

# ROSEVILLE HIGH SCHOOL

*HOME OF THE TIGERS*

2006-2007

## ATHLETIC CLEARANCE

### **Physicals:**

Every student wishing to participate in **practices or contests** must complete an athletic clearance packet. As a part of the clearance packet, the athlete is required to have a yearly physical from a qualified physician. The physical must be completed **AFTER JUNE 1st**.

Students who are having a physical at school should complete all of the required forms in the clearance packet, except the physical form, and bring the packet to the physicals. Students should retain the Athletic Handbook for future reference.

Students who have a physical from their personal doctor must pick up the packet and return all completed forms to the Athletic Director.

### **Requirements for Eligibility:**

**Academic:** 2.0 GPA and pass 3 classes during the last grading period

**Citizenship:** Clear all fines and detentions; meet training rules; abide by handbook guidelines

**Residential:** Complete Residential Eligibility Information form; transfer students must complete additional forms; approval by administration

### **Starting Practice Dates:**

**Fall:** August 14, 2006

**Winter:** November 10, 2006

**Spring:** February 10, 2007

## **ATHLETIC PHYSICALS**

**TUESDAY, JUNE 6, 2006**

**RHS Students Begin at 3:00 p.m.**

**New Students at 3:45 p.m.**

**ROSEVILLE HIGH SCHOOL ADMINISTRATION OFFICE**

**COST \$20**

(Doctors donate \$10 to RHS Athletic Department)

TRANSLATION AVAILABLE UPON REQUEST IN THE SCHOOL OFFICE.  
TRADUCCION DISPONIBLE SI LA DESEA EN LA OFICINA DE LA ESCUELA.

Перевод, доступный после запроса в школьном офисе.

TUHAADI BENTI NAAL PUNJABI BOLI TRANSLATION KARAN WAALA SCHOOL DE DAFTAR VICH MIL SAKDA HAI  
AAP KI BENTI SE HINDI BHASHA TRANSLATION KARNE WAALA SCHOOL KE DAFTAR MEIN MIL SAKTA HAI

Văn phòng của trường có đáp ứng về nhu cầu thông dịch.



# **ROSEVILLE JOINT UNION HIGH SCHOOL DISTRICT**

## **A T H L E T I C H A N D B O O K**



# **PHILOSOPHY OF STUDENT ATHLETICS**

The Roseville Joint Union High School District recognizes athletics as an integral part of the entire school setting and as a means of achieving a student's complete educational development. Consequently, we believe that all students should have an opportunity to participate in some form of interscholastic athletics within the limitations of each individual sport and that such participation should encourage positive scholastic and social growth and achievement. Both the student athlete and the sport itself should be a credit to the athlete's specific school and the general community. Moreover, the District realizes that an effective interscholastic athletic program is a product of the responsible cooperation among its three major contributors: the student athlete, the coaching staff, and the site administration.

We expect athletes themselves to strive to develop a personal code of conduct consistent with the time-honored values of sportsmanship, scholarship, integrity, commitment to self and team, and respect for self and others. Furthermore, as a result of participation in organized team sports, we believe our students should strive to become exemplary representatives for our schools and communities.

## **ATHLETIC GUIDELINES**

### **SPORTSMANSHIP**

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. This code applies to all student-athletes in California and has been adopted as the operating beliefs and principles of the California Interscholastic Federation (CIF).

In order to promote fairness and sportsmanship in competition, a series of rules has been adopted in each sport. Athletes of the District will be required to comply with these rules and those rules established by the coach and the District consistent with CIF Principles of Pursuing Victory with Honor.

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

Athletes must understand that compliance with the standards of good sportsmanship is an absolute that is required regardless of the particular situation. Athletes or coaches who are ejected from an athletic competition will be disqualified from participating in the remainder of the game and the next athletic contest.

Athletes should demonstrate sportsmanship and ethical behavior whether experiencing success or failure, victory or defeat.

### **SCHOOL ATTENDANCE**

Coaches recognize the importance of school attendance and expect athletes to establish good attendance patterns.

