

CURTIS CREEK SCHOOL DISTRICT

ATHLETIC HANDBOOK

BOARD ADOPTED: AUGUST 14, 2007

INTRODUCTION

This Curtis Creek School District Athletic Handbook has been prepared to provide information and guidelines for all who have responsibility for athletics in the district. Coaches are directly responsible to the Athletic Director to see that all guidelines, rules and regulations are followed. The Athletic Director is responsible to the Principals to assure that this happens. Teaching young athletes is an important responsibility. The following information should help make the experience even more rewarding.

ATHLETIC PROGRAM PHILOSOPHY

The athletic program is considered an integral part of the overall educational experience for our students. The program should provide opportunities for students to develop attitudes and habits needed for successful competition in society.

Athletics should provide personal growth lessons like sportsmanship, teamwork, self-discipline and loyalty. Students should learn to use their unique talents and skills. They should develop positive attitudes toward self and others.

Athletics should provide a supportive atmosphere in which coaches challenge the intellectual and physical abilities of students, foster strength of character and encourage concern for others.

Sportsmanship should be the top priority in athletics. Commitment to fair play must be taught and practiced at all times. Our athletes should be gracious in victory as well as in defeat.

Winning at all cost is not a part of our philosophy. A variety of wholesome activities should be offered to meet the physical and emotional maturity level of our students. Students should be encouraged to participate in a sport of their interest regardless of their ability level.

The best possible staff and facilities should be provided to our student athletes.

The ultimate goal of athletics should be to develop young people who are confident and competent to take their place in our society.

STATEMENT OF GENERAL PHILOSOPHY

Youth, by inherent nature, are active physically and have a zest for adventure. Most young children are interested in playing games, and have a strong desire to compete.

School athletics are a potential educative force of tremendous power in meeting many of the needs of youth. Competition and cooperation are prized in our California culture, and both are fostered by well-conducted athletic games under competent leadership.

Athletics which are regulated to meet educational objectives can provide a major contribution to fitness of the participant through (1) development of, and appreciation for health and physical fitness; (2) learning the “give and take” essential to environmental adjustment and appreciation of the values of sportsmanship and cooperation in good citizenship; (3) acquiring skills, knowledge, and attitudes which can result in life-long recreational values; and (4) gaining self-reliance and understanding the necessity for hard work and self-discipline in order to be prepared for the task ahead.

Historically, California has believed in the value to competition in athletics as part of the educational experience. We are dedicated to pursue this principle by directing and encouraging a Tuolumne County-wide program which will give our youth the best possible chance to benefit in full measure from their participation.

CODE OF ETHICS

1. To emphasize the proper ideals 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 the integrity and judgment of sports officials.
7. To encourage leadership, use of initiative, and good judgment by the players on a team.
8. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well being of the individual players.
9. To remember that an athletic contest is only a game – not a matter of life and death for player, coach, school, officials, community, state, or nation.
10. To insure that opportunities to participate in sports shall be provided equally for both boys and girls.

ELIGIBILITY FOR ATHLETIC PARTICIPATION

All athletes must demonstrate academic eligibility by maintaining a minimum grade point average of 2.0 in all subjects. Eligibility to participate is determined by the most recent report card, progress report or grade check sheet.

It is the intention that students will maintain at least a 2.0 grade point average at all times and complete all assigned work. Teachers will require regular grade checks for all students involved in ongoing extracurricular activities. Weekly grade checks will be required for any student who has not maintained at least a 2.0 cumulative grade point for the past three trimester grading periods. Students who do not maintain a 2.0 grade point average as indicated by a trimester progress report or by grade checks will be allowed a two week probationary period to meet the 2.0 requirement before they are made ineligible for the remainder of the trimester. A student will be allowed only one such probationary period during any given school year.

In order for a student to participate in athletics, ALL health-related forms must be completed and on file with the school office. These forms include:

Voluntary Activities Participation Form
Athletic Insurance Certification Form
Medical Treatment Authorization Form

The responsibility of the coaches regarding eligibility requirements is as follows:

- The coach must provide each student wishing to come out for a sport the appropriate form packets.
- Each student must complete the Voluntary Activities Participation Form, Athletic Insurance Certification Form, Medical Treatment Authorization Form and a current grade check before the first practice of the season.
- All completed forms must come to the principal.
- The principal/designee will verify information and eligibility prior to the first practice.
- The office will release the list of eligible players to the coaches prior to the first practice.

Copies of the above forms are to be carried by coaches to all home and away games and practice sessions in case of a medical emergency. It serves two purposes: (1) it provides important health information regarding allergies, chronic illness, current medications, any other health-related information, and emergency contact phone numbers; and (2) it provides permission for emergency treatment.

EXPECTATIONS OF ATHLETES

COMMITMENT to yourself, your teammates, the sport and Curtis Creek:

- Attend all games and practices and put forth one hundred percent effort
- Come prepared and on time for practices and games
- Work to improve essential skills and knowledge of the sport
- Demonstrate appropriate and safe behavior on the bus
- Adhere to team rules and guidelines
- Follow all safety procedures
- Have fun

RESPECT

Act respectfully toward yourself, teammates, coaches, opponents, officials, managers, bus drivers, athletic staff, spectators, the game, and the rules of the game.

