

Cesar Chavez Athletic Package 2008-2009

All students wanting to participate in a sports team at the Frosh, Junior Varsity, or Varsity levels must complete and return all documents from the Athletic Package prior to the beginning of conditioning and/or practice for your particular sport. All students must have a physical per every school calendar year, which begins on JULY 1ST. You must return the LAST 4 PAGES of this packet to the Athletic Director before participating in any sport here at CCHS.

REQUIRED FORMS TO BE COMPLETED AND TURNED IN AT THE ATHLETIC TABLE DURING ORIENTATION & REGISTRATION ARE:

1. SUSD Athletic Code of Conduct for Parents/Guardians and Code of Conduct for Interscholastic Student Athletes must be signed by parent/guardian and student athlete.
2. Informed Consent of Sports Injury Risk Warning & Agreement must be signed by parent/guardian.
3. Agreement regarding Use of Steroids must be signed by both parent/guardian and student athlete.
4. No Go List – When you sign the code of conduct contract, you also agree to abide by the new “No Go List’ policy for athletics and school activities.
5. Field Trip Permission form must be signed by parent/guardian.
6. Pre-participation Physical Examination (sports physical white card in package) which must be filled out by a licensed physician. One physical per SCHOOL year is required.
7. Emergency Card must be filled out completely and signed by a parent/guardian.

All student athletes must meet both C.I.F. (California Interscholastic Federation) and Stockton Unified School District eligibility requirements which includes maintaining a 2.0 G.P.A. (Grade Point Average), being on track for graduation and passing a minimum of 15 credits in the previous semester. All incoming Freshmen are eligible upon entering CCHS, but are susceptible to the above requirements at the conclusion of the FIRST SEMESTER. Eligibility is always determined by the previous semester, not the current grades. However, all athletes may be subject to periodic grade, behavior, and attendance checks and participation can be affected by these checks. Lastly, all athletes must be present for a minimum of (2) periods on a game day in order to be eligible to play that day.

ALL QUESTIONS SHOULD BE DIRECTED TO THE UNDERSIGNED BELOW AT 933-7000, EXT. 8905.

Ryan Berg,
Athletic Director
Cesar Chavez High School

Cesar Chavez High School

ATHLETIC POLICY AND AGREEMENT

A. Attendance

1. Attendance at school is compulsory. Exceptions are to be made only for those student athletes who are appropriately excused (i.e., illness, doctor or dentist appointment, funeral attendance).
2. Attendance at practices and contests is compulsory. Team rules, as established by the head coach of each sport, govern individual student athletes' attendance. Any student athlete who is truant shall be dealt with by his/her coach and may be suspended from the squad indefinitely.

B. Equipment

1. Student athletes should inspect all equipment for rips, tears, cracks, etc. Defects should be reported to the coach immediately. A student athlete who loses school equipment will not receive his/her award and will be placed on the school Fine List.

C. Eligibility

1. Team rules, as established by the Chavez Athletic Department, govern students' athletes relative to daily school attendance on the date of a particular sporting event. Any absence is regulated by standard school attendance procedures.
2. Eligibility will be checked each semester. Student athletes must be passing with a 2.0 G.P.A. or better and not more than one 'F' during the grading period. A minimum of 15 semester units must be passed.
3. Student athletes must carry their Student ID Card.
4. Student athletes competing in a school sport cannot compete simultaneously in any similar out of school sponsored sport. The penalty for this violation will be removal from the squad plus forfeiture of any games played while he/she was on both teams as per C.I.F. regulations.
5. Student athletes must pass a sports physical examination by a family physician, sign, and have a parent or guardian sign the Emergency Information Card.
6. Student athletes seen by a physician or other medical professional, for any injury or serious illness must bring back to the coach a written release from the physician in order to return to participation.

