



**PARENT/STUDENT
HANDBOOK**



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I. INTRODUCTION

A MESSAGE FROM THE ATHLETIC DIRECTOR

Dear Santa Fe Christian Parents & Students:

We are excited to begin a new season in SFC Athletics! As the new Athletic Director at SFC I can honestly say that I am humbled and do not take this position lightly. I am excited to seek God's will for this program and establish a vision that will impact all involved with SFC sports for eternity.

My main goal for SFC athletics is unity. Ephesians 4:15-16 says, "Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work." My prayer is that we all play our role and work together to reach our philosophy in athletics of "being a champion".

Below you will find some important information in our Handbook:

Highlights on the Handbook –

Understanding the SFC Philosophy on Being a Champion – One of the greatest joys being at SFC is being able to take a passion in sports and use that tool to teach young people about life. You will read the 3 steps in Being a Champion in our handbook and understand our goal is much more than winning on the field. It's winning on and off the field.

Parent Guide – I cannot emphasize enough the importance of our parents' influence in all our programs. Programs that achieve their potential almost always have positive supporting parents that partner right along side. In our handbook in section 2 we have some a clear guide of a parent's role in our program. Please take time to read this important section and use this as a guide for the upcoming season.

Booster Club – Our Booster club plays an extremely important part of our athletics program. From buying our uniforms and equipment for each team, they are always ready and willing to help our programs succeed. Please prayerfully consider how you can help our Booster club this year!

Policies – Please make sure to read through all our athletic policies for the upcoming year. They are very clear expectations that will help ensure a positive and safe experience for our entire student athletes.

Looking forward to a great 2015 season and would ask all to keep our department in consistent prayer! We have a desire to compete in a way that brings honor and glory to our Lord and Savior Jesus Christ. It's a great time to be an Eagle!

God Bless
Chad Bickley



INTRODUCTION

SFC ATHLETIC PHILOSOPHY

Mission Statement: *Santa Fe Christian athletic teams will strive to produce championship teams. Success will be measured, not only by the end result, but by the people impacted along the journey. Coaches, parents and fans should be changed as a result of this journey as we mold the “Christian leaders of tomorrow.”*

Athletics are an important part of the educational process. SFC will provide positive models of coaching excellence and sport programs, which promote the ideals of participation, competitiveness, discipline, teamwork, high performance, Christian character, and Christian witness.

The interscholastic sport programs offered at SFC are used to impact the participants in a positive manner. The programs enable each participant to compete for the love and enjoyment of the sport in a Christian atmosphere. The participant needs to understand the commitment involved in a quality program. SFC athletes are expected to go to battle and fight hard with their heart and soul.

PHILOSOPHY OF SFC ATHLETICS - BE A CHAMPION

1. Be a champion for Christ (Galatians 6:14)
2. Be a champion in relationships around us (Ephesians 4:32)
3. Be a champion on the field of play (Philippians 4:13/Philippians 3:14)

These are the intended end results of the sport experience at SFC:

1. It is the belief of the coaching staff that the student-athletes are here at SFC to gain a Christ-centered education. We desire to have a program and, ultimately, student-athletes, that honor and glorify the Lord in all things. Our attitudes, actions, and thoughts should all be brought into control so that we can accomplish this goal (Corinthians 10:31).
2. We want student-athletes who are motivated to give 100% effort in all things and not be satisfied with mediocrity; not for self-recognition, but for the Lord (Colossians 3:23). In addition, we would like to see the student athletes at SFC be Christ like leaders (I Timothy 4:12).
3. We have a desire to create a sense of excitement, enthusiasm, and loyalty to the SFC athletic program. When people see us compete, they should be encouraged to become Eagle Fans!!! (I Corinthians 16:18)
4. Finally, it is our goals to have each member of our team give his or her best in every area of life (Joshua 1:8).

SFC Athletics Eagles Edge K-12 Athletic Program

Coaching Philosophy

Varsity: Individual Fundamentals should be mastered. Should have an understanding of a team system and how to adapt to different defensive and offensive strategies.

JV: Further development how to be a part of a team by accepting specific Roles.

At this age an athlete will be equipped with fundamentals he needs to be able to try out for their high school sport.

Fundamentals will be taught, and athletes will understand terminology of the High school program.

Fundamentals and introduction to Upper School System

Basic sport specific fundamentals and techniques will be taught. Introduction of team

Introduction to game, rules and "Fun"damentals will be taught.

Practice/Competition Philosophy

Varsity: There will be no guarantee of playing time and there will be a limited rotation. Playing time is decided by the coaching staff. You have to beat people out. We feel players should be proud to be a part of this team regardless of their playing time.

No guarantee that players will play; however, this is a developmental team for the Varsity and coaches will do their best to give players every opportunity.

