

*PARENT
ATHLETIC
HANDBOOK*

2016-
2017





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ATHLETIC DIRECTORY



Position	Name	Phone	Email
District AD	Daren Pittman	559-276-0280 Ext: 50105	dpittman@centralusd.k12.ca.us
High School AD	Ray Hightower	559-276-0280 Ext: 50121	rhightower@centralusd.k12.ca.us
K-8 AD	Gary Davis	559-276-5276	gdavis@centralusd.k12.ca.us
Athletics Secretary	Julie Lopez	559-276-0280 Ext: 50120	jlopez@centralusd.k12.ca.us
Finance Secretary	Debbie Minatta	559-276-0280 Ext: 50123	dminatta@centralusd.k12.ca.us
Athletic Trainer	Cortney McClusky	559-276-0280 Ext: 50605	cmccclusky@centralusd.k12.ca.us
Equipment Specialist	Steve Craig	559-999-6651	scraig@centralusd.k12.ca.us
Transportation	559-275-9742	Transportation Emergency	559-647-0445
Facilities	559-274-4700	Facilities Emergency	559-994-9800
Sport	Name	Phone	Email
Football	Kyle Biggs	559-276-0280 Ext: 50107	mhetherington@centralusd.k12.ca.us
Girls Golf	Andres Reyes	559-276-5276	areyes@centralusd.k12.ca.us
Girls Volleyball	Randy Burriss	559-276-0280 Ext: 50303	rburriss@centralusd.k12.ca.us
Girls Tennis	Carolynn Kilpack	559-276-0280 Ext: 50471	ckilpack@centralusd.k12.ca.us
X Country/Track	Kristie Ross	559-276-0280 Ext: 50472	kross@centralusd.k12.ca.us
Girls Water Polo	Steven Ronzano	559-276-0280 Ext: 42101	sronzano@centralusd.k12.ca.us
Boys Water Polo	Nick Fadden	559-276-0280 Ext: 42101	nfadden@centralusd.k12.ca.us
Boys Basketball	Greg Streets	559-276-0280 Ext: 50422	gstreets@centralusd.k12.ca.us
Girls Basketball	Geoffrey Clayton	559-276-0280 Ext: 50422	gclayton@centralusd.k12.ca.us
Boys Soccer	Raul Martin	559-276-0280 Ext: 50905	rmartin@centralusd.k12.ca.us
Girls Soccer	Brandon Kwock	559-276-0280 Ext: 50804	bkwock@centralusd.k12.ca.us
Wrestling	Victor Breceda Jeff	559-276-3105	vbreceda@centralusd.k12.ca.us
Baseball	Prieto Scott	559-276-0280 Ext: 50462	jprieto@centralusd.k12.ca.us
Softball	Gorton Gary Davis	559-276-0280 Ext: 50465	sgorton@centralusd.k12.ca.us
Boys Track	Larry Hotz	559-276-5276	gdavis@centralusd.k12.ca.us
Boys Tennis	Erica Salinas	559-276-5276	lhodz@centralusd.k12.ca.us
Boys Volleyball	Jordan Darchuck	559-287-4011	jdaviddarchuck@gmail.com
Boys Golf	Joel Ferdinandsen	559-276-0280 Ext: 41405	jferdinandsen@centralusd.k12.ca.us
Pep / Cheer	Tina Tompkins	559-276-0280 Ext: 50119	ttompkins@centralusd.k12.ca.us
Swimming		559-276-0280 Ext: 42101	
Aquatics Directors	Kevin Tatro	559-276-0280 Ext: 42101	ktatro@centralusd.k12.ca.us



ELEMENTARY AND MIDDLE SCHOOL ATHLETIC DIRECTORS DIRECTORY



MIDDLE SCHOOL ATHLETIC DIRECTORS

Director	Gary Davis	559-276-5276	gdavis@centralusd.k12.ca.us
El Capitan		559-276-5270	@centralusd.k12.ca.us
Glacier Point	Hovig Torigian	559-276-3105	htorigian@centralusd.k12.ca.us
Rio Vista	Kody Donnelly	559-276-3185	kodydonnelly@centralusd.k12.ca.us

ELEMENTARY ATHLETIC DIRECTORS

Director	Gary Davis	559-276-5276	gdavis@centralusd.k12.ca.us
Biola Pershing	Deborah Turner	559-276-5235	dturner@centralusd.k12.ca.us
Harvest	Annette Nishikawa	559-271-0420	anishikawa@co.fresno.ca.us
Herndon Barstow	Ann Rivas/ Nancy DerMugrdechian	559-276-5250	arivas@centralusd.k12.ca.us
Houghton-Kearney	Yvette Venegas	559-276-5285	ymvaz@yahoo.com
Liddell	Justin Cinfel	559-276-3176	jcinfel@centralusd.k12.ca.us
Madison	Kevin Campbell	559-276-5280	kcampbell@centralusd.k12.ca.us
McKinley	Brian Villareal	559-276-5232	
Polk	Jeff Bell	559-276-9780	jeff.bell@centralusd.k12.ca.us
River Bluff	Brian Gumm	559-276-6001	bgumm@centralusd.k12.ca.us
Roosevelt	Brandy Watts	559-276-5257	ibebler@aol.com
Saroyan	Stefani Nomura	559-276-3131	snj@fpu.edu
Steinbeck	Jill Asami	559-276-3141	jasami2@centralusd.k12.ca.us
Teague	Ben Avila	559-276-5260	bavila@centralusd.k12.ca.us
Tilley	Richard Kelly	559-512-6912	rkelly@centralusd.k12.ca.us

*MISSION
&
PROGRAM*

2016-
2017





Mission Statement



Central Unified will create and support athletic programs that require academic excellence, work to build character, promote teamwork, provide motivation and develop players' sport specific skills. Win or lose, our programs will be innovative while setting and accomplishing goals that benefit the students and supporting the overall mission of the district.

Belief #1 - Athletics, academics, and values work together to develop people.

Action statement: Coaches will promote excellence in the classroom by providing appropriate time allocations for studies and encouragement to seek assistance from teachers, tutors, coaches and other services. Personal growth resources on campus and in the community will be identified and encouraged.

Belief #2 - Sportsmanship will be a top priority in our programs.

Action statement: Students, coaches, fans, and administrators will work together to set standards for appropriate conduct while competing and will hold each other accountable to these standards.

Belief #3 - (Everyone is someone) Participation at some level is a key to program outcomes.

Action statement: Coaches will identify and articulate roles for all student-athletes and junior varsity programs will be developed and utilized when appropriate to allow opportunities to compete.

Belief #4 - Competing in a Central uniform or polo will be a team effort.

Action statement: The experiences and relationships developed while coaching and competing in a uniform at Central Unified will enable student-athletes and coaches to have a successful career, take ownership in the programs, and connect players to alumni and community.

Belief #5 - Athletic programs and directors will plan and prepare to compete at the highest levels possible for each sport.

Action statement: Schedules will be developed for each sport to compete at the highest local, regional and national levels possible. Coaching staffs that are appropriate for squad sizes and skilled to teach student-athletes to reach their full potential will be developed and supported. Recruiting plans that attract high-achieving coaches with abilities to succeed at any level of competition will be implemented. Resources will be sought and delivered to coaches to ensure that our athletes may compete at the highest level.

Belief #6 - Athletics will be a fun experience for everyone involved.

Action statement: We will create an environment where student-athletes and staff have an enjoyable and meaningful experience while keeping the focus of athletics as a game and learning process, not a way of life. We encourage all teams to support each other attending contests and providing positive reinforcement.



WHAT IS A CENTRAL UNIFIED ATHLETE?



A CENTRAL UNIFIED ATHLETE

A Central Unified athlete can come in any size, shape or color. There is no common denominator except for the love of academics, athletics and the desire to get the most out of their abilities. They are proud of their strengths, but understand their weaknesses. They are first of all concerned with being a great student and always carry a positive attitude. They are never selfish, and know that individual recognition will come through team excellence.

A Central Unified athlete understands that leadership is about taking responsibility, not making excuses. They understand that true leadership lies not in words but in our actions and attitudes at school, in the community and on the playing field. They know that leaders must create vision and be strong enough to translate that vision into reality. A Central Unified Athlete has the heart of a warrior and never loses the honesty and character of a small child. They understand if they don't work hard they can never be successful.

A Central Unified Athlete is willing to always help those in need, and is much more aware of the example they are setting for everyone watching from the sideline and hallways. A Central Unified athlete is happy when they make a play but never forgets that their teammates, teachers and coaches put them in a position to do so. While they never let up on the field, the other team is not the real opponent; it is the full extent of their own potential that they are always playing against.

A true athlete is made and not born. They are constantly striving to reach their academic and athletic potential knowing that they will bypass other players who cannot withstand the strain of this quest for excellence. They realize the challenges and competition of today's game will better prepare them for tomorrow's world. They know that the true measure of a performance is not measured in wins and losses, but how much of themselves they have given to their school and the game.

A Central Unified Athlete never realizes when the odds are stacked against them. They can only be defeated by a clock that happens to run out of time or innings that no longer exist. They are what small children dream of becoming and what old men and women can remember with great pride that they once were.



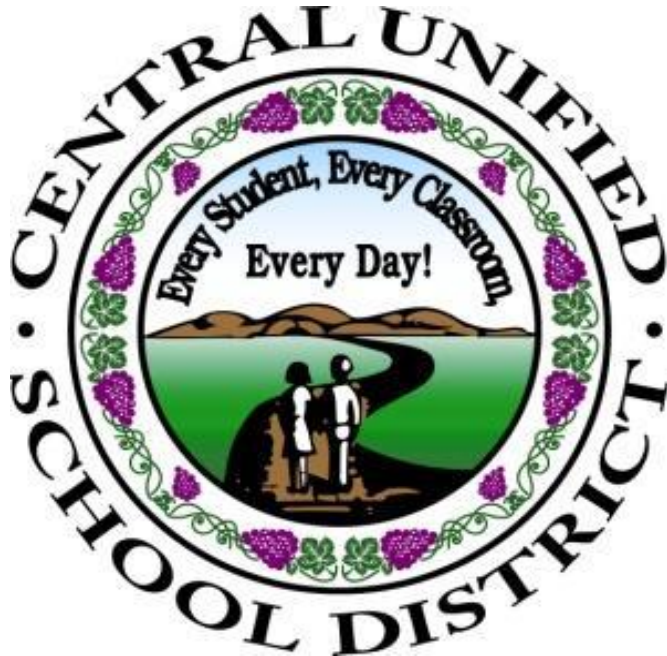
WHAT MAKES A GOOD ATHLETIC PROGRAM?



- What does a good athletic program look like? Everyone loves a coach when the team is winning, but the critics come out when in a losing season. Generally, people tend to think of sports as only athletic competition. However, there are many components that make up a great athletic program. Successful athletic programs require academic excellence, work to build character, promote teamwork, provide motivation and develop players' sport specific skills. Win or lose, it is important that the program is setting and accomplishing goals that benefit the students and support the overall mission of the school.
- Effective athletic programs are characterized by many positive components. Does the program actively support academic achievement by monitoring grades and encouraging athletes to attend after-school tutoring? Coaches should build relationships to foster trust and build positive moral with student athletes. Are students learning skills that best match their potential? Good programs set goals that can be accomplished and monitored. Are students given the appropriate college counseling and opportunities to prepare for post-secondary education.
- In order to properly evaluate any athletic program it is imperative that we remember it is a human process and not black and white. Communication is essential when conducting a program evaluation. Information should be shared discussed and best intentions assumed. Remember, this is the only time that you will have an opportunity to actually get some feedback on your program.
- Keep in mind.
 - 1. Your events are visible and have a significant effect on public relations and overall school climate. Many community members only know your school through the events they attend.
 - 2. Coaches have a significant impact on and through the behavior you model and the values that you communicate to your athletes.
 - 3. Evaluations are not based only on wins and losses. This drives coaches to see players as a means to an end rather than an opportunity to nurture them.
 - 4. Coaches and administrators who are successful are constantly evaluating their programs, themselves and their coaches to improve areas that may be weak.
 - 5. WE ARE ALL IN! Every member of your team serves as a vital element to success.

