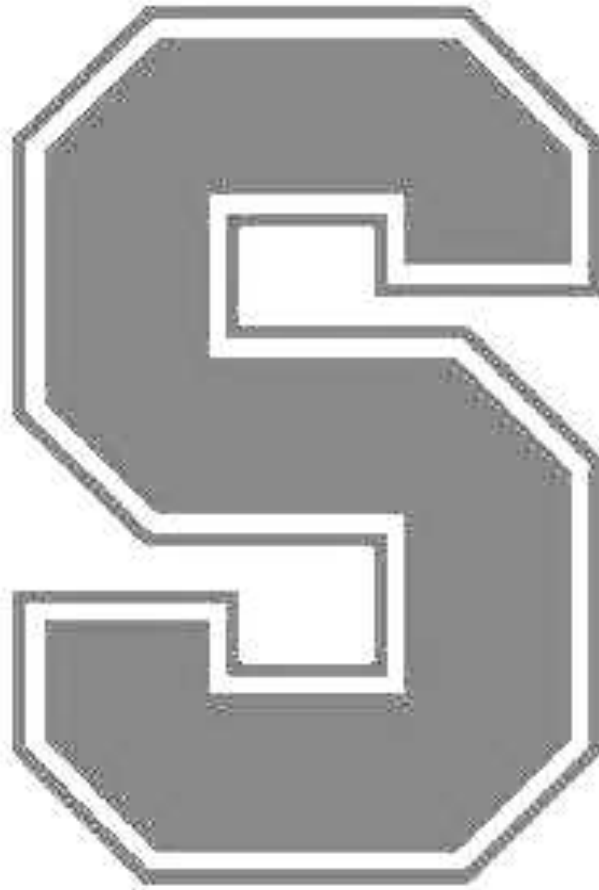


SACRAMENTO HIGH SCHOOL
ATHLETIC HANDBOOK
Home of the Dragons



www.sachighathletics.org

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WWW.SACHIGHATHLETICS.ORG

SACRAMENTO HIGH SCHOOL

Department of Athletics

2315 34th Street
Sacramento, CA 95817
(916) 277-6200
www.sachighathletics.org

Marco Lopez

Athletic Director
mlopez@sthopepublicschools.org

Greg Norris

Asst. Athletic
Director
gnorris@sachigh.org

Dr. Michelle Seijas

Principal
mseijas@sachigh.org

Fall Sports

Cheerleading
Cross Country (Boys & Girls)
Football
Golf (Girls)
Soccer (Boys)
Volleyball (Girls)

Winter Sports

Basketball (Boys & Girls)
Cheerleading
Wrestling

Spring Sports

Baseball
Soccer (Girls)
Softball
Track (Boys & Girls)
Volleyball (Boys)

Quick Facts

<i>Mascot</i>	Dragon
<i>Colors</i>	Purple and White
<i>Section</i>	Sac-Joaquin
<i>League</i>	Metro

Head Coaches

Boys Sports

<i>Baseball</i>	Kenny Munguia
<i>Basketball</i>	Derek Swafford
<i>*Cheerleading</i>	Maya Dennis
<i>Cross Country</i>	
<i>Football</i>	Justin Reber
<i>Soccer</i>	Marco Lopez
<i>Track</i>	Justin Reber
<i>Volleyball</i>	Matt Taylor
<i>Wrestling</i>	

Girls Sports

<i>Basketball</i>	Michele Massari
<i>*Cheerleading</i>	Maya Dennis
<i>Cross Country</i>	
<i>Golf</i>	Greg Norris
<i>Softball</i>	
<i>Soccer</i>	Marco Lopez
<i>Track</i>	
<i>Volleyball</i>	Matt Taylor
<i>Wrestling</i>	

Sacramento High School

Athletic Department Philosophy

We believe that the opportunity for participation in a wide variety of student selected activities is a vital part of the high school educational experience. Such participation is a privilege that carries with it responsibilities to the school, the activity, other students, the community, and to the athletes themselves.

Athletics should function as an integral part of the total curriculum, to offer opportunities to serve Sacramento High School, develop healthy self-concepts, improve school spirit and help students develop pride in their school. Interscholastic athletics is a voluntary program. Thus, participation is a **privilege** and **not a right**. Along with that privilege comes the responsibility to conform to standards established for the high school athletic teams. This privilege may be revoked when the athlete fails or refuses to comply with the rules. In order to provide the greatest benefit to participants, Sacramento High School will provide adult role models who exemplify the kind of behavior and leadership to be developed from the program.

