

WASHINGTON UNIFIED SCHOOL DISTRICT
RIVER CITY HIGH SCHOOL PARENT AND
STUDENT GUIDE TO ATHLETICS



“Raiders RISE”

Respectful, Inclusive, Safe, Engaged

CONTACT INFORMATION

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River City Athletics Mission Statement (Action Steps):

1. Teach **RESPECT** & Life Lessons
 - a. Life first
 - b. Winning will follow
2. Nurture an **INCLUSIVE** Experience with a Growth Mindset (ELM Tree of Mastery)
 - a. **Effort**
 - b. **Learning**
 - c. **Mistake will happen (praise failure and grow)**
3. Foster a **SAFE** Environment using Positivity
 - a. Fill the emotional tank!
 - b. 5:1 Praise to correction ratio
4. Model & **ENGAGE** all players to Honor the ROOTS
 - a. **Rules**
 - b. **Opponents**
 - c. **Officials**
 - d. **Teammates**
 - e. **Self**

PURPOSE:

River City High School is proud of its athletic programs and the contribution our student-athletes have made to build a strong sense of community. We expect all our student athletes to embrace the school's tradition to lead in the community, classroom, and in their sport(s).

This parent/student guide provides the goals and objectives, along with the responsibilities and expectations of parents and student athletes while actively involved in our athletic programs. Because student-athletes are held to high standards of performance, citizenship, and sportsmanship during school and non-school functions, acceptance of these responsibilities to self and to the team is mandatory.

Students are expected to perform at a high level of physical fitness in their sport activity. The school district and athletic departments have adopted rules to ensure that students maintain a healthy body during their season of sport.

Parent's support for these standards of excellence is needed to ensure that the proper values are in place for our athletes as guidelines for their participation.

DISTRICT ATHLETIC DISCLAIMER:

Washington Unified prohibits discrimination and/or harassment based on any legally protected characteristics, actual or perceived, including but not limited to race, color, national origin, ancestry, religion, age, marital status, pregnancy, physical or mental disability, medical condition, genetic information, veteran status, sex, sexual orientation, gender, gender identity or gender expression.

PHILOSOPHY OF STUDENT ATHLETICS:

The Washington Unified School District (WUSD) recognizes the importance of athletics as an integral component of a student's complete educational development. As such, we believe that all students should have an opportunity to participate in some form of interscholastic athletics and that such participation should encourage positive scholastic and social growth and achievement. All participants and teams will represent the school and community in a positive manner and will reflect the dedication and hard work that will be required to compete and be successful. Success will not be measured by records that are achieved by teams or individuals, but rather by the knowledge that each participant gave his/her best effort and prepared for each contest to the best of his/her ability. The Washington Unified School District realizes that an effective interscholastic athletic program is the product of responsible cooperation between its four major components: the student-athlete, the coaching staff, the parents, and the site/district administration.

EXPECTATIONS of YOU as an ATHLETE:

Individual and team success in sports results from **commitment**. The athletes that are able to make such commitments reflect their maturity as to family, friends, school, and team.

As an athlete, I commit myself...

- To lead in the community, classroom, and in my sport(s)
- To be a Triple Impact Competitor - Makes self, teammates, and the game better
- To have a Teachable Spirit
- To Honor the Game by respecting the ROOTS of Athletics (Rules, Opponents, Officials, Teammates, and one's Self)
- To practice the ELM tree of Mastery (Effort, Learning, and bouncing back from Mistakes)
- To understand mistakes will happen, and I must "flush it" as soon as possible
- To fill the Emotional Tank of my teammates - Five positive reinforcements to One correction
- To be a worthy representative of my teammates and coaches, abiding by school and community expectations and reflecting my team's values of **commitment** and hard work.
- To maintain my health and fitness levels by following the training rules as prescribed by the Athletic Department and coaches.
- To attend every practice unless excused.
- To understand that my future as a responsible adult and citizen relates to my academic and my athletic activities.
- To find the time to satisfy my family relationships and responsibilities.
- To accept the responsibilities of team membership: cooperation, support of my teammates, shared responsibilities, positive interaction, and mutual respect.
- To be a positive influence by expressing my feelings and ideas intelligently and appropriately.
- To reflect my belief that true strength involves humility and that even the toughest athlete is sensitive to others.

IF YOU ARE INTERESTED IN PARTICIPATING (3 STEPS)...

STEP 1...Contact the head coach.

STEP 2...Complete an Athletic Clearance Account on athleticclearance.com. This contains the following: emergency card, physical form, medical history, athletic contract, insurance verification, warning form, transportation form, voluntary contribution form.

