

PARADISE HIGH SCHOOL

Home of the Bobcats



Student Athlete/Parent Handbook 2021 - 2022

<p>www.phs.pusdk12.org</p> <ul style="list-style-type: none">• Daily Bulletin• Athletics Updates• Bobcat Parent Newsletter• Aeries Website• Updated Calendar of Events• Sports Schedules• SARC• And more...	<p>Main Office Hours</p> <ul style="list-style-type: none">• 8:00 AM – 4:00 PM <p>5911 Maxwell Drive Paradise, CA 95969 Phone (530) 872-6425 Fax (530) 872-6427</p> <p>Principal Michael Ervin Assistant Principal Christy Voigt Athletic Director Jerry Cleek</p>
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STATEMENT OF NON-DISCRIMINATION: The Governing Board of the PUSD prohibits, at any district school or school activity, unlawful discrimination, harassment, intimidation, and bullying of any student based on the student's actual race, color, ancestry, national origin, ethnic group identification, age, religion, marital or parental status, physical or mental disability, sex, sexual orientation, gender, gender identity, or gender expression; the perception of one or more of such characteristics; or association with a person or group with one or more of these actual or perceived characteristics. Complaints alleging noncompliance with the District's policy of non-discrimination should be directed to Susan Davis, Deputy Superintendent, at the Paradise Unified School District Office - 6696 Clark Road, Paradise. (530) 872-6400. A copy of the District's non-discrimination policy is available from the District Office.

STUDENT ATHLETE AND PARENT ACKNOWLEDGMENT FORM
2021 - 2022

Please first review the material in this handbook.

**SIGN and RETURN this acknowledgement to the
Athletic Director, Jerry Cleek**

Bobcat Pride!

We have read the Paradise High School 2020-21 Student Athlete/Parent Handbook, and agree to comply with all school policies and procedures contained within.

Student Name (Please print): _____ Grade: _____

Student Signature: _____ Date: _____

Parent/Guardian Name (Please print): _____

Parent/Guardian Signature: _____ Date: _____

Please sign this page and return this form to the Athletic Director prior to your first contest. Thank you.



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SPORTS OFFERED AT PARADISE HIGH SCHOOL

Fall Sports <ul style="list-style-type: none">● Cross Country● Football● Swimming● Girl's Volleyball● Girls' Tennis	Winter Sports <ul style="list-style-type: none">● Boy's and Girl's Basketball● Wrestling● Boy's and Girl's Soccer	Spring Sports <ul style="list-style-type: none">● Baseball● Boy's Golf● Softball● Boy's Tennis● Track and Field
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The PHS Athletic Programs are administered by the by-laws of CIF Northern Section, the League, and the policies and procedures of the Paradise Unified School District and the school. Every effort is made by the Athletic Department to be fair and consistent to all of our student-athletes, and at the same time be compliant with the rules of all the bodies governing our behavior.

PHILOSOPHY

The major objective of the Paradise High School athletic program is to provide students with lifelong lessons in sportsmanship, teamwork, ethical behavior, perseverance, commitment, loyalty, self-discipline, pride, cooperation, responsibility, and leadership skills. We follow the pursuit of victory with honor; we hold sportsmanship to the highest of honors.

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.

MISSION STATEMENT OF PHS

The mission of Paradise High School is to work as a learning community to ensure that all students demonstrate high levels of academic achievement. Our school culture is focused on the shared commitment to be safe, respectful and responsible. We will work to empower and motivate all students to reach their learning potentials and to realize their personal visions for the future.

VALUE OF ATHLETICS

Research indicates that students involved in co-curricular activities have a greater chance of being successful during adulthood. Many of the positive character traits required as a participant in athletics are exactly those that will promote a successful life beyond high school.

Interscholastic Athletics Promote Teaching and Learning:

- Higher Graduation Rates
- Better Attendance
- Lower Discipline Rates
- Increased Motivation to Achieve
- Improves Self-Esteem
- Encourages Teamwork
- Teaches Sportsmanship
- Increases Self-Discipline
- Builds School Spirit
- Creates a Sense of Community Around Common Goals
- Instills a Sense of Pride
- Increases Family and Community Involvement

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. Competition in high school athletics is a privilege, and privileges may be revoked if the athlete fails to comply with rules.