We will strive to fulfill our student-athletes' potential in the classroom and on the field, guide them toward becoming better people off the field, and provide them with a positive experience through their four years of high school. We must provide an environment in which our student-athletes will attack challenges without fear of failure, develop an enduring commitment to and trust in self and others, expect success because they have prepared, and succeed with teamwork. Throughout their four-year journey we will lead, teach, inspire, and encourage our student-athletes to be the best of which they are capable of being.

All athletic programs shall be conducted in accordance with CIF, section, league, and school policies, rules, and regulations. While the athletic department takes great pride in winning, it does not condone "winning at all costs" and discourages any and all pressures which neglect good sportsmanship and the physical and mental health of our student-athletes. We will always "honor the game." Any action that does not, will not be tolerated. All administrators, coaches, and athletes will "honor the game" by respecting the rules of the game, the opponent, the officials, their teammates, and self.

Rules allow the game to be played fairly, if we have to bend or break a rule to win, what is the value of the victory? We will honor the letter and spirit of all rules.

Sportsmanship

As the people out front, coaches and students have a unique opportunity to impact the future of athletics. Many of you are aware that in the past, CIF has reported violence associated with player vs. player, player vs. official, coach vs. coach, coach vs. official, spectator vs. spectator, spectator vs. official, etc. Thus, before it happens here, **we are asking each of you to make sportsmanship a personal goal**. No contest's outcome is worth an ugly incident due to some spur-of-the-moment action. We realize that in spite of all our efforts, an incident may occur. But, if we have not practiced sportsmanship, we must shoulder the blame of the action. We can create an environment that is conducive to a higher goal than a win-at-all-costs environment. If we are successful in this, we will have attained a more lasting mark than any championship could possibly bring.

General Travel Rules and Expectations

Conduct and Behavior

As athletes, you are representing your team, school, community, parents, and most importantly - *yourself*.

Appearance

You must be proud of your appearance. You are expected to dress neatly and keep well groomed.

Language

Profanity will not be tolerated.

Transportation

Release to Parents/Guardians

Athletes must travel to and from all athletic events by means of school transportation. Parents who wish to pick their student up from an event must sign the student out with the coach. **Students are only allowed to leave with their parents or custodial guardians.**

Under extenuating circumstances, it is possible for an athlete to use other means of transportation providing the parent/guardian makes arrangements with the Athletic Director or Principal **prior to** the activity. (i.e. written request stating specifics and signed by parent/guardian.) **Under no circumstances is a student released to another student driving a vehicle.**

Meals

In some instances, the team may choose to stop for either a pre-game or post-game meal. Please be prepared by either having the appropriate meal money or bringing your own snacks/meal. Athletes are expected to stay together as a group.

Expected Return Time

In order to avoid parent/guardian concerns; please advise your parents/guardian of the approximate return time, along with where the bus will unload. Please have your parent/guardian either waiting for you at school or expecting a phone call from you upon return to school. The coach will let you have access to a phone. Also, stay in the well-lighted area near the front of the gymnasium. The coach is responsible for supervising athletes until parents arrive.

Proper Behavior on the Bus

... is established for the safety and well being of others. Please give transportation personnel undivided attention at all times, especially when addressing safety issues upon departure.

Valuables

Simple advice here. **If you want to keep it - - don't bring it.**

Basic CIF Eligibility Rules

How To Protect Your Athletic Eligibility

Your high school years will be highlighted by your participation in interscholastic athletics. These will prove to be some of the most enjoyable years of your young life. The CIF Sac-Joaquin Section has standards that you must meet in order to be eligible to compete at the high school level. You are urged to study these carefully.

Residential Eligibility

A student has residential eligibility upon initial enrollment in:

1. The ninth grade of any CIF high school or;
2. Tenth grade of any CIF high school from ninth grade of a junior high school or;
3. Any CIF school as a member of an approved foreign exchange program as outlined by By-law 212.

Note: Any student “recruited” or “encouraged to attend” a school by anyone connected directly or indirectly with that school will lose athletic eligibility at that school.

Changing Schools----Transfers

If a student transfers from another school to Sacramento High, they should contact the Athletic Director for eligibility questions. Students are not automatically eligible. For complete details, go to www.cifsjs.org under “Eligibility Requirements”.

Age Limitations

No student whose 19th birthday is attained prior to June 15, shall participate or practice on any team. A student whose 19th birthday is on June 14, or before, is ineligible.