STEP 3...Each student will be evaluated by the athletic director, coach and teacher(s), as to

his/her eligibility for participation. New athletes will be given a fair tryout in order to make the team.

STUDENT ATHLETE GOALS & OBJECTIVES:

***OUR GOAL...** The student athlete shall lead in the community, classroom, and their sport(s), by making themselves, teammates, and their sport(s) better.*

Our Specific Objectives:

- *To work with others...* You must learn to develop self-discipline, respect for authority, and the spirit of hard work and sacrifice. The team and its objectives must be placed above personal desires.
- *To be successful...* You must learn how to compete. You do not always win, but can succeed when you continually strive to do your best. You learn to accept defeat only by striving to improve your individual and team skills. Develop a desire to be the best you can be!
- *To develop sportsmanship...* To accept any defeat like a true sportsman, knowing you have done your best, you must learn to treat others as you would have them treat you. You need to develop social traits, including emotional control, honesty, cooperation, and dependability.
- *To improve...* Continual improvement is essential to good citizenship. As an athlete, you must establish a goal and constantly strive to reach that goal with a strong sense of commitment and dedication.
- *To enjoy athletics...* Athletes should enjoy participation in order to acknowledge all of the personal rewards to be derived from athletics, and to preserve and improve the program. To develop desirable personal health habits... It is important to obtain a high degree of physical fitness through exercise and proper training, and to develop the desire to maintain physical fitness after formal competition has been completed.

ATHLETIC/ACADEMIC ELIGIBILITY:

Participation in extracurricular activities is a privilege. It is presumed that students who are representing Washington Unified School District in various activities are maximizing the educational opportunities that are available to them. Continued eligibility for participation in extracurricular activities is contingent upon the student's maintaining at least a 2.0 grade point average.

THE GPA IS BASED ON AN UNWEIGHTED SCALE.

For Academic Eligibility, **Grades of Progress** and **Grades of Record** are defined as:

- A. **Grades of Progress:** data processor-generated grades assigned to a student but not officially recorded on a transcript; on a traditional semester calendar these are "quarter" grades issued after the first 9 weeks of each semester; on a block/4 term calendar these are grades issued after the first 4-6 weeks of each term.
- B. **Grades of Record:** data processor-generated grades assigned to a student and officially recorded on a transcript.

Eligibility is determined according to Grades of Record

Student-athletes who represent a WUSD school in any athletic competition must meet the following requirements:

1. Earn a 2.0 GPA in 9-12 courses for **Grades of Record** prior to competition.*

2. Students must be current on their **Community Service** requirements.
3. Maintain standards of satisfactory citizenship.
4. Maintain satisfactory attendance record as defined by Board Policy.

* Schools reserve the right to restrict try-outs to only academically eligible students.

Note: Exceptions may be made to the requirements above by an Academic Appeals Committee when health, physical, mental disadvantages, or other extenuating and unusual circumstances exist. If an Academic Appeals Committee grants an exception and waives the Academic Eligibility requirements listed above, the student-athlete must be placed on an official WUSD Appeals Contract and abide by all of its stipulations. This is a one-time contract for all 4 years at River City High School

CONTINUING ELIGIBILITY:

Eligibility is determined by the following:

- A. A student is eligible if on any **Grade of Record** the student has maintained a minimum 2.0 GPA.
- B. Student is current on their **Community Service** requirements
- C. Scholastic eligibility. Students who intend to participate in athletics must meet Scholastic Eligibility guidelines:

1. Students must be enrolled and passing twenty units of work.
2. Student athletes must maintain a 2.0 GPA while passing 20 credits at each grading period to remain eligible during their season of sport.
3. C.I.F. rules require that semester grades be used to determine eligibility. The WUSD has determined that continued eligibility will be based upon 4-6 week grading periods along with first and second semester grades.
 - a. Fall sports eligibility is based upon the previous second semester grades (summer school grades do count towards fall eligibility).
 - b. Winter sports eligibility is based upon the twelve week progress report grades.
 - c. Spring sports eligibility is based upon a student's first semester report card or second semester progress report depending on start of season.
4. Student athletes **MUST** also be on track to graduate and have passed the number of credits established by the WUSD for each semester based upon your grade level (can't be more than 10 credits down)
5. Student athletes **MUST** attend a minimum of four hours of school on the day(s) of participation in their sport. If the athletic competition is to take place during the instructional day or some portion thereof, the student is to attend all classes up to the time of departure. The student is responsible for any work missed during the day.