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. They and the Athletic Director have complete copies of all CIF, Section, and PHS eligibility rules.

The coach of an athletic program reports to the Athletic Director and is primarily responsible for the compliance by their teams to the rules, regulations and policies governing athletics at PHS. The Athletic Director will administer these rules and regulations as they relate to the inter-coach relationships.

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.

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:
 - a. Physical
 - b. Medical Clearance
 - c. Injury warning consent
 - d. Concussion informed consent
 - e. Sudden Cardiac Arrest informed consent
 - f. Social Media Agreement
 - g. Parent Code of Conduct
 - h. Sport candidate Application
 - i. Agreement to Student Athlete Handbook
 - j. Suicide Prevention
 - k. COVID - 19 Acknowledgement
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 prior to the start of participating in camps, practices, tryouts and competition.
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 and the coach will provide completed forms to the Athletic Director Prior to the first contest with a copy of their roster.

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 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 perspective? Can your child solve the problem themselves?
2. Set up a meeting with the coach if you still have questions or concerns. 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, and attitude.
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. At no time can you communicate with the coach during a game or you will be asked to leave the game.

ACADEMIC ELIGIBILITY-PHS

Paradise Unified School District's policy is that a student must be academically eligible to compete in any athletic contest during that season of sport. In order to be academically eligible, a student-athlete must meet the following CIF requirements:

- The student must be enrolled at the school for which they wish to participate in athletics.
- The student must be currently enrolled in at least 20 semester credits.
- The student must pass at least 20 semester credits of work at the completion of the previous grading period.
- The student must be maintaining a minimum progress toward meeting the high school graduation requirements as prescribed by the governing board.
- The student has maintained during the previous grading period a minimum of a 2.0 GPA on a 4.0 scale in all enrolled courses.
- The student must maintain a 2.0 GPA, no more than one F grade, be no more than 20 credits deficient and on track to graduate from Paradise High School.
- A senior that is 20 credits deficient must be enrolled in 40 credits or more per semester with no F's to be athletically eligible.

Academic eligibility for participation in extra/co-curricular activities shall be determined at the end of each grading period: M1-M6. If a student is not *academically* eligible, they are not *athletically* eligible.

ACADEMIC PROBATION-PHS

If the student does not achieve the academic eligibility standards set forth above, they will first be placed on 'academic probation' whether or not they are currently participating in a sport. During this probationary period the student can still play in athletic contests but will be required to complete the 3 steps listed below. The student will have until the next grading period to become academically eligible. If they fail to reach academic eligibility during the probationary period, they will become 'academically ineligible' for athletic competition until they meet or exceed the CIF standards delineated above at the next grading period. Athletes that are deemed ineligible shall not compete for their respective team.

All eligibility evaluation requirements 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.

Paradise's academic probation consists of three steps of intervention to ensure that the student-athlete is held to the highest standard and given the opportunity with guidance to understand their role as a student-athlete. These steps are to help the student-athlete have a clear understanding of CIF standards, graduation requirements, time management, and come to an agreement with the Athletic Review Board on a proper educational plan to ensure the success of the student-athlete moving forward.

Step 1: The Athletic Review Board will hold a meeting with the student-athlete and parent/guardian the following week to look at the best possible scenario during the probationary period to achieve academic success. A contract will be completed and signed outlining the requirements. The athlete will be required to attend the meeting in order to continue to participate. Teachers should be given reasonable opportunities to attend or give input.

Step 2: The student-athlete is responsible for submitting a completed Friday Report to their coach each week to ensure they are on track for the rest of their probationary period.

Step 3: At the next grading period, the Athletic Review Board will look at the progress of the student-athlete and either

- exit them from the program if they are no longer in need of assistance or
- exit them from the team, season, or year if they have not become academically eligible.

Once on academic probation, Paradise Unified School District Policy allows the Athletic Review Board (athletic director, administrator, coach, teacher(s) of low performing class, and/or counselor if needed) to determine whether or not to:

- allow a student-athlete to practice with a team while attempting to gain academic eligibility.
- allow a student to join a team mid-season after becoming academically eligible.

A student failing in any subject may not be excused from that class during the regular school day. This applies to both athletes and cheerleaders. Teachers electing to not release a student-athlete must provide a 24-hour notice.