Scholastic Eligibility

A student is scholastically eligible if:

1. The student is currently enrolled in at least 20 semester units of work.
2. The student passed at least 20 semester units of work at the completion of the previous regular grading period.
3. The student is maintaining minimum progress toward meeting the high school graduation requirements as prescribed by the governing board.
4. The student has maintained during the previous grading period a minimum of a 2.0 grade point average or a 4.0 scale, in all enrolled courses.

Basic CIF Eligibility Rules (Cont.)

Semesters of Attendance

A student who first 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 and said eligibility must be used during the student's first eight consecutive semesters of enrollment at that school or any other school.

Competing Under a Name Other Than Your Own or Falsifying Your Address

Any student whose address or name has been falsified in order to achieve residential eligibility will be ineligible in all interscholastic athletic competition for a period of one year from the date the infraction is verified.

Undue Influence----Recruitment of Athletes

The use of undue influence by any person or persons to secure or retain a student, or to secure or retain one or both parents, guardians or care giver of a student, as residents may cause the student to be ineligible for high school athletics for a period of one year, and shall jeopardize the standing of the high school in the California Interscholastic Federation.

Competition On An Outside Team

A student on a high school team becomes ineligible if the student competes in a contest on an "outside" team in the same sport, during the student's high school season of sport. (Except Girls Soccer)

Student Participation-----Conduct Penalty

Student participation in athletic contests is a **privilege**. As a student athlete, you are expected to conduct yourself in an exemplary manner at all times. During participation in all CIF competition, a student who is ejected or disqualified from participating in the remainder of said contest will 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.]

General Rules

High school athletics shall be governed by the CIF Constitution and By-Laws, Sac-Joaquin Section Constitution and By-Laws, Metropolitan League Constitution and By-Laws, and the Sacramento High School Code of Conduct Policy. Athletes shall be directly responsible to the head coach and his/her assistants. It is assumed that participation in a sport is a **privilege**. The following are general responsibilities of the athlete.

Applicability

1. Prior to participation, a student/athlete must complete the proper athletic clearance procedures which include:
 - Athletic Physical Evaluation—*Form needs to be signed and returned*
 - ✓ Performed, completed and signed by a Medical Doctor (MD)
 - ✓ Must be completed after June 1st of the current school year
 - Emergency Participation Information—*Form needs to be signed and returned*
 - ✓ Emergency contact information
 - ✓ Proof of Insurance
 - ✓ Parent/guardian consent and risk of warning signed
 - ✓ Agreement regarding use of steroids
 - ✓ Handbook acknowledgement
 - ✓ Signed by the parent/guardian and the student athlete
 - Concussion Information Sheet— *Form needs to be signed and returned*
 - ✓ Parents and Athletes must sign this regarding the symptoms and dangers
 - Handbook—*Needs to Read and Understand*
 - ✓ Sacramento High School Code of Conduct - Extracurricular Eligibility Policy
 - ✓ CIF-SJS Code of Ethics in Sports
 - ✓ Expectations of Athletes / Expectations of Parents
 - ✓ Notice of Anabolic Steroid use and other Performance Enhancing Drugs
 - ✓ CIF Code of Conduct for Interscholastic Student-Athletes
 - Sacramento High School Agreement for Student Athlete and Parent/Guardian Regarding Use of Steroids—*Needs to Read and Understand*
 - ✓ Students will not use androgenic/anabolic steroids
2. Athletes shall follow all team rules set forth by the coach and the Sacramento High School Code of Conduct Policy.

Conduct and Behavior

As athletes, you are representing your parents, school, community, and yourself. Proper conduct is expected at all times. Athletes will be held responsible for any involvement in acts specified in the Student Handbook or Athletic Handbook, whether on campus, at school activities or in the community.

Drug, Alcohol, Tobacco Policy

Possessing, selling, or furnishing drugs, tobacco or alcohol is a Level 3 infraction, and taken very seriously by the SHS Athletic Department and school administration. Refer to *Disciplinary Procedures* in SHS Student-Parent Handbook.

Language

Anyone associated with athletics shall use language which is socially acceptable. Profanity or vulgar talk will not be tolerated on or off the playing field at any time.

General Rules (Cont.)

Dedication

An athlete must be willing to dedicate himself/herself to sports. The athlete should be aware that nothing worthwhile is accomplished without hard work and a sincere desire to succeed. The athlete must also realize that he/she must work out of season as well as during the season. He/she must also be willing to sacrifice his/her own desires for the good of the team.

Residential Eligibility

Any student who is planning to move, or has recently moved, or whose parent(s) or guardian(s) have moved, should refer to page 6 and notify the Athletic Director immediately for information regarding his/her eligibility status.