RESPONSIBILITY

Be responsible for your equipment, uniforms, reporting of injuries, and attendance at all practices and games. Team responsibilities will be shared equally by ALL team members.

EXPECTATIONS OF PARENTS

- Help your student keep athletics in perspective. Academics come first.
- Parents are expected to demonstrate positive support for the coaches and the school's athletic program including its policies, strategies, and team rules.
- With the exception of positive cheering, parents are prohibited from interfering or interacting with players, coaches, or members of the opposite team during games, scrimmages, or practices.
- Parents should neither ask for nor expect to receive special favors regarding the athlete's placement on a particular team.
- Parents are expected to adhere to the sportsmanship code of conduct which prohibits heckling the officials.
- Resolution of issues to follow specific protocol:
Coach, Principal, Superintendent, School Board

EXPECTATION OF COACHES

- Coaches will hold current certification in CPR.
- Coaches will meet minimum competencies (5CCR 5594) as established in AR 4127, 4227, 4327 before beginning of season. The Superintendent or designee may waive competency requirements for persons enrolled in appropriate training courses leading to acquisition of the competency, provided such persons serve under the direct supervision of a fully qualified coach until the competencies are met by end of season for which competencies are waived (5 CCR 5593).
- Coaches will review code of ethics with all athletes during the course of each sports season.
- While coaching, coaches will give full attention to the athletes.

- Coaches will begin and end practices on time.
- Coaches will notify parents at the earliest time for any changes or cancellations to the posted schedule.
- Coaches will hold parent meetings prior to the season to inform parents both verbally and in writing of practice times, schedule of games, and roles parents can play to assist in their student's success.
- Coaches will not conduct personal business (cell phones) during practice.

Additional Competencies for Noncertificated Personnel

In addition to the competencies listed above, the Superintendent or designee shall determine that a noncertificated person employed as a temporary athletic team coach (5 CCR 5592)

1. Has not been convicted of any offense referred to in Education Code 44010, 44011 or 44424, or any offense involving moral turpitude or evidencing unfitness to associate with children. (cf. 4212.5 – Criminal Record Check)
2. Is free from tuberculosis and any other contagious disease that would prohibit certificated teachers from teaching, as verified by a written statement, renewable every four years, from a licensed physician or other person approved by the district. (cf. 4112.4/4212.4/4312/4 – Health Examinations)
3. Must comply with standard Curtis Creek volunteer non-paid assistance coach's guidelines.
4. Will be inserviced prior to the start of each academic year in all emergency procedures; fire drills, lock downs, evacuations.

Noncertificated coaches have no authority to give grades to students. (5 CCR 5591)

SCHOOL AND TEAM RULES

The Curtis Creek/Sullivan Creek rules that guide our students also apply to students involved in athletics. Because our athletes represent the school and are constantly in the public eye, adherence to school and team rules is an absolute necessity. All athletic teams are expected to represent and embody the respect for integrity, human rights, and equality.

Coaches may also set specific rules for their teams, which may cover attendance at practice and games, training rules, dress for practices and games, etc. Team rules are in the best interest of each particular team and may vary from team to team.

Team rules developed by each coach will be signed by parents and athletes prior to the start of each season.

Students who are in violation of Curtis Creek school or team rules will be disciplined by the coaches, the athletic Director, and/or the School Administration as appropriate.

PRACTICES

An athletic schedule will be printed and posted on the bulletin board in the gym and the bulletin board in the Curtis Creek office. Game and practice schedules will also be available online at www.ccreek.k12.ca.us.

Practices vary from team to team and depend on practice site availability. All practice schedules are set to meet the needs of all school teams.

If you need to speak with the Athletic Director, call 209-532-1428.

EMERGENCY INFORMATION

To relay information to a team or team member in the case of an emergency, please contact the school office at 532-1428.

EMERGENCY PREPAREDNESS GUIDELINES

Each coach will receive training in the emergency preparedness guideline flip chart prior to the start of any sport season. The principal or her designee will do the training. Included in the Athletic handbook is a copy of the emergency preparedness flip chart.

TRANSPORTATION TO/FROM PRACTICES AND GAMES

When games take place at other sites, the school will provide transportation to the games. Coaches must be notified by parents as to how students will be getting home from away games.

BUS BEHAVIOR

As stated in the school handbook, bus transportation is a privilege. Student athletes are expected to follow bus rules and behave properly while on the bus. If an athlete is misbehaving or not acting safely they may lose playing time or receive other appropriate consequences for their behavior. Student athletes are representatives of our school and they should always represent our school proudly!

UNIFORMS AND EQUIPMENT

The school views the care and maintenance of uniforms and equipment as the responsibility of all athletes. Each athlete is responsible for his or her uniform and equipment and must return them immediately following the completion of the season. Athletes who fail to return their issued uniform and equipment will be billed a replacement fee by the Athletic Director. It is much easier to return the uniform and equipment to the coach. Athletes will not be issued new uniforms or equipment for the next season until obligations have been met from the previous season.