D. Appearance

- 1. All student athletes and managers, boys or girls, shall dress and groom themselves in a reasonable, non-distractive manner. This shall be discussed at the beginning of each sport, and governed by the coach thereafter. If the athlete does not meet these standards, he/she will be subject to team discipline as administered by each coach.**
- 2. The head coach is responsible for the sport in a season, and has the authority to set a reasonable team rule on grooming and appearance as long as it falls within general school and district guidelines.**

E. Transportation

- 1. Student athletes must travel to and from contests in appropriate transportation. Exceptions may be made in advance and require parent/guardian consent.**

F. Rules/Violations

- 1. Misconduct such as theft, vandalism, or any other violations by a team member shall be dealt with by the coach of his/her respective sport and reports as soon as possible to the administration if the misconduct is in violation of school rules.**
- 2. No member of a squad shall possess or use alcoholic beverages, tobacco, or narcotics of any kind.**
- 3. A student athlete may be removed from a squad for insubordination to any coach, lack of cooperation or in the best interest of the squad as determined by his/her respective coach.**
- 4. Violation of the above rules may result in a loss of any awards earned by the athlete. This will be a determination made by the Administration, Athletic Director, and coach of the participant's team. Any appeal of this policy must be in writing with specific reasons submitted as to why a coach's decision should be reviewed. All written appeals will be submitted to the Athletic Director and subsequently reviewed by him and the Assistant Principal overseeing Athletics. The final avenue of appeal relative to Athletic Policy violations will be handled by the site principal.**

G. Dismissal from the squad

- 1. A student athlete who quits a sport or is dropped, after the first practice game or game type scrimmage, cannot compete in another sport until that sport is officially over, unless agreed upon by the coaches and approved by the Athletic Director and Assistant Principal over-seeing Athletics.**
- 2. Unfortunately, squad exclusions (i.e., “cuts”) are necessary due to the competitive nature and constraints of certain sports. These are made by the coach, and only the coach, and are not subject to appeal.**
- 3. Anyone who is cut from a squad may participate in another sport during the same season.**

***The Athletic Emergency Card must be filled out and signed by the athlete and parent or guardian indicating, that all have read, understood and signed on the Athletic Emergency Card. It is then filed with the Athletic Director.**

****Policy concerning the moving up or down of a student athlete from one level of competition to another. Coaches are required to thoroughly discuss a move of this nature with the student athlete and parent or guardian, in addition to the Athletic Director. Philosophically, the student athlete should be mature enough to have the ability to handle competition. A student athlete who moves up should get enough playing time to make it worth his/her while. When moving a student athlete up to a higher level of competition, it should be done in the best competitive interest of the student and team involved. These will be done under the guidance of the Athletic Director.**

CIF – Cesar Chavez High School
Code of Conduct for Interscholastic Student-Athletes

Athletic competition of interscholastic age children should be fun and should also be a significant part of a sound educational program. Everyone involved in sports programs has a duty to assure that their programs impart important life skills and promote the development of good character. Essential elements of character building are embodied in the concept of sportsmanship and six core ethical values: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the “Six Pillars of Character” sm). The highest potential of sports is achieved when all involved consciously Teach, Enforce, Advocate and Model (T.E.A.M.) 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.

TRUSTWORTHINESS

- *Trustworthiness* – Be worthy of trust in all you do.
- *Integrity* – live up to high ideals of ethics and sportsmanship and encourage players to pursue victory with honor. Do what's right even when it's unpopular or personally costly.
- *Honesty* – Live honorably. Don't lie, cheat, steal or engage in any other dishonest conduct.

- *Reliability* – Fulfill commitments. Do what you say you will do.
- *Loyalty* – Be loyal to the school and team; put the interests of the team above your child's personal glory.

RESPECT

- *Respect* – Treat all people with respect all the time and require the same of your student-athletes.
- *Class* – Teach your child to live and play with class and be a good sport. He/she should be gracious in victory and accept defeat with dignity, compliment extraordinary performance, and show sincere respect in pre and post game rituals.
- *Disrespectful Conduct* – Don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual nature, trash-taking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
- *Respect for Officials* – Treat game officials with respect. Don't complain about or argue with official calls or decisions during or after an athletic event.