Academic Eligibility Standards

In calculating Grade Point Average (GPA), CIF regulations state that an Incomplete or NCR must be factored as a "0" on a 4 point scale. GPA will be determined by dividing the total number of grade points by total number of courses. Athletes can have **no more than one "NCR"** in order to be eligible to participate.

LETTER GRADE	PERCENTAGE	POINT VALUE FOR GPA CALCULATION
A	94-100%	4.0
A-	90-93%	3.7
B+	87-89%	3.3
B	84-86%	3.0
B-	80-83%	2.7
C+	77-79%	2.3
C	70-76%	2.0
NCR/NC/I (NO CREDIT)	0-69%	0.0
ADVISORY NCR/NC/I (NO CREDIT)	80%	CR

1. Returning Upper Classmen

All student-athletes must have a 2.0 GPA with **no more than one "NCR"** on the term report card. Athletes who fall below the 2.0 GPA at any grade reporting period (see page 18 for dates) will become ineligible to participate in any Interscholastic contest, but will be allowed to practice. Once the minimum standard is met, the athlete will be allowed to participate in contests.

2. Tryouts

Student-athletes may participate in tryouts even if their overall GPA is below a 2.0. Once final cuts are made and rosters are posted, all student athletes must have the 2.0 GPA in order to play on a sports team. Coaches may generate a "reserve list" of ineligible players but they cannot play in a game until their "official grade" is at least a 2.0 with **no more than one "NCR"**.

Coaches Obligation

Coaches may set standards of behavior and expectations for their sport which, **if violated**, may result in the participant being **suspended or dismissed** from the team for the remainder of the season. Each coach may furnish the participant with a copy of their team rules and expectations at the beginning of the season. Additional team rules must be approved in advance by the Athletic Director or Principal.

General Rules (Cont.)

Attendance

Game Day: Non-attendance for 50% or more of the school day will result in no participation in an athletic event, unless prior approval is received from the administration.

Practice: Students not attending 50% or more of the school day may not participate in practice on that day without prior permission from the administration.

Appearance

As a member of our team, we want to be proud of your appearance. Athletes are expected to dress neatly and keep well groomed. The coach may determine a dress code on the day of a contest.

Early Dismissal

When leaving school early for a game or meet, students must leave class at the time told by the coach or athletic department. Failure to follow this guideline will result in either not being able to travel to the game or having to sit out the first part of the game.

Game Day Attire

On designated game days coaches may ask students to wear game day attire, this must be first cleared by athletic director. All Athletes on the team must wear the same Game Day Attire in order to be approved.

- Game jerseys with dress code pants.
- Team polo shirts designating sport representation with dress code pants.
- Professional attire in accordance to what is stated in student handbook.
- Warm-up pants and jacket, with a uniform shirt or sport only athletic t-shirt. (All athletes must have matching warm-up pants, jacket, and t-shirts in order to get approval.)

Lettering Policy

Athletes who have completed, in good standing, an entire season of sport will be eligible for all special awards and will receive an athletic letter.

Letters	Pins	Certificates
Varsity – 10”White/Purple	Varsity – Gold Pin of the sport	Freshman/Junior Varsity – Participation Certificate

Quitting a Sport

Any athlete who quits a team without permission of the coach after the team’s first contest or is removed from a sport **will not** be eligible to participate in another sport until the completion of the season of the sport that the athlete quit.

Respect

Athletes will show respect for all coaches, teachers, officials, spectators, school facilities, equipment and opponents at all times.

Responsibility for Equipment

Athletes shall assume responsibility for all athletic equipment issued to them and will be expected to pay for any lost, misplaced, stolen or abused equipment.

Expectations of Athletes

Participation

1. Athletics is **voluntary**. Participation is not required for graduation and thus, being on a sports team is a **privilege**, which must be earned, and **is not a right**.
2. With that **privilege** come **responsibilities** to maintain the established standards of conduct of this district as defined in the Activity Code, Code of Ethics, and the CIF Code of Ethics both on and off the field.

Athletics as a Part of the Educational Program

1. Athletics is just one of many parts of the educational program that is offered to students. Students are in school to learn. As a result, **academics will always come first**.
2. Maintaining academic eligibility is the **student-athlete's responsibility**, not that of coaches or teachers.
3. Eligibility can be lost because of poor attendance or citizenship.
4. **Participating** in athletics and being on a team may mean **sacrifices**. The commitment an athlete makes to his/her team and coach requires that **choices** be made and **priorities** kept.