*STUDENT
EXCURSION
&
TRANSPORTATION
AGREEMENT*

2016-
2017





CENTRAL UNIFIED SCHOOL DISTRICT

STUDENT EXCURSION & TRANSPORTATION AGREEMENT

Student Name _____

Activity/Excursion _____

Activity Date(s) _____

PERMISSION TO TRANSPORT

I hereby give permission for the district to transport my child to or from any school activity, sports activity or excursion, including but not limited to practice and competition as may be necessary. I understand that transportation may be by school bus, charter bus, district van, rental van or private vehicle.

Date

Student Signature

Date

Parent/Legal Guardian (If student is under 18 years of age)

WAIVING DISTRICT TRANSPORTATION

I understand the Central Unified School District may or may not be providing transportation to or from the above activity. However, my child will not avail himself/herself of the transportation provided by the Central Unified School District.

I understand that pursuant to Education Code Section 44808, the District is not responsible for the conduct or safety of my child when he/she is not under the immediate and direct supervision of an employee of the Central Unified School District.

Date

Student Signature

Date

Parent/Legal Guardian (If student is under 18 years of age)

PLEASE READ AND INITIAL THAT YOU HAVE READ AND ACKNOWLEDGE THE FOLLOWING STATEMENT

Central USD students are **NOT** allowed to transport other students to or from any school activity or excursion. By failing to comply with this policy the parents or guardians are releasing Central USD of all liabilities associated with this form of voluntary transportation. I understand as the parent or guardian that I am assuming responsibility if my child voluntarily rides or provides transportation for another CUSD student which is against CUSD policy.

☐

Student Initials

☐

Parent/Legal Guardian Initials

VOLUNTEERS

Central USD encourages parents/guardians and other members of the community to share their time, knowledge and abilities with our students. If you are planning on volunteering twice per week or more during the school year, and/or planning to volunteer for more than 10 days in a row, and/or chaperone for field trips overnight, and/or transport students other than your own you must complete a VOLUNTEER PACKET through our Human Resources Department. **THIS PROCESS IS LENGTHY AND WILL REQUIRE 4-6 WEEKS FOR PROCESSING.**

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Modified by OSS for its Members 9/2006

Modified by Central USD 02/2011

*FIELD TRIP
ROLES &
RESPONSIBILITIES*

2016-
2017





FIELD TRIP ROLES AND RESPONSIBILITIES



All chaperones must conform to all pertinent Board Policies and Regulations.

The Governing Board of Central Unified School District recognizes that school-sponsored trips are important components of a student's development. Besides supplementing and enriching classroom learning experiences, such trips encourage new interests among students, make them more aware of community resources, and help them relate their school experiences to the outside world. The Board believes that careful planning can greatly enhance the value and safety of such trips.

In addition, Central Unified School District Athletics department supports and recognizes the importance of providing field trip opportunities for all of its student-athletes in order to enhance their educational, social, and emotional development, as well as increase camaraderie and team bonding amongst student athletes and coaches.

All Central Unified School District school-sponsored trips away from school grounds, including athletic trips and outdoor education programs, are subject to Central Unified School District Board Policies and Administrative Regulations. Therefore, all Central Unified rules and policies apply, and any behavioral breach by student athletes will be followed by school discipline and consequences upon return based on the following tiered structure:

Level 1 – All Education Code section 48915, subdivision (a) and (c) offenses:

No school-sponsored trips for one year

Non-privilege list for 30 days

Level 2 – All other Education Code offenses and all violations of school or trip rules: Discipline deemed appropriate by Superintendent, or designee, in consultation with the site principal



FIELD TRIP ROLES AND RESPONSIBILITIES



THIS FORM SHOULD BE COPIED AND COVERED BY THE HEAD COACH WITH ALL CHAPERONES

GENERAL PROVISIONS

- All chaperones must conform to all pertinent Board Policies and Regulations.
- The Field Trip Supervisor must be a faculty member of the school taking the trip.
- Each overnight field trip must be accompanied by an Administrator on Duty or qualified district employee Administrator Designee.
- All chaperones must be at least 21 years of age and a member of the school faculty/staff or a district registered volunteer.
- All chaperones shall attend a pre-event orientation with the Field Trip Field Trip Supervisor at which time all event activities will be outlined, participants with special needs identified, and chaperone expectations, responsibilities, and emergency procedures discussed. ALL CHAPERONES MUST RECEIVE THE ROLES AND RESPONSIBILITIES FORM AND SIGN DOCUMENT TO VERIFY HIS OR HER UNDERSTANDING OF BOARD POLICY AND ADMINISTRATIVE REGULATIONS.
- Drinking of alcoholic beverages, use of controlled substances, smoking, or use of tobacco products by a chaperone at any time during a field trip is prohibited.
- Chaperones will not be permitted to bring relatives or siblings of participating students or other persons on a field trip.
- Field trips must have at least one designated school personnel CPR trained from American Red Cross or American Heart Association who will be trained and equipped to assist students requiring medical procedures and/or medicine administration/monitoring per AR 5141.21 (h).
- Chaperones must not dispense medicine to children except those that have been provided by the parents or guardians along with written specific directions provided by the parents, guardians or professional health care providers.
- Chaperones are required to ride the transportation vehicle to and from the event with the students.
- Chaperones must wear appropriate clothing at all times.
- Chaperones must not use profanity.
- Each chaperone will be assigned Field Trip Supervisory responsibility for no more than ten students.
- Field Trip Supervisors and Administrator on Duty will not be assigned a specific group of students since they oversee the entire trip.
- Students are never to leave a supervised area unless escorted by a chaperone.
- For theme park visits or visits to any destination where students are "fenced in", 7-12 students must report every other hour to a designated "home base" to check in with a chaperone. K-6 students must be accompanied at all times by a chaperone at no greater than a ten to one ratio.
- Chaperones shall maintain an operating cell phone and be provided with a list of persons to call if there is an emergency.
- Medical release waivers for each student shall be carried on all filed trips. In case of an accident, the medical release waivers shall be presented to the treating physician. A student's permission slip shall be attached to the student injury incident report which is required with an accident.
- Field Trip Supervisors and chaperones shall provide age appropriate training to participants for evacuation points, alternate emergency assembly locations, reporting injuries, etc.
- The Field Trip Field Trip Supervisor shall ensure that a first aid kit is immediately available at all times during the trip



FIELD TRIP ROLES AND RESPONSIBILITIES



BEHAVIOR INCIDENT RESPONSE

- Chaperones are expected to be familiar with the Student Code of Conduct and Discipline/ Academic/Co-Curricular Code of Ethics, and the Civility Policy.
- Chaperones must promptly report any inappropriate behavior violations (curfew violations, use of alcohol, drugs, etc.) to the Field Trip Supervisor and Administrator on Duty in writing.
- The Administrator on Duty will consult with Field Trip Supervisor and chaperones and give direction on the investigation and interview process.
- An investigation shall follow these steps:
 - Separate the students and have them write statements. Do not have students write statements together
 - Follow approved search and seizure procedures
 - Interview students individually after collecting statements
 - If you have chaperones on the trip, have them write statements if they have any information that would help in the investigation
 - Collect statements and ask questions about the incident
 - Write down verbal statements and observations
 - Write down time and date
 - Notify law enforcement when appropriate
 - Contact parents by phone

HOTEL PROTOCOL

- Student rooms shall not be on the ground floor whenever possible.
- Chaperone rooms shall be adjacent to every student occupied room.
- An adult chaperone room shall never be totally vacated at any time.
- Chaperones must take meals with their assigned students.
- At no time shall participants just be “turned loose.”
- Chaperones shall conduct a bed check for participants assigned to them by knocking on each door and checking to see that each participant is in his/her assigned room and that there are no visitors in the room. Female chaperones are to check female participant rooms and male chaperones are to check male participant rooms.
- Chaperones shall check hotel rooms of participants before leaving so that damages can be determined immediately and to make sure nothing gets left behind inadvertently.

HALLWAY MONITORING PROTOCOL

- A minimum of two chaperones per shift shall be assigned to hallway supervision in shifts of two hours duty from 10:00 PM throughout the remainder of the night.
- Chaperones who are also drivers shall be excluded from night time supervision.
- If hotel rooms have outside balconies, hourly checks shall be made of the balconies.
- A method for determining if students have left rooms after curfew shall be in place. This could be placing tape over the door, or some other similar method.

CENTRAL UNIFIED SCHOOL DISTRICT

FIELD TRIP CHAPERONE ROLES AND RESPONSIBILITIES

General Provisions

1. All chaperones must conform to all pertinent Board Policies and Regulations.
2. The Field Trip Supervisor must be a faculty member of the school taking the trip.
3. Each overnight field trip must be accompanied by an Administrator on Duty or a district designee possessing an Administrative Credential. Overnight field trips fewer than 150 miles, at the discretion of cabinet, may have an “on call” administrator in lieu of an administrator on duty at the field trip location. An “on call” administrator will be expected to drive to the field trip location if requested by the field trip supervisor or if a situation arises that warrants an administrator being present.
4. All chaperones must be at least 21 years of age and a member of the school faculty/staff or a district registered volunteer.
5. All chaperones shall attend a pre-event orientation with the Field Trip Supervisor at which time all event activities will be outlined, participants with special needs identified, and chaperone expectations, responsibilities, and emergency procedures discussed.
6. Drinking of alcoholic beverages, use of controlled substances, smoking, or use of tobacco products by a chaperone at any time during a field trip is prohibited.
7. Chaperones will not be permitted to bring relatives or siblings of participating students or other persons on a field trip.
8. Field trips must have at least one designated school personnel CPR trained from American Red Cross or American Heart Association who will be trained and equipped to assist students requiring medical procedures and/or medicine administration/monitoring per AR 5141.21 (h).
9. Chaperones must not dispense medicine to children except those that have been provided by the parents or guardians along with written specific directions provided by the parents, guardians or professional health care providers.
10. Chaperones are required to ride the transportation vehicle to and from the event with the students.
11. Chaperones must wear appropriate clothing at all times.
12. Chaperones must not use profanity.
13. Each chaperone will be assigned Field Trip Supervisory responsibility for no more than ten students.
14. Field Trip Supervisors and Administrator on Duty will not be assigned a specific group of students since they oversee the entire trip.
15. Students are never to leave a supervised area unless escorted by a chaperone.
16. For theme park visits or visits to any destination where students are “fenced in”, 7-12 students must report every other hour to a designated “home base” to check in with a chaperone. K-6 students must be accompanied at all times by a chaperone at no greater than a ten to one ratio.
17. Chaperones shall maintain an operating cell phone and be provided with a list of persons to call if there is an emergency.
18. Medical release waivers for each student shall be carried on all field trips. In case of an accident, the medical release waivers shall be presented to the treating physician. A student’s permission slip shall be attached to the student injury incident report which is required with an accident.
19. Field Trip Supervisors and chaperones shall provide age appropriate training to participants for evacuation points, alternate emergency assembly locations, reporting injuries, etc.
20. The Field Trip Supervisor shall ensure that a first aid kit is immediately available at all times during the trip.

CENTRAL UNIFIED SCHOOL DISTRICT
Fresno, California

BEHAVIOR INCIDENT RESPONSE

1. Chaperones are expected to be familiar with the Student Code of Conduct and Discipline/ Academic/Co-Curricular Code of Ethics, and the Civility Policy.
2. Chaperones must promptly report any inappropriate behavior violations (curfew violations, use of alcohol, drugs, etc.) to the Field Trip Supervisor and Administrator on Duty in writing.
3. The Administrator on Duty will consult with Field Trip Supervisor and chaperones and give direction on the investigation and interview process.
4. An investigation shall follow these steps:
 - ☐ Separate the students and have them write statements. Do not have students write statements together
 - ☐ Follow approved search and seizure procedures
 - ☐ Interview students individually after collecting statements
 - ☐ If you have chaperones on the trip, have them write statements if they have any information that would help in the investigation
 - ☐ Collect statements and ask questions about the incident
 - ☐ Write down verbal statements and observations
 - ☐ Write down time and date
 - ☐ Notify law enforcement when appropriate
 - ☐ Contact parents by phone

HOTEL PROTOCOL

1. Student rooms shall not be on the ground floor whenever possible.
2. Chaperone rooms shall be adjacent to every student occupied room.
3. An adult chaperone room shall never be totally vacated at any time.
4. Chaperones must take meals with their assigned students.
5. At no time shall participants just be “turned loose.”
6. Chaperones shall conduct a bed check for participants assigned to them by knocking on each door and checking to see that each participant is in his/her assigned room and that there are no visitors in the room. Female chaperones are to check female participant rooms and male chaperones are to check male participant rooms.
7. Chaperones shall check hotel rooms of participants before leaving so that damages can be determined immediately and to make sure nothing gets left behind inadvertently.

