumption and Acknowledgement Form

Athletes must have a yearly physical exam from a qualified medical physician who will complete the physical examination portion of the athletic clearance form. Physical Exams are valid for 1 calendar year from date.

Athletic Clearance Forms are available in the Main Office of ENHS as well as on the ENHS website.

www.eastnicolaus.k12.ca.us

The student's parent/guardian must first complete the Health History Questionnaire before going to the physician. The completed form should be turned in to the main office.

Attendance Requirements

1. The student is to be in attendance a minimum of 50% of his/her classes, be punctual, and make every effort to complete all class assignments on time and to the best of his/her ability.
2. The student must attend at least 50% of his/her classes on a given day in order to attend team practice or participate in an interscholastic contest, unless he/she has an excused absence (see below).

EXCUSED ABSENCES (STUDENTS)

A student's absence shall be excused for the following reasons:

1. Personal illness (Education Code 48205)
2. Quarantine under the direction of a county or city health officer (Education Code 48205)
3. Medical, dental, optometric, or chiropractic appointments (Education Code 48205)
4. Attendance at funeral services for a member of the immediate family (Education Code 48205)
 - a. Excused absence in this instance shall be limited to one day if the service is conducted in California or three days if the service is conducted out of state. (Education Code 48205)
 - b. "Immediate family" shall be defined as mother, father, grandmother, grandfather, spouse, son/son-in-law, daughter/daughter-in-law, brother, sister or any relative living in the student's immediate household. (Education Code 45194,48205)
5. Jury duty in the manner provided by law (Education Code 48205)
6. Participation in religious instruction or exercise in accordance with district policy.
 - a. In such instances, the student shall attend at least the minimum school day. (Education Code 46014)
 - b. The student shall be excused for this purpose on no more than four school days per month. (Education Code 48205)

In addition, a student's absence shall be excused for justifiable personal reasons. Advance written request by the parent/guardian and approval of the principal or designee shall be required for absences for: (Education Code 48205)

1. Appearance in court
2. Attendance at a funeral service – immediate family funeral
3. Observation of a holiday or ceremony of his/her religion
4. Attendance at religious retreats for no more than four hours during a semester
5. Employment interview or conference

In addition, if a student is the custodial parent of a child, his/her absence shall be excused when the child is ill or has a medical appointment during school hours. (Education Code 48205)

All other absences are considered unexcused and will be identified as unexcused or truant. Students may not be allowed to make up work missed during an unexcused absence. This may lead to the reduction of a student's grades. If a student will be absent due to a planned appointment or vacation, students must notify their teacher's at least three days prior to the absence and parents must notify the office of the planned absence.

3. A student is temporarily ineligible to practice or participate in any way on an athletic team while suspended from any class. This includes classroom and in-school suspensions.
4. Truancies: Any student found to be truant or have been truant will be temporarily ineligible for that day or days in which they were found truant.
5. Students will dress down for PE and participate in all classes everyday including game days. Students who do not dress down in P.E. and/or do not participate in class will not be allowed to participate in that day's practice or contest(s).

Practice Attendance

1. Students who participate in athletics make a commitment to a team and are expected to maintain good attendance at practice.
2. Students are expected to attend all practices and contests unless they are absent from school due to illness or they are excused by their coach. Students are expected to communicate directly with the coach when they cannot attend practice.
3. Two (2) unexcused absences from practice or games without prior notification to the head coach could be grounds for dismissal from the team.
4. Too many excused absences (more than 5) may be grounds for dismissal from the team.

Care of Athletic Equipment

East Nicolaus Joint Union High School, EN Booster Clubs and EN Spartan Foundation provide a great deal of money to maintain and purchase proper equipment. Equipment is to be handled properly for financial reasons and also to teach athletes responsibility.

