

Athletics Handbook

2019-20



TABLE OF CONTENTS

I. Introduction	2
II. Student First, Athlete Second	2
III. Academic Eligibility Requirements	3
IV. Pre-participation Requirements	4
V. Sports Offered at Samueli Academy	4
VI. Athletic Department Policies	
a. General	4
b. Squad Selection	4
c. Tryouts	5
d. Multi-Sport Athletes	5
e. Multiple Sports-Same Season	5
f. Physical Education Waiver	5
VII. Samueli Academy Athlete Code of Conduct	6
VIII. CIF Southern Section Code of Ethics	7
IX. Hazing	8
X. Bullying	8
XI. Consequences for Unethical Behavior	9
XII. Reasons for Non-Participation	9
XIII. Locker Room Conduct	10
XIV. Training and Practice Sessions	10
XV. Weight Training	10
XVI. Heat and Hydration	11
XVII. Anabolic Steroids	11
XVIII. Injuries	11
a. What to Do When You're Injured	12
b. Concussions and Head Injuries	13
XIX. Equipment	13
XX. Dress	13
XXI. Transportation	13
XXII. Code of Conduct for parents, caregivers, and guardians	14
XXIII. Procedures to Address a Concern	17

INTRODUCTION

The *Athletics Handbook* is a reference guide for coaches, student-athletes, and parents, caregivers, and guardians concerning the policies governing interscholastic athletics at Samuelli Academy.

Participation in Samuelli Academy's athletic program is voluntary and open to all students at Samuelli Academy. As such, participation in athletics is a privilege and not a right. With this privilege, you are expected to conform to the high standards of the athletic program, and the opportunity to participate may be revoked if you fail or refuse to comply with the spirit of the rules, policies, and procedures.

Sound reasoning, good judgment and adherence to the school's core values (**Trust, Respect, and Responsibility**) will be the standard by which situations outside the stated rules and regulations are determined and evaluated.

Samuelli Academy athletic programs are governed by federal and state law, California education code, Samuelli Academy Board policies and procedures, as well as CIF Southern Section bylaws.

STUDENT FIRST, ATHLETE SECOND

The Athletic Department philosophy is aligned with the mission of the school:

To ignite the passion within all students to reach their greatest potential through a nurturing and innovative learning environment.

We are committed to developing the student-athlete and understand that the most important task is to prepare our students to be contributing members of our society, as citizens who exhibit **trust, respect, and responsibility** in all they do. Our athletes are to be students first, and successful participation in athletics can only exist if there is successful participation in the classroom.

Ignite the passion -- Student-athletes are not expected to have prior athletic experience before joining any team at Samuelli Academy, but they are expected to demonstrate a desire to learn and grow through their participation. Being present at practices and games offers students the greatest opportunity to develop their skills.

Reach their greatest potential -- Student-athletes are expected to have a growth mindset related to their participation in Samuelli Academy athletic programs. Samuelli Academy athletes understand that effort and practice relate to getting better at skills and performance, so our coaches work with them to set goals for their growth from season to season.

Nurturing and innovative learning environment -- Samueli Academy coaches emphasize student growth and work collaboratively with student-athletes to meet goals.

Student athletes are expected to:

- Graduate with a high school diploma
- Seek help in advance from their teachers, advisors, peers, or other tutoring resources available on (or off) campus,
- Be a responsible member of each class, by punctually attending class, taking notes, cooperating with classroom rules, completing all assignments , preparing properly for class and participating in classroom activities.
- Communicate with coaches regarding attendance concerns for practices and competitions. If you are not able to make it, your coach needs to know.
- Uphold academic integrity and honesty at all times.
- Emphasize that we are here for academics first. Prioritizing make-up work and completion of homework/project/test preparations is needed to be able to participate on the teams.
- ***At no time will practice or games be used as an excuse for not meeting classroom obligations.***

ACADEMIC ELIGIBILITY REQUIREMENTS

The intent of this policy is to help all student-athletes maintain the academic rigor experienced as a student at Samueli Academy, and we look forward to seeing our athletes flourish both on and off the field.