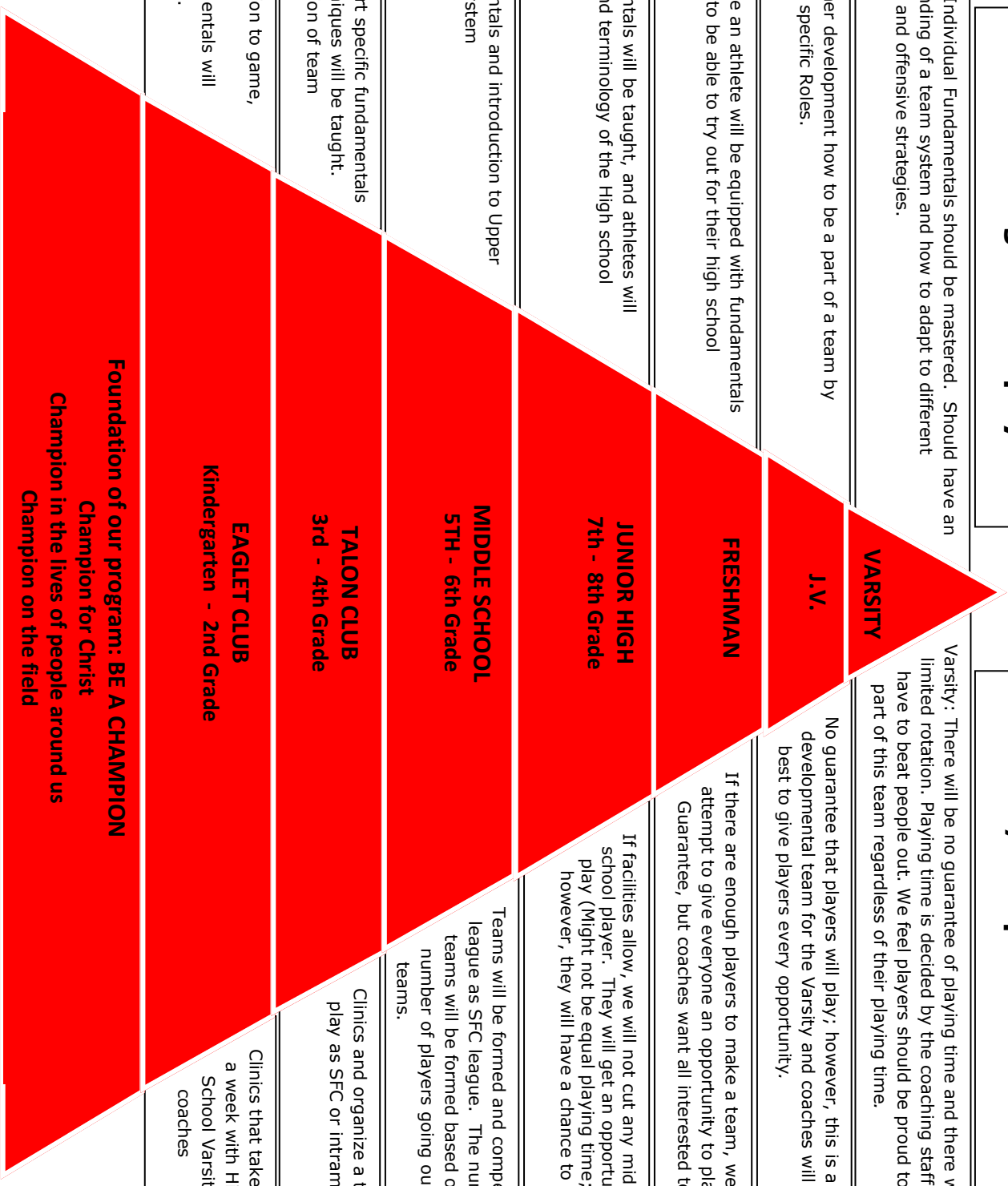
If there are enough players to make a team, we will attempt to give everyone an opportunity to play. No Guarantee, but coaches want all interested to play

If facilities allow, we will not cut any middle school player. They will get an opportunity to play (Might not be equal playing time;) however, they will have a chance to play

Teams will be formed and compete in a league as SFC league. The number of teams will be formed based on the number of players going out for teams.

Clinics and organize a team to play as SFC or Intramural

Clinics that take place 1x a week with High School Varsity coaches



Foundation of our program: BE A CHAMPION
 Champion for Christ
 Champion in the lives of people around us
 Champion on the field





INTRODUCTION

UPPER SCHOOL SPORTS

FALL

BOYS FOOTBALL
Varsity/JV/Freshman

GIRLS VOLLEYBALL
Varsity/JV/Novice

CHEERLEADING
Varsity/JV

GIRLS TENNIS
Varsity/JV

GIRLS/BOYS CROSS COUNTRY
Varsity

BOYS WATER POLO
Varsity/JV/Novice

WINTER

BOYS BASKETBALL
Varsity/JV/Freshman

GIRLS BASKETBALL
Varsity/JV

CHEERLEADING
Varsity/JV

BOYS SOCCER
Varsity/JV

GIRLS SOCCER
Varsity/JV

GIRLS WATER POLO
Varsity/JV

SPRING

GIRLS/BOYS TRACK & FIELD
Varsity

BOYS BASEBALL
Varsity/JV

GIRLS SOFTBALL
Varsity

BOYS VOLLEYBALL
Varsity

BOYS GOLF
Varsity

BOYS TENNIS
Varsity

GIRLS/BOYS SWIM
Varsity

GIRLS LACROSSE
Varsity/JV

BOYS LACROSSE
Varsity/JV

MIDDLE SCHOOL SPORTS

FALL

BOYS' FLAG FOOTBALL

GIRLS' VOLLEYBALL

GIRLS/BOYS CROSS COUNTRY

GIRLS LACROSSE (CLUB)

WINTER

BOYS' BASKETBALL

GIRLS' SOFTBALL