If you do not fully participate in your classes on a game or practice day, you cannot participate in any after school sports activities. A NON-SUIT IN PE WILL DISQUALIFY A STUDENT FROM PARTICIPATING IN THE GAME THAT DAY.

- NOTE: An exception to this section will be made for the students who can verify, with written documentation that he/she missed school in order to keep an appointment with a medical doctor, court appearance or funeral.

- D. Summer school grades are used for fall eligibility. Administrative Regulation 6145 states:

Summer school grades. In the event students are not academically eligible to participate in activities in the first reporting period of the upcoming year, they may request that current summer school grades be added to the grades received in the spring semester and the average of the total spring semester and summer school grades will be used to establish the grade point average which determines eligibility

to participate in activities for the first reporting period of the upcoming school year. For the purpose of determining eligibility, courses taken during the second semester will be ignored in the calculation if they are repeated during summer school. The summer school grade will be used instead. It is assumed that a student who received a "D" or "F" grade in a required course taken in the spring semester will repeat that course in the current summer school if the course is offered.

- E. Any special case or extenuating circumstances surrounding disputed eligibility of a student shall be reviewed by the principal.
- F. When a student transfers into River City from another school, the following will apply:
 - a. If that student's previous semester grade point average is below a 2.0, he/she shall be ineligible.
 - b. In all transfer cases, students must comply with the C.I.F. transfer rules and be cleared by the principal/athletic director.
- G. Athletes can't compete if:
 - a. They have attended a four year high school for more than eight semesters, or six semesters at a three year high school, or...
 - b. they have transferred schools without a change of residence by their parents/legal guardians or have not been accepted in open enrollment or hardship.
- H. Athletes must be eighteen years or younger at the beginning of the fall semester (September 1).
- I. Athletes will be an amateur in the sport in which they compete.
- J. Documents: All athletes must have the following on file in their athletic clearance account before the first day of practice:
 - 1. A completed WUSD physical examination form. A sports physical must be completed annually and is only valid during the school year in which it is signed by the physician.
 - a. Physicals are good for one year from the date of completion.
 - 2. Insurance company and Policy Number entered into account (medical info)
 - 3. Athletic contract in regards to student/parent warnings of athletics electronically signed
 - 4. Athletic participation consent form electronically signed
- K. An athlete may only be excused from school on a game day and be eligible to participate by one of the following:
 - 1) A physician
 - 2) An administrator
 - 3) An appearance in a court of law for a portion of the day
 - 4) Bereavement
 - 5) School functions (i.e. field trips).
- L. Students owing bills/fines/equipment, from a previous sport, will be ineligible to participate in any other sport until bills/fines/equipment are paid or returned.

RIVER CITY ATHLETICS CODE OF CONDUCT EXTRACURRICULAR ELIGIBILITY POLICY & DISCIPLINE PANEL:

River City Athletics encourages all parents to assist us in administering this policy fairly and equitable for all students by mutually cooperating with school personnel during school conferences regarding alleged violations of this policy. In order to develop themselves as students and citizens, and so that they can fulfill their duties in the most appropriate fashion, students must discipline themselves both mentally and emotionally. This is especially true of Washington Unified School District students

involved in extracurricular programs, for competition is more than contests between individuals representing different schools. It is, as well, a means to learning a way of life, which exemplifies the concepts of honesty, fair play, hard work and dedication to standards of the highest caliber relative to personal and team conduct. Moreover, it must be remembered that representing one's school in an extracurricular activity is a privilege, and not a right.

Sportsmanship will be the top priority of interscholastic athletics. Commitment to fair play, integrity, and a genuine empathy for others must be taught and practiced if we are to make a difference. Athletics should assist in the development of fellowship and goodwill, and encourage the qualities of good citizenship. It plays an important role in developing a healthy self-image as well as a healthy body. Athletics also contribute to school/community spirit and pride.

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. The following processes and procedures will apply to the student athlete when they are in one of the following CIF periods: out of season, dead, season and limited. The policies below do not apply during the CIF summer period and any infractions will be handled internally by the program head coach. During a student athlete's high school career within the Washington Unified School District, all code of conduct infractions are cumulative.

The programs, activities, and participants listed below shall be governed by this policy:

- 1) Sanctioned CIF sports
- 2) Dance, Sideline Cheer, and Marching Band

Class I Infractions. Behavioral: Class I Behavioral Infractions occur when the student athlete, while at school during a school activity or while going to or from school, commits any of the following acts, which are prohibited by the California State Education Code or Washington Unified School District Policy. These infractions may have school and/or athletic consequences.