1. Every Monday, during the respective season, student-athlete grades are reviewed.
2. Student-athletes with:
 - a. A, B, or C grades will be “eligible” to participate for the given week
 - b. D grades will NOT be able to participate, if two or more teachers recommend that he or she not be eligible (to focus on course content or missing assignments)
 - c. F grades will NOT be eligible to compete for the given week, until their grade is raised
3. Ineligible athletes, for the given week:
 - a. Will not be released early from the school day for athletic events
 - b. May regain eligibility by raising their grade and/or with teacher approval
4. All CIF eligibility rules still apply, as well
 - a. At a minimum, student-athletes must maintain above a 2.0 GPA, with no more than one F, at each grading period (quarters and semesters)
 - b. Grading periods for 2019-20 are:
 - End of First Quarter -- October 11, 2019
 - End of First Semester -- December 19, 2019
 - End of Third Quarter -- March 13, 2020
 - End of Second Semester -- June 5, 2020

Chronically ineligible students may be let go from their respective teams, at the discretion of the coach.

PRE-PARTICIPATION REQUIREMENTS

When considering participation in a sport, the following requirements must be met before each new season.

Complete a Sports Packet and submit it to the Athletics Office:

- Have a pre-participation physical exam performed by a medical professional
- Provide proof of health insurance, or seek assistance from the Front Office
- Students and parents, caregivers, and guardians must sign the Code of Conduct for both players and parents, caregivers, and guardians
- Students and parents, caregivers, and guardians must sign and acknowledge understanding of the Samueli Academy Athletics Handbook

Sports Offered at Samueli Academy

FALL	WINTER	SPRING
Cross Country (B/G) Golf (G) Volleyball (G)	Basketball (B/G) Soccer (B/G)	Golf (B) Softball (G) Track and Field (B/G) Volleyball (B)
We also offer Cheer, which participates in year-round activities		

For the 2019-20 school year, Samueli Academy will compete as a member in the Western Athletic Conference within the Southern Section of the California Interscholastic Federations (www.cifss.org).

ATHLETIC DEPARTMENT POLICIES

GENERAL

- Athletes are expected to be on time. Coaches may impose appropriate penalty for tardiness.
- Athletes must notify their coach, if they will be absent from school.
- If an athlete has attended school, he/she may not miss practice unless approved by coach.
- An athlete must attend 1/2 of the school day in order to practice or play in an athletic contest that day. An exception may be granted if the athletic coordinator is informed prior to the absence.

- In the event an absence is unavoidable due to a vacation, an athlete must contact the head coach at least two weeks prior to the vacation and be willing to assume any responsibilities or consequences--at the discretion of the head coach.
- Athletes may request to miss a practice or game in order to participate in another academic or extracurricular school activity, but Athletes must also recognize that missed practices or games may result in reduced playing time in future contests.

NOTE: Athletic activities may be scheduled during vacation periods, when the school is not regularly in session.

SQUAD SELECTION

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program while at Samueli Academy, we encourage coaches to keep as many students as they can without sacrificing the integrity of their sport. Time, space, facilities, equipment, personal preference, and other factors will place limitations on the most effective squad size for any particular program.

TRYOUTS

Generally, coaches will hold a pre-season meeting for all interested athletes explaining the tryout schedule and any pre-season voluntary conditioning sessions. Potential athletes are given a minimum of three days to tryout for a squad. Athletes coming from another sport are given the same tryout period (three days) once their season ends.

MULTI-SPORT ATHLETES

Multi-sport athletes must complete their current season and any post-season games before trying out or practicing for the next sport season. It is expected that all members of the coaching staff will support the entire athletic program and support athletes who must complete the prior season before starting the next season. This policy will be enforced by the athletic coordinator to protect the team that is in season and the athlete from overuse injuries.

MULTIPLE SPORTS-SAME SEASON

Athletes may compete in more than one sport in the same season (e.g., girls golf & cross country), but only with the consent of both coaches.

PHYSICAL EDUCATION WAIVER

- Students may opt out of physical education activities, during each season of sport, but they must complete the season to receive academic credit. Two seasons of sport may be considered the equivalent of a year of Physical Education.
- An athlete may use their designated PE period as a “study hall,” but the expectation is that they use that time responsibly to get their coursework done and to study.
- Freshmen athletes will not be able to opt out of the health project portions in their respective PE/Health classes, even during their season of sport.

Samueli Academy ATHLETE CODE OF CONDUCT

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 Samueli Academy's core principles: **TRUST**, **RESPECT**, and **RESPONSIBILITY**.