HALLWAY MONITORING PROTOCOL

1. A minimum of two chaperones per shift shall be assigned to hallway supervision in shifts of three hours duty from 10:00 PM throughout the remainder of the night.
2. Chaperones who are also drivers shall be excluded from night time supervision.
3. If hotel rooms have outside balconies, hourly checks shall be made of the balconies.
4. A method for determining if students have left rooms after curfew shall be in place. This could be placing tape over the door, or some other similar method.

I, _____, am a chaperone for the _____ field trip being taken
(print name)
by _____ students on _____. As a member of the adult supervision of this activity,
I hereby acknowledge that I have read and understand the provisions of the District's Administrative
Regulation 6153 and agree to execute my duties as a chaperone in accordance with its provisions.

Chaperone Signature

Date _____

rev: 8/20/12

CENTRAL UNIFIED SCHOOL DISTRICT
Fresno, California

CENTRAL UNIFIED SCHOOL DISTRICT

FIELD TRIP CODE OF CONDUCT**Trip Purpose/Philosophy Statement**

The trip you are embarking on to represent your school, the Central Unified School District, and the community promises to be a great experience. We are confident that each of you will put your total effort and concentration into this event. Not only will you be experiencing participation at its highest level, but hopefully, accumulating unforgettable memories along the way. We are extremely proud of each of you who contribute much to the school.

Remember who you are. Remember that you represent our school and district. Savor the experience and take pride in being a member of our school. We believe in you and know you will make us proud of your achievements.

Rules and Regulations

Please be aware that all Central Unified rules and policies apply, and any trip discipline will be followed by school discipline and consequences upon your return. Any students not complying with the general guidelines for the trip may be sent home immediately (at parent expense) or be restricted for the rest of the field trip. In most cases, the student will be sent home or parents will need to travel to pick up their child.

Gambling, drinking, use of drugs, tobacco, controlled substances, theft, profanity or other undesirable behavior will not be tolerated.

Hotel Department

Upon arrival at the hotel, keys will be issued to those who have been assigned that responsibility. If keys are lost, extras will be available after the replacement cost is paid. Remember that the hotel will be full of other guests and you should be considerate of their presence. Any problems or damages with any room will be considered to have been caused by all the room members. Never should anyone other than the assigned students or parents be in the room without advisor/coach permission. Absolutely no one of the opposite sex will be allowed in the rooms. Students should not give out the name of the hotel, room number, and/or phone number to anyone other than their own immediate family members.

Upon checkout, the room will be charged for any missing items. All keys will need to be turned in to the chaperone/coach, and all room charges will need to be cleared before checkout is completed.

Remember that hotels charge for all phone calls. Pay phones (or cell phones) are to be used for all personal calls. Also, many hotels have pay TV included on "in-room" television sets. There is an additional charge and if you use this service, you will need to pay for it. Only appropriately rated programming should be viewed. Many hotels have mini-refrigerators in the rooms. The contents of these units are not complimentary and often expensive. Anything taken will be added to your bill.

Be considerate of other guests. After room check and “lights out”, there should be no TV, radio, hair dryers, horseplay, etc. You are not allowed to leave room except in emergency. Leaving your room for anything other than an emergency will result in appropriate discipline, which may include not allowing you to attend future overnight field trips for a period up to one year.

Transportation

All students should comply with instructions given by advisors, chaperones, and employees of the transporting service. Safety standards should always be observed. Remember that you represent your school and organization throughout the trip.

Student Signature

Parent/Guardian Signature

Date

Exhibit approved: 6/23/15

*CODE OF
ETHICS*

2016-
2017





Code of Ethics While Pursuing Victory with Honor



Co-Curricular activities are a vital part of our total school program. We exemplify the supreme standards of ethics and sportsmanship in addition to first-class character and lifelong skills. Students electing to participate in co-curricular activities assume certain responsibilities and obligations to their coach, team, school, and themselves. The school invests a lot of time, money, and personnel in an effort to provide a quality program for our students. Our major co-curricular programs have "participation contracts" stating what is expected of the participant. Students agree to the rules that follow upon joining an activity. In an effort to strengthen the relationship between the parent/guardian, school, coaches, and student athletes, each parent/guardian must read and sign also, in order to build a better working relationship with all parties.

1. **Eligibility:** The athlete must have and maintain a 2.0 GPA to try-out and/or participate in a co-curricular program. Any athlete falling below the 2.0 GPA will be put in a probationary status where they are eligible to play for one grading period while attending tutoring. If still below 2.0 after the probationary period the athlete is then ineligible until grades are brought above a 2.0. Athletes that are ineligible may practice with the team so long as they have a chance to become eligible before the season ends. Ineligible athletes are not allowed to attend games home or away.

2. **Attendance/Conduct:** The student must be in school the day of a performance for half the time or more unless verified by the attendance office i.e. field trip, conference, etc. Conduct while participating in a co-curricular activity is to be satisfactory as judged by the coach or administration. If any student quits or is discharged from a team without a release from the coach or athletic director, they may not join another team during that season.

3. **Equipment:** It is the students' responsibility to return and care for all equipment and uniforms issued to them. Any lost or damaged equipment will be paid before the student participates in another activity. Post season awards will be held until uniforms and equipment are returned.

4. **Code of Ethics:** The athletes are expected to participate in the activity in a positive manner. The parent/guardian needs to support the athlete, coaches, and officials in a positive manner. Each athlete/parent/guardian must adhere to the following:

Athlete/Parent/Guardian must display acceptable standards of behavior and citizenship at school and in the community.

Athlete/Parent/Guardian must cooperate in a mature, sportsmanlike manner in all events whether it is as a participant or spectator.

Athlete/Parent/Guardian must comply with the Board of Education policies, District Regulations, and the State Education Code.

Athlete/Parent/Guardian must comply with the rules and regulations established by the appropriate governing bodies of their activity.

The use of intoxicants, tobacco, drugs, or related substances, or the sale or possession of them will not be tolerated.

Athletes must not be a member of any outside club that participate in the same sport.

Athlete must carry an accident insurance policy (either their own or one available at the school).

Placed at all sporting events should be a sign that reads as follows:

"Welcome to (school name) and our contest today. Sportsmanship and citizenship are stressed here at (school). To that end, we ask that all student-athletes, the coaches, and our fans abide by the following rules during today's contest:"

Only positive reinforcement of your team is allowed (cheer them on!)

No profanity allowed!

Only players, coaches and referees are allowed by the benches

Failure to follow these rules at any co-curricular event will result in the removal of the athlete, coach, and/or parent/guardian by a school administrator/athletic director.

5. **Enforcement:** The athlete/parent/guardian must follow all rules set forth from the Code of Ethics. Each athlete/parent/guardian must adhere to the following:

*PARENTAL
COMMUNICATION
PROTOCOLS*

2016-
2017





Communication Plan for Concerns



Good communication is critical in athletics, on and off the field. A communication plan is in place to assist and to improve communication between parents, coaches and administrators, ultimately for the benefit of the student.

Involvement in athletics and activities will allow the students to experience some of the most rewarding times of their lives. However, there will likely be times when things don't go their way or they disagree with a coach. It is important that students and parents realize these difficult situations are as much a part of the learning experience as are the good times.

The coaches work hard to do the best they can for all of their athletes, and we ask the students and parents to respect the fact that their decisions are often extremely difficult, and are made based on factors of which students and parents may not be aware.

The student, not the parent, is strongly encouraged to talk to the coach about any issues or problems that arise during the season. This is not only the most direct and productive means of communication, but also a valuable method of teaching responsibility.

Communication the PARENT should expect from your child's COACH:

- The coach's philosophy and criteria for the team selection process
- Specific team policies and consequences for when policies are not followed or training rules not adhered to
- Expectations the coach has for your child as well as all the players on the squad
- Locations and times of all practices and contests
- Team requirements, i.e. practices, special equipment, out of season conditioning
- Any special events or activities planned, including optional team garments that the team is considering to purchase
- Procedure to follow should your child be injured during participation
- Specific ways to improve upon athlete's ability appropriate concerns PARENTS should discuss with

COACHES:

- Notification of any schedule conflicts well in advance
- Specific concerns with regard to a coach's philosophy and/or expectations
- If their child, at any time, feels threatened or uncomfortable in any way by actions of teammates or coach(es)
- Any specific information that the parent feels would be of value to the coach to help him/her coach their child
- Ways the parent can help the child improve
- Any concerns a parent may have about their child's behavior or performance in or out of school (Often times a coach may have a very positive influence in the lives of their athletes.) It is recognized that situations may arise where parents find it necessary to raise a concern with a coach, and it is imperative the parent(s) adhere to the following communication guidelines:



Protocol for Registering Concerns



Protocol for registering concerns:

1. Contact the coach first, to set up a meeting.
2. If the coach cannot be reached, contact the Athletic Director.
3. DO NOT CONFRONT A COACH BEFORE, DURING OR AFTER A PRACTICE OR CONTEST. THESE CAN BE EMOTIONAL TIMES FOR BOTH PARTIES. MEETINGS OF THIS NATURE DO NOT PROMOTE RESOLUTION.

It can be very difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those listed below, must be left to the discretion of the coach:

Issues NOT appropriate to discuss with coaches:

1. Playing Time
2. Play Calling
3. Team Strategy
4. Other student-athletes

There are situations that may require a conference between the coach and the parent. In most instances, it is vital that the athlete be present. It is important that all parties involved have a clear understanding of the other's position.

Next Steps after parent/athlete coach meeting:

What a parent can do if, in their opinion, the meeting with the coach did not provide a satisfactory resolution:

1. Call and set up an appointment with the school's Athletic Director to discuss the situation.
2. After this step, an additional meeting may be held with the parent, coach, athlete, and AD.
3. If the meeting with the athletic director does not resolve the issue then contact the building administrator in charge of athletics.

Other Important Talking Points:

Please do not discuss with your child a coach's tactics or playing strategies, starting line-up decisions, or decisions a coach makes about the playing time of other players. This will only undermine the coach's ability to help your child improve, to develop team harmony and develop constructive team play.

Central Unified School District has established a variety of co-curricular activities because they teach valuable athletic, academic, and life skills. Research indicates a student involved in co-curricular activities has a greater chance for success during adulthood, as many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school.

In Closing....

The intent of this communication plan is to help make the experience in the Central Unified School District athletic program more enjoyable and productive for all athletes, coaches, parents and fans.

*CONCUSSION,
SUDDEN CARDIAC
ARREST, &
AIR QUALITY
INDICATORS*

2016-
2017





CONCUSSION AWARENESS



Guideline for Management of Concussion In Sports

Introduction

A concussion is a type of traumatic brain injury that interferes with normal function of the brain. It occurs when the brain is rocked back and forth or twisted inside the skull as a result of a blow to the head or body. What may appear to be only a mild jolt or blow to the head or body can result in a concussion.

Once considered little more than a “ding” on the head, it is now understood that a concussion has the potential to result in short or long-term changes in brain function, or in some cases, death. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.

What is a concussion?

You’ve probably heard the terms “ding” and “bell-ringer.” These terms were once used to refer to minor head injuries and thought to be a normal part of sports. There is no such thing as a minor brain injury. Any suspected concussion must be taken seriously. A concussion is caused by a bump, blow, or jolt to the head or another part of the body with the force transmitted to the head. Basically, any force that is transmitted to the head causes the brain to literally bounce around or twist within the skull, potentially resulting in a concussion.

It used to be believed that a player had to lose consciousness or be “knocked-out” to have a concussion. This is not true, as the vast majority of concussions do not involve a loss of consciousness. In fact, less than 10% of players actually lose consciousness with a concussion.

The sudden movement of the brain causes stretching and tearing of brain cells, damaging the cells and creating chemical changes in the brain. Once this injury occurs, the brain is vulnerable to further injury and very sensitive to any increased stress until it fully recovers. A concussion is primarily an injury that interferes with how the brain works. While there is damage to brain cells, the damage is at a microscopic level and cannot be seen on MRI or CT scans. Therefore, the brain looks normal on these tests, even though it has been seriously injured. syndrome.