The following Class I infractions will be assigned consequences by the Athletic Administration and may be recommended for a panel hearing:

- 1) Causes or attempts to cause physical and/or emotional injury to another person through a variety of means. See some examples below:
 - a) Fighting - Ed Code 48900 (a) (1) Caused, attempted to cause, or threatened to cause physical injury to another person. or 48900 (a) (2) Willfully used force or violence upon the person of another, except in self-defense.
 - b) Bullying - Ed Code 48900 (r)
 - c) Social media - Ed Code 48900 (r) (2) (a)
- 2) Chronic absences or truancy - (48900 (w) (1) - school regulations will be enforced along with possible athletic regulations.
- 3) Commits an obscene act or engages in profanity/vulgarity - 48900 (i)
- 4) Disrupts school activities or otherwise defies the valid authority of school personnel - 48900 (k)1
- 5) Violation of league sportsmanship standards. The following behavior is unacceptable at all CIF high school contests: Berating your opponent's school or mascot, berating opposing players, obscene cheers or gestures, negative signs, noise makers, complaining about officials' calls (verbal or gestures).

- 6) Commits theft or receives stolen property - 48900 (g)
- 7) Conduct unbecoming of a student athlete on campus, off campus, or on social media

The following Class I infractions will result in a mandatory panel hearing for determining consequences:

- 8) Hazing - 48900 (q)
- 9) Possession of a dangerous object/weapon - 48900(b) Possessed, sold, or otherwise furnished a firearm, knife, explosive, or other dangerous object, unless, in the case of possession of an object of this type, the pupil had obtained written permission to possess the item from a certificated school employee, which is concurred in by the principal or the designee of the principal. 48900 (m) Possessed an imitation firearm. As used in this section, "imitation firearm" means a replica of a firearm that is so substantially similar in physical properties to an existing firearm as to lead a reasonable person to conclude that the replica is a firearm.
- 10) Commits or attempts to commit robbery/extortion - 48900 (e)
- 11) Vandalism targeted towards another school, student, or group - 48900 (f)

Class II Infractions. Substance Abuse (Drugs/Alcohol): A Class II Infraction occurs when commission of either of the following violation of Education Code Section 48900 (c) and (d) at any time during the CIF periods: season and limited at school or in the community, when observed by school officials, reported by a parent or guardian, or otherwise proven by investigation. These infractions include possession/use of alcohol and/or possession/use of controlled substances including steroids, other than medically prescribed. All Class II Infractions will result in a panel hearing.

Examples of Class II infractions:

- 1) Possession or used tobacco, including chewing tobacco, cigarettes, e-cigarettes, vape pens, etc. - 48900 (h)
- 2) Possessed, offered, arranged, or negotiated to sell drug and/or tobacco paraphernalia - 48900(j).
- 3) Unlawfully possessed, used, sold, or otherwise furnished, or been under the influence of, a controlled substance listed in Chapter 2 (commencing with Section 11053) of Division 10 of the Health and Safety Code, an alcoholic beverage, or an intoxicant of any kind. Use of androgenic/anabolic steroids without the written prescription of a fully-licensed physician to treat a medical condition - 48900 (c)

Suspension and/or Removal Procedure:

- 1) When a violation of this Code of Conduct and/or the California Education Code occurs the Director of Athletics and/or Administration can temporarily exclude a student from participation on a team for a period of up to 5 or more school days to investigate the possible infraction.
- 2) The parents/guardians are to be notified in person or by phone within 24 hours of the temporary exclusion from participation.
- 3) An informal conference with the Director of Athletics and/or Administration and the student could possibly occur. The purpose of this meeting is to give the student an opportunity to be heard with respect to the alleged violation.
- 4) Within 5 school days after notice of being temporarily excluded from the team, the student and the student's parents/guardians must be given an opportunity to be present at an eligibility hearing to determine the length of the student's exclusion, the criteria for reinstatement on the

team, or if the student will be permanently removed from the team. Time periods for the above procedure may be adjusted if necessary to complete the investigation of the offense; the student in question and his/her parents/guardians will be notified of the adjusted schedule.