I understand that, in order to participate in high school athletics, I must act in accord with the following:

TRUST

- 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 is unpopular or personally costly.
- Honesty — Live and compete honorably; do not 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

- Respect — Treat all people with respect at all times and require the same of other student-athletes.
- 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.
- Disrespectful Conduct — Avoid engaging 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.
- Respect Officials — Treat contest officials with respect; do not complain about or argue with official calls or decisions during or after an athletic event.

RESPONSIBILITY

- Importance of Education — Be a student first and commit to getting the best education possible. Be honest about the likelihood of getting an athletic scholarship or playing at 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.
- 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.
- Self-Control — Exercise self-control; do not fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.
- Healthy Lifestyle — Safeguard your health; do not use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.
- Integrity of the Game — Protect the integrity of the game; don't gamble. Play the game according to the rules.

CIF Southern Section

Academics / Integrity / Athletics
10932 Pine Street Los Alamitos California 90720
Telephone: 562-493-9500 Fax: 562-493-6266

CODE OF ETHICS - ATHLETES

Athletics is an integral part of the school's total educational program. All school activities, curricular and extracurricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its students. It is within this context that the following Code of Ethics is presented.

As an athlete, I understand that it is my responsibility to:

1. Place academic achievement as the highest priority.
2. Show respect for teammates, opponents, officials and coaches.
3. Respect the integrity and judgment of game officials.
4. Exhibit fair play, sportsmanship and proper conduct on and off the playing field.
5. Maintain a high level of safety awareness.
6. Refrain from the use of profanity, vulgarity and other offensive language and gestures.
7. Adhere to the established rules and standards of the game to be played.
8. Respect all equipment and use it safely and appropriately.
9. Refrain from the use of alcohol, tobacco, illegal and non-prescriptive drugs, anabolic steroids or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States or American Medical Association.
10. Know and follow all state, section and school athletic rules and regulations as they pertain to eligibility and sports participation.
11. Win with character, lose with dignity.

As a condition of membership in the CIF, all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parents, caregivers, and guardians agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition (Article 524).

Both the participating student athlete and the parents, caregivers, and guardians hereby must 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. Under CIF Bylaw 200 D, there could be penalties for false or fraudulent information. We also understand that Samueli Academy policy regarding the use of illegal drugs will be enforced for any violations of these rules.

HAZING

Events have made it necessary to clarify and articulate the policies regarding HAZING. As defined by the California Education Code, HAZING includes any method of initiation or pre-initiation into a student organization or any pastime or amusement engaged in with respect to such an organization which causes, or is likely to cause, bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm, to any student or other person attending any school, but the term "hazing" does not include customary athletic events or other similar contests or competitions.

Additionally, the following refers to California Education Code Section 32051:

No student, or other person in attendance at any public, private, parochial or military school, community college, or other educational institution, shall conspire to engage in hazing, participating in hazing, or commit any act that causes or is likely to cause bodily damage, physical harm, or personal degradation or disgrace resulting in physical or mental harm to any fellow student or person attending the institution.

The violation of this section is misdemeanor, punishable by a fine of not less than one hundred (\$100), nor more than five thousand (\$5,000) dollars, or imprisonment in the county jail for not more than one year or both.

Please be aware that there are legal ramifications if students engage in activities that can be considered hazing.

To guide you in working with your student around activities involving a school club or team, please use these guidelines:

- Check with the coach, teacher or advisor of the activity to ensure that the activity has his or her approval.
- Check with the coach, teacher or advisor for written guidelines to govern the activity.
- Get written verification that adults are involved in the activity.
- Do not assume that if a group of students from the team are organizing an event that the school is actually sponsoring it. Students who organize events in the name of any school group without authorization will be subject to disciplinary action by the school.
- Do not allow your child to travel to any school-related or school-sponsored event for which students are driving one another. Only parents, caregivers, or guardians whose insurance has been documented with the school are permitted to drive students.

BULLYING

Players may face school consequences, including suspension, for...

- committing sexual harassment
- bullying or cyber bullying another person
- causing, threatening to cause, or participating in an act of hate violence
- engaging in harassment, threats or intimidation
- making terrorist threats against school officials or property

A new law authorizes school administrators to suspend or recommend for expulsion students who engage in bullying of either students or school staff. If the bullying behavior significantly disrupts the

school environment the school shall intervene even if the bullying originated outside of the school environment

CONSEQUENCES FOR UNETHICAL BEHAVIOR

Allegations of breaking the Code of Conduct, Ethical Behavior Standards, or other behavioral expectations

should be reported to the Head Coach, athletic coordinator, or the Principal.