CONCUSSION AWARENESS 2



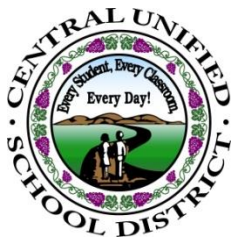
Parents and coaches are not expected to be able to “diagnose” a concussion. That is the role of an appropriate health-care professional. However, you must be aware of the signs, symptoms and behaviors of a possible concussion, and if you suspect that an student-athlete may have a concussion, then he or she must be immediately removed from practice or game competition at that time for the remainder of the day, and all physical activity.

SYMPTOMS REPORTED BY ATHLETE

Headaches
“Pressure in head”
Nausea or vomiting
Balance problems or dizziness
Double, blurred or fuzzy vision
Sensitivity to light and/or noise
Feeling Sluggish or slowed down
Feeling foggy or groggy
Confusion
Drowsiness
Amnesia
“Don’t feel right”
Fatigue or low energy
Sadness
Nervousness or anxiety
Irritability
More emotional
Concentration or memory problems
Repeating the same question/comment

SYMPTOMS RECOGNIZED BY ADULTS

Appears dazed or stunned
Vacant facial expression
Is confused about what to do
Forgets plays
Is unsure of game, score, or opponent
Moves clumsily or uncoordinated
Answers questions slowly
Slurred speech
Loses consciousness
Shows behavior or personality changes
Can’t recall events prior to hit
Can’t recall events after hit
Seizures or convulsions
Any change in typical behavior or personality
Loses consciousness



CONCUSSION AWARENESS AND THE LAW



Concussion and Head Injury information Sheet

Assembly Bill 25 added to the California Education Code a mandate that schools must now follow. On a yearly basis, a concussion and head injury information sheet shall be signed and returned by the student-athlete and the student-athlete's parent or guardian before the student athlete's initiating try-outs, practice or competition. See attached Concussion Fact Sheet for Parents, Concussion Fact Sheet for Athlete and the Athletic Event and Activity Medical Release, Concussion Consent, Assumption of Risk and Liability Waiver Form. This shall be for all sports activities including non-contact sports such as, but not limited to cheerleading, track and field, soccer, basketball, lacrosse, and cross country.

Signed Waivers and Releases

On May 7, 2010, the State CIF Federated Council passed Bylaw 313 that now requires a signed medical release before a student-athlete who is suspected to have sustained a concussion can return to play. Parents of athletes must provide evidence of medical insurance. The Athletic Event and Activity Medical Release, Concussion, Consent, Assumption of Risk and Liability Waiver Form must be signed and returned **before** the student/athlete is allowed to access the event premises, including any tryouts, official or unofficial practices, or training. Proof of medical insurance for student-athlete is required.



CIF RETURN TO PLAY FORM



CALIFORNIA INTERSCHOLASTIC FEDERATION CENTRAL SECTION



Counties: Fresno Kern Kings Madera Tulare

313. CONCUSSION PROTOCOL

A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time for the remainder of the day. A student-athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in education and management of concussion and receives written clearance to return to play from that health care provider.

(Approved May 2010 Federated Council)

Q: What is meant by “licensed health care provider?”

A: The “scope of practice” for licensed health care providers and medical professionals is defined by California state statutes. This scope of practice will limit the evaluation to a medical doctor (MD) or doctor of osteopathy (DO).

I have examined _____ and feel he/she is fit to return to athletic practice/competition following his/her concussion, per CIF by law 313.

Print Name

Signature



CONCUSSION AWARENESS FOR ATHLETES

CONCUSSION

A Fact Sheet for Coaches

WHAT IS A CONCUSSION?

A concussion is a brain injury that:

- Is caused by a blow to the head or body.
 - From contact with another player, hitting a hard surface such as the ground, ice or floor, or being hit by a piece of equipment such as a bat, lacrosse stick or field hockey ball.
- Can change the way your brain normally works.
- Can range from mild to severe.
- Presents itself differently for each athlete.
- Can occur during practice or competition in ANY sport.
- **Can happen even if you do not lose consciousness.**

CIF Bylaw 313 – Play It Safer

A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time for the remainder of the day. A student-athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and receives written clearance to return to play from that health care provider.

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

You can't see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury. Concussion symptoms include:

- Amnesia.
- Confusion.
- Headache.
- Loss of consciousness.
- Balance problems or dizziness.
- Double or fuzzy vision.
- Sensitivity to light or noise.
- Nausea (feeling that you might vomit).
- "Don't feel right."
- Feeling sluggish, foggy or groggy.
- Feeling unusually irritable.
- Concentration or memory problems (forgetting game plays, facts, meeting times).
- Slowed reaction time.

Exercise or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse.

WHAT CAN HAPPEN IF I KEEP PLAYING A STUDENT WITH A CONCUSSION OR RETURNS TOO SOON?

Athletes with the signs and symptoms of concussion should be removed from play immediately (CIF Bylaw 313). Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries and concussions are no different. It is your duty as a coach to place the health and safety of your student-athletes ahead of winning.

WHAT A COACH SHOULD DO IF YOU THINK YOUR PLAYER HAS SUFFERED A CONCUSSION

Any athlete even suspected of suffering a concussion **must** be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without written medical clearance. The new "CIF Bylaw 313" now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that help ensure and protect the health of student-athletes. A coach's job is to ensure everyone follows these guidelines.



**IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.
WHEN IN DOUBT, GET CHECKED OUT.**



For more information and resources, visit www.cifstate.org/health_safety/ & www.cdc.gov/concussion.





CONCUSSION AWARENESS FOR ATHLETES

CONCUSSION

A Fact Sheet for Student-Athletes

WHAT IS A CONCUSSION?

A concussion is a brain injury that:

- Is caused by a blow to the head or body.
 - From contact with another player, hitting a hard surface such as the ground, ice or floor, or being hit by a piece of equipment such as a bat, lacrosse stick or field hockey ball.
- Can change the way your brain normally works.
- Can range from mild to severe.
- Presents itself differently for each athlete.
- Can occur during practice or competition in ANY sport.
- **Can happen even if you do not lose consciousness.**

HOW CAN I PREVENT A CONCUSSION?

Basic steps you can take to protect yourself from concussion:

- Do not initiate contact with your head or helmet. You can still get a concussion if you are wearing a helmet.
- Avoid striking an opponent in the head. Undercutting, flying elbows, stepping on a head, checking an unprotected opponent, and sticks to the head all cause concussions.
- Follow your athletics department's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Practice and perfect the skills of the sport.

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

You can't see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury. Concussion symptoms include:

- Amnesia.
- Confusion.
- Headache.
- Loss of consciousness.
- Balance problems or dizziness.
- Double or fuzzy vision.
- Sensitivity to light or noise.
- Nausea (feeling that you might vomit).
- Feeling sluggish, foggy or groggy.
- Feeling unusually irritable.
- Concentration or memory problems (forgetting game plays, facts, meeting times).
- Slowed reaction time.

Exercise or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse.

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

DON'T HIDE IT. Tell your athletic trainer and coach. Never ignore a blow to the head. Also, tell your athletic trainer and coach if one of your teammates might have a concussion. Sports have injury timeouts and player substitutions so that you can get checked out.

REPORT IT. TELL YOUR COACH – TELL YOUR PARENTS! Do not return to participation in a game, practice or other activity with symptoms. The sooner you get checked out, the sooner you may be able to return to play.

GET CHECKED OUT. Your team physician, athletic trainer, or health care professional can tell you if you have had a concussion and when you are cleared to return to play. A concussion can affect your ability to perform everyday activities, your reaction time, balance, sleep and classroom performance.

TAKE TIME TO RECOVER. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a repeat concussion. In rare cases, repeat concussions can cause permanent brain damage, and even death. Severe brain injury can change your whole life.



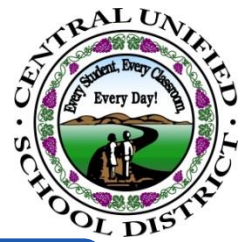
**IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.
WHEN IN DOUBT, GET CHECKED OUT.**

For more information and resources, visit www.cifstate.org/health_safety/ & www.cdc.gov/concussion/





CONCUSSION AWARENESS FOR PARENTS



A Fact Sheet for PARENTS

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians

If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes

Symptoms Reported by Athlete

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just “not feeling right” or “feeling down”

HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION OR OTHER SERIOUS BRAIN INJURY?

- Ensure that they follow their coach’s rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
 - However, helmets are not designed to prevent concussions. There is no “concussion-proof” helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. **SEEK MEDICAL ATTENTION RIGHT AWAY.**
A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.
2. **KEEP YOUR CHILD OUT OF PLAY.**
Concussions take time to heal. Don’t let your child return to play the day of the injury and until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a repeat concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.
3. **TELL YOUR CHILD’S COACH ABOUT ANY PREVIOUS CONCUSSION.** Coaches should know if your child had a previous concussion. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

It’s better to miss one game than the whole season.

For more information, visit www.cdc.gov/Concussion.



SUDDEN CARDIAC ARREST (SCA)



Keep Their Heart in the Game

A Sudden Cardiac Arrest Information Sheet for Athletes and Parents/Guardians

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the victim to collapse. The malfunction is caused by a congenital or genetic defect in the heart's structure.

How common is sudden cardiac arrest in the United States?

As the leading cause of death in the U.S., there are more than 300,000 cardiac arrests outside hospitals each year, with nine out of 10 resulting in death. Thousands of sudden cardiac arrests occur among youth, as it is the #2 cause of death under 25 and the #1 killer of student athletes during exercise.

Who is at risk for sudden cardiac arrest?

SCA is more likely to occur during exercise or physical activity, so student-athletes are at greater risk. While a heart condition may have no warning signs, studies show that many young people do have symptoms but neglect to tell an adult. This may be because they are embarrassed, they do not want to jeopardize their playing time, they mistakenly think they're out of shape and need to train harder, or they simply ignore the symptoms, assuming they will "just go away." Additionally, some health history factors increase the risk of SCA.

**FAINTING
is the
#1 SYMPTOM
OF A HEART CONDITION**

What should you do if your student-athlete is experiencing any of these symptoms?

We need to let student-athletes know that if they experience any SCA-related symptoms it is crucial to alert an adult and get follow-up care as soon as possible with a primary care physician. If the athlete has any of the SCA risk factors, these should also be discussed with a doctor to determine if further testing is needed. Wait for your doctor's feedback before returning to play, and alert your coach, trainer and school nurse about any diagnosed conditions.

What is an AED?

An automated external defibrillator (AED) is the only way to save a sudden cardiac arrest victim. An AED is a portable, user-friendly device that automatically diagnoses potentially life-threatening heart rhythms and delivers an electric shock to restore normal rhythm. Anyone can operate an AED, regardless of training. Simple audio direction instructs the rescuer when to press a button to deliver the shock, while other AEDs provide an automatic shock if a fatal heart rhythm is detected. A rescuer cannot accidentally hurt a victim with an AED—quick action can only help. AEDs are designed to only shock victims whose hearts need to be restored to a healthy rhythm. Check with your school for locations of on-campus AEDs.



The Cardiac Chain of Survival

On average it takes EMS teams up to 12 minutes to arrive to a cardiac emergency. Every minute delay in attending to a sudden cardiac arrest victim decreases the chance of survival by 10%. Everyone should be prepared to take action in the first minutes of collapse.

Early Recognition of Sudden Cardiac Arrest



Collapsed and unresponsive.
Gasping, gurgling, snorting, moaning or labored breathing noises.
Seizure-like activity.

Early Access to 9-1-1



Confirm unresponsiveness.
Call 9-1-1 and follow emergency dispatcher's instructions.
Call any on-site Emergency Responders.

Early CPR



Begin cardiopulmonary resuscitation (CPR) immediately. Hands-only CPR involves fast and continual two-inch chest compressions—about 100 per minute.

Early Defibrillation



Immediately retrieve and use an automated external defibrillator (AED) as soon as possible to restore the heart to its normal rhythm. Mobile AED units have step-by-step instructions for a bystander to use in an emergency situation.

Early Advanced Care



Emergency Medical Services (EMS) Responders begin advanced life support including additional resuscitative measures and transfer to a hospital.