1. Students must attend at least half the school day in order to participate in either practice or competition on that day.
2. If a contest is held on a non-school day, the student must attend at least half the school day on the school day prior to the contest.
3. Excused and approved absences may count as periods of attendance for purposes of this requirement. (A doctor's note or principal's approval may be required.)
4. Students failing to comply with the district attendance policy will be referred to their coach for discipline.

### **PRACTICE ATTENDANCE**

Students who participate in athletics make a commitment to a team and are expected to maintain good practice attendance.

1. Students are expected to attend all practices and contests unless they are absent from school due to illness or the coach excuses them. Students are expected to communicate directly with the coach when they cannot attend a practice.
2. Unexcused absences from practice, or failure to maintain good attendance, may be cause for removal from a team.
3. Coaches may adopt individual rules for practice and contest attendance.

### **GENERAL ELIGIBILITY REQUIREMENTS**

No student whose nineteenth (19<sup>th</sup>) birthday is attained prior to June 15 shall participate or practice on any team in the following school year. A student whose nineteenth birthday is on June 14 or before is ineligible (CIF Bylaw 201).

Upon entering the 9<sup>th</sup> grade, a student has (not to exceed) eight consecutive semesters of athletic eligibility to compete in high school athletics in the state of California. Enrollment and/or attendance for fifteen (15) days or more shall count as one of the eight (8) semesters or terms.

The California Interscholastic Federation also requires that "any athletic contest in which an ineligible student has participated either intentionally or unintentionally, involving both team and individual sports, must be forfeited." The student may also be subject to dismissal from the team.

### **RESIDENTIAL ELIGIBILITY**

The California Interscholastic Federation requires that students who participate on a school team generally must be living with parents or legal guardians who reside within the school's attendance boundaries. A student who transfers schools, but does not make a bona fide change in residence with the entire family, is considered a *transfer student*. A transfer student who has competed in a sport(s) at the previous school during the past twelve months is ineligible for varsity competition until the following dates: All fall sports except football-September 25<sup>th</sup>, Football-October 9<sup>th</sup>; Winter sports-December 26<sup>th</sup>; Spring sports-March 26<sup>th</sup>. A student who transfers after the first game will become eligible on the Monday after thirty days at the new school.

All exceptions to this rule require that special permission be given and that forms and letters of approval be on file before a student can be declared eligible. Questions about these exceptions should be addressed to the athletic director or the administrator in charge of athletics.

Because the penalty for allowing an ineligible athlete to participate is severe (the team must forfeit all the contests in which the athlete participated), any athlete living outside the school's boundaries must notify

his/her coach of his/her residence at the beginning of the season so the coach can make sure that all the appropriate forms and approvals are on file.

Any student whose address has been falsified to achieve residential eligibility will be ineligible in all interscholastic athletic competition for a period of one year from the date the infraction is verified. Any contests in which a residentially ineligible athlete participates shall be forfeited.

If a student and his/her parents move out of the attendance area but the student remains in the school, the student will maintain eligibility but should immediately report his/her change of residence to the Attendance Office.

### **ACADEMIC ELIGIBILITY REQUIREMENT**

To encourage and promote academic excellence, all students participating in extracurricular activities shall demonstrate satisfactory minimum progress in meeting the requirements of graduation by undertaking the prescribed course of study and meeting the standards of proficiency established by the District.

The requirement has two elements. To be eligible for participation, the student:

1. Must have earned an overall minimum 2.0 grade point average on a 4.0 grading scale during the preceding grading period; and
2. Must have passed five of six (traditional schedule) or three of four (4 x 4 schedule) classes during the preceding grading period. Students taking only the minimum number of classes must pass all of their classes to be eligible.

According to the CIF, scholastic eligibility requires the student to pass the equivalent of at least 20 semester periods of work at the completion of the most recent grading period. Block classes count as two grades (credits). Weighted grades are not used to calculate eligibility per the CIF Bylaws, Article 2, and Section 205.