RESPONSIBILITY

- *Importance of Education* – Support the concept of "being a student first". Commit your child into earning a diploma and getting the best education. Be honest with your child about the likelihood of getting an athletic scholarship or playing on a professional level. Reinforce the notion that many universities will not recruit student-athletes that do not have a serious commitment to their education. Be the lead contact for college and university coaches in the recruiting process.
- *Role-Modeling* – Remember, participation in sports is a privilege, not a right. Parents/guardians too should represent the school, coach and teammates with honor, on and off the field. Consistently exhibit good character and conduct yourself as a positive role model.
- *Self-Control* – Exercise self-control. Don't fight or show excessive displays of anger or frustration.
- *Healthy Lifestyle* – Promote to your child the avoidance of all illegal or unhealthy substances including alcohol, tobacco, drugs and some over-the-counter nutritional supplements, as well as of unhealthy techniques to gain, lose or maintain weight.
- *Integrity of the Game* – Protect the integrity of the game. Don't gamble or associate with gamblers.
- *Sexual Conduct* – Sexual or romantic contact of any sort between students and adults involved with interscholastic athletics is improper and strictly forbidden. Report misconduct to the proper authorities.

FAIRNESS

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

CARING

- *Concern for Others* – Consistently demonstrate concern for student-athletes as individuals and encourage them to look out for one another and think and act as a team.

CITIZENSHIP

- *Spirit of rules* – Honor the spirit and the letter of rules. Teach your children to avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

INFORMED CONSENT AWARENESS OF SPORTS INJURY RISK WARNING AND AGREEMENT

By its very nature, competitive athletics can put students in situations in which SERIOUS, CATASTROPHIC, and perhaps, FATAL accidents could occur.

Students and parents/guardian must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution or supervision will totally eliminate all risk of injury. Just as driving an automobile involves choice of risk; participation in athletics is inherently dangerous. The obligation of parents and students in making this choice to participate cannot be over-stated.

By granting permission to your son/daughter to participate in athletic competition, a parent or guardian acknowledges that playing or practicing in any sport can be a dangerous activity involving MANY RISKS OF INJURY. Both the athlete and parent must understand that the danger and risks of playing or practicing to play include but are not limited to, death, complete or partial paralysis, brain damage, serious injury to virtually all internal organs, bones, joints, ligaments, muscles, tendons, and other aspects of the skeletal system and potential impairment to other aspects of the body, general health and well being.

Because of the dangers of participating in sports, we (parent and athlete) recognize the importance of following coaches' instructions regarding playing techniques, training, equipment and other team rules, etc. both in competition and practice and agree to obey such instructions.

If any of the foregoing is not completely understood and you have questions, please contact your school athletic director or school administrator for further information.

At the beginning of the school year or a season of practice both the athlete and parent need to be informed in writing of the above information. The school must require that both the athlete and the parent sign and date a sheet of paper acknowledging that they have read the above statement and understand it thoroughly. This signed form will be kept on file with the athletic director.

It is also preferable to have this warning additionally transmitted verbally to parents and athletes at pre-season meetings held by either the coach or athletic director. It is one of the legal responsibilities of a school, is that parents be informed of both awareness of risk and the responsibility to follow instructions and then give their consent to participate.

Note: As added by SB 37 (Ch. 673, Statutes of 2005), Education Code 49033 requires the California Interscholastic Federation to adopt a bylaw, effective July 1, 2006, requiring any student participating in athletics and his/her parent/guardian to sign an agreement that the student will not use steroids and dietary supplements banned by the U.S. Anti-Doping Agency and the substance synephrine, unless the student has written prescription from a licensed health care practitioner to treat a medical condition. The following agreement is based on a sample developed by the California Interscholastic Federation.

AGREEMENT FOR STUDENT ATHLETE AND PARENT/GUARDIAN
REGARDING USE OF STERIODS

Directions: As condition of membership in the California Interscholastic Federation (CIF) and in accordance with Education Code 49030, the Governing Board of the Stockton Unified School District has adopted Board Policy 5131.63 prohibiting the use and abuse of androgenic/anabolic steroids as specified below. CIF Bylaw 524 requires that all participating students and their parents/guardians sign this agreement.

By signing below, we agree that the student shall not use androgenic/anabolic steroids or any dietary supplement banned by the U.S. Anti-Doping Agency as well as the substance synephrine, without a written prescription from a licensed health care practitioner to treat a medical condition. We recognize that under CIR Bylaw 200.D the student may be subject to penalties, including ineligibility for any CIF competition, if the student or his/her parent/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 or suspension or expulsion from school.

No Go List Criteria

<i>Criteria</i>	<i>How are students placed onto the No Go List?</i>	<i>How are students taken off the No-Go List?</i>
Attendance (including tardies)	<ul style="list-style-type: none"> ❖ 6 or more tardies in two weeks ❖ 2 days or 4 periods of unexcused absences in two weeks 	Students must serve two lunch detentions or one after school detention to be removed from the list. Students using this process more than 2 times within a 9 week period may be moved to the discipline requirements of getting off the list
Discipline	Behavior referrals, suspensions, failure to attend administrative detention and/or Saturday School	Behavior clearance signed by all teachers after 5 consecutive days of good behavior
Administrative intervention	Students behavior does not fall under the above items may be removed from athletic team, band, club, or banned from all Chavez extra-curricular activities and events	Clearance designed by administrator (i.e. weekly progress reports, grade and/or attendance checks, behavior clearance and/or a combination of the above)

Students on the No Go List **CANNOT DO THE FOLLOWING** until they are cleared by their administrator:

- Participate or attend *Athletic* activities
- Participate or attend *Club* activities
- Participate or attend *School* activities

Agreement to all of the Above

I have read and understand the requirements of the CCHS Athletic Policy, the Code of Conduct, the informed consent awareness policy, the CCHS agreement regarding the use of steroids, and the No-Go List policy. I understand that I'm expected to perform according to this code and I understand that there may be sanctions or penalties if I do not. I also hereby grant permission to my son/daughter to participate in athletics at Cesar Chavez High School.

Student-Athlete Print/Signature

Parent Print/Signature

Date: _____

*****By signing above, I acknowledge that I have read and agree to the contents of the Athletic Package*****

Pre-participation Physical Evaluation

PHYSICAL EXAMINATION

Name: _____		Date of Birth: _____	
Height: _____	Weight: _____	% Body Fat (optional): _____	Pulse: _____ BP _____/_____ (____/____, ____/____)
Vision R 20/ _____	L 20/ _____	Corrected: Y N	Pupils: Equal _____ Unequal _____

	NORMAL	ABNORMAL FINDINGS	INITIALS
MEDICAL			
Appearance			
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart			
Pulses			
Lungs			
Abdomen			
Genitalia (males only)			
Skin			
MUSCULOSKELETAL			
Neck			
Back			
Shoulder/arm			
Elbow/forearm			
Wrist/hand			
Hip/thigh			
Knee			
Leg/ankle			
Foot			

*Station-based examination only

Clearance

Cleared after completing evaluation/rehabilitation for:

Not cleared for: _____

Reason: _____

Recommendations:

Name of Physician (print/type): _____

Date: _____

Address: _____

Phone: _____

Signature of Physician:

_____, MD or DO

FIELD TRIP PERMIT

PARENT MUST COMPLETE BOTH SIDES OF THIS FORM, AND RETURN IT TO THE SPONSORING TEACHER BEFORE THE FIELD TRIP.

Name of Student _____ Birth Date _____
School _____

I hereby agree to permit my son/daughter to take part in the school activity/field trip listed below and to use the transportation indicated:

Activity/Field Trip _____

(Trip to Cannery, Key Club Convention, etc.)

Activity/Field Trip Date _____
Transportation _____
(School Bus, Charter Bus, etc.)

Purpose of Field Trip _____

Name of Sponsoring Teacher _____

Home Phone _____ Cell Phone _____ School
Phone/Ext _____

It is agreed that my son/daughter will abide by the provisions in the California Education Code, the Official Operating Policies of the Stockton Unified School District, and the rules and regulations of the sponsoring teacher while participating in this field trip.

I hereby agree and understand that if my son/daughter breaks any rules and regulations that places the safety, education, or welfare of the group or himself/herself in jeopardy, he/she will be sent home early, and at my expense. Furthermore, I give permission to the sponsoring teacher to take whatever disciplinary action is judicious to ensure the safety, welfare, and education of the group.

I also agree that, in the event of an emergency, the supervising adult may seek any medical treatment or surgery, and may share medical information as needed for my son/daughter without further approval while he/she is on this trip.

I further agree that, while on this trip, my son's/daughter's picture may be taken and reproduced for educational purposes using still, motion, or video tape.

Address _____

Home Phone _____ Cell Phone _____ Work
Phone/Ext _____

Parent's or Guardian's Signature _____
Date _____