SUDDEN CARDIAC ARREST (SCA)

Keep Their Heart in the Game

Recognize the Warning Signs & Risk Factors of Sudden Cardiac Arrest (SCA)

Tell Your Coach and Consult Your Doctor if These Conditions are Present in Your Student-Athlete

Potential Indicators That SCA May Occur

- ☐ Fainting or seizure, especially during or right after exercise
- ☐ Fainting repeatedly or with excitement or startle
- ☐ Excessive shortness of breath during exercise
- ☐ Racing or fluttering heart palpitations or irregular heartbeat
- ☐ Repeated dizziness or lightheadedness
- ☐ Chest pain or discomfort with exercise
- ☐ Excessive, unexpected fatigue during or after exercise

Factors That Increase the Risk of SCA

- ☐ Family history of known heart abnormalities or sudden death before age 50
- ☐ Specific family history of Long QT Syndrome, Brugada Syndrome, Hypertrophic Cardiomyopathy, or Arrhythmogenic Right Ventricular Dysplasia (ARVD)
- ☐ Family members with unexplained fainting, seizures, drowning or near drowning or car accidents
- ☐ Known structural heart abnormality, repaired or unrepaired
- ☐ Use of drugs, such as cocaine, inhalants, "recreational" drugs, excessive energy drinks or performance-enhancing supplements

What is CIF doing to help protect student-athletes?

CIF amended its bylaws to include language that adds SCA training to coach certification and practice and game protocol that empowers coaches to remove from play a student-athlete who exhibits fainting—the number one warning sign of a potential heart condition. A student-athlete who has been removed from play after displaying signs or symptoms associated with SCA may not return to play until he or she is evaluated and cleared by a licensed health care provider. Parents, guardians and caregivers are urged to dialogue with student-athletes about their heart health and everyone associated with high school sports should be familiar with the cardiac chain of survival so they are prepared in the event of a cardiac emergency.

I have reviewed and understand the symptoms and warning signs of SCA and the new CIF protocol to incorporate SCA prevention strategies into my student's sports program.

STUDENT-ATHLETE SIGNATURE

PRINT STUDENT-ATHLETE'S NAME

DATE

PARENT/GUARDIAN SIGNATURE

PRINT PARENT/GUARDIAN'S NAME

DATE

For more information about Sudden Cardiac Arrest visit

California Interscholastic Federation
<http://www.cifstate.org>

Eric Paredes Save A Life Foundation
<http://www.epsavealife.org>

CardiacWise (20-minute training video)
<http://www.sportsafetyinternational.org>





AIR QUALITY



- An Air Alert is a notification that the Valley is currently experiencing conditions that may lead to exceeding a health-based ozone (smog) standard. Air Alerts are issued Valley-wide.
- When an Air Alert is called by the Air District an email notification will be sent out to all principals and athletic directors indicating a color. Use the attached chart to determine the proper response for your school.
- An Air Alert episode may last anywhere from several hours to several days. Keep in mind that air alerts need to register for two consecutive readings to trigger a specific action.
- You can sign up to receive Air Alerts at
 - http://www.valleyair.org/programs/raan/raan_index.htm?x=FRSGRLND
- An important tool to use for protecting your health in your neighborhood is the Real-Time Air Advisory Network (RAAN). This resource is available at no charge to anyone in the Valley.
- RAAN links your site of preference to the nearest monitoring site and provides real-time air quality updates, enabling you to gauge the air quality where you live or work, and adjust your activities as appropriate.








AIR QUALITY GUIDELINES



RAAN Outdoor Activity Guidelines for the San Joaquin Valley

Real-Time Outdoor Activity Risk (ROAR) Levels for Hourly Ozone and PM2.5

ROAR LEVEL	 LEVEL 1	 LEVEL 2	 LEVEL 3	 LEVEL 4	 LEVEL 5
Recess (15 min)	No restrictions.	Insure that sensitive individuals are medically managing their condition.*	Sensitive individuals should exercise indoors or avoid vigorous outdoor activities.*	Exercise indoors or avoid vigorous outdoor activities. Sensitive individuals should remain indoors.*	No outdoor activity. All activities should be moved indoors.
P.E. (1 hr)	No restrictions.	Insure that sensitive individuals are medically managing their condition.	Sensitive individuals should exercise indoors or avoid vigorous outdoor activities.	Exercise indoors or limit vigorous outdoor activities to a maximum of 15 minutes. Sensitive individuals should remain indoors.	No outdoor activity. All activities should be moved indoors.
Athletic Practice and Training (2-4 hrs)	No restrictions.	Insure that sensitive individuals are medically managing their condition.	Reduce vigorous exercise to 30 minutes per hour of practice time with increased rest breaks and substitutions. Insure that sensitive individuals are medically managing their condition.	Exercise indoors or reduce vigorous exercise to 30 minutes of practice time with increased rest breaks and substitutions. Sensitive individuals should remain indoors.	No outdoor activity. All activities should be moved indoors.
Scheduled Sporting Events	No restrictions.	Insure that sensitive individuals are medically managing their condition.	Increase rest breaks and substitutions per CIF guidelines for extreme heat.** Insure that sensitive individuals are medically managing their condition.	Increase rest breaks and substitutions per CIF guidelines for extreme heat.** Insure that sensitive individuals are medically managing their condition.	Event must be rescheduled or relocated.
PM2.5 range	1 – 15 $\mu\text{g}/\text{m}^3$	16 – 35 $\mu\text{g}/\text{m}^3$	36 – 55 $\mu\text{g}/\text{m}^3$	56 – 75 $\mu\text{g}/\text{m}^3$	>75 $\mu\text{g}/\text{m}^3$
Ozone range	1 – 59 ppb	60 – 75 ppb	76 – 95 ppb	96 – 115 ppb	>115 ppb

* Sensitive Individuals include all those with asthma or other heart/lung conditions

** California Interscholastic Federation



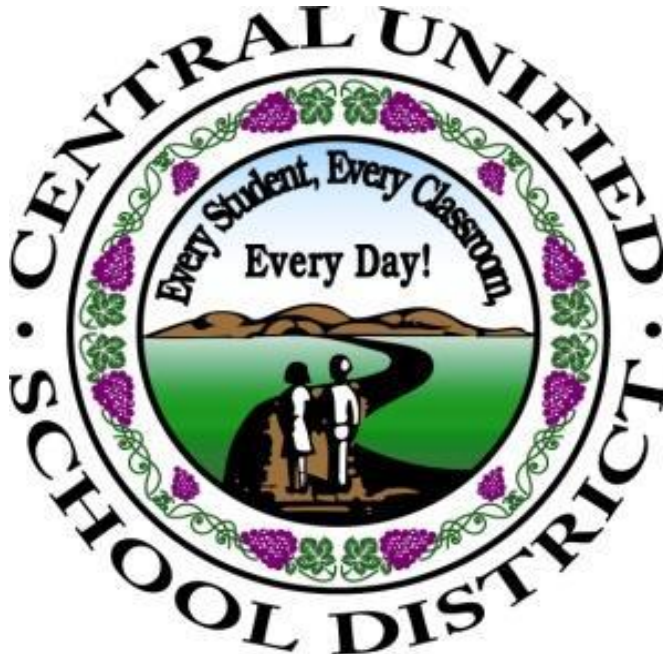
San Joaquin Valley Air Pollution Control District



November 2011

*SPIRIT PACK
GUIDELINES*

2016-
2017





UNIFORM AND SPIRIT PACK GUIDELINES

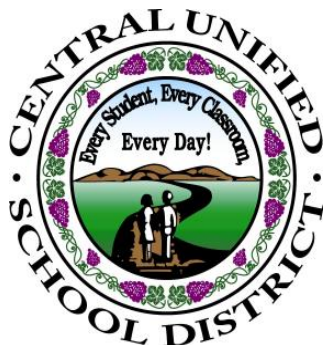


Spirit Pack Guidelines

- All financial documents sent home to parents must be cleared and signed by the site athletic director prior to distribution.
- Spirit Packs are not to be mandated. You may charge for them as a donation to the program but it must be optional. Making a team is not contingent upon having a spirit pack.
- It is encouraged to provide several fundraising opportunities for families who choose to order a spirit pack.
- If parents choose to purchase or fundraise for spirit packs they are theirs to keep regardless of status on team.
- No consequence for choosing not to purchase or fundraise for a spirit pack.
- If you require your team wear spirit packs at practice, you must provide one free for an athlete who requests one or allow them to purchase and wear like colors.
- If extra spirit packs are not available athletes may wear like colors.
- Game uniforms should be provided by the coach.
- You may wear spirit packs for games, but you must provide a free one for any member who does not have one. You may collect at the end of the contest.
- NEVER exclude an athlete who chooses not to pay or fundraise for a spirit pack. Always provide one and collect at the end of the year!
- The following information must be included on any spirit pack order forms.

Permissible Fee Language for Coaches – Disclaimer (Mandatory for all spirit packs)

- Under the California Constitution, the free school guarantee prohibits charging students any fee, charge, or deposit for curricular or extracurricular activities that are an integral component of the District or a school site's educational program. There are, however, specific statutes in the Education Code and other laws which identify definite circumstances when fees and charges are permissible. Nothing in the law prohibits voluntary donations, contributions, and fundraising by students and their families to support District and school site programs, so long as monetary donations, contributions, and fundraising activities are not made mandatory for students and their families.



**CENTRAL UNIFIED SCHOOL
DISTRICT**
Department of Athletics
3535 N. Cornelia · Fresno, CA 93722
Phone: (559) 276-0280 · Fax: (559) 277-2180



SPIRIT PACK ORDER FORM - Template

All Spirit Pack items are optional. Our athletic program encourages participants to look uniformed and professional at all times. Therefore we offer many optional Spirit Pack items for players/parents to choose from. We encourage our athletes to participate in fundraising and other team activities to help off set any voluntary costs involved. Our program offers athletes financial assistance when requested in writing for those who have difficulty fundraising. All proceeds from the sale of the Spirit Pack items will go toward the team and its participants.

Name: _____

<u>ITEM(S):</u>	<u>Discount Price:</u>	<u>Size:</u>	<u>Quantity:</u>
Example: Item: #407627 - 001	\$81.25	XL	1
Item #1	\$	_____	_____
Item #2	\$	_____	_____
Item #3	\$	_____	_____
Item #4	\$	_____	_____
Item #5	\$	_____	_____
Item #6	\$	_____	_____
Item #7	\$	_____	_____
Total Amount Enclosed:	\$	_____	

*ELEMENTARY
SCHOOL
RESOURCES*

2016-
2017





Central Elementary Athletic Clearance Form



Student Name: _____ **School:** _____
Address: _____ **Grade:** _____
Date of Birth: _____ **Sports:** _____
Phone Number: _____ **Emergency Number:** _____

Parent's or Guardian's Permission and Release

I hereby give my consent for the above-named student to represent his or her school in competitive sports. I also give my consent for the student to accompany the school team on any of its local or out-of-town trips. The Central Unified School District Board of Education has no responsibility to provide first aid at any of the games and the parent or guardian understands that the risk of injury is assumed by the student and parent when they sign this form. However, in the event physicians, physical therapists, physicians assistants, nurses, or other persons trained in the rendering of first aid are available, as volunteers or otherwise, and render aid to any student injured during the course of any such activities or travel, then the parents/guardians do hereby release and forever discharge such persons and the Central Unified School District Board of Education from any liability arising out of any first aid or immediate treatment of injuries.

Health History: To be completed by the Parent/Guardian (Answer "Yes" or "No" Only)

	Yes	No		Yes	No
1. Chronic/Recurring illness	___	___	21. Physician limiting participation due to heart problems	___	___
2. Hospitalization or surgery	___	___	22. Problem with blood/anemia	___	___
3. Under care of physician	___	___	23. Problem with liver, spleen or kidneys	___	___
4. Currently taking any medication	___	___	24. Mononucleosis within last year	___	___
5. Organs missing/removed	___	___	(if yes, month/year _____)	___	___
6. Easily overheated	___	___	25. Hernia	___	___
7. Heat stress/exhaustion/stroke	___	___	26. Neck/back/spine injury or pain	___	___
8. Injuries under care of physician	___	___	27. Hand/wrist/arm injury or pain	___	___
9. Headaches	___	___	28. Knee/hip injury or pain	___	___
10. Head injury & loss of consciousness	___	___	29. Foot/ankle/leg injury or pain	___	___
11. Concussions (how many ____)	___	___	30. Sudden death of family member before age 50	___	___
12. Dizziness/fainting	___	___	31. Cancer	___	___
13. Seizures/epilepsy	___	___	32. Recent weight loss or gain	___	___
14. Diabetes	___	___	33. Immunizations current	___	___
15. Vision problems	___	___	34. Tetanus shot (what year ____)	___	___
16. Glasses/contacts	___	___	35. Ringworm	___	___
17. Asthma/wheezing/inhaler	___	___	36. High blood pressure	___	___
18. Allergies: pollen, stinging insects, food	___	___			
19. Chest pain/dizziness with exercise	___	___			
20. Heart murmur/rhythm problem	___	___			

Please describe any "YES" answers above or list anything not mentioned: _____

MEDICAL INSURANCE

I have medical insurance that provides coverage of at least \$1,500.00 for accidental injury and Major Medical coverage of at least \$10,000.