Removal Hearing:

- 1) For purposes of the Removal Procedure described above, the hearing panel that will determine whether to permanently remove a student from a team will be composed of three (3) voting school personnel as follows:
 - a) Director of Athletics and/or Administrator (one vote)
 - b) School personnel member #1 (one vote)
 - c) School personnel member #2 (one vote)
- 2) Others who may attend and have input:
 - a) Coaches/advisors (non-voting, provide information only)
 - b) Student in question (non-voting, provide information only)
 - c) Parents/guardians (non-voting, provide information only)

Discipline Parameters:

- 1) First offense for a Class I or II infraction - The student-athlete may be suspended from 1 to 30 days from athletic competition or possible removal from the team.
- 2) Second offense for a Class I infraction - The student-athlete will be suspended from 10 to 60 days from athletic competition or possible removal from the team.
- 3) Second offense for a Class II infraction - The student-athlete may be suspended from 30 to 60 days from athletic competition or possible removal from the team.
- 4) Third offense for a Class I or II infraction - Removal from team and Athletic Department for one calendar year.
- 5) Based on severity of the infraction other consequences may be issued in addition and/or in lieu of suspension and removal from team, including but not limited to:
 - a) Letters of apology
 - b) Community service
 - c) Mandated counseling and/or drug and alcohol assessment
- 6) Consequences that are issued for an infraction can carry over from one season of sport to another based on the recommendation from the hearing panel. Furthermore, suspensions and/or consequences can carry over from one school year to the next.
- 7) The Athletic Administration or Hearing Panel may take into account a student's cooperation, honesty, and attitude when determining consequences.
- 8) Self-Disclosure: Students who voluntarily disclose substance abuse dependency to school personnel/parents and who involve themselves in an assessment and treatment program will not be penalized under this policy. The recommendations of the assessor will be shared with the principal in order that he/she may monitor adherence to the program. Self-disclosure may not be used to avoid possible disciplinary action when an investigation is occurring.

Appeal Procedure:

- The Athletic Administration and/or Hearing Panel is charged with the interpretation and enforcement of this policy. Should a student or a parent/guardian wish to appeal decisions of the Athletic Administration or Hearing Panel they have the right to bring this matter to the

Principal for resolution. Should the matter remain unresolved to the satisfaction of all concerned, the appeal may be made to the Director of Secondary Instruction.

CONCUSSION AND HEAD INJURY INFORMATION:

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 on athletic clearance. Once signed, the Sheet is good for one calendar year and is applicable to all athletic programs in which the Student may participate.

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 a 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 healthcare 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.

TEAM ROSTERS:

There is a minimum and maximum number of students permitted to each sport team. ***These numbers are not hard and fast, but represent approximations.***

Sport		Min.	Max	Sport		Min.	Max.
Badminton	<i>B</i>	14	unlimited	Softball	<i>W</i>	12	30
Baseball	<i>M</i>	12	30	Swimming	<i>B</i>	24	unlimited
Basketball	<i>B</i>	8	25	Tennis	<i>B</i>	12	unlimited
X-Country	<i>B</i>	7	unlimited	Volleyball	<i>B</i>	8	25
Football	<i>M</i>	24	80	Water Polo	<i>B</i>	12	50
Golf	<i>B</i>	6	unlimited	Wrestling	<i>B</i>	14	unlimited
Soccer	<i>B</i>	14	30	Track	<i>B</i>	25	unlimited

M- Men W-Women B-Both

PARTICIPATION CODE:

Academic Eligibility:

Each student will be evaluated by the Principal, Director of Athletics and teachers, as to their eligibility for participation. Each student is expected to:

- Complete all homework assignments with care.
- Obtain homework assignments missed due to participation in an athletic event.
- Communicate immediately with your coach, teacher, and parents if you should fall behind.
- Understand that any D's or F's may result in your suspension or removal from the team. (Must have a 2.0 GPA in order to participate)

Citizenship:

All student-athletes are expected to display exemplary citizenship and behavior on or off campus at all times. Every incident will be treated as an individual case and judged on its own merit. The seriousness of the offense, conditions under which it occurred, as well as the student's past record will be considered. Situations that involve administrative intervention in compliance with the River City Student Handbook may result in suspension from participation in athletic activities.

Outside Competition:

According Article 6, bylaw 600 of the C.I.F Constitution

"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"

A River City High School student-athlete should not be participating on another team during the high school's team season of sport. If this rule is violated, the player will be deemed ineligible for the remainder of the season and the team will forfeit some or all of its games.

Residential Eligibility:

The California Interscholastic Federation 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 that special permission forms and letters of approval be on file before a

student can be declared eligible. Any transfer student (except entering 9th graders) must obtain and fill out the necessary C.I.F. forms and receives C.I.F. clearance before he/she may participate in any contests. Intra-district Transfers do not guarantee athletic eligibility. Questions about residential eligibility should be directed to the Athletic Director.