- All equipment will be inventoried, numbered, checked-out and checked-in by the coach.
- Students are expected to turn in the same piece(s) of equipment that was checked-out to them. It is the student's responsibility to check the equipment numbers checked out, to ensure they match the numbers recorded.
- Any and all equipment assigned to a student/athlete is the responsibility of that student/athlete. Lost, stolen or damaged equipment will be at the expense of the athlete and athlete's family. Student/athletes will assume all responsibility for all equipment for the entire time the equipment is checked out to the student.
- Any student/athlete that does not return all equipment must replace it. Student/athletes will not be allowed to participate in any sports until all equipment is turned in or replaced.
- Students will not receive any awards (letters, trophies, etc.) until equipment is returned or replaced.
- Replacement cost of equipment. The cost to replace equipment will in most cases be more than the value of the equipment. In the event a student/athlete is unable to return any and all equipment in the condition it was checked out in, for any reason (stolen or lost) will be charged the replacement cost of the equipment.
- Though it is the responsibility of the student/athlete, ENHS equipment is never the property of the student/athlete and shall not be altered in anyway. (Example: name on jersey, sewing seams, patches)

Rules Relating to Tobacco and Alcohol during School Hours, at School Activities and Non-School Hours:

Students should understand that the coaches at ENHS and the administration of the district believe that the use of tobacco is not acceptable for an athlete's health and safety. Athletes must prepare themselves physically, emotionally, and mentally for the highest level of competition.

1. Any student who smokes, chews, or possesses tobacco in any form will be ineligible to represent the school in any interscholastic contest or fourteen (14) calendar days from the date of the infraction for tobacco. The

student may continue to practice with the team, but may not wear a school uniform or otherwise represent a team at any interscholastic contest.

2. A Second offense involving tobacco will cause the student to be ineligible for one calendar year from the date of the infraction. The student may not practice or participate with any team during the period of ineligibility.
3. A Third offense involving tobacco will cause the student will be banned from participating in any district sponsored athletics for the remainder of his/her high school years.

Rules Relating to Alcohol and Drugs During School hours, at School Activities and Non-School Hours

1. Any student who is caught using, under the influence or in possession of alcohol or drugs will be ineligible to represent the school or team for thirty (30) calendar days for alcohol. The athlete can continue to practice if the coach approves, but cannot travel with the team or participate or represent in any way in contests.

NOTE: Athletes will follow these rules pertaining to tobacco, drugs and alcohol throughout the summer months, school breaks, and holidays.

Criminal Activity: This includes both on-campus and off-campus arrests.

1. Any student arrested for a misdemeanor will be suspended for fourteen (14) calendar days.
2. Any student arrested for a felony is ineligible for one calendar year unless charges are dropped or reduced.

Procedures Regarding Suspension of an Athlete

In the event that a student shall have eligibility suspended the following procedure will occur.

1. The coach of the sport in progress will inform the student of the infraction.
2. The student will have the opportunity to explain his/her action.
3. After consideration of the facts of the incident, the coach will take appropriate action which would include notifying the student's parent/guardian.
4. If the student or the student's parent/guardian wish to appeal the decision, the case may be presented in writing to the athletic director.
5. The athletic director will convene an Athletic Review Board to consider the matter. The Athletic Review Board will be made up of the athletic director, the coach involved, and an administrator.
6. The review board will convene within ten (10) school days after the request is received by the athletic director and as soon as it is convenient for those involved to meet. The athlete and his/her parents will be encouraged to participate in the meeting. A decision by the board will be rendered within 24 hours from the conclusion of the hearing.
7. At the termination of the suspension, the athlete will go before the athletic director to regain eligibility by making sure all stipulations of the suspension have been met.

Dismissal/Leaving a Team

Athletes that are dismissed from a team or that choose to leave a team will be denied participation for the following season of sport. Should this happen in the spring the student will be denied participation for the following fall sport season.

Exceptions:

1. Academically ineligible will not be counted as team dismissal.
2. In the event that a coach and student mutually agree that the reason for leaving the team before the end of the season is in the best interest for the student and team, the athlete may be allowed to participate in the following season of sport.

Away Contest/Road Trips

The East Nicolaus Union High School District provides transportation (bus or vans) for all sports. Student must travel to and from away contests on the district provided transportation. However ENHS understands that there are cases in which athletes need to return home from an away contest with their legal parent/guardian. At no time may an athlete return home from an away contest with anyone other than their legal parent/guardian.