- The Head Coach is responsible for reviewing the alleged infraction, and then reports it to the athletic coordinator, in written form. The report must be filed with the AD, and list pertinent facts, the action taken or penalties recommended by the Head Coach.
- The penalty is to be progressive. Examples include, but are not limited to-probation, ineligibility to practice, ineligibility to start in contests, sitting out games, suspension, or dismissal from the team.
- Student may be asked to participate in assistance programs, to address behavioral problems. The sanction for any violation shall be subject to the review and approval of the athletic coordinator.
- Discipline by the athletic coordinator does not supersede that imposed by a higher administrator.
- The coach must immediately notify the parents, caregivers, or guardians of any infractions, as well as possible penalties.
- Players, coaches and or fans may be ejected from a contest for inappropriate behavior.
- For persistent violations for the Code of Conduct, parents, caregivers, guardians, and or fans may be asked by the coach or A.D. not to attend future contests.

REASONS FOR NON-PARTICIPATION

The following is a list of reasons why a student athlete may not be allowed to participate in a practice or game: (This list is not exhaustive)

- A lack of ability, an inability to grasp and execute the concepts/plays that a coach is trying to impart.
- Any situation which would imperil the safety of the student-athlete, such as an injury, may also impact playing time.
- Included in this list of reasons, is an attitude that is detrimental to the overall team spirit/morale, by either the athlete or their parent.
- Any violations to team or school policy can also preclude a student-athlete from playing, or from playing time.
- Academic ineligibility is also a reason as to why a student-athlete would not be allowed to compete.
- Playing time is based on practice, attitude, ability to produce, and adherence to team rules, including a positive attitude.
- It is appropriate for the student-athlete to ask the coach why he/she is not playing, and what he/she should do to improve.

Dismissal from team if not complying any of the above listed guidelines, is the final option for repeat offenders of gross violations. Violations will be dealt with in a progressive manner. Continued refusal to abide by team policy may result in the student athlete being suspended from or dismissed from the

team. Suspension or termination of the participation privilege is within the sole discretion of the school administration.

LOCKER ROOM CONDUCT

Student security and safety in the locker rooms facility are the priority of the coaching staff. Each student-athlete is expected to assist in keeping the area clean, safe and secure.

- Lock and secure your possessions at all times. Do not share lockers or combinations with anyone.
- Horseplay is absolutely not allowed. Injuries and or bad feelings may result from rough housing.
- Clean your locker and locker area daily.
- Treat the facility with respect.
- Report anyone that damages walls, bathrooms, lockers, or other related areas.
- Profanity will not be tolerated at any time. Use words that do not denigrate anyone.

TRAINING AND PRACTICE SESSIONS

In order to have an efficient and productive training session, the following guidelines must be kept observed:

- Come to practice ready to train. Be on time. Stay focused. Socialize outside.
- Warm up is important, as well as proper technique.
- You must be on the roster to train. No friends, parents, caregivers, guardians, or significant others allowed to hang out.
- Sports coaches are not to train Academy student-athletes for pay.

Dress -- See section on Dress below, with regards to appropriate dress.

Electronics -- No personal electronic audio devices will be worn or utilized during the training sessions. If the coach wishes to project music, then he or she will control the content and level of broadcast. Cell phones are not allowed during any part of the practices. This invites distraction, and or the possibility of theft.

Food – No food is allowed during practice, unless otherwise cleared by your coach.

WEIGHT TRAINING

A coach must be present and supervising the student-athletes as they train.

- The coach is not to get in a workout. His/her job is to supervise for safety, technique.
- Only Academy coaches are allowed to modify the workout, not athletes.
- If you are injured during the workout, the Coach and Administration must be notified. A form must then be filled out or recorded by the athletic coordinator.
- If a piece of equipment breaks, please notify the coach immediately. We simply wish to replace the equipment, as well as prevent any injuries occurring due to the mechanical failure of equipment.
- Always be sure to have a spotter when using weights. If you are the spotter, focus only on the lifter, and nothing else.
- Before performing an exercise, be sure the area is safe to lift, and that you or someone else is not in danger.