Being a Part of the Team

1. Athletes learn many skills to play their chosen sport but the **most important** skill that must be learned is **teamwork**.
2. To be successful, every member of the team must work together to make the whole greater than the sum of the parts.

Coming Ready to Play

1. Athletes should come to practice **on time**, ready to **listen** and ready to **learn**.
2. Athletes should be prepared both physically and mentally for the season. This includes training in the off-season and taking care of your body and mind during the season.

Sportsmanship

1. Athletics mean more than competition between individuals or teams representing different schools. It is a means of learning the lessons of life.
2. Winning and losing are a part of competition and should be done with modesty in victory and graciousness in defeat.

Conduct On and Off the Field

1. **On the field:** Athletes are respectful towards their teammates, coaches, opponents, fans, and officials. They play by all the rules of the game all the time.
2. **On campus:** Athletes set an example of good citizenship. They help promote school spirit and they should strive to be positive leaders in school activities.
3. **In the classroom:** Athletes show respect for teachers and fellow students.
4. **At all times:** Athletes represent their team, school and community. Athletes should be conscious of their appearance and manners at all times.

Expectations of Parents/Guardians

Keeping Athletics in Perspective

1. Emphasize that **academics** always come first.
2. Assist the student to structure time wisely so that athletics do not interfere with academics.
3. Use athletics as a way to teach our children how to react and interact with other people during tense situations. Help your athlete understand that athletic ability varies with body maturity and that **effort** is just as important as natural ability.

Supporting your Student Athlete

1. Encourage participation by both girls and boys. Allow the student to select the sport based on his/her perceived ability and likes. Provide a pressure free environment regarding scholarship expectations.
2. Be supportive of your athlete – win or lose; see that his/her medical needs are met; see that he/she has proper equipment; attend as many of your child's contests as possible.
3. Stress the importance of the complete athlete, both mental and physical preparation.
4. Do not emphasize "quitting" as the best way to solve problems, but rather perseverance.

Supporting the Program

1. Be supportive of the coaching staff. Go to all meetings requested by coaches. Being on a successful team is important to your athlete. Support the coaches' preparation plan. Talk to your athlete frequently about how things are going with his/her sport.
2. During the season, take into consideration practice and games when planning family events.
3. Understand the needs of the particular sports. Some take more equipment, some take more time and others may call for some form of year-round preparation.
4. Support the school policy of no profanity, alcohol, illegal drugs, tobacco, steroids or PED.
5. Model positive behavior towards everyone involved in the event as described in the Code of Ethics.

Expectation of Parents/Guardians (Cont.)

Contacting Coaches

Please **do not attempt to have a meeting with a coach before or after a contest or practice.** The SHS Athletic Department asks that you wait until the day after any athletic contest to schedule an appointment with the coach. Before and after athletic events can be an emotional time for the player, coach, and parent. The following guidelines will help to ensure the concept of a productive and positive experience.

1. It is the expectation of the Athletic Director and School Administration that all parent contact be addressed by coaches in a reasonable time frame (usually within 24 hrs).
2. Playing time is not a subject that the Athletic Director or the School Administration will address during the season. Playing time is solely a coaching decision.
3. Parents can use this time to ask questions and obtain information.
4. The coach will discuss what the student-athlete needs to work on or identify what area the athlete needs to show improvement in.
5. The coach will talk to a parent/guardian about his or her child only.
6. If satisfaction is not obtained from a meeting with the coach, the parent/guardian should then contact the varsity level coach or the Athletic Director.
7. Please start any basis of communication with the coach, before approaching the Athletic Director or School Administration.

It is the intent of the Saramento High School Athletic Department to provide for open communication between coaches, players, and parents. Working together, we can provide for a positive athletic experience for our student-athletes.

Parent/Guardian Signature

Date

Student-Athlete Name

Expectations of Coaches

Role Modeling

1. Because coaches' lives are open to public scrutiny, coaches should use good judgment in conducting their private and public lives.
2. Because impressionable youth many times imitate the actions of their coaches, coaches should model exemplary behavior on and off the field, and encourage their athletes to do the same.
3. Coaches should instill in their athletes that they are all representing not only their school, but also their families and community as well.

Professionalism

1. Coaches' behavior on and off the field should exemplify leadership, composure, discipline and integrity.
2. Coaches should allow every student a fair and equal opportunity to tryout for the team without prejudice based on prior experiences.
3. Coaches should use caution and common sense in any physical contact with their athletes.
4. Coaches should not exert undue influence on athletes, either to play one sport at the expense of another, or to play on a specific club team.