The penalty for allowing an ineligible athlete to participate is severe (forfeiture of all contests in which the athlete participated), any athlete living outside of the school boundaries' must notify the athletic director of his/her residence at the beginning of the season, so that the athletic director can make sure all of the appropriate forms and approvals are on file. An athlete who is dishonest about his/her residence places an entire team in jeopardy. Any athlete known to be using a false address or otherwise not being honest about a residence should be immediately reported to the coach to avoid penalizing the entire team. If a student and his/her parents move out of the attendance area, but the student remains in the school, the student must immediately report his/her change of residence to the appropriate administrator.

School site administration, or designee, may verify a student-athlete's residential eligibility by performing any of the following procedures: a phone call, a home visit, or any other appropriate measure to ensure verification.

THE RIVER CITY ATHLETIC CODE:

Athletics shall be governed by the California Interscholastic Federation (CIF) constitution, CIF by-laws, CIF Book of Rules and Regulations, league by-laws, RCHS Parent and Student Guide to Athletics, and Coaches policies. Athletes shall be directly responsible to the head coach and his assistants.

Honor the Game:

As athletes you are representing yourself, as well as your team, parents, school, and community. Proper conduct is expected at all times, on or off the playing fields and during school and non-school activities. If a student athlete demonstrates inappropriate behavior that damages the image of the team or school, the student may be removed from the team.

ROOTS:

The athlete is to demonstrate the proper respect and courtesy to all Rules, Opponents, Officials, Teammates, and one's Self, as well as coaches, teachers, administrators, and spectators.

Appearance:

As a member of a team, you want to be proud of your appearance. Team members are expected to dress neatly, conservatively, and be well groomed. Your coach may require a dress code on the day of the contest.

Dedication:

An athlete must be willing to dedicate himself/herself to being a scholar/ athlete. The athlete should be aware that nothing worthwhile is accomplished without hard work and a sincere desire to succeed. The athlete must also understand that this means making a commitment to attending all practices, contests, and team meetings. An athlete must be willing to sacrifice his/her own desires for the good of the team.

Language:

Anyone associated with athletics shall use language that is socially acceptable. Profanity, vulgar talk, ethnic, religious slurs or jokes will not be tolerated on or off the playing field at any time.

Letter Requirements

Because of the differences in many sports, each coach will set his/her own Varsity, JV, or Frosh/Soph award requirements. All participants must finish the season, playoffs included, to earn a letter, emblem and certificate of participation.

Transfer Eligibility

Any student who has transferred into River City from another high school must check in with the Director of Athletics to ensure eligibility. You are ineligible to participate in any sport team until cleared by the Director of Athletics and Principal.

EQUIPMENT:

The Washington Unified School District and the River City High School 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 students responsibility.

1. All equipment will be inventoried, numbered, and checked out by coaches.
2. Students are responsible for the security of their equipment and uniforms. In some cases, particularly with game uniforms, the replacement fee may be higher than the original purchase price because special processing and printing may be required to duplicate the uniform.
3. Students are expected to turn in the same piece(s) of equipment checked out to them.
4. Equipment should be returned in the same condition as it was received. Equipment and uniforms should be cleaned before being returned. Students are expected to make arrangements to have torn or ripped clothing repaired prior to turning it into the coach.
5. All equipment must be returned within one week of the last contest.
6. No awards (letters, trophies, etc.) or grades will be issued until all equipment is returned and/or paid for by the student-athlete.
6. Students must return or pay for all equipment before they can practice or participate in another sport. In unusual circumstances when a significant amount of money is owed, arrangements for repayment can be made with the coach and the administrator in charge of athletics.
7. Students who leave a team prior to the end of the season must turn in their equipment and uniform within one week.

BEHAVIOR/SPEECH – RELATIONSHIP TO SOCIAL MEDIA (contract):

Team members should be respectful of other team members, school administrators, the coaches, other students, and parents at all times. Team members are expected to maintain a positive attitude acceptable for the environment. Coaches may take appropriate corrective action where speech, conduct or electronic acts by a team member, whether taking place during a team, team-related, school, or school-related activity or event, or taking place away from school grounds or school or team activities, has a direct disruptive or detrimental effect on, or seriously threatens the discipline, environment, safety or general welfare of the program, other team members, the coaches, or other students, faculty, staff and/or administrators of the District.

TRAVEL:

The school provides transportation to selected away contests.

1. Bus departure times are often determined by the WUSD Transportation Department.

2. At the coach's discretion, students may be signed off the return bus by their parents/guardians or approved adult drivers that have completed an auto usage form and have been fingerprinted.
3. All athletes will dress in an appropriate manner for bus trips. Coaches will establish requirements for proper attire.
4. Students are expected to conduct themselves in a mature, responsible manner. Profanity and inappropriate behavior will not be tolerated.
5. Students are expected to follow all rules set forth by the bus driver and/or coach, to be courteous, and respectful at all times.