- Never attempt to lift a weight that is beyond your physical ability. If your technique is compromised due to the amount of weight you have, stop! You have put yourself in danger. If you are in danger of losing a free weight, drop it in a safe manner to the ground. Do not attempt to save a weight; doing so may result in injury.
- When your lifting session is over, the whole team must help in re-racking weights and bars, as well as other equipment such as belts. Leave the weight room safe and ready for the next team lifting. This includes picking up trash and wiping equipment such as leather pads.

HEAT and HYDRATION

In Southern California there are periods of hot weather each year; weather that has the potential to negatively impact the performance and overall health of athletes that participate in sports that practice outdoors. The athletic coordinator monitors the National Weather Service website that posts a daily heat advisory. When this index necessitates, the athletic coordinator will communicate to coaches required changes or alterations in their daily practice plans or schedules. Athletes are responsible for keeping themselves hydrated on a daily basis, and the consumption of water should be prioritized over sports drinks, especially before activity. The consumption of sports drinks should be limited to during and after strenuous activity, and the consumption of soda should be avoided entirely. Water fountains are located throughout the campus, and coaches are required to offer water breaks to athletes frequently throughout practices. When traveling off campus for competitions, athletes are encouraged to bring a personal water bottle to maintain hydration. If players do not have water bottles available, coaches will travel with water for the team.

ANABOLIC STEROIDS

Samueli Academy does not approve the use of steroids of any kind. *“The health risks associated with steroid use are severe. Anabolic steroid use has been implicated in early heart disease, including sudden death, the increase of bad cholesterol profiles (increased LDL, lower HDL), an increase in tendon injuries, liver tumors, testicular atrophy, gynecomastia (abnormal enlargement of breasts in males), male pattern baldness, severe acne, premature closure of growth plates in adolescents, emotional disturbances and other significant health risks.”* (STERIODS THREATEN HEALTH OF ATHLETES AND INTEGRITY OF SPORTS PERFORMANCE, American College of Sports Medicine, 2003).

It should also be noted that:

- Samueli Academy prohibits the use of androgenic and anabolic steroids, unless prescribed by and AMA fully licensed physician to treat a medical condition.
- CIF By-Law 200.D states that 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.
- Please consult with your doctor, coach and athletic trainer, and parents, caregivers, or guardians, before starting any program designed to increase weight and strength by ingestion of any supplement.

INJURIES

All sports carry the inherent risk of injury, even serious injury including death. It is our goal as a community to take necessary precautions, to safeguard against such injuries both in practice and game situations. Despite our best efforts as a community and coaching staff, injuries to student athletes may occur. This policy statement is meant to function as a guide in the treatment of injured athletes, not as a policy that suggests that athletic injuries can be eliminated in their entirety.

The goal of all athletic endeavors is for athletes to be able to compete. Occasionally this goal will best be accomplished when athletes discontinue practicing and/or playing while they recover from injury. It is always the responsibility of the athlete to openly communicate injuries with their coaching staff and the Athletic Department. Student athletes must be honest with their coaches, their parents, caregivers, guardians, and themselves about the extent of their injuries. Every Samuelli Academy team is provided with a head coach who is First Aid and CPR certified, however coaches are not doctors and should not be expected to diagnose injuries nor prescribe treatment for them. All coaches will travel with basic First Aid supplies for off-campus competitions

Parents, caregivers, guardians and athletes must keep the coaching staff and the Athletic Department informed of injuries that are sustained in practice and/or games. When it is necessary for an athlete and his/her family to consult a physician for the treatment of an injury, the athlete should find out how long he/she will be unable to participate and what, if any, activities can be done during the rehabilitation period. Before an athlete is permitted to return to his or her sport activity, a written clearance by his/her physician must be brought to the athletic coordinator. The athletic coordinator will then decide whether or not it is prudent for the athlete to return to play.

Athletes occasionally suffer from more serious injuries... injuries that immediately prevent them from training or competing. The following are considered serious in nature and if suspected require the immediate cessation of athletic activity and may necessitate a 911 call.

- Neck & Spine injuries
- Head injuries
- Injuries to vital organs
- Broken bones
- Ligament injuries to major joints (elbow, shoulder, knee, ankle, etc.)
- Dislocation of joint(s)
- Heat Related Illness

For any serious injury (or suspected serious injury) that requires immediate cessation of physical activity, the coaching staff will immediately contact the athlete's parents, caregivers, and guardians and the Athletic Trainer. The parents, caregivers, and guardians of the seriously injured student athlete must seek medical treatment and eventual physician and Athletic Trainer clearance before the athlete may return to team activities.