Company Name _____ Policy Number _____ Exp. Date _____

OR SCHOOL INSURANCE

I have purchased the following type of coverage through my child's school.

School Time (Covers sports other than football) _____ 24-Hour Coverage (Covers sports other than football) _____ Football Plan (Football only) _____

Co-Curricular activities are a vital part of our total school program. We exemplify the supreme standards of ethics and sportsmanship in addition to first-class character and lifelong skills. Students electing to participate in co-curricular activities assume certain responsibilities and obligations to their coach, team, school, and themselves. The school invests a lot of time, money, and personnel in an effort to provide a quality program for our students.

Eligibility: Students are expected to maintain a 2.0 grade point average and adhere to district and site policies. Grade Point Average will follow CIF guidelines. If a student's GPA drops below a 2.0 at any grading period, they will be placed on probation. Two consecutive grading periods they will be deemed ineligible. Grading Period will be from Monday to Friday each week during the season. Grades are cumulative not just work that week. Athletes that are ineligible may not practice with the team.

Attendance: The student must be in school the day of a performance for half the time or more unless verified by the attendance office i.e. field trip, conference, etc.

Equipment: It is the students' responsibility to return and care for all equipment and uniforms issued to them. Any lost or damaged equipment will be paid before the student participates in another activity. Post season awards will be held until uniforms and equipment are returned.

Try-outs: A student may try-out for a sport up to the 2nd game of the season. No one will be allowed out after official rosters are turned in.



Central Elementary Athletic Clearance Form 2



CODE OF ETHICS – it is the duty of all concerned with Central Unified School athletics: (ATHLETES, PARENTS, FANS, COACHES, STAFF)

1. To display acceptable standards of behavior and citizenship at school and in the community.
2. To cooperate in a mature, sportsmanlike manner in all events whether it be as a participant or spectator.
3. To show respect for other participants, supervisors, coaches and officials.
4. To comply with the Board of Education policies, District Regulations, and the State Education Code.
5. To comply with the rules and regulations established by the appropriate governing bodies of their activity.
6. To eliminate all possibilities which tend to destroy the best values of the game.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative and good judgment by the players on a team.
9. To recognize that the purpose of athletics to promote the physical, mental, moral, social and emotional well-being of the individual players.
10. To understand that the use of intoxicants, tobacco, drugs, or substances for sale or possession of them will not be tolerated.
11. Athlete must carry an accident insurance policy (either their own or one available at the school).
12. Athlete must maintain a grade point average of 2.0.
13. All concerned must remember that an athletic contest is only a game, not a matter of life and death for player, coach, school, official, fan or nation.

Information regarding CIF violations/penalties in regards to player/coach ejection from athletic contests is available upon request from the Athletic Office.

Appeals Procedure – First and Second Ejection: Unless otherwise specified an appeal of an ineligibility of a player or coach because of ejection from a game or event, may be made, in writing, to the player or coach's site administrator. The site administrator of his/her designee's decision on his/her athlete or coach shall be final and shall be conveyed to the site administrator of the school(s) involved, to the president of the league(s) involved.

Physical Assault: Any student who physically assaults the person of a game or event official shall be banned from interscholastic athletics for the remainder of the student's elementary eligibility. A game or event official is defined as a referee, umpire or any other official assigned to interpret or enforce rules of competition at an event. A student may, after a lapse of 12 calendar months from the date of the incident, apply for reinstatement of eligibility to the District Athletic Director.

ENFORCEMENT

1. Athletes who fail to comply with the Code of Ethics will be declared ineligible to participate in school activities by the school administration. Parents/Fans who fail to comply with the above Code of Ethics will be banned from one game to the entire season. The Administration has the right to enforce any penalties deemed necessary to provide safe and consistent environment for Central Unified School District student/athletes.
2. Students/Parents/Fans may seek a hearing before an Appeal Review Panel consisting of the Athletic Director, Vice Principal and Principal.

PENALTIES

Minor: Violations are those which do not require suspension from school (in-house suspensions)

1. Any student who commits a minor violation of the Code of Ethics shall be immediately suspended from all activities for a period ranging from one day to two weeks.

Major: Violations defined as those which result in suspension from school.

1. Students who commit a major violation of the Code of Ethics will be suspended from all activities for a period of not less than two weeks and not more than one calendar year, beginning on the date of return. This penalty is enforced at the discretion of the site administration.

The Administration reserves the right to prohibit a student from participation in other school activities as is deemed appropriate. Code of Ethics violations which occur when a student is not under the supervision of the school may be considered for penalties.

SPORTS PARTICIPATION/ASSUMPTION OF RISK/QUITTING OF A SPORT

The undersigned student/athlete and his/her parent/legal guardian understand and agree: (1) that the student must obey and comply with any and all rules, regulations and directions related to such participation; (2) that they are aware that athletic participation in sport requires physical fitness; (3) that said student/athlete possesses the required degree of physical fitness to participate; (4) that a risk of physical injury is involved by participating in sports; (5) that by quitting a sport after the first 30% of the season, the athlete will not be allowed to participate in another sport until the previous sport has finished, and it is the coach of the sport's prerogative, to allow or disallow the student's participation the following year in the sport he/she quit. An athlete may switch from one sport to another before the official roster is due (no later than Monday, after the second (2nd) scheduled league game). Once the athlete makes one switch, they may not return.

Therefore, in consideration of the Central Unified School District allowing said student/athlete to participate in the sports programs, both the student and his/her parent/legal guardian agree to hold the district, its Board Members, officers, agents and employees harmless from any and all liability related to an injury which the student/athlete may incur as a result of participation in this sports program.

In this respect, both the student/athlete and the parent/legal guardian understand that a risk of injury exists and that by signing this form, they assume said risk and responsibility for any injury to the student/athlete.

I HAVE READ AND UNDERSTAND THE REQUIREMENTS AND CONDITIONS FOR PARTICIPATION IN THE ATHLETIC PROGRAM AT CENTRAL UNIFIED SCHOOLS AND WITH THIS SIGNATURE, AGREE TO ALL OF THE PRECEDING.

REQUIRED SIGNATURES BELOW

Athlete _____ Parent/Legal Guardian _____ Date _____



WEIGHT LIMIT WAIVER OF LIABILITY



WEIGHT LIMIT WAIVER OF LIABILITY, RELEASE, ASSUMPTION OF RISK AGREEMENT FOR ELEMENTARY TACKLE FOOTBALL

(Athlete) _____ (Print)

The undersigned PARTICIPANT and the parent(s) or legal guardian(s) of PARTICIPANT are signing this agreement for and in consideration of PARTICIPANT'S being permitted to participate in Central Unified elementary football while weighing under the weight limit bylaws.

Parent's or Guardian's Permission and Release

I hereby give my consent for the above-named student to represent his or her school in tackle football while weighing under the weight limit. The Central Unified School District Board of Education has no responsibility to provide first aid at any of the games and the parent or guardian understands that the risk of injury is assumed by the student and parent when they sign this form. However, in the event physicians, physical therapists, physicians assistants, nurses, or other persons trained in the rendering of first aid are available, as volunteers or otherwise, and render aid to any student injured during the course of any such activities or travel, then the parents/guardians do hereby release and forever discharge such persons and the Central Unified School District Board of Education from any liability arising out of any first aid or immediate treatment of injuries.

SPORTS PARTICIPATION/ASSUMPTION OF RISK

The undersigned student/athlete and his/her parent/legal guardian understand and agree: (1) that the student must obey and comply with any and all rules, regulations and directions related to such participation; (2) that they are aware that athletic participation in football requires physical fitness; (3) that said student/athlete possesses the required degree of physical fitness to participate; (4) that a risk of physical injury is involved by participating in football.

Therefore, in consideration of the Central Unified School District allowing said student/athlete to participate in the football program, both the student and his/her parent/legal guardian agree to hold the district, its Board Members, officers agents and employees harmless from any and all liability related to an injury which the student/athlete may incur as a result of participation in this sports program.

In this respect, both the student/athlete and the parent/legal guardian understand that a risk of injury exists and that by signing this form, they assume said risk and responsibility for any injury to the student/athlete.

I HAVE READ AND UNDERSTAND THE REQUIREMENTS AND CONDITIONS FOR PARTICIPATION IN ELEMENTARY TACKLE FOOTBALL IN CENTRAL UNIFIED AND WITH THIS SIGNATURE, AGREE TO ALL OF THE PRECEEDING.

REQUIRED SIGNATURES BELOW

(Athlete) _____ (Parent/Legal Guardian) _____

*MIDDLE
SCHOOL
RESOURCES*

2016-
2017





General Rules of MIDDLE SCHOOL ATHLETICS



Eligibility- The athlete must have and maintain a 2.0 GPA to try-out and/or participate in a co-curricular program. Any athlete falling below the 2.0 GPA will be put in a probationary status where they are eligible to play for one grading period while attending tutoring. If still below 2.0 after the probationary period the athlete is then ineligible until grades are brought above a 2.0. Athletes that are ineligible to participate in a sport fall into two categories: If they want to go out for a sport that has cuts, they must be eligible at the beginning of that sport to try out. NO EXCEPTIONS.

If they want to go out for a sport that does not cut (football, track, etc.) and are not eligible, they can be given the opportunity to participate if they become eligible after the next grading period and meet the following conditions:

The Head Coach approves this. Must be consistent. If you allow one you allow all.

The player attends after school tutorial or RC three days a week for half of practice. This will be used as a mandatory study hall. After tutorial/RC the student must attend practice to become familiar with formations, plays, etc. and can only condition with the team. They are not allowed to participate in any drills.

The player may not travel to away games on team bus.

The parent, AD and Administration must be made aware of the student's acceptance of these conditions in writing.

*If any of these exceptions are not met the student will be declared ineligible for that sport.

Transfers – Transfers are handled through the child welfare and attendance office. While there are many reasons for eligible transfers no student athlete may play in one season of sport on two different teams. Thus an eligible transfer may result in being ineligible for the rest of that particular season.

Accident Reports– If an athlete gets injured while under your supervision and First Aid is required, you must fill out an Accident report. Send a copy of the report to the Nurse and AD while taking the original to the Principal. The AD should keep a copy in the athletes file.

Facility Use– The AD along with the Vice Principle maintain the Athletic Calendar. Coaches should turn in practice schedules, camp dates, etc.. To insure facilities will be available.

Out of Season Contact(Middle Schools)– No Coach can make contact with their athlete sooner than one season prior to the sport they coach. Example– Baseball can't hold camps until Winter sports start. This is not so for the Summer vacation. Any sport may hold camps, clinics, etc. during the Summer. All contacts (camps, clubs, clinics, etc..) made during the off-season must not be during regular practice time for in season sports. Example– Football can't be weight lifting after school during Track practice but may do it before school so long as it is a club, camp, or paid clinic. All contacts must be approved by the AD.

Overnight Trip- If you plan to stay overnight you should submit your paperwork as soon as possible. It must be done with a minimum of 2 months lead time to allow for board approval.



Team Rules (Middle School)



* These rules are set by CUSD to be followed. You may add to these but not delete any.

1.To be a part of this team and compete in games, you must attend practices. If you cannot attend practice you must tell the coach in advance. A note will be required explaining your absence. If you are absent from school please bring your coach your school admit slip.

2.If you miss a practice for an unexcused reason, you will not be allowed to compete in the next game. If an athlete finds him or herself in this situation three times, you may be asked to turn in your uniform. Communication is the key to avoid problems.

3.Practice will begin 15 minutes after you are released from class. Tardiness will not be tolerated. A dedicated athlete will be on time for workouts.