Grades for any grading period cannot be changed in order to make an athlete eligible unless the reason for change is teacher error.

PENALTY: IF AN ATHLETE PARTICIPATES (PLAYS OR SUITS UP) IN A GAME WHILE BEING INELIGIBLE, THE SCHOOL MUST FORFEIT THE GAME.

BASIC CIF ELIGIBILITY RULES

For a complete copy of CIF Constitution and Bylaws visit www.cifns.org where you can find more information on homeless status.

Any student enrolled at PHS who satisfies the requirements of CIF and those of the District, is eligible to try out for an athletic team.

RESIDENTIAL ELIGIBILITY

A Student Has Residential Eligibility Upon Initial Enrollment In:

1. The ninth grade of any CIF high school, a CIF junior high school, or a junior high school under provisions of CIF Bylaw 303 or
2. Tenth grade of any CIF high school from the ninth grade of a junior high school or
3. Any CIF school as a member of an approved foreign exchange program as outlined in CIF Bylaw 212

CHANGING SCHOOLS - TRANSFERS

A Student May Have Transfer Eligibility Provided The Student Is Compelled To Move From Any School To A CIF School Due To:

1. A bona fide change of residence from one school attendance area to the attendance area of the new school by the parent(s) or legal guardian(s) with whom the student was living when the student established residential eligibility at the prior school, or
2. A ruling by the Board of Education of a school district that has two or more high schools, provided the change of schools is not the result of disciplinary action.

CHANGING SCHOOLS - HARDSHIPS

Students transferring schools and desire to use a HARDSHIP reason for the transfer MUST satisfy one of the following categories:

1. Court ordered transfer;

2. Children of divorced parents;
3. Safety issues;
4. Discontinued programs;
5. Return to previous school;
6. Foster children or Homeless children;
7. Military service;
8. Board of education ruling;
9. Low achieving school

Details are found in the State CIF Constitution....by-law 206 B 5 c

SCHOLASTIC ELIGIBILITY

Do not change a course schedule or drop a course without first consulting with the school principal, counselor, or athletic director to determine whether it will affect athletic eligibility. A student is scholastically eligible if:

1. The student is currently enrolled in at least 20 semester periods of work.
2. The student passed at least 20 semester periods of work at the completion of the previous regular grading period.
3. The student is maintaining minimum progress toward meeting the high school graduation requirements as prescribed by the governing board of the school district.
4. The student has maintained during the previous grading period a minimum of a 2.0 grade point average on a 4.0 scale in all enrolled courses.

AGE LIMITATIONS

No student whose nineteenth (19) birthday is attained prior to June 15 of the prior school year shall participate or practice on any CIF team. A student whose 19th birthday is on June 14 or before is ineligible.

SEMESTERS OF ATTENDANCE

A student who first enters the ninth grade of any school following the student's completion of the eighth grade in any school may be eligible for athletic competition during a maximum period of time that is not to exceed eight consecutive semesters following the initial enrollment in the ninth grade of any school. Said eligibility must be used during the student's first eight consecutive semesters of enrollment at that school or any other school.

COMPETING UNDER AN ASSUMED NAME OR WITH A FALSIFIED ADDRESS

Any student whose address or name has been falsified in order to achieve athletic eligibility will be ineligible in all interscholastic athletic competition for a period of up to two years from the date the infraction is verified.

PHYSICAL EXAMINATION

An annual physical examination, or a statement by a medical practitioner, certifying that the student is physically fit to participate in athletics is required before a student may try out, practice, or participate in interscholastic athletic competition.

UNDUE INFLUENCE - RECRUITMENT OF ATHLETES

The use of undue influence by any person or persons to secure or retain a student or to secure or retain one or both parents/guardians of a student as residents may cause the student to be ineligible for high school athletics for a period of one year and shall jeopardize the standing of the high school in the CIF.

PENALTIES FOR COMPETITION BY INELIGIBLE ATHLETES

Athletes who compete for their school in CIF contests while ineligible due to violations of CIF or CIFCS rules will cause the following mandatory penalty:

1. Team Sports--Forfeiture of contest(s) plus any profit share.
2. Individual Sports--Forfeiture of points and awards earned by the ineligible athlete(s).

COMPETITION ON AN OUTSIDE TEAM

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.