WHAT TO DO WHEN YOU'RE INJURED

Report ALL injuries to your coach, and if need be, the athletic coordinator immediately. They will file an Accident Report. Student-athletes and parents, caregivers, and guardians should be familiar with RICE:

Rest, Ice, Compression, and Elevation. Often this is the recommended treatment for some injuries. The most important thing is to report your injury to a medical professional, who will make the objective decision of what should be done next. At no time will the coaching staff have a decision on playing time, if a medical professional recommends rest.

CONCUSSIONS and HEAD INJURIES

CIF by laws state that a student who is suspected of sustaining a head injury in a practice or a game shall be removed from competition at that time for the remainder of the day. A student-athlete who has been removed from play may not return until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and receives a written clearance to return to play from that health care provider who diagnosed the concussion. For more information on concussions, please see the Centers for Disease Control and Prevention website's concussion page at <http://www.cdc.gov/concussion/>

EQUIPMENT

All equipment issued to you belongs to Samueli Academy. Treat it with respect. You are responsible for it if it is lost, damaged, or stolen. So be sure to secure it at all times. This includes fundraising materials or money.

DRESS

It is expected that student-athletes are dressed appropriately for practice and games. The NCAA rule of uniformity is applied to game situations, where everyone is dressed in uniform fashion, representing the team concept, and not individuality.

At practice, the head coach determines what the practice attire will be. This policy is to be respected while the student-athlete is on the team. Students are expected to dress in their designated or enclosed area, and not in public.

Appropriate attire may include shorts, sweat pants, warm up pants, spandex pants, or any gear deemed appropriate by the Head Coach. Clothing that contains offensive or degrading graphics or words, are not allowed. Athletic shoes and socks are mandatory. Flip flops or any other non-athletic shoes are not allowed. No open toes shoes, sandals, dress shoes or deck shoes are allowed. These only inhibit proper participation, and can be a danger to the student-athlete.

In areas deemed necessary for the protection of student-athletes, including but not limited to the weight room, turf field, all shirts must cover the shoulders, in an effort to prevent the spread of bacteria and infections, including MRSA. A towel can be used to wipe away an area you have just occupied, and have left sweaty. Everyone must be fully clothed while in the facility. If you are arriving from practice, the appropriate clothing guidelines must be followed.

TRANSPORTATION

Games

- All team members are expected to ride with the team to and from contests, unless other arrangements have been made by the head coach and approved by the athletic coordinator.
- With prior permission from the head coach parents, caregivers, or guardians may drive their student-athlete to and from a contest.

- parents, caregivers, or guardians may not drive other student-athletes home without a liability waiver signed by the parent of the other student-athlete.
- Buses or school vans are arranged for contests by the head coach and the athletic coordinator.
 - Only school employees with current and proper paperwork filed and approved, may drive Samueli Academy vans.
- Authorized volunteers may transport students only with current and proper paperwork files and approved by Samueli Academy office staff including a background clearance and evidence of sufficient vehicle insurance.
- Student-athletes may not drive their own vehicles to a contest in which they are participating.
- Non-student-athletes may not drive student-athletes to athletic events for the purposes of participation in said event.

Off-site Practices

- Athletes must exit through designated gates.
- Student-athletes may not drive their own vehicles to a practice in which they are participating.
- ~~With prior permission from the head coach, parents, caregivers, or guardians may drive their child and other teammates directly home after a contest.~~

~~In rare instances, parent drivers may be used to transport student-athletes to and from contests. These instances must be approved by the head coach, the athletic coordinator, and the administration. parents, caregivers, or guardians must fill out the proper paperwork with the Athletics Office and be approved by Samueli Academy Risk Management prior to transporting student-athletes.~~

CAREGIVERS, PARENTS, AND GUARDIANS

parents, caregivers, and guardians are vital to Samueli Academy athletic program. The partnership between coaches and parent is a key dynamic to the overall growth experience of the student athlete. As a parent, when your child becomes involved in our athletic program, you have a right to understand the expectations that are placed on your child. The most important part of this is a clear communication between the student-athlete, coach and parent.