4.Practice will last for two hours every day. If you have to leave early, please bring a signed note from home.

5.All team members will travel to and from the game on the bus. Only in case of an emergency and after you bring a signed note from your parents or sign a Release for Travel Form will you be allowed to take some other form of transportation.

6.You must conduct yourself as a lady or gentlemen at all times. You represent Central Unified, the coaching staff, your family, and yourself. Do not do anything that will cause embarrassment for anyone.

7.All athletes are student athletes first and must maintain a 2.0 GPA to be eligible for competition. Any student athlete who has a grade of D or worse is subject to the coach's approval to continue their participation.

8.All athletes must ride the bus home after practice or be picked up before the buses departure time. If a parent is not there before departure time and the school was not contacted by the parent the athlete will be put on a bus to be taken home. **There is no adult supervision after buses leave.**

9.All athletes must be picked up with-in thirty minutes after a game. Failure to do so or breaking rule 8 will result in the following consequences:

- a. Coach will conference with parent for first offense.
- b. Athlete will not compete in next game for second offense.
- c. Athlete, parents, and coach will meet with AD to discuss removal from the team.

Parent Signature

Student Signature

*HIGH SCHOOL
CIF
TRANSFER
ELIGIBILITY
POLICY*

2016-
2017





Transfer Eligibility



1. Please follow the steps while completing the form. Each step is labeled with a number. Fill in students name, date of birth and current year in school. If it is summer please list the year he/she will be entering.
2. List your current address. Is this a Central Unified Address? If not, be sure to notify the Athletic Director.
3. List the address that you moved from. If you are checking FULL FAMILY MOVE you must make sure that parents and children will be moving into the new school district. All family members must vacate the property.
4. List the previous school and new school attending
5. List the first and final date of attendance at your previous school. List the first day the athlete will attend school at the new school.
6. List any other High Schools and dates attended. List the first date that you attended any practice at your old school for this school year. If you didn't attend a practice this school year put down NA (not applicable).
7. Below are the transfer possibilities that are available to all athletes. We have attached a brief description to allow you to choose which one fits you and your athlete best.

A. SIT OUT PERIOD: The CIF has passed a sit-out period which allows athletes to transfer one time without moving. Students will become eligible on the dates specified below assuming they have enrolled and attended the first day of school and are not applying for a hardship. A student may practice with their school team during the Sit Out Period. There are no appeals under the Sit Out Period. The only question that can be raised is if the Section office has interpreted the documents correctly under one of the hardship exceptions. A student that transfers after the date of a schools first game will have their eligibility date determined by the Section office so their Sit Out Period is the same duration.

Fall Sports:

October 3, 2016 / October 2, 2017

Winter Sports:

January 2, 2017 / January 1, 2018

Spring Sports:

April 3, 2017 / April 2, 2018

A student transferring for the second time will only be approved for a hardship if they qualify under one of the hardship exceptions. The Sit Out Period will not be an option for a student transferring a second time



Transfer Eligibility



B. NO SPORTS WITHIN 12 MONTHS: Check this box if your athlete has not been in trouble in their last school and has not played any sports within the last 12 months. You will be immediately eligible under this option

C. TRANSFER LIMITED ELIGIBILITY: Check this box if you would like your athlete to compete immediately at the frosh-soph level without any Sit Out Period. A student choosing this option will not be eligible to compete at the varsity level, including post-season competition, in that sport for the remainder of the school year.

D. HARDSHIP: Under the new rules hardships have been tightened up, and each exception must be well documented. Financial, medical and family hardships have been removed. Here are the allowable hardships. Keep in mind that a hardship denial means that you cannot use the Sit Out Period.

- i. Court Ordered transfer – Speaks for itself
- ii. Children of Divorced Parents – only applies to immediate divorces not divorces in the past; only applies to NEW custody agreements issued by the court, not former custody agreements. Must include the custody change document. Parent separation does not meet the criteria.
- iii. Individual student safety – Only applies when there is documentation from the former school or a police report of a specific safety incident in which the student was directly involved
- iv. Individual Student Safety Incident: only applies when there is documentation from the former school or a police report of a specific safety incident in which the student was directly involved and which caused the need for the transfer.
- v. Discontinued Program – If a school no longer fields a sport or program in question.
- vi. Foster Children – Will need a statement from an agency placing a child in the new school.
- vii. Board of education Ruling – This exception deals with a boundary change within a district.
- viii. Military Service – Please Contact the CIF
- ix. Return to Previous school

E. FOREIGN EXCHANGE: Check this box if the program is approved by the CIF and list the attendance area of the host family.

F. FOREIGN EXCHANGE: Check this box if the program is not approved by the CIF.

8. Mark all the boxes that apply to any sports participated in the last 12 months before your transfer.



Transfer Eligibility



9. The former Athletic Director will sign off to verify that you did play the sports checked.
10. A student must have been eligible at their previous school with appropriate grades and no discipline issues in order to be given a hardship exception or a SOP ruling. Student who were not academically eligible at their previous school will not be given a ruling until they have attended the new school for one grading period and the Section office is forwarded documentation to prove that they are academically eligible at the new school.
11. Parent and student signature to release information

BACKSIDE OF THE FORM

Do not fill out the top box. It will be done by your previous school.

510 PRE ENROLLMENT CONTACT:

Section 1: SIGN IF TRUE:

By signing in this area you are stating that you have not had any prior contact with parent, coaches or booster club members of Central High School. Keep in mind that Club and AAU is considered prior contact.

Section 2: SIGN IF EITHER #1 ABOVE IS **NOT TRUE**

By signing here you are not admitting guilt just stating that there may have been some prior contact. This does not mean that you will be found ineligible it merely gives you a chance to explain what contact occurred and let the CIF know up front. If you attempt to hide information it is highly likely that the previous school will bring it up when they are asked to sign their portion of the Eligibility form. Please attach a letter explaining which of the above statements are in question.

The Bottom portion will be filled out by Central and sent to your previous school for verification. Once it has been verified and signed by your previous school it will be sent to the Central Section office where they will make a ruling.



State CIF Appeals Office
1256 Lathrop Road, # 101
Manteca, CA 95336
Ph: 209-471-3270 Fax 209-824-7980

DATE OF SECTION DECISION _____
DATE RECEIVED _____
DATE REVIEWED _____
FEE WAIVED _____
DATE RETURNED _____
HEARING DATE SET _____
HEARING NOTICE _____
DOCUMENTS DUE _____

FOR STATE APPEALS OFFICE USE ONLY

REQUEST FOR APPEAL OF SECTION DECISION **ON TRANSFER ELIGIBILITY**

Please refer to Parent Handbook-II at www.cifstate.org for information regarding the appeal process.

**THIS FORM IS TO BE COMPLETED WITH THE ASSISTANCE OF THE
CURRENT SCHOOL ADMINISTRATION.**

**NO FAX OR E-MAIL REQUEST FORMS ACCEPTED.
REQUEST FORMS MUST BE SUBMITTED ON TIME, NON-REFUNDABLE
ADMINISTRATIVE FEE MUST BE SUBMITTED WITH THIS REQUEST FORM.**

1.0 To Timely Process This Appeal Request All of the Following Information Is Required:

CIF Section: _____

Non-refundable Administrative Fee of \$150 included: [yes] [no] [exempt]

Name of current school site administrator assisting in the completion of this form:

**Cashier's Check or Money Order
Only. Payable to State CIF.**

PRINT NAME TITLE

SIGNATURE DATE

Name of student on whose behalf appeal is filed _____

Name of person(s)/entity _____
filing this appeal (Appellant)

Address: _____

CITY ZIP

Telephone: _____

Email: _____

Student's current school and district:

SCHOOL

SCHOOL DISTRICT

Student's current principal

Current principal's email

Current school address:

Current school telephone:

Current school fax number:

Student's previous school and district:

SCHOOL

SCHOOL DISTRICT

Principal at previous school:

Previous principal's email:

Previous school address:

School telephone:

School fax number

League and/or conference in which student
will compete:

League: _____

Conference: _____

League and/or conference in
which student previously competed:

League: _____

Conference: _____

2.0 Basis for Appeal of Decision (check all that apply) - Required:

☐ Facts discovered subsequent to Commissioner's decision that could not have been reasonably discovered before decision; (New documents, material and information should be submitted with this application)

☐ Procedural violations (e.g., no notice, missed deadlines, etc.);

☐ Misapplication of facts to bylaw (e.g., not all facts considered, facts misstated, disputed facts, etc.)

☐ Decision based on inappropriate bylaw (e.g., another bylaw applies)

☐ Other, explanation required.

Briefly explain the basis of the appeal (attached separate sheet if additional space is needed):

3.0 The Following Additional Information Is Required:

1. A copy of the Section Commissioner's written decision is attached to this application. initial _____
2. All new information, paperwork and documentation to be submitted for consideration have been submitted with this request. [yes] [no] initial _____
3. Appellant requests a: (**MARK ONE BELOW** - See Parent Handbook-II.)
____ Single hearing officer or ____ 3-member panel. initial _____
4. Appellant qualifies for and receives a free or reduced lunch at school. A copy of the approved application or student lunch card is attached to this appeal application. [yes] [no] initial _____

Please DO NOT STAPLE PAPERWORK

4.0 Required Certification

I declare under penalty of perjury under the laws of the State of California that the above statements are true and correct; that the supporting documents attached are true and correct copies of the original documents; and acknowledge that the Appeals Panel decision is final.

Appellant's Signature date

Appellant's Signature date



APPLICATION FOR RESIDENTIAL ELIGIBILITY

For more information see "Understanding Transfer Eligibility for
Parents' Handbook at www.cifstate.org

SUBMIT ORIGINAL TO: Section Office DO NOT FAX!

NOTE: SUBMIT ONLY THE ORIGINAL DOCUMENT. ALLOW 20 BUSINESS DAYS FOR INVESTIGATION AND REVIEW. AT THE TIME OF FILING THIS DOCUMENT, SUBMIT ALL KNOWN FACTS AND/OR DOCUMENTS. ADDITIONAL FACTS SUBMITTED LATE MAY NOT BE CONSIDERED BY THE COMMISSIONER.

1. STUDENT'S NAME _____ DATE OF BIRTH ____/____/____ Circle one: 9 10 11 12
(yr in school)

2. CURRENT ADDRESS _____ PHONE (____) _____
(city) (zip) (area code)

3. FORMER ADDRESS _____
(city) (zip)

4. TRANSFER FROM _____ HIGH SCHOOL TO _____ HIGH SCHOOL
(previous school name) (new school name)

5. ENROLLED IN PREVIOUS SCHOOL FROM ____/____/____ TO ____/____/____ Began attending NEW school on: ____/____/____
(high school enrollment only) (month/day/year) (month/day/year) (month/day/year)

6. LIST ALL HIGH SCHOOLS & DATES ATTENDED: _____

7. APPLICATION MADE UNDER THE FOLLOWING: (Please check next to the one for which you are applying:)

- ☐ I am applying for **UNLIMITED ELIGIBILITY** in accordance with 207.B.3.a as I **DID NOT PARTICIPATE IN ANY SPORTS** the last twelve (12) months.
- ☐ I am applying for **LIMITED ELIGIBILITY** in accordance with 207.B.5.a in the sports that I played in the last twelve (12) months.
- ☐ I am applying for **VARSITY "SIT OUT PERIOD"** in accordance with 207.B.5.b in the sports that I played in the last twelve (12) months.
- ☐ I am applying for a **"HARDSHIP EXCEPTION"** as accordance with 207.B.5.c. Documentation must include court, police or school records.
- ☐ APPLICATION FOR TRANSFER IN A CIF-APPROVED FOREIGN EXCHANGE PROGRAM: _____
(name of program-CIF Bylaw 208)
- ☐ Name of Public High School in which attendance area the host family resides _____
- ☐ Application for transfer from a foreign country not in a CIF-approved exchange program under Bylaw 207.B.(4).