Equipment and uniforms will be distributed by the coach prior to the first game of the season. Coaches are also responsible for collecting all uniforms and equipment for their team. The coach must keep accurate records of what is issued to the athletes; this will make it easier when collecting the equipment and uniforms.

STEROID USE

Steroid use is not only illegal, but it also can have serious side effects. Success in sports takes talent, skill, and most of all, practice and hard work. Using steroids is a form of cheating and interferes with competition. More importantly, they are dangerous to your health. There are many healthy ways to increase your strength or appearance. If you are serious about your sport and your health, keep the following tips in mind:

- Train safely, without using drugs.
- Eat a healthy diet.
- Get plenty of rest.
- Set realistic goals and be proud of yourself when you reach them.
- Avoid injuries by playing safely.
- Talk to your pediatrician about nutrition, your health, preventing injury, and safe ways to gain strength.

Truly successful athletes combine their natural abilities with hard work to win. There is no quick way to become the best.

STUDENT INFORMATION MEETING

On the first day of each season the coach will outline the expectations and rules for all students. Coaches will ensure that the students have a complete and up-to-date medical form on file with the school office. All students need this form on file to ensure their safety and well-being. No student may participate in athletics without a signed athletics clearance form.

PARENT INFORMATION MEETING

The administration, the Athletic Director, and coaches will hold a parent meeting at the beginning of each season. This meeting will provide information about the athletic program. Parents are encouraged to call the coach and/or athletic director if they have any questions or concerns.

CONDUCT OF THE COACH

The conduct of the coach, in the view of spectators and players, is the single most important factor in crowd control. If he/she cannot exercise emotional control under stress, then he/she cannot expect it from the less mature students on the team or from the spectators in the stands.

ATHLETIC STAFF GUIDELINES

1. Coaching assignments shall be made by the Principal on a year-to-year basis. The Athletic Director will advise the Principal on the selection of staff.
2. All coaches, paid or unpaid, must be approved by the Athletic Director and Principal.
3. Each coach is responsible for knowing and understanding the athletic policies.
4. Coaches are to demand that their team members conduct themselves as ladies/gentlemen at all times.
5. Coaches are held responsible for the conduct of team members during practice, at games, while traveling and while waiting for parents.
6. All coaches shall help promote team morale and spirit.
7. Coaches should cooperate with fellow staff members, supporting each other in an ethical manner.
8. Coaches must be punctual for all practice sessions and sporting contests and are to be dressed appropriately.
9. All coaching activities are to be organized and supervised by the staff so as to insure student safety.
10. Purchasing of team clothing or equipment must be approved by the Athletic Director.
11. Each coach is responsible to instruct the team concerning athletic policies.
12. A coach will not permit:
 - A. A student to practice or participate on a team against administrative approval.
 - B. Athletes to use non-school transportation to and from athletic contests without prior approval from the Athletic Director.
 - C. An athlete to practice, if he/she did not attend classes that day. The Athletic Director or Principal may allow exceptions.
13. Profanity is not to be used by coaches and/or team members.

14. The coach will assume the responsibility of caring for and reporting injuries. Reports are to be filed with the Principal's Secretary.
15. Each coach will present an updated team roster to the Athletic Director.
16. Coaches philosophies and procedures should follow the spirit, as well as, the letter of School, District and League regulations.
17. Head coaches shall have the overall responsibility of all teams of that sport in respect to philosophy, systems, equipment, and placement of players.
18. Each coach is responsible to see that team members take proper care of equipment and facilities.
19. Each coach has the obligation to respect every sport and to encourage students toward full participation. At no time should any student be encouraged to forego one sport in favor of another except at his/her own discretion.
20. Coaches must be certain that all team members have a Clearance Release Card.
21. Coaches must thoroughly explain eligibility requirements to all team members. It is also imperative that all coaches review team rules and the consequences for violations with all team members prior to the beginning of the season. If a violation occurs, coaches must be sure to discuss it with the athlete. They should not assume he/she knows the procedures and consequences.
22. Coaches must always be aware of the tremendous influence a coach has on young people.
23. Coaches must keep his/her substitutes on the bench and not permit any member of his/her team to engage in unsportsmanlike conduct.
24. Coaches must set an example of good sportsmanship for players and spectators.
25. Coaches should never publicly criticize other coaches or officials.
26. A coach must control his/her emotions and eliminate any show of outraged discontent over an official's call.
27. Coaches should contact officials for interpretations only during periods allowed by the rules.
28. There will be at least one coach with the team at all times.
29. A coach's discipline will be the same for all substitutes and starters.

30. An assistant coach backs up the head coach at all times as far as players are concerned. If you think he/she is wrong, discuss it privately.
31. Coaching responsibilities include care of equipment and facilities.
32. Coaches must know how to recognize actual or potential hazards related to facilities, equipment, supervision and conduct of athletes and implement effective measures to reduce the risk of injury from such hazards.
33. Coaches need to know all details of the emergency plan as it relates to any situation in which they will be coaching or supervising and how to implement that plan in all those situations.
34. Coaches must be aware of what constitutes reasonable care (as required to avoid claims of negligence) in each aspect of performing their duties.