- In the event that an athlete needs to return home from an away contest with their parent/guardian the parent must speak with the head coach and sign only their legal kin out, therefore release the districts liability of the athlete.
- In the event that a parent wishes to release their child to another adult after an away contest the following procedure must occur.
 - a. The parent must provide written consent to release their child to another adult to provide them transportation.
 - b. Written consent must be received by school administration prior to the contest.
 - c. School administration will notify the coach in writing their approval of this alternate transportation.
 - d. Alternate adult transportation must be 21 years of age or older.

Overnight Trips

Away contests are part of an athletic team. Most contests should be within the normal school day, however some away contests can be cause for athlete to leave from school in the early morning and return during late night hours or even overnight.

The ENHS Board of Trustees shall approve all trips keeping teams out of the district overnight or longer with the following exceptions: athletic competitions which arise such as League, Northern Section or CIF playoff obligations. In the event that teams are obligated to participate in such championship tournaments/playoffs the superintendent shall give approval for the overnight trip.

All team members shall leave as a team in district approved transportation, unless otherwise authorized by the school administration in writing.

General Remarks

A student athlete is a special individual. Special both in terms of the opportunities and responsibilities encountered. Working hard, playing hard, and living up to the high behavior standards will help students in their future endeavors. We are pleased to have you as a part of our athletic program. Your coaches want to work with you to make this one of the most important and enjoyable experiences of your high school career.

ENHS CONCUSSION & HEAD INJURY INFORMATION SHEET

Pursuant to Education Code Section 49475, before a Student may try-out, practice, or compete in any District sponsored extracurricular athletic program, including interscholastic, intramural, or other sport or recreation programs (including cheer/dance teams and marching band), but excluding physical education courses for credit, the student and parent/legal guardian must review and execute this Concussion and Head Injury Information Sheet. Once signed, the sheet is good for one academic year (Fall through Spring) and is applicable to all athletic programs in which the student may participate.

IMPORTANT INFORMATION REGARDING CONCUSSIONS

If a student is suspected of sustaining a concussion or head injury during an athletic activity, the student shall be immediately removed from the activity. The student will not be allowed to resume any participation in the activity until he/she has been evaluated by a licensed health care provider (MD or DO for CIF-governed interscholastic sports; MD, DO, nurse practitioner, or physician's assistant for all other sports/athletic activities), who must affirmatively state (1) that he/she has been trained in concussion management and is acting within the scope of his/her licensed medical practice, and (2) the student has been personally evaluated by the health care provider and has received a full medical clearance to resume participation in the activity. By law, there can be no exceptions to this medical clearance requirement.

Depending on the circumstances of a particular practice or game, a supervising referee/umpire, coach/assistant coach, athletic trainer, or attending health care provider may determine that a student should be removed from an activity based on a suspected or potential concussion or head injury. The following guidelines will be used: (1) in the case of an actual or perceived loss of consciousness, the student must be immediately removed from the activity; (2) in all other cases, standardized concussion assessment tools (e.g., Sideline Concussion Assessment Tool (SCAT-II), Standardized Assessment of Concussion (SAC), or Balance Error Scoring System (BESS) protocol) will be used as the basis to determine whether the student should be removed from the activity. For the safety and protection of the student, once a supervising individual makes a determination that a student must be withdrawn from activity due to the potential existence of a concussion or head injury, no other coach, player, parent or other involved individual may overrule this determination.

Once a student is removed from an activity, the parent/guardian should promptly seek a medical evaluation by a licensed health care provider, even if the student does not immediately describe or show physical symptoms of a concussion (headache, pressure in the head, neck pain, nausea or vomiting, dizziness, blurred vision, balance problems, sensitivity to light or sound, feeling "slow," "foggy," or "not right," difficulty with concentration or memory, confusion, drowsiness, irritability or emotionality, anxiety or nervousness, or difficulty falling asleep). If the student reports or shows any of these symptoms, immediate medical health care should be obtained. If a parent or legal guardian is not immediately available to make health care decisions, the district reserves the right to have the student taken for emergency or urgent evaluation or medical care in keeping with the authorization contained in the Agreement for Team Participation.