8. PLACE A CHECK MARK IN FRONT OF EACH SPORT YOU COMPLETELY AN INTERSCHOLASTIC SPORT CONTEST AT ANY LEVEL IN DURING THE 12 MONTHS PRECEDING THE TRANSFER TO YOUR PREVIOUS SCHOOL:

This includes all scrimmages, practice games, pre-season games, league games, playoff games etc! ANY contest of ANY kind

<input type="checkbox"/> BADMINTON	<input type="checkbox"/> BASEBALL	<input type="checkbox"/> BASKETBALL	<input type="checkbox"/> CROSS COUNTRY	<input type="checkbox"/> FIELD HOCKEY	<input type="checkbox"/> FOOTBALL
<input type="checkbox"/> GOLF	<input type="checkbox"/> GYMNASTICS	<input type="checkbox"/> LACROSSE	<input type="checkbox"/> SKIING	<input type="checkbox"/> SOCCER	<input type="checkbox"/> SOFTBALL
<input type="checkbox"/> SWIMMING	<input type="checkbox"/> TENNIS	<input type="checkbox"/> TRACK	<input type="checkbox"/> VOLLEYBALL	<input type="checkbox"/> WATER POLO	<input type="checkbox"/> WRESTLING

☐ I DID NOT PLAY SPORTS AT ANY LEVEL AT ANY SCHOOL IN THE LAST 12 MONTHS

9. FORMER SCHOOL ATHLETIC DIRECTOR'S SIGNATURE AFFIRMING THE ABOVE: _____

10. STUDENT'S GPA IN THE LAST GRADING PERIOD AT THE PREVIOUS SCHOOL ____ . ____ GPA

11. CERTIFICATION OF APPLICATION: By filing this application for interscholastic athletic eligibility, I specifically authorize any and all of this student's former and current/new high schools to release all records regarding this student and to disclose to the CIF Section ("CIF") representative any information or documentation needed or requested by the "CIF" in making this eligibility determination. I authorize the "CIF" to use that information in making its decision. I understand that the "CIF" may be unable to grant athletic eligibility absent the disclosure of relevant information or documentation from this student's former or current/new high schools. I am authorized to make this request. I affirm that all of the above statements are true to the best of my knowledge. I further affirm that I understand that if subsequent to the approval of this application, it is discovered that this approval was granted under false, erroneous, inaccurate or incomplete information, severe penalties affecting the future eligibility of this student-athlete may result. (CIF By-law 202)

SIGNATURE OF PARENT/GUARDIAN _____

SIGNATURE OF STUDENT _____

DATE _____

FORMER SCHOOL-please initial all that apply and sign below:						
YES	NO	STUDENT WAS ACADEMICALLY ELIGIBLE AT TIME OF TRANSFER	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%; text-align: center; padding: 5px;">YES</td> <td style="width: 10%; text-align: center; padding: 5px;">NO</td> <td style="width: 80%; padding: 5px;">STUDENT MET ALL OTHER CIF ELIGIBILITY RULES AT TIME OF TRANSFER</td> </tr> </table>	YES	NO	STUDENT MET ALL OTHER CIF ELIGIBILITY RULES AT TIME OF TRANSFER
YES	NO	STUDENT MET ALL OTHER CIF ELIGIBILITY RULES AT TIME OF TRANSFER				
<input type="checkbox"/>	<input type="checkbox"/>	STUDENT IS TRANSFERRING WITH NO DISCIPLINARY ACTION TAKEN OR PENDING				
<input type="checkbox"/>	<input type="checkbox"/>					
<div style="text-align: center; font-size: 4em; opacity: 0.3; position: absolute; top: 50%; left: 50%; transform: translate(-50%, -50%); pointer-events: none;">SAMPLE</div> <p>Please Print Former School Principal's Name: _____</p> <p>Former School Principal's Signature: _____ Date: _____</p>						

510 PRE-ENROLLMENT CONTACT AFFIDAVIT (By-law 510)—READ CAREFULLY BEFORE SIGNING!!!!

PARENT'S AND STUDENT STATEMENT'S #1, AND/OR 2, OR 3

1. SIGN IF TRUE: By signing this affidavit below, I certify that no person who is connected with the athletic department of the enrolling (new) school (School "B"), or is part of the booster club of School "B" or who was acting on their behalf has had ANY communication, directly or indirectly, through intermediaries or otherwise with this transfer student, student's parents, legal guardian or caregiver, or anyone acting on behalf of this student, prior to the completion of the enrollment process at School "B". (Sign below only if this is a true statement. If not sign statement #3 and attach an explanation)

Parent's Signature	Date	Student's Signature	Date
--------------------	------	---------------------	------

2. SIGN IF TRUE: By signing this affidavit below, I certify that the student has not participated during the previous 24 months on any non-school athletic team* (i.e., AAU, American Legion, club team, etc.) that is associated with or coached by anyone associated with the enrolling (new) school (School "B"). (*See Bylaw 510 for definition of a non-school athletic team.) (Sign below only if this is a true statement. If not, sign statement #3 and attach an explanation)

Parent's Signature	Date	Student's Signature	Date
--------------------	------	---------------------	------

3. SIGN IF EITHER #1 OR #2 ABOVE ARE NOT TRUE: I am unable to certify that one or both of the above statements are true. Therefore, as required, I am submitting a complete written disclosure of the specifics. (Attach the explanation to this form.)

Parent's Signature	Date	Student's Signature	Date
--------------------	------	---------------------	------

FORMER AND CURRENT NEW SCHOOL STATEMENTS

My signature below attests that to the best of my knowledge I have no credible** evidence of any person who is connected with the athletic department of the new school (School "B") or who is part of the booster club of the new school (School "B") or who is acting on their behalf, having communication, directly or indirectly, through intermediaries or otherwise with the transfer student, student's parents, legal guardian or caregiver, or anyone acting on behalf of the student, prior to the completion of the enrollment process. Furthermore, I am not aware of this student participating during the previous 24 months on any non-school athletic team* that is associated with the enrolling (new) school (School "B"). (*See Bylaw 510 for definition of a non-school athletic team.)

<u>Former School Signatures</u>			<u>Current/New School Signatures</u>		
Signature of Athletic Director of former school	Date		Signature of Athletic Director of new school	Date	
Signature of Head Coach of former school (fall)	Sport	Date	Signature of Head Coach of new school (fall)	sport	Date
Signature of Head Coach of former school (winter)	Sport	Date	Signature of Head Coach of new school (winter)	Sport	Date
Signature of Head Coach of former school (spring)	Sport	Date	Signature of Head Coach of new school (spring)	Sport	Date
Signature of Principal of former school	Date		Signature of Principal of new school	Date	

OR I am unable to certify that one or both of the above statements are true. Therefore, as required, I am submitting a complete written disclosure of the specifics. (Attach the explanation to this form-CHECK BELOW AND SIGN.)

<div style="border: 1px solid black; width: 40px; height: 20px; display: inline-block; margin-bottom: 5px;"></div> Signature of FORMER Principal unable to certify statement above	Date		<div style="border: 1px solid black; width: 40px; height: 20px; display: inline-block; margin-bottom: 5px;"></div> Signature of NEW Principal unable to certify statement above.	Date	
--	------	--	--	------	--

*HIGH
SCHOOL
RESOURCES*

2016-
2017



07.15.14



ONLINE REGISTRATION

Please follow the steps

1. Go to our website
chs.centralunified.org
2. Click Co-Curricular
3. Click Athletics
4. Click Family ID button
5. Scroll down and click proper season of sport
6. Scroll down log-in or sign-up for an account
8. Go to personal email and click link to activate account
9. Click Log-in and enter email & password
10. Scroll down and answer corresponding questions as it applies to you
11. Finalize and Save documents
12. Check email for completed registration confirmation

Simple online registration
for all your programs and activities

[FIND A PROGRAM](#)

[REQUEST A DEMO](#)



Central Unified School District
Voluntary (Random) Drug Testing Program
Authorization Form



Central Unified School District is implementing a voluntary random drug testing program for all high school students. The objective of this program is to help our children in the fight against drug abuse. The program is not being implemented as a way to catch students on drugs but rather to keep our children from experimenting with them. By enrolling in this program, you are giving your child a reason to “just say no” to drugs.

No one at Central Unified will have any knowledge of your child’s drug test results. This program will not keep any student out of athletics or other school activities. Results will remain extremely confidential and will be reported directly to the parent/legal guardian.

The form below must be completed and signed by the student and you as the parent/legal guardian indicating your decision to have your son/daughter participate in this program. This program is provided free of charge during the school year 2016-2017.

Please circle your choice:

YES

NO

By circling YES, I am authorizing Drug Testing Center and Consortium (D.T.C.) to put my child in a random drug testing pool to collect a urine specimen from my child for drug testing when my child’s name is selected. By circling NO, this form will be filed for record keeping purposes only.

Please return this form to the school.

Student ID _____ Student’s Grade (circle one) 9 10 11 12

Circle School of Attendance

Central-East Central-West Pershing HS Athletic Dept. Pathway Community Day School

Student Name Student Signature Date

Parent/Guardian Name Parent/Guardian Signature Date

Street Address City State Zip Code

() _____ () _____
Parent/Guardian Home Phone Parent/Guardian Work Phone



CENTRAL HIGH SCHOOL TEAM RULES AND EXPECTATIONS

All players who are members of the Central Grizzlies understand playing sports demands tremendous commitment and dedication to the game and their team. Likewise, parents make great commitment and sacrifice for their athletes to play with the team. Playing for the Central Grizzlies is a privilege not a right. As Central players and parents, we understand and agree to follow the policies:

Player Responsibilities

1. All players will treat officials and opponents with dignity and respect.
2. All players, regardless of ability and/or playing time are equal members of the team.
3. Each and every player will treat all teammates with acceptance, respect, and friendship. All players will provide maximum effort in practice and games.
4. Attendance at all practices, team meetings, and games is mandatory. While injured players may be unable to play, they are still expected to arrive on time, listen to coaches, and encourage teammates and assist the team.
5. In very **rare** situations, players may be excused from games and/or practices. When this occurs, players are responsible for informing the coach verbally through a **phone call or meeting at the earliest possible time.**
6. When players miss practices and/or games, playing time in future games may be affected.
7. Unexcused absences are absences in which the coach was not informed in the manner described above. And/or the reason was for the absence is not satisfactory. **An unexcused absence from practice and/or game will result in the suspension of the player from the next game in which the player is eligible to play.**
8. Players are to be on time for all practices and games. Tardiness may affect playing time in games. Chronic lateness may result in suspension of the player.
9. Players are expected to directly seek understanding and resolution when questions or problems arise with coaches and teammates
10. Players will conduct their personal lives in a manner that brings honor to themselves and the team. This includes school performances, self-respect, healthy behaviors and social responsibility

Parent Responsibility

1. Parents will treat players, coaches, opponents, and officials with respect and dignity. All comments by parents and their guests from the sidelines will be encouraging and/or complimentary.
2. **Parents and guests will refrain from making comments about players' mistakes or errors.**
3. Parents will refrain from making **derogatory comments to referees at any time.**
4. Coaching is to be done only by coaches on staff. **Parents agree to refrain from coaching or directing their child or other players during all games and practices.**

1. Parents will discuss player and/or team concerns and problems directly with the head coach. **These discussions will not take place right before or after a game.** A meeting will be scheduled. During the meeting, playing time and comparisons to other players will not be discussed. Remember, it is not the seven best players. It is the seven players that work together the best!
2. Parents will support coaches and encourage their athlete to do the same.
3. Parents will participate in the raising of monies needed to sustain the needs of the water polo program, regardless of the amount of playing of time given.

Coaching Responsibilities

1. Coaches are responsible to abide by the rules of conduct embodied in the spirit of this document.
2. Coaches will balance individual growth, social development, and the acquisition of knowledge and skills in working with individual players and the team as a whole.
3. Coaches will train players to play with good sportsmanship and to abide by the laws of the game.
4. Coaches will promote a positive atmosphere in all activities.
5. Coaches will devote the time and skill necessary for the good of the team.
6. Coaches will push and challenge each player in the program to be the best they can be!
7. The coaching staff's main goal is to get each player to play to their full potential and put each player in a position to help the team to be successful.
8. Coaches will treat players, parents, officials, and opponents with respect.

Code of Conduct

1. Play to win
2. Play fair
3. Observe the Laws of the Game
4. Respect Opponents, Teammates, Referees, Officials, and Spectators.
5. Accept Defeat with Dignity. Win with modesty and give credit to teammates.
6. Promote the best interest of Central High Athletics.
7. Reject corruption, drugs, racism, and violence.

I accept and agree to abide by the rules outlined in this document:

Player: _____ Coach: _____

Parent: _____ Parent: _____