TRY-OUT PROCEDURES:

The following is an outline of some of the basic guidelines/timelines that the Athletic Department follows prior to and at the start of a sport season. There are three sports seasons: fall, winter and spring.

Because of the unique nature of each individual sport, this outline may include or exclude some items that the coaching staff does or does not use.

1. Pre-season sign-up meetings: 1 - 3 months prior to the start of the season.
 - a. Fall, winter, and spring seasons begin according to the C.I.F. calendar
2. Pre-season conditioning: 4 – 6 weeks prior to the start of the season.
3. Necessary forms and paperwork.
4. Eligibility - refer to Academic Eligibility.
5. Try-outs.
 - a. A minimum try-out period of 3 practices will be conducted for those sports that make cuts.
 - b. Head Coaches will make the decision in determining the final roster.

THE COACHES PLEDGE:

The Coaches Pledge extends beyond knowledge of athletics and reaches into the life of each of his or her players. It is one of the most important responsibilities in the school and involves at least the same level of commitment that coaches expect of their players. Mutual respect and team membership are to be expected equally of player and coach, and the coach, involve the following promises:

AS A COACH AT RIVER CITY, I PROMISE...

- To be a Double-Goal Coach - 1) Prepare athletes to Win Games, 2) Teach Life Lessons
- Model and teach players how to Honor the Game by respecting their Athletic ROOTS (rules, opponents, officials, teammates, and one's self)
- Seize opportunities to teach important aspects in life, such as hard work, fair play, teamwork, resilience, delayed gratification, and to compete fiercely and with class.
- Help players pursue mastery of their sport, not just scoreboard wins
- Teach mastery by using the ELM Tree mastery method (effort, learning, and bounce back from mistakes - "Flush it")
- Reward and recognize effort, not just good outcomes
- Encourage players to set "Effort goals" tied to how hard they try, not "Outcome goals"
- Use encouragement and positive reinforcement as my primary method of motivation
- Fill my players Emotional Tanks - Five positive reinforcements to One correction
- Have conversations with my players at every practice and game
- To be a model of appropriate language and behavior.
- To respect and dignify each of my athletes as an individual.
- To promote the safety of each athlete and to ask no more in practice or competition than each is

capable of delivering

- To impose the primary importance of each athlete's academic and family responsibilities.
- To reflect in my coaching, striving for the best and most recent thinking and strategy in my sport.
- To assist, whenever appropriate and mutually convenient, with the post high school planning of my players as it relates to athletics.
- To be available to parents at times that is mutually convenient.
- To work, whenever appropriate, with other school personnel to guarantee the best interests of each of my student athletes.

PARENT GUIDE:

A partnership among coaches, athletes, parents, and school personnel is essential if students are to realize the values of athletic participation. Like coaches and athletes, parents must make commitments to the athletic program to assure such a partnership. Please read the following and as needed, discuss your reactions with your child, your child's coach or the Director of Athletics. Thank you for your help, cooperation and support.

Expectations of Parents:

- To be a Second-Goal Parent - Concentrate on your child's character development while letting athletes and coaches focus on the first goal of winning the scoreboard.
- To accompany my child to as many orientations and informational meetings offered by the athletic department or the coach as my schedule will permit.
- To work closely with all school personnel to assure an appropriate academic as well as athletic experience for my child while he or she is in high school.
- To assure that my child will attend all scheduled practices and athletic contests. I understand that this will require self-sacrifice.
- To require my child to abide by the athletic department's and coaches' training rules.
- To acknowledge the ultimate authority of the coach to determine strategy, player selection and playing time of each player.
- To promote mature behavior from students and parents during athletic contests.
- To work cooperatively with other parents and school personnel to assure a wholesome and successful athletic program for our school.
- To work closely with coaches and other school personnel to identify a reasonable and realistic future for my child as a student athlete, both in school and in college.

You can play a key role in helping your child learn the values of winning and losing. Below are some suggested topics you can discuss with your child in these situations.

Value of Winning

Help your child learn the values of winning by:

- Helping them Honor the Game by appreciating their ROOTS (Rules, Opponents, Officials, Teammates, and Self)
- Recognizing the improvement and growth of both individuals and the team.
- Emphasizing competitiveness and doing one's best - "ELM" (Effort, Learning, bounce back from mistakes)
- Filling the Emotional Tank - Five positive reinforcements to One correction
- Offering congratulations for winning, while identifying and discussing the efforts made by individuals and the team.