Communication with Athletes

1. Coaches should communicate in a positive manner even when correcting or criticizing an athlete.
2. Coaches should emphasize team loyalty and effort, stressing the value of each individual's contribution towards the success of the team.
3. Coaches should assist students in setting realistic goals, then achieving them, one at a time.
4. Coaches should help each athlete achieve his/her own personal best.

Communication with Parents

1. Coaches should have a meeting prior to the season to inform parents, orally and in writing, of practice hours and the schedule of games and tournaments.
2. Coaches should discuss with parents the various roles they might play in assisting in their student's success.
3. Coaches should be open and available to discuss a student's progress with his/her parent.

Teaching Skills and Conditioning

1. Coaches should be knowledgeable of, and well-trained in, the teaching of skills of the sport.
2. Coaches should physically condition their athletes before each season and teach techniques that enhance an athlete's safety as well as that of an opponent.
3. Coaches should stress the necessity of athletes to be in their best physical condition as a responsibility to themselves as well as to their team.

Priorities of Life

1. Coaches should remember that athletics are only part of a student's life and must be kept in a realistic balance with the demands of academics and one's family.
2. Coaches should teach the athletes to win with a sense of accomplishment and with humility and to lose without excuses.

Creating a Successful Environment

1. Coaches should prepare themselves as students of the game.
2. Coaches should be positive and enthusiastic. Coaches should develop a program that will attract students to the sport. Coaches should make the sport competitively fun.

California Interscholastic Federation

Sac-Joaquin Section

Sacramento High School

Ethics in Sports

Policy Statement

Sacramento High School, as a member of the Sac-Joaquin Section, California Interscholastic Federation, is committed to the exhibition of sportsmanlike and ethical behaviors in and around all athletic events. All contests must be safe, controlled, fair, courteous and orderly for all athletes and fans.

It is the intent of Sacramento High School and CIF that violence in any form not be tolerated. In order to enforce this policy, SHS has adopted rules and regulations which set forth the manner of enforcement of this policy and the penalties incurred when violation of the policy occurs.

Sacramento High School, in accordance with Sac-Joaquin Section CIF, as recommended by the State CIF Federated Council, require that the following Code of Ethics be issued to each athlete each year and will require signing by student athletes, parent/guardian and coaches each year prior to participation.

Code of Ethics

It is the duty of all concerned with high school athletics:

1. To emphasize the proper ideas of sportsmanship, ethical conduct and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a happy relationship between visitors and hosts.
6. To respect integrity and judgment of sports officials.
7. To achieve a thorough understanding and acceptance of rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative, and good judgment by the players on a team.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well being of the individual players.
10. To remember that an athletic contest is only a game - not a matter of life and death for player, coach, school, officials, fan, community, state or nation.

CIF – Sacramento High School

Code of Conduct for Interscholastic Student-Athletes

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the “Six Pillars of Character”). This Code applies to all student-athletes involved in interscholastic sports in California. I understand that, in order to participate in high school athletics, I must act in accord with the following:

TRUSTWORTHINESS

1. **Trustworthiness** - be worthy of trust in all I do.
 - ✓ **Integrity** – live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what’s right even when it’s unpopular or personally costly.
 - ✓ **Honesty** – live and compete honorably; don’t lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.
 - ✓ **Reliability** – fulfill commitments; do what I say I will do; be on time to practices and games.
 - ✓ **Loyalty** – be loyal to my school and team; put the team above personal glory.
 - ✓

RESPECT

2. **Respect** - treat all people with respect all the time and require the same of other student-athletes.
3. **Class** – live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; give fallen opponents help, compliment extraordinary performance, show sincere respect in pre- and post-game rituals.
4. **Disrespectful Conduct** – don’t engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
5. **Respect Officials** – treat contest officials with respect; don’t complain about or argue with official calls or decisions during or after an athletic event.

RESPONSIBILITY

6. **Importance of Education** – be a student first and commit to getting the best education I can. Be honest with myself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably
7. **Role Modeling** – Remember, participation in sports is a privilege, not a right and that I am expected to represent my school, coach and teammates with honor, on and off the field. Consistently exhibit good character and conduct yourself as a positive role model. Suspension or termination of the participation privilege is within the sole discretion of the school administration.
8. **Self-Control** – exercise self-control; don’t fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.

CIF – Sacramento High School

Code of Conduct for Interscholastic Student-Athletes (Cont.)

