

EAST SIDE UNION HIGH SCHOOL DISTRICT
ATHLETIC AND CHEERLEADER CODE OF CONDUCT

Each school will have one athletic council consisting of all head coaches, athletic directors, and administrators.

MISSION STATEMENT:

We are representatives of ESUHSD athletic department/program. Our purpose is to create uniformity throughout the district, establish district standards, establish district goals, and ensure that athletics and cheerleading is a co-curricular activity and a supplement to the educational process. We will accomplish this by seeing that there is greater communication between stakeholders (parents, community, athletes, cheerleaders, coaches and school staff), and by being accountable (each school will be responsible for the distribution of the athletic and cheerleader code of conduct to the athletes, cheerleaders and his/her parents).

CORE VALUES:

Our goal is to develop the student/athlete and cheerleader to become a productive citizen in society by utilizing teamwork, sportsmanship, physical development, socialization skills and critical thinking skills in a safe educational environment.

CODE OF CONDUCT OFFENSES AND RECOMMENDATIONS:

A) Player who quits a team without coach's release: Player must sit out the remainder of that sport season including practices with the next sport and the athlete may not suit up. The athlete becomes eligible to compete the second Monday of league play.

B) Substance abuse: Any athlete or cheerleader found in possession of drugs, alcoholic beverages, alcoholic beverage bottles, (whether empty or full), drug paraphernalia and/or the use, consumption, distribution, and/or being under the influence of drugs, hallucinogenic drugs, or narcotics, (except when expressly prescribed by a physician) will be declared ineligible for competition or cheering for two weeks upon their return to school. The athlete or cheerleader is responsible to find a substance abuse program and provide proof of rehabilitation.

C) Theft: For grand theft, immediate suspension from the team and ineligible for athletic or cheerleading participation for 180 school days from the date of infraction. For petty theft, and athlete or cheerleader found guilty will be declared ineligible for competition or cheering for two weeks upon their return to school.

D) Athlete dismissed from a team: After review with the appropriate athletic director, the athlete must sit out the remainder of that sport season including practices with the next sport and the athlete may not suit up. The athlete becomes eligible to compete the second Monday of league play.

E) Game ejection: See BVAL bylaws.

F) Suspension by a coach: Follow these procedures: Coach notifies athlete or cheerleader, parent, athletic director, and administration in writing within 2 school days as to the offense. Letter to include length of suspension, date of occurrence, and any additional stipulations required by the coach before reinstatement.

G) Athletes or cheerleaders who commit a misdemeanor or felony: Athletes or cheerleaders who commit a misdemeanor or felony during a sport season will receive immediate suspension from the team and are ineligible for athletic participation/cheering for 180 school days from the date of infraction or until acquitted or charges are dropped.

H) Athletes transferring from one school to another: Athletes transferring from one school to another are required to provide a transfer form signed by the previous school's athletic director and APA before he/she will be allowed to compete. Any sanctions from the previous school will be carried over to the new school.

I) Infraction carryover to another sport: When an athlete has committed an infraction in one sport, the infraction will be carried over to another sport as long as the following procedures are followed: Coach notifies athlete, parent, athletic director and administration in writing within 1 school day of the offense. Letter to include length of suspension, date of occurrence, and any additional stipulations required by the coach before reinstatement.

J) School issues resulting in suspensions: (i.e. insubordination, cutting, fighting, etc.)-APA or advisor will inform the student/athlete or cheerleader that he/she is not allowed to participate for the duration of the penalty and will inform the coach and athletic director of the penalty within 24 hours.

K) Absence on the day of competition: The athlete or cheerleader must attend at least 4 periods or classes unless the above is a school-sponsored activity or there is an extenuating circumstance approved by the coach and an administrator.

L) Athletic trial period: An athlete has a two-week trial period during which he/she may quit an athletic team without penalty. The two-week period begins with the first day of official attendance by the athlete.

M) An athlete may not start practice with another school sports team until: An athlete may not attend practice with any other team until his/her last league, regional, sectional, or state meet in which the athlete is involved is completed.

N) Athletes must turn in equipment: Athletes must turn in their equipment or pay for replacement within five school days after completion of his/her season. Athletes who do not comply will be immediately suspended from any team.