USE OF ALCOHOL, TOBACCO, AND ILLEGAL DRUGS

Students and coaches are prohibited from using any form of alcohol, tobacco, or illegal drugs at the playing site of an interscholastic contest. The penalty is disqualification from that contest. In addition, local school rules may apply.

STUDENT AWARD LIMITATIONS

A high school student may not receive from any source an athletic award for CIF high school competition of more than two hundred and fifty(\$250) in value. For league, Section and State Championships, the total value of the athletic awards may be Five hundred dollars (\$500).

When a student participates in other than CIF competition in a CIF approved sport, at any time during the calendar year, the student is governed by the awards rules of the amateur governing body for that sport.

STUDENT PARTICIPATION CONDUCT PENALTY

Student participation in athletic contests is a privilege. Student-athletes are expected to conduct themselves in an exemplary manner at all times. During participation in all CIF competitions, a student who is ejected or disqualified from participating in the remainder of a contest may be ineligible for the team's next contest. In addition, any student who physically assaults a game or event official shall be banned from interscholastic athletics for the remainder of the student's interscholastic eligibility.

ATTENDANCE POLICY-PHS

SCHOOL ATTENDANCE-TRADITIONAL PROGRAM

1. The student is to attend all classes regularly and on time, 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 they have a valid excuse as determined by the Athletic Administrator or Athletic Director in accordance with California Education Code.
3. A student is temporarily ineligible to practice or participate in any way on a team while suspended from any class. Students' suspension will be determined by California Education Code 48900.
4. Students will dress out for PE class on game days, failure to do so may result in missing the contest.
5. If a student has 5 unserved lunch detentions they will not be eligible for any athletic event until ALL are served.

SCHOOL ATTENDANCE - PELA/IS PROGRAM

1. The student is to follow the policies agreed to by the PELA master agreement, attend scheduled appointments, and make every effort to complete all class assignments on time to the best of his/her ability.
2. Attendance is based on work production in the PELA/IS program. Average daily attendance is submitted to the state monthly. For student athletes, average daily attendance will be checked biweekly.
3. Student athletes must show a satisfactory completion rate (green or orange) to continue to be eligible. Completion will be checked every Tuesday. If an athlete has incomplete (red) they are ineligible for practice until the next check on Thursday. Students are ineligible until completion rate is satisfactory (green or orange)
4. A student is temporarily ineligible to practice or participate in any way on a team while suspended from any class. Students' suspension will be determined by California Education Code 48900.
5. If a student has 5 unserved lunch detentions they will not be eligible for any athletic event until ALL are served.

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 may 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, diplomas 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. The earning of the "Block P" applies to athletes, managers, and cheerleaders only.
2. 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.
3. Individual sport symbols will be awarded every year an athlete participates on a JV/varsity team.
4. A special award will be presented to all seniors who have played three sports for four years.

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. 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 if traveling with parent or guardian only.
2. At the coach's discretion, students may be signed off the bus by their parents only. The coach will maintain documentation.
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. Any student living in the location of the away/home game can drive themselves and no other students in the vehicle. This will only be approved with a waiver from parents. Waivers must be filled out 24 hours prior to the contest.

RULES RELATING TO TOBACCO DURING SCHOOL HOURS, AT SCHOOL ACTIVITIES, OR NOT DURING SCHOOL HOURS

Students and coaches 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. A student athlete found to be using tobacco products may face the following consequences:

1. Referral to Tobacco Class
2. The second offense of any student who smokes, chews, vapes 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.
3. Additional consequences may be imposed by the coach, Athletic Director, Athletic Administration and Principal.

RULES RELATING TO ALCOHOL AND DRUGS DURING SCHOOL HOURS, AT SCHOOL ACTIVITIES, OR NOT DURING SCHOOL HOURS

ALCOHOL'S EFFECT ON ATHLETIC PERFORMANCE

According to the Center for Drug-Free Communities, “based upon research with Olympic, professional, and amateur athletes, we know that”:

- Drinking to intoxication can negate up to 14 days of training effect.
- Training hormones are diminished for up to 96 hours, equal to 4 days following alcohol consumption.
- Drinking alcohol after competition hinders recovery.
- Residual effect of alcohol from elite athlete lab tests shows a negative effect on heart rate, lactic acid/muscle performance, and respiratory/ventilation levels.
- Muscle protein synthesis (repair of muscle fibers) is diminished, predominantly in your fast twitch muscle fibers.
- Reaction time can be affected even 12 hours after consumption.
- Players that drink are twice as likely to become injured.
- Getting caught or arrested for under-aged drinking ruins collegiate opportunities and careers.