9. **Healthy Lifestyle** – safeguard your health; don't use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.
10. **Integrity of the Game** – protect the integrity of the game; don't gamble. Play the game according to the rules.

FAIRNESS

11. **Be Fair** - live up to high standards of fair play; be open-minded; always be willing to listen and learn.

CARING

12. **Concern for Others** - demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to myself or others.
13. **Teammates** - help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

CITIZENSHIP

14. **Play by the Rules** – maintain a thorough knowledge of and abide by all applicable game and competition rules.
15. **Spirit of Rules** – honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

SACRAMENTO HIGH SCHOOL OFFICIAL GRADE CHECKS 2016-2017

Term 1, Quarter 1	Begins	August 4
5 Weeks	Ends	September 16
	Progress Reports & Athletic Grade Checks Printed	8 AM - 4 PM September 20
Term 1, Quarter 2	Begins	September 19
5 Weeks	Ends	October 5
	Progress Reports & Athletic Grade Checks Printed	8 AM - 4 PM October 11
Term 1, Quarter 3	Begins	October 18
4 Weeks	Ends	November 18
	Progress Reports & Athletic Grade Checks Printed	8 AM - 4 PM November 22
Term 1, Quarter 4	Begins	November 28
4 Weeks	Ends	December 21
	Progress Reports & Athletic Grade Checks Printed	8 AM - 4 PM December 27
	Transcripts posted	January 11
Term 2, Quarter 1	Begins	January 11
5 Weeks	Ends	February 17
	Progress Reports & Athletic Grade Checks Printed	8 AM - 4 PM February 21
Term 2, Quarter 2	Begins	February 21
5 Weeks	Ends	March 22
	Progress Reports & Athletic Grade Checks Printed	8 AM - 4 PM March 28
Term 2, Quarter 3	Begins	April 4
4 Weeks	Ends	May 5
	Progress Reports & Athletic Grade Checks Printed	8 AM - 4 PM May 9
Term 2, Quarter 4	Begins	May 8
4 Weeks	Ends	June 6
	Progress Reports & Athletic Grade Checks Printed	8 AM - 4 PM June 13
	Transcripts posted	June 16

SACRAMENTO HIGH SCHOOL AGREEMENT FOR STUDENT ATHLETE AND PARENT/GUARDIAN REGARDING USE OF STEROIDS

As a condition of membership in the California Interscholastic Federation (CIF), the Athletic Department of Sacramento High School is prohibiting the use and abuse of androgenic/anabolic steroids. CIF Bylaw 524 requires that all participating students and their parents/guardians sign an agreement.

By signing the Emergency/Participation Form , we agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician, as recognized by the American Medical Association, to treat a medical condition.

We recognize that under CIF Bylaw 200 D the student may be subject to penalties, including ineligibility for any CIF competition, if the student or his/her parents/guardian provides false or fraudulent information to the CIF.

We understand that the student's violation of the district's policy regarding steroids may result in discipline against him/her, including, but not limited to, restriction from athletics, suspension, or expulsion.

Acknowledgement of Athletic Handbook

**Consent Statements—Please read carefully and have an understanding.
By signing the Emergency Participation Form you agree to all these:**

- ▶ I hereby give my consent for the student to participate in athletics.
- ▶ I hereby give my consent for the student to have his/her picture and/or statistics published. This may include print/electronic media.
- ▶ I hereby authorize Sacramento High School, or a school representative to transport and supervise the student on any athletic trip.
- ▶ I hereby give my consent, in case this student is injured or becomes ill, for the school and/or its representative to secure medical aid, ambulance transportation, and for the medical agency to render treatment.
- ▶ I hereby give my consent to the team physician, emergency doctor, nurse, athletic trainer, and/or coach to apply first aid treatment until the family doctor can be contacted.

SPORT _____



**Sacramento High School
Athletics**

EMERGENCY/PARTICIPATION INFORMATION

STUDENT NAME _____ HOME TELEPHONE _____

ADDRESS _____ CITY _____ ZIP _____

Please fill out completely. Information will be used whenever a student needs attention because of illness or injury.