Value of Losing

Help your child learn from losing experiences by:

- Helping them Honor the Game by appreciating their ROOTS (Rules, Opponents, Officials, Teammates, and Self)
- Recognizing the improvement and growth of both individuals and the team.
- Emphasizing competitiveness and doing one's best - "ELM" (Effort, Learning, bounce back from mistakes)
- Filling the Emotional Tank - Five positive reinforcements to One correction
- Accepting the loss as something to grow by, setting individual/team effort goals, and moving forward.

Conduct:

The importance of parents behaving as model spectators cannot be overstated. Parents who support the rules of conduct provide a role model for their own children, other parents and students. Of particular concern are parents who harass officials, make comments in the stands regarding judgment decisions made by the coach, and try to coach their student athlete from the stands. This is counterproductive and tends to destroy the values of good sportsmanship and the game.

Violation of the above code of conduct could result in one or more of the following consequences: a warning, removal from the venue, suspension, or further discipline to be determined by the administration (per P.C. 602.1, 653g, and P.C. 6476).

Issues of Concern:

What are appropriate issues to discuss with the coach? This is often the question many parents have when their children are participating in sports.

★ PARENTS ARE ENCOURAGED TO DISCUSS:

- The treatment of their child
- Team rules and requirements
- Ways to help their child improve
- Sanctions incurred by their child
- Concerns about their child's behavior
- College participation
- Scheduling of practices (holidays)
- Coaches' expectations for their child and the team

★ PARENTS ARE NOT ENCOURAGED TO DISCUSS AND COACHES WILL NOT DISCUSS

- Placement on teams
- Other student athletes
- Strategies used by the coach
- Playing time

NOTE: It may be difficult to accept that your child is not playing as much as you hoped he or she would. Coaches are professionals. They make judgments and decisions based on seeing your child everyday in practice and do what they believe to be in the best interest of the team. The coach must take into account ALL members of the team, not just your son or daughter.

Coach or Program Complaints:

It is imperative that parents respect the position of the coach and direct any concerns TO THE COACH FIRST. If you wish to discuss a problem or issue concerning your child, begin by contacting his/her

coach. Often the problem or issue is resolved at this level.

Steps for Resolution:

1. Parent encourages child/athlete to meet with the coach, then proceed to step 2
2. Contact the Coach
3. Contact the Athletic Director
4. Contact the Asst. Principal
5. Contact the Principal.

Productive Communication

Please make an appointment to speak with the coach prior to or after a practice day for productive communication. **DO NOT SKIP THE STEPS OF RESOLUTION.**

CIF CODE OF ETHICS:

IT IS OUR DUTY...

- To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
- To eliminate all possibilities which tend to destroy the best values of the game.
- To stress the values derived from playing the game fairly.
- To show cordial courtesy to visiting teams and officials.
- To establish a happy relationship between visitors and hosts.
- To respect the integrity and judgment of sports officials.
- To encourage leadership, use of initiative, and good judgment by the players of the team.
- To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
- To recognize that the purpose of athletics is to promote the physical, mental, social, and emotional well being of the individual players.
- To remember that an athletic event is only "a game" not a matter of life and death for a player, coach, fans, officials, or school.

NON-DISCRIMINATION IN DISTRICT PROGRAMS AND ACTIVITIES (Board Policy 0410)

The Governing Board is committed to equal opportunity for all individuals in education. District programs and activities shall be free from discrimination based on gender, sex, race, color, religion, ancestry, national origin, ethnic group identification, marital or parental status, physical or mental disability, sexual orientation or the perception of one or more of such characteristics. The Board shall promote programs which ensure that discriminatory practices are eliminated in all district activities.

District programs and facilities, viewed in their entirety, shall be in compliance with the American with Disabilities Act. The Superintendent or designee shall ensure that interested persons, including those with impaired vision and hearing, can obtain information about the programs, facilities, and activities available to them.

The Superintendent or designee shall ensure that the district provides auxiliary aids and services when necessary to afford individuals with disabilities equal opportunity to participate in or enjoy the benefits

of a service, program, or activity. These aids and services may include, but are not limited to, qualified interpreters or readers, assistive listening devices, note takers, written materials, taped text, and Braille or large-print materials.

Individuals with disabilities shall notify the Superintendent or principal if they have a disability that requires special assistance or services. Reasonable notification shall be given prior to the school-sponsored function, program, or meeting.

The Superintendent or designee shall notify students, parents/guardians, employees, employee organizations, and applicants for admission and employment, and sources of referral for applicants about the district's policy on non-discrimination. Such notification shall be included in each announcement, bulletin, catalog, application form or other recruitment materials distributed to these groups. The Superintendent/designee shall also provide information about related complaint procedures.