A grading period will constitute an eligibility period. The grade issued at the end of each grading period will be used to determine eligibility.

- a. For purposes of determining eligibility, a grade of incomplete is computed as an "F" or failure until a letter grade is assigned. When the letter grade is determined, the student's grade point average is refigured. Students have fifteen school days from the day grades were due to complete the work necessary to change an incomplete to a letter grade. For eligibility purposes, and without mutual agreement between teacher and students, the grade is computed as an "F" after fifteen school days, even if the incomplete is later changed to a letter grade.

Generally, incompletes are only assigned when a student had a long-term illness or after unforeseeable and unpreventable absence from school that prevented the student from completing the assigned work during the grading period.

- b. For eligibility purposes, once a letter grade is assigned, the grade may be changed only if the person assigning the grade determines that an error was made in computing the grade. If a student requests that a teacher reconsider a grade, the reconsideration must be based on work assigned, due, and completed prior to the end of the grading period. Work submitted or assigned after the end of the grading period may not be used to improve or diminish an assigned grade.

Schools declare at the beginning of the year the grading periods and eligibility declaration days that it will use. Eligibility will be declared after each school wide grading period.

Grades issued at the end of the grading period are final.

For the purposes of this policy, the term "classes" includes all courses in which the student is enrolled. Students may request that afternoon adult school grades, college grades, and/or summer school grades be

added to the computation of the eligibility status. The student will be responsible to provide official progress grades and final grade documentation for college and extension courses to the high school.

A student becomes eligible or ineligible for athletic participation only when declared so by the site athletic administrator or athletic director.

The District will follow CIF guidelines and procedures related to the eligibility of continuation school students returning to a comprehensive high school. Please check with the school's athletic director or administrator.

Students declared ineligible may practice with teams only if the coach approves. The coach and student will meet to discuss what the student may expect if he/she continues to practice with the team. Ineligible students may not dress for, perform in, or be released from school to travel to contests.

The Governing Board recognizes that athletic programs enrich the educational and social development of students. The Board's intent in this policy is not to exclude students from these programs, but rather to promote academic excellence.

### **PROBATIONARY PERIOD**

A student may be granted one period of probation during his/her high school enrollment, beginning with the first school (9<sup>th</sup> grade) grading period. The probation may be granted only if the student has met one of the two academic eligibility requirements. If the student is below both standards, he/she will not be granted probation.

A probation period is the same length and duration as a grading period.

The probation will be granted and recorded even if the student subsequently fails to perform in any competition. The completed applications must be approved by the designated administrator, and a copy submitted to the coach at the student's school prior to competition.

The athletic administrator will ensure that transfer students are held to the same eligibility standards as students within this District and are consistent with CIF bylaws. Transfer students will be granted one probationary period during their enrollment in this District.

### **OUTSIDE COMPETITION**

A student on a high school team becomes ineligible if the student competes in a contest on an "outside" team, in the same sport, during the student's high school season-of-sport. In the sport of soccer only, it is permissible for a student on a high school team to compete in contests on an "outside" soccer team except during the period of November 15 through March 15. During the period of November 15 through March 15, a student on a high school soccer team becomes ineligible if the student competes in a contest on an "outside team" during the student's high school season for soccer.

Any student, who competes on a school team after an infraction of the above rule, becomes immediately ineligible for the number of contests equal to twice the number of contests of outside competition in which the student participated. Games, in which the student participated, after the infraction of the rule, shall be forfeited

It is permissible for a high school team member to participate in a spontaneous recreational activity or game in which sides or teams are chosen without regard to players representing any group or organization. Such participation would not cause loss of eligibility.

Any athlete qualifying for an Olympic Development Program is required to contact the athletic administrator at least 30 days prior to participation.

Each CIF section may grant approval, upon individual petition, for a gifted athlete to travel to a foreign country to participate in international competition sanctioned by the governing body for that sport in the United States.

Any athlete who has any questions about eligibility, or who is considering outside competition, should contact the administrator in charge of athletics before entering into any competition.