Code of Conduct for parents, caregivers, and guardians

Athletics 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 Samueli Academy's core values: **Trust, Respect, and Responsibility.**

The highest potential of sports is achieved when all involved consciously uphold these values and are committed to the ideal of pursuing victory with honor. Parents, caregivers, and guardians of student-athletes can and should play an important role in their child's athletic experience, 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.

TRUST

- 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 is right even when it is unpopular or personally costly.
- Honesty — Live honorably. Do not 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 interest of the team above your child's personal glory.

RESPECT

- Respect — Treat all people with respect at all times 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 — Do not 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.
- Respect for Officials — Treat game officials with respect. Do not complain about or argue about calls or decisions during or after an athletic event.

RESPONSIBILITY

- Importance of Education — Support the concept of "being a student first." Commit your child to earning a diploma and getting the best possible 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 who 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, caregivers, or guardians too should represent the school, coach and teammates with honor, on and off the court/field. Consistently exhibit good character and conduct yourself as a positive role model.
- Self-Control — Exercise self-control. Do not 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 and 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. Do not 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.

COMMUNICATION

Communication is a vital component to Samueli Academy's overall academic approach, so it is important to maintain effective and appropriate communication avenues between all involved in athletics.

Expectations from Coaches to parents, caregivers, and guardians

- Philosophy of the coach.
- Expectations of the coach for your student and the team.
- Locations and times of practices and games.
- Team requirements in and out of season (e.g. fundraising, lifting, conditioning, contests, etc.)
- Procedure to follow if your child is injured.
- Discipline that result from a lack of participation or cooperation of your child.
- Availability of the coach to speak with you if you have a concern.

Expectations from parents, caregivers, and guardians to Coaches

- Concerns are to be expressed at the appropriate time, in an office setting
- Notification of any schedule conflict which may involve an absence from practices or a contest, well in advance.
- Your support of the program, and of all those involved in it.

PROCEDURES TO ADDRESS A CONCERN

1. Samueli Academy Athletic Department supports the student-athlete in first, meeting with the head coach of their sport to address the concern.
2. If the issue is not resolved after the student athlete has met with the coach, the student-athlete's parent should then contact the coach directly at school via email. All head coaches have an Academy email. Leave your name, number a short message and the best time to call. The coach will contact you within 48 hours.
 - a. Do not attempt to personally contact a coach in person, 1 hour before a practice, 3 hours before a game, during a game or practice, and at least 1 hour after a practice and 2 hours after a game. A coach's time during the aforementioned times is to prepare for and supervise each event.
 - b. **The 24 Hour Rule.** We respectfully request that during the 24 hours surrounding practice/game that you wait to contact/discuss any issue of concern with a coach. The period of time after a game is an emotional time for student athletes, parents, caregivers, guardians, and coaches, and is therefore less conducive to solving problems rationally.
3. If the issue is not resolved after the student athlete and the parent have contacted the coach, the parent should contact the athletic coordinator. The AD will investigate the concern and provide feedback within 48 hours. A meeting between student-athlete, parent, coach, and AD may be conducted to discuss the situation, and to reach an appropriate plan of action.
4. If the issue is not resolved after the student athlete and the parent have contacted the coach and the athletic coordinator, the parent should contact the administrator in charge of athletics. The administrator will investigate the concern and will provide feedback and a plan of action to all concerned parties within 48 hours.

RETRIBUTION

Retribution is prohibited by Athletic Department policy. Student and parents, caregivers, and guardians must be confident that the voicing of an opinion or concern, using the proper forum and method, is not only free from penalty or retribution, but also is strongly encouraged. The athletic coordinator and coaches are

committed to insuring that after a student or parent raises an issue or concern, there shall be no 'retribution' in any form within the athletic department at Samueli Academy.

AGREEMENT SIGNATURE SHEET

Thank you very much for taking the time to read the Samueli Academy Athletics Handbook in good faith. Your support and contribution to Samueli Academy athletics is very much appreciated. We look forward to an exciting year of amazing experiences for our student-athletes, parents, caregivers, guardians, coaches, and the rest of our school community.

“My signature below indicated that I have reviewed, understand, and agree to all parts of the Samueli Academy Athletics Handbook.”

Printed Parent Name: _____

Parent Signature: _____

Date: _____

Printed Student-Athlete Name: _____

Student-Athlete Signature: _____

Date: _____

Sport(s): _____

Please remove or print this page and submit it to the Athletics Office with your sports packet.