O) An athlete will be allowed to have a rest period: An athlete will be allowed to have a rest period of three school days at the end of the previous sport season before beginning his/her try-outs period without penalty.

P) Each sport team, cheerleading squad or program will create rules and regulations: Each sport team, cheerleading squad or program will create the rules and regulations of their team/squad and distribute it to the athletes, cheerleaders, parents, athletic directors and administration before enforcement will be supported.

Q) Smoking: An athlete or cheerleader who is caught smoking or in possession of tobacco will face school discipline consisting of being cited by police, enrolled in a Saturday program and will miss one athletic contest. The athletic council supports the rules and regulations set down by the individual coach as long as the rules and regulations are within the scope of the school, district, league, CCS and CIF rules and regulations, and the right of that coach to discipline team/squad members accordingly.

Pursuing Victory With Honor

Code of Conduct for Parent/Guardians and 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 highest potential of sports is achieved when all involved consciously Teach, Enforce, Advocate, and Model these values and are committed to the ideal of pursuing victory with honor. Parents/guardians of student-athletes can and should play an important role and their good-faith efforts to honor the words and spirit of this code can dramatically improve the quality of a child's sports experience. 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 all 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.
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.

ANDREW HILL HIGH SCHOOL
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.

For current and up-to-date information on concussions you can go to:
<http://www.cdc.gov/ConcussionInYouthSports/>

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 athletes 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 its better to miss one game than miss the whole season. When in doubt, the athlete sits out.

Andrew Hill High School

ATHLETIC CONTRACT FOR STUDENT-ATHLETE & PARENT/GUARDIAN

Must be printed back-to-back with ESUHSD Transportation Waiver Sheet

LAST NAME, FIRST NAME (PRINT)

I.D. #

1) By signing below, I understand and agree to adhere to all school, district, BVAL/CCS/CIF rules pertaining to athletes and athletic participation including, but not limited to the following:

- *Academic eligibility requirements
- *Residential eligibility requirements
- *ESUHSD transportation authorization agreement
- *Concussion Information Sheet
- *Commitment to abstain from steroid/drug/alcohol/tobacco, other substance usage
- *AHHS student responsibilities inside the classroom (academic & behavioral)
- *ESUHSD Code of Conduct and consequences for infractions
- *CIF Six Pillars of the Athletic Code of Conduct (T.R.R.F.C.C.)
- *Individual team rules and respect/commitment to the team

2) By signing below, both the participating student-athlete and the parents, legal guardian/caregiver hereby agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition. We also understand that the East Side Union High School District policy regarding the use of illegal drugs will be enforced for any violations of these rules.

3) By signing below, the athlete agrees to be responsible for any school equipment/uniforms that were issued during the school year. If equipment/uniforms are not returned at the end of the season, the athlete may lose school privileges. Athletes may be restricted from participating in future sports and attending school activities such as dances, games, etc.

4) We also recognize that under CIF Bylaw 200D, there could be penalties for false or fraudulent information.

Student-Athlete Signature

Date

Parent/Guardian Signature

Relationship to athlete

EAST SIDE UNION HIGH SCHOOL DISTRICT

Must be printed back-to-back with AHHS Athletic Contract Sheet

TRANSPORTATION AUTHORIZATION

(Vehicle driven by self and/or another adult person)

The undersigned hereby acknowledges and understands that the East Side Union High School District (District) is not providing transportation to voluntary school-sponsored activities and that it is the responsibility of the undersigned to arrange transportation for his/her son or daughter.

As parent/legal guardian, I hereby authorize and give permission for my son/daughter _____, to provide his/her own transportation

Please print clearly

in a self-driven vehicle and/or to ride as a passenger in a vehicle driven by another adult. (For any drivers, a personal automobile form must be on file with the school)

The undersigned acknowledges that the District is in no way responsible, nor does the District assume liability for any injuries or losses resulting from this non-District sponsored transportation. Although the District may recommend travel time, routes, or assist in coordinating the transportation to and from this event, I fully understand that such recommendations are not mandatory.

I, the undersigned, further understand that under certain circumstances, the District may occasionally provide District sponsored transportation to an event but not necessarily return transportation from the event. Should this transportation be offered, it is strictly voluntary.

_____ Parent/Legal Guardian Signature	_____ Date
_____ Parent/Legal Guardian Signature	_____ Date