CONSEQUENCES

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 they 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, unless charges are dropped prior to the end of the 14 day suspension.
2. Any student arrested for a felony is ineligible for one calendar year (365 days) unless charges are dropped or reduced.

PROCEDURES REGARDING SUSPENSION OF AN ATHLETE

1. The Administration 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 Athletic Director and Administration 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.

SOCIAL NETWORKING GUIDELINES

Inappropriate use of social media by Paradise Unified School District students, including those participating in athletics and other co-curricular activities, may result in suspension from school, and suspension from practices, games, and other events. In an effort to foster a safe school environment, lawful online conduct, good sportsmanship, and to deter the need to enforce

discipline, Paradise Unified strongly recommends the following guidelines as best practices for the use of social media by all students.

Paradise High School respects the rights of its students to use social media. However, it is important for all students to understand the need to exercise care in setting appropriate boundaries between their personal and public online behavior and to understand that what may seem private in the digital world can often become public, even without knowledge or consent. Paradise Unified students who use social media are asked to remember that any information posted reflects on the entire Paradise High School community.

BEST PRACTICE FOR SOCIAL MEDIA USE

These guidelines are intended to provide a framework for Paradise High School students to conduct themselves safely and responsibly in an online environment. They are not intended, and should not be interpreted by any student or administrator, as allowing unlawful infringement on any student's online exercise of free expression. Be Aware that Privacy Settings are NOT Foolproof. Students are highly encouraged to use privacy settings on social media sites. However; students should be aware that privacy settings are not foolproof. Even if you diligently monitor your privacy settings, it's best to assume that anything you post may potentially be seen by your school, your parents, and strangers.

AVOID POSTING CONFIDENTIAL INFORMATION

Be aware of the kind of information you are posting on social media sites. Posting information such as your date of birth, address, phone number, class schedule, social security number, bank account number, etc is NOT recommended. Once such information is posted, it becomes the property of the social media site.

AVOID UNPROFESSIONAL PUBLIC PROFILES

Any information you put on social media sites is considered public information and may be viewed by members of the public. Be mindful of the image you create for yourself online. Potential, current, and future employers as well as college admissions recruiters may access the information you put on social media sites.

AVOID POSTING ILLEGAL ACTIVITIES

Photos posted via social media become the property of the social media site. You may delete the photo from your profile, but the photo remains on the social media site's server. Internet search engines such as Google or Yahoo may still find the image long after you have deleted it from your profile. In addition, even if your profile is set to private, a friend can always download and save incriminating photos that third parties, such as authorities, can use against you in the future. Paradise High School students should avoid incriminating photos or statement depicting violence, hazing, sexual harassment, vandalism, stalking, underage drinking, selling, possessing, or using controlled substances.

AVOID BULLYING/THREATS OF VIOLENCE

While Paradise High Students have the right to free speech, that right is **NOT** unlimited. Bullying is a serious problem and is not limited to student-to-student interactions. Vicious

treatment and hateful words often lead to depression, discrimination, violence, and suicide. The online environment has drastically changed the nature of bullying, and students should carefully consider how their communications will impact others. In addition, all students should avoid communications/postings that make a credible threat of serious physical or emotional injury to another person. Bullying can result in sport and/or school expulsion from PHS.

AVOID LYING, CHEATING, & PLAGIARIZING

Again, all information posted on social media sites is considered public information. It may be viewed by a third party and used against you. It is best to assume that anything you post may be seen by your school, your parents, and your peers.

POTENTIAL FOR DISCIPLINE BY SCHOOL AUTHORITIES

There are many categories of online conduct that, if they relate to school activity or attendance, and if they violate the Education Code and/or Paradise Unified School District rules governing student conduct, may subject a student to discipline by district authorities. Every allegation of student misconduct is evaluated based on the totality of the circumstances involved, including online activities. Coaches may impose progressive discipline for infractions of team guidelines.