### **UNATTACHED COMPETITION IN INDIVIDUAL SPORTS**

Unattached competition is permissible for a student in other than school contests during the season of sport, provided the student enters in the individual sports of badminton (singles and doubles), cross country, golf, gymnastics, skiing, swimming (including unattached entry on relays), tennis (singles and doubles), track and field (including unattached entry on relays), and wrestling. Swimmers may compete for an amateur team during the season of sport in the United States Junior and Senior National Championship Meet and YMCA National Meet.

### **ATHLETIC CLEARANCE CARD**

Every student wishing to participate in a sport must have a clearance card prior to beginning practice. In order to be issued a clearance card, the student and the student's parent or guardian must complete the forms in the athletic clearance card packet.

In addition, the athlete must have a yearly physical examination from a qualified physician who completes the medical examination report. In order for the student to be accepted for athletics, the physical must be completed after June 1 prior to the school year in which the athlete plans to compete.

Physical exams are normally offered during the summer at the school. All or a portion of the fee is returned to the school's athletic programs by the doctor.

The District currently requires that all athletes have a tetanus booster within the ten years preceding participation. Students of parents with religious objections may be excluded.

### **EQUIPMENT**

The District provides a great deal of money to maintain and purchase proper equipment. Equipment must be handled properly to maintain accurate financial records and to teach students responsibility.

1. Students are expected to turn in the same piece(s) of equipment checked out to them.
2. Equipment and uniforms should be returned in the same condition that it was received and should be cleaned and washed before being returned. Students are expected to make arrangements to have torn or ripped clothing repaired prior to turning it in.
3. Students are responsible for the security of their equipment and uniforms. Students will be financially responsible for replacing any lost or stolen equipment or uniforms. In some cases, the replacement fee may be higher than the original purchase price because special processing and printing may be required to duplicate the uniform or equipment.
4. No awards (letters, trophies, etc.) will be issued until all equipment is returned and/or paid for unless otherwise determined by the involved coaches.
5. Students must return or pay for all equipment before they can compete or participate in another sport. In unusual circumstances when a significant amount of money is owed, arrangements for repayment may be made with the coach and the administrator in charge of athletics.
6. All equipment is due within one week (five school days) of the last contest. A late fee of five dollars will be assessed for each week any equipment is turned in late.

## **GENERAL BEHAVIOR**

Athletes accept responsibility for their actions both on and off the field. An athlete's language and behavior should not embarrass him/herself, the team, the school, the District, or the community. The players' responsibility for sportsmanship is extremely important. Because players are admired and respected, they exert a significant influence over the actions and behavior of the spectators.

Desirable behavior for players would be as follows:

- ✓ Treat opponents with the respect that is due them as guests and fellow human beings.
- ✓ Exercise self-control at all times, accepting decisions and abiding by them.
- ✓ Respect the officials' judgment and interpretations of the rules.
- ✓ Never argue or make gestures indicating dislike for a decision.
- ✓ An athlete will not steal, damage, deface, or possess without permission a teammate's property, school property, or another school's property.

A pupil may be suspended from school, removed from a team, or recommended for expulsion if that pupil has committed an act of, engaged in, or attempted to engage in, hazing. "Hazing includes any method of initiation or pre-initiation into a student organization or student body or any pastime or amusement engaged in with respect to these organizations which causes, or is likely to cause, bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm, to any pupil or other person attending any school."

Athletes and coaches who find themselves unable to comply with these standards must understand that their opportunity for participation may be limited or denied.

## **TRAINING RULES**

The coaches support healthy behaviors by all athletes, at all times. Athletes will be held responsible for all training rules while on school grounds, while going to or coming from school or, at a school-sponsored activity. During the officially recognized CIF "season of sport" as defined by CIF bylaw 511, section B, athletes will also be held accountable for any off campus violation of training rules.

Students should understand that the coaches in the Roseville Joint Union High School District believe that the use of tobacco, alcohol, and drugs is not acceptable for high school athletes for health and safety reasons. The coaches believe that high school students should be aware of the negative effects of tobacco, alcohol, drug and any use of steroids or performance-enhancing substances.

Any student who uses or possesses alcohol or drugs shall be ineligible for six (6) weeks of school enrollment from the date of the infraction, excluding vacation periods.

Any student who uses or possesses tobacco shall be ineligible for six weeks of school enrollment from the date of the infractions, excluding vacation periods.

The Roseville Joint Union High School District and its coaches prohibit the use of androgenic/anabolic steroids, synephrine or any performance enhancing dietary supplement banned by the United States Anti-Doping Agency, without a written prescription from a licensed health care practitioner to treat a medical condition.

With the coach's permission, the student may continue to practice with a team but may not wear a school uniform or otherwise represent a team at any interscholastic contest.

A second offense involving alcohol or drugs will cause the student to be ineligible for one calendar year from the date of the infraction. The student may not continue practice or participate with a team during the period of ineligibility.

Any student involved in the sale of drugs or alcohol will be ineligible for one calendar year from the date of the infraction. The student may not continue to practice or participate with a team during the period of ineligibility.

### **LEAVING A TEAM**

Students are encouraged to try a variety of sports. Students may leave a team during without penalty until the submission of the final roster by personally notifying the coach that they no longer wish to participate. After this "try-out" period, students may leave a team only under the following conditions:

1. It is the student's responsibility to notify the coach that he/she no longer wishes to participate. The coach may request that the student discuss the reason(s) for leaving the team. If the coach and student mutually agree that the student can leave the team, the student may leave the team without penalty.
2. If a student leaves a team and plans to participate in a sport that begins practice prior to the completion of the sport, he/she may do so only if the coach of the previous sport agrees. If the previous coach does not agree, the student may not begin practice until the season (including play-offs, if applicable) has ended.
3. If a student leaves a team and does not personally notify the coach, or if the coach does not believe that the student should be allowed to leave the team, the coach may recommend to the administrator in charge of athletics that the student not be allowed to participate on any school team until the season of the sport the student left without permission begins again the following year. The decision of when the student may participate will be left to the athletic administrator.

These rules are not intended to be punitive, and consequences will be imposed only after careful consideration. The intent of these rules is to encourage students to be responsible in their actions and to communicate in an adult manner when they plan to end a commitment to a sport or when they disagree with a coach.

### **APPEALS OF ATHLETIC HANDBOOK RULES**

Students may appeal the application of the rules in the Athletic Handbook to an athletic council. An appeal requires that the student and parent(s) or legal guardian(s) submit a written request identifying the specific rule and consequence they wish to appeal and the grounds for requesting the review. Rules established by the California Interscholastic Federation may be appealed only to the CIF Sac-Joaquin Section.

The athletic council will consist of the administrator in charge of athletics, the athletic director, and three coaches not involved in the disagreement.

The appeal will be held within five school days of the receipt of the written request for appeal from the student and parent.

The athletic council may uphold or modify the consequences for the violation as outlined in the handbook. The athletic council may review the facts of a disagreement regarding leaving a team. The athletic council does not determine or review the facts of a school discipline incident, but may modify the athletic consequences for the incident based on the intent and spirit of the handbook.

### **GENERAL REMARKS**

A student-athlete is a special individual -- special because of both opportunities and responsibilities. Working hard, playing hard, and living up to high behavior standards will help students in their future endeavors.

We are pleased you have chosen to be a part of our athletic program. Your coaches want to work with you to make this one of the most important and enjoyable experiences of your high school career.

# Residential Eligibility Information

All students must complete this form. Failure to provide accurate information could negatively impact your status in athletics at Roseville High School. All transfer students must contact the athletic administrator for additional information.

Student Name: \_\_\_\_\_

Current Grade: \_\_\_\_\_ Date of Initial Enrollment at RHS: \_\_\_\_\_

If you attended any high school other than Roseville High School, complete the remainder of this form.

Previous School: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Dates of attendance at previous school: From \_\_\_\_\_ to \_\_\_\_\_

Reason for changing schools: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

List any contacts with athletic personnel of RHS previous to enrollment: \_\_\_\_\_  
\_\_\_\_\_

School sports you participated in during the past year:

Sport \_\_\_\_\_ Level \_\_\_\_\_

Sport \_\_\_\_\_ Level \_\_\_\_\_

Sport \_\_\_\_\_ Level \_\_\_\_\_

Indicate if your residence has changed during the past year:

Previous Address

Current Address

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Roseville Joint Union High School District**

**ATHLETIC CLEARANCE, PARENT PERMISSION AND CONSENT TO TREAT**

**NOTE: STUDENTS ARE NOT TO ENGAGE IN ANY PRACTICES OR GAMES UNTIL ALL PARTS OF THIS FORM ARE COMPLETED AND CLEARED.**

ATHLETIC INJURIES: IT IS IMPOSSIBLE TO TOTALLY ELIMINATE ALL INJURIES FROM COMPETITIVE ATHLETICS. Players can reduce the chance of injury by obeying all safety rules in their sport, promptly reporting all physical problems/injuries to their coaches, following a proper conditioning program, and inspecting their own equipment daily. **DAMAGED EQUIPMENT MUST BE REPLACED IMMEDIATELY.** No athlete who has sustained a severe injury will be allowed to return to practice or competition without permission of the student's physician.

California law (Education Code Section 32221) requires every member of any interscholastic athletic team, as well as those associated directly with any interscholastic team, athletic event, including song and cheerleaders, team mascots, team manager, etc. to **possess accidental bodily insurance providing at least \$1500 of scheduled medical and hospital benefits.**

Please specify on the form below the required insurance coverage that you have provided for your son/daughter.

I/We have purchased accident insurance through the school as shown below:

(Check the appropriated response)

\_\_\_\_\_ Tackle football insurance (covers tackle football only)

\_\_\_\_\_ 24-Hour insurance (covers sports other than football)

\_\_\_\_\_ School time insurance (covers sports other than football)

\_\_\_\_\_ Student Health Care Plan

OR

\_\_\_\_\_ I/We have health or accident insurance for my son/daughter, which meets the requirements of California law, and elect not to purchase student insurance through the school. (List Company name and group or policy number).

Company Name	Group or Policy #
.....	

The parents/guardians of the athlete below hereby give permission for their son/daughter to travel to school sponsored athletic events on district provided transportation. I/We also give permission for my child to ride as a passenger in a vehicle driven by another parent or coach. I/We acknowledge and understand that the Roseville Joint Union High School District may not provide transportation to all school sponsored athletic events. I/We understand and acknowledge that Education Code Section 35330 provides that all persons participating in the school-related trip shall be deemed to have waived all claims against the District or State of California for injury, accident, illness or death occurring during or by reason of the trip. I/We also understand that the Roseville Joint Union High School District will not be held liable for medical services, hospital services, or accident insurance.

In case of medical emergency, illness or injury, I/we hereby give permission to school district personnel to transport my son/daughter to a medical facility to receive emergency treatment.

I/We acknowledge that the above insurance information is accurate, and that I/we will promptly notify the school in the event insurance coverage no longer applies to my son/daughter.

I/We have read and understand the information in the athletic injury warning of this athletic clearance form.

I/We have read and understand, without question, the rules of the Athletic Handbook.

I/We hereby give my consent for my son/daughter to compete in interscholastic athletics in the Roseville Joint Union High School District.

We hereby agree that my son/daughter shall not use androgenic/anabolic steroids, synephrine, or any dietary supplement banned by the U.S. Anti-Doping Agency without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition. We also recognize that under CIF Bylaw 200.D., there could be penalties, including ineligibility for CIF competition, for providing false or fraudulent information. We also understand that the Roseville Joint Union High School District policy regarding the use of illegal drugs will be enforced for any violations of these rules.

<b>Mother/Father/Guardian Signature</b>	Mother/Father/Guardian's Name (Please Print)	Date
<b>Student Signature</b>	Student's Name (Please Print)	Date