Father/Guardian _____ Home/Cell Phone _____ Work Phone _____

Mother/Guardian _____ Home/Cell Phone _____ Work Phone _____

INSURANCE REQUIREMENT: State law requires students who participate in athletics/sports to be insured before participation in interscholastic sports. The school district does not insure any athlete against accident or injury arising from athletic competition. However, the school district does offer opportunities to purchase insurance to those who do not have their own. **If you wish to use your own insurance, please complete this statement:**

Dr. Name _____ Phone _____ Hospital _____

Name of Insurance Company _____ Group/Policy # _____

Any allergic reaction or special consideration: _____

In case this student becomes ill or is injured and a parent/guardian is not available, one of the following relatives, friends, or neighbors listed below may be called for assistance and may authorize medical care as specified below. If none of the named individuals are available to provide medical assistance, I authorize the District to provide emergency medical assistance in the best interest of my child. **YES** _____ **NO** _____

Name _____ Relationship _____ Phone _____

Name _____ Relationship _____ Phone _____

NOTICE OF RISK OF INJURY – Some forms of athletic competition involve rigorous physical contact among players, the use of equipment, which may result in accidents, strenuous physical exertion, and other exposures to risk injury. Athletes will be instructed in the proper techniques to be used in practice and competition and the proper use of equipment and facilities. However, you are advised that instruction, precaution, and proper protective equipment may not prevent some accidents resulting in serious traumatic injury.

TRANSPORTION - Students must travel to and from athletic contests in school-provided transportation. Parent drivers or students driving themselves must be formally cleared by the Principal’s Office. No other student may ride with a student driver (with the exception to siblings) under any circumstance. I hereby give my consent for the above named student to accompany any school team of which he/she is a member on its local or out-of-town trips.

ATHLETIC HANDBOOK – I have read over and have an understanding of the content and policies in the athletic handbook.

MEDIA – I hereby give my consent for the above named student to have his/her picture and/or stats published. This may include print/electronic media.

STUDENT DRUG, ALCOHOL, AND STERIOD POLICY – I will not use alcohol, tobacco, illegal drugs and/or anabolic steroids. I have read the policy on steroids and will abide by them. SHS handbook policies apply to drugs, alcohol, and tobacco.

ACKNOWLEDGEMENT - I CERTIFY THAT I HAVE READ AND UNDERSTAND THE STATEMENTS REGARDING REQUIRED INSURANCE, EMERGENCY INFORMATION, TRANSPORTATION, STERIOD POLICY, AND INFO IN THE ATHLETIC HANDBOOK. I HEREBY GIVE MY CONSENT FOR THE STUDENT NAMED ABOVE TO PARTICIPATE.

PARENT/GUARDIAN SIGNATURE _____ DATE _____

STUDENT SIGNATURE _____ DATE _____



ATHLETIC PHYSICAL EVALUATION

STUDENTS NAME: _____

DATE OF EXAM: ____/____/____

This physical examination form must be reviewed and signed by a Medical Doctor (M.D.) or Doctor of Osteopathy (D.O.) licensed by the State of California (does not include doctors of chiropractic, nurse practitioners, physician assistants).

Date of Birth _____

Height _____ **Weight** _____ **% Body Fat (Optional)** _____ **Pulse** _____ **BP** ____/____ (____/____, ____/____)

Vision R20/ ____ **L20/** ____ **Corrected:** Y or N **Pupils:** Equal ____ Unequal ____

	NORMAL	ABNORMAL FINDING	INITIALS
MEDICAL			
Appearance			
Eyes/Ears/Nose/Throat			
Hearing			
Lymph nodes			
Heart			
Murmurs			
Pulse			
Lungs			
Abdomen			
Genitourinary (males only)*			
Skin			
MUSCULOSKELETAL			
Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand/Fingers			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot/Toes			

*Having a third party present is recommended for the genitourinary examination.

Notes: _____

THIS FORM MUST BE COMPLETED IN ITS ENTIRETY IN ORDER FOR THE STUDENT TO PARTICIPATE IN AN ATHLETIC ACTIVITY.

I hereby certify _____ was examined
 by _____ on _____ and is presently fit to
 engage in all sports except _____.

Name of Doctor (print/type) _____ **Medical Group Name** _____

Address _____ **Phone #** _____ **Date** _____

Signature of Doctor _____

The above student is medically able to participate in sports at this time. Any future medical issues that may occur are not held liable by the screening physical.

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:

- | | |
|--|---|
| <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:

- | |
|---|
| <ul style="list-style-type: none"> • 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 • Seizures or convulsions • Any change in typical behavior or personality • Loses consciousness |
|---|

Adapted from the CDC and the 3rd International Conference on Concussion in Sports
Document created 5/20/2010

Concussion Information Sheet

What can happen if my child keeps on playing with a concussion or returns to 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. And 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/>

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date

Adapted from the CDC and the 3rd International Conference on Concussion in Sports
Document created 5/20/2010