

PARADISE



ATHLETICS

where

Character Counts

Athletic Handbook

2014-2015

HOME OF THE BOBCATS

PARADISE HIGH SCHOOL
5911 MAXWELL DRIVE
PARADISE, CA 95969
530-872-6425
<http://phs.pusdk12.org/>

Michelle John, Co-Principal
Jeff Marcus, Co-Principal & Athletic Administrator
Arron DeGracia, Athletic Director



PARADISE HIGH SCHOOL

2014-15 STUDENT ATHLETIC HANDBOOK

Philosophy of Interscholastic Athletics

The major objective of the Paradise High School athletic program is to provide wholesome opportunities for students to develop favorable habits and attitudes through their experiences.

Leadership of teams should be of the highest quality, so as to exemplify to the participants the desired type of individual to be developed from the Athletic Program. Measurement of the success of the leadership should not be in terms of the tangible evidence of victories and defeats, but in the intangible personality development factors that are an outgrowth of the major objectives of the Athletic Program.

The Athletic Program will always be in conformity with the general objectives of the school, and the athletic administration will be in line with the general policies of the institution. At no time shall the program place the total educational curriculum secondary in emphasis; the program shall function as a part of the whole curriculum and constantly strive for the development of a well-rounded individual, capable of taking his/her place in modern society.

Paradise Athletics Mission Statement

The athletic facilities are our classrooms and the game is our vehicle to teach lifelong lessons, create memorable experiences, and to have fun!

It is the mission of our program to establish character and sportsmanship in our student-athletes.

The character goals we will emphasize are:

- Commitment
- Respect
- Unity
- Confidence
- Excellence
- Humility
- Courage

Introduction

The time during which you represent your high school in interscholastic competition under the governance of the California Interscholastic Federation (CIF) and Paradise High School (PHS) may be four of the most enjoyable years in your life. As you compete, you will have local and state rules and regulations you must follow in order that your interscholastic participation and competition can be a profitable educational experience.

The principal of PHS serves as the Athletic Administrator and is responsible to certify the eligibility of all students representing the school in interscholastic athletics. He/she and the Athletic Director have complete copies of all CIF, Section, and PHS eligibility rules.

Information contained in this handbook highlights the important features of the CIF bylaws regarding athletic eligibility and includes PHS athletic guidelines. You may lose your eligibility to represent PHS in interscholastic athletics if you violate these bylaws/guidelines. It is extremely important that you review the material contained in this handout with your parents/guardians so that you thoroughly understand the implications to you as an athlete at Paradise High School. If you need assistance with respect to eligibility or any other questions regarding this handbook, contact your coach or the Athletic Director.

Parent Expectations

Parents, along with the coach, should be excellent role models of all character qualities mentioned in this handbook. The following ideas are a few things you can do to help Paradise Athletics be a quality experience:

1. Make sure your children know you love them, appreciate their efforts, and be the most constant and positive person in their lives.
2. Teach your children to always feel good about themselves when giving their best.
3. Be a great fan, attend games and practices, and show respect for the opponents and game officials.
4. When having discussions with coaches comply with the following Guidelines for Communicating with Coaches:

Parents are encouraged to discuss:

1. Ways to help their child improve.
2. Treatment of their child.
3. Concerns about their child's behavior.
4. Coaches expectations for their child.
5. Team rules.

Things that are "Off Limits" for discussion:

1. Playing Time.
2. Game Strategies.
3. Other Student-Athletes.

Three-Step procedures for communicating with a coach:

1. If appropriate, talk with your son/daughter about your question. What is your child's prospective? Can your child solve the problem by himself/herself?
2. Set up a meeting with the coach if you still have questions. This meeting will remain as an informational meeting where you can ask questions, listen, and have a discussion. Remember that the coach makes decisions for the good of the team based on practice, ability, attitude, and chemistry.
3. If questions remain, set up a meeting with the Athletic Director, coach, and yourself.

Guidelines for meetings:

1. The conversation must be in a professional manner with regard to both language and conduct.
2. Everyone will get a chance to talk, but everyone must listen.
3. Emotional control by all parties is imperative
4. Meetings must not occur on game days, practice time, or Sundays, and are held only by appointment.

Athletic Bylaws and Guidelines

Any student enrolled at Paradise High School (PHS) who satisfies the requirements of the California Interscholastic Federation (CIF) and those of the District, is eligible to try out for an athletic team.

North Section/CIF Eligibility Requirements:

1. Age Limit - Article 2, Section 201: Ineligible if 19 on or before June 15.
2. Semesters of Eligibility - Article 2, Section 202: Student is eligible for the first eight semesters of his/her high school attendance.

3. Transfer Rule - The CIF 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 special permission, and forms and letters of approval are to be on file before a student can be declared eligible. Questions about these exceptions should be addressed to the Athletic Administrator or Athletic Director.
4. Amateur Standing Rule - Article 4: A student who violates CIF amateur or award rules shall be barred from CIF competition in that sport.
5. Outside Competition - Article 6, Section 600: A student on a school team becomes ineligible if he/she competes in a contest on an outside team in the same sport during the high school season of sport.
6. All Star Competition - Article 9: Any pupil taking part in a prohibited All Star contest shall be barred from ALL CIF athletic contests.

Note: Because the penalty for allowing an ineligible athlete to participate is severe (the team must forfeit all the contests in which the athlete participates), any deviations from the above rules should be brought to the coach's attention at the beginning of the season, to make sure all appropriate forms and approvals are on file. An athlete who is dishonest about these rules places an entire team in jeopardy. Any athlete known to be violating any of these rules should be immediately reported to the coach to avoid penalizing the entire team.

Academic Eligibility

It is the policy of the Paradise Unified School District that students who desire to participate in the Interscholastic Athletic Program will be making satisfactory progress toward graduation. To be eligible to participate in interscholastic athletics the following rules will apply.

1. The student will have earned a GPA of no less than 2.0 in all classes attempted the previous grading period-eligibility will be checked at the end of each grading period and each semester.
2. The student will have earned credits each semester as follows:

	<u>1st Semester</u>	<u>2nd Semester</u>
Freshman	30	60
Sophomore	90	120
Junior	150	180
Senior	210	230

3. The student will be currently enrolled and passing no less than four classes.
4. A student is '*academically eligible*' to participate in sports at PHS if they meet the minimum standard set by the California Interscholastic Federation (CIF), i.e. passing a minimum of 4 classes and earning 20 credits with at least a 2.0 GPA. If the student does not achieve the standards set forth above he/she will be placed on '*academic probation*' whether or not he/she is currently participating in a sport. During this probationary period the student can still play in athletic contests but should focus on improving his/her grades. The student will have the next grading period to raise his/her GPA to at least a 2.0. If he/she fails to reach this academic minimum during the probationary period he/she will become '*academically ineligible*' for athletic competition until he/she meets or exceeds the CIF standards delineated above.
5. A student failing in any subject may not be excused from that class during the regular school day, at teacher discretion. This applies to both athletes and cheerleaders. Teachers electing to not release a student-athlete must provide a 24-hour notice.
6. Summer school credit may be added to spring semester credits to make up unit or grade deficiencies.

7. All eligibility evaluation criteria will be effective no later than the 3rd school day following the day grades are formally posted. All students must be declared eligible and/or ineligible on the same date. The Athletic Director will notify coaches of the eligibility status of all of their student-athletes.
8. A student who is academically ineligible to participate in interscholastic athletics may be allowed to practice with the team as long as they have the consent of their coach.
9. Grades for any grading period cannot be changed in order to make an athlete eligible unless the reason for change is teacher error.

School Attendance

1. The student is to attend all classes regularly and punctually, and to make every effort to complete all class assignments on time and to the best of his/her ability.
2. The student must attend all classes on a given day in order to attend team practice or participate in an interscholastic contest, unless he/she has a valid excuse as determined by the Athletic Administrator or Athletic Director in accordance with California Educational Code.
3. A student is temporarily ineligible to practice or participate in any way on a team while suspended from any class.
4. Truancies:
 - Once the team coach has been notified that a student-athlete has been truant from any class on any given day or days, he/she will confer with the student-athlete regarding compulsory attendance at all classes and the consequences of missing any more classes. The coach also will notify the parents of the student-athlete informing them of the attendance policy and the consequences for their student should any other truancy occur.
 - For the second and all subsequent notifications, the coach will suspend the student-athlete for one athletic contest within the school week following such notification. If no contest is scheduled within the first school week, the student-athlete must be suspended for the first contest following notification of the coach.
 - Teachers notifying coaches of such truancies should do so in a timely manner.
5. Students will dress down and participate in their PE classes on game days, failure to do so may result in missing the contest.

Practice Attendance

1. Students who participate in athletics make a commitment to a team and are expected to maintain good attendance.
2. Students are expected to attend all practices and contests unless they are absent from school due to illness or are excused by their coach. Students must communicate directly with the coach when they cannot attend a practice.
3. Unexcused absences from practice or failure to maintain good attendance may be cause for removal from a team.
4. Coaches may adopt individual rules for practice and contest attendance.

Care of Athletic Equipment

The district provides 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 expected to turn in the same piece(s) of equipment checked out to them. It is the student's responsibility to check the equipment numbers checked out, to make sure they match the numbers recorded.

3. Equipment should be returned in the same condition as it was received. Equipment and uniforms should be cleaned and washed before being returned. Students are expected to make arrangements to have torn or ripped clothing repaired prior to turning it in.
4. Broken equipment must be returned before a replacement can be issued.
5. Students are responsible for the security of their equipment and uniforms. Students will be financially responsible for replacing any lost or stolen equipment or 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.
6. All lost or stolen equipment and uniforms will be reported to the police department. Any student found wearing equipment reported as stolen may be charged with possession of stolen property.
7. No awards (letters, trophies, etc.) will be issued until all equipment is returned and/or paid for.
8. 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 may be made with the coach and the athletic director.

Athletic Awards

All athletes are to abide by the school rules concerning the earning and wearing of the school "Block P" athletic award and the Block Letter Jacket.

1. At Paradise High School the student earns the Athletic award on a participation system. The "Block P" will be awarded after an athlete has lettered in his/her first sport during the 10th grade year or after his/her first varsity sport.
2. The earning of the "Block P" applies to athletes, managers, and cheerleaders only.
3. When a student has earned his/her "Block P" he/she is eligible to purchase the Block Letter Jacket.
4. Wearing of awards-only PHS, EAL, and CIF awards should be worn on the Block Letter Jacket.
5. Athletes must complete the entire season with the team, including all playoff or section championship contests, in order to receive any school award for that sport.
6. Individual sport symbols will be awarded every year an athlete participates on a varsity team.
7. A special award will be presented to all seniors who have played three sports for four years.

Sportsmanship

Participation in the Athletic Program of this district requires adherence to the highest standards of good sportsmanship. Aspects of good sportsmanship include ensuring fairness in competition and exhibiting respect for the people and institutions associated with athletic contests.

In order to promote fairness in competition, a series of rules governing each sport have been adopted. Good sportsmanship requires that athletes adhere to the rules of the game. Further, it requires that athletes comply with the spirit of those rules which were written to promote fairness. Athletes of Paradise High School will be required to comply with the rules of each sport and to further ensure that fairness in competition is not limited by their actions in any way.

An additional aspect of good sportsmanship includes respect for all people and institutions associated with athletic competition. Athletes of PHS will be required to exhibit respect for officials, coaches, fans and opponents.

Athletes must understand that compliance with the standards of good sportsmanship is an absolute which is required regardless of the particular situation. Good sportsmanship is required by athletes experiencing success or failure, victory or defeat. Athletes who find themselves unable to comply with these standards must understand that their opportunity for participation may be limited or removed.

General Behavior

Profanity, unsportsmanlike conduct, and disrespect to any person or institution will not be tolerated and may be cause for removal from a team. Athletes accept responsibility for their actions both on and off the field. An athlete's language and behavior should not embarrass himself, the team, the school, the district, or the community.

1. Throwing of equipment, profanity, or any similar displays of unsportsmanlike behavior will not be tolerated.
2. Defiant behavior and back-talk toward any coach, school official, or game official will not be tolerated. Any disagreements should be handled in private mature discussions.
3. Any student who steals, damages, defaces, or possesses without permission a teammate's property, PHS school property, or property from any other school will be ineligible to participate in any interscholastic contests for a period of at least two weeks. The student may continue to practice with a team, but may not wear a school uniform or otherwise represent a team in any interscholastic contest. Steps as outlined under "Procedures Regarding Suspension of an Athlete" will be followed (see page 8).

Transportation/Road Trips

The district provides transportation for most away contests. Students are normally expected to go and return on the district-provided transportation. The following guidelines will be followed:

1. Buses will leave on time. Students who miss a bus may not participate in the contest unless for some acceptable reason (such as a doctor's appointment) a student cannot leave on the regularly scheduled bus, the student may contact his/her coach, the Athletic Administrator, or the Athletic Director before the date of the contest to see if other transportation arrangements can be made.
2. At the coach's discretion, students may be signed off the bus by their parents only.
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. All athletes will remain under the supervision of their coach while attending an away contest.
6. At no time will any student be allowed to drive or ride with another student to or from a contest.

Rules Relating to Tobacco during School Hours, at School Activities, or not during School Hours

Students should understand that the coaches at Paradise High School and the administration of the district believe that the use of tobacco is not acceptable for high school athletes for health and safety reasons.

1. Any student who smokes, chews, or possesses tobacco in any form will be ineligible to represent the school in any interscholastic contest for fourteen (14) calendar days from the date of the infraction. The student may continue to practice with a team, but may not wear a school uniform or otherwise represent a team at any interscholastic contest.
2. A second offense involving tobacco will cause the student to be ineligible for one calendar year from the date of the second infraction. The student may not practice or participate with a team during the period of ineligibility.
3. A third offense involving the use of tobacco products will result in the student being banned from participating in any district-sponsored athletics for the remainder of his/her high school years.

Rules Relating to Alcohol and Drugs during School Hours, at School Activities, or not during School Hours

1. An athlete who is under the influence, or in the possession, of alcohol, drugs, or any other controlled substance, will be suspended from the team for thirty (30) calendar days. If the student participates in an approved substance abuse counseling program he/she will be permitted to continue to practice, with coach approval, but will not be allowed to travel with the team or play in games.
2. A second offense involving alcohol, drugs, or any other controlled substance, will cause the student to be ineligible for one calendar year from the date of the infraction. The student may not practice or participate with a team during the period of ineligibility.
3. A third offense involving alcohol, drugs, or any other controlled substance, will result in the student being banned from participating in any district-sponsored athletics for the remainder of his/her high school years.

Criminal Activity

This includes both on campus and off campus arrests.

1. Any student arrested for a misdemeanor will be suspended for fourteen (14) calendar days.
2. Any student arrested for a felony is ineligible for one calendar year unless charges are dropped or reduced.

Procedures Regarding Suspension of an Athlete

1. The coach of the sport in progress will inform the student of the infraction.
2. The student will have the opportunity to explain his/her action.
3. After consideration of the facts of the incident, the coach will take appropriate action which would include notifying the student's parents.
4. If the student or the student's parents wish to appeal the decision, the case may be presented in writing to the Athletic Director.
5. The Athletic Director will convene an Athletic Review Board to consider the matter. The Athletic Review Board will be made up of the Athletic Director, the coach involved, and an administrator.
6. The Review Board will convene within ten (10) school days after the request is received by the Athletic Director and as soon as it is convenient for those involved to meet. The athlete and his/her parents will be encouraged to participate in the meeting. A decision by the Board will be rendered within 24 hours from the conclusion of the hearing.
7. At the termination of the suspension, the athlete will go before the Athletic Director to regain eligibility by making sure all stipulations of the suspension have been met.

Leaving a Team

Students are encouraged to try a variety of sports. Students may leave a team up through the 3rd calendar week of scheduled contests without penalty by personally notifying the coach that they no longer wish to participate. After this "tryout" period, an athlete leaving a team will be ineligible to participate in any athletic contests through the first 3 calendar weeks of scheduled contests in the next sport that he/she participates in. Any appeal to this must be made in writing to the Athletic Director within five (5) school days after the athlete's last day of practice.

Athletic Clearance Form

1. Every student wishing to participate in a sport at Paradise High School must have on file with his/her coach an Athletic Clearance form. The student and his/her parents or guardians must complete all the questions and have the required signatures before turning the form into the coach. This form includes the following clearances:
 - Participation Physical Evaluation – History Form (to be retained by the Athletic Director)
 - Participation Physical Evaluation – Physical Examination Form (to be retained by the Athletic Director)
 - Participation Physical Evaluation – Clearance Form (to be retained by the Athletic Director)
 - Injury Warning and Parental Permission to Participate in Athletics and to be Treated in Case of Injury (will be in the coach's possession at every practice and game)
2. Student-athletes must have a yearly physical from a qualified physician who will complete the physical examination portion of the Athletic Clearance form. In order to be accepted for athletics, the physical must be completed after July 1st of the school year in which the athlete plans to compete.
3. Athletic Clearance forms can be provided by head coaches and are also available in the Main Office at PHS. Student's parents must complete the 'Participation Physical Evaluation – History Form' before the physical.
4. The completed form should be given to the coach.

General Remarks

A student athlete is a special individual-special both in terms of the opportunities and responsibilities encountered. Working hard, playing hard, and living up to high behavior standards will help students in their future endeavors. We are pleased to have you as part of our athletic program. Your coaches want to work with you to make this one of the most important and enjoyable experiences of your high school career.

CIF Conditions of Participation for Student-Athletes

Parent/Student Athletic Handbook Acknowledgement

By our signatures below we verify that we have read and understand the responsibilities as outlined in the 2013-2014 Paradise High School Athletic Handbook.

Student Name (print legibly)

Student Signature

Parent/Guardian/Caregiver Name (print legibly)

Parent/Guardian/Caregiver Signature

Date



PARADISE HIGH SCHOOL
5911 MAXWELL DRIVE
PARADISE, CA 95969
530-872-6425
<http://phs.pusdk12.org/>



Michelle John, Co-Principal
Jeff Marcus, Co-Principal & Athletic Administrator
Arron DeGracia, Athletic Director

Please return this to your coach with the required signatures

A copy of the PHS Athletic Handbook can be downloaded from the school website @ www.phsk12.org/athletichandbook or a full copy can be picked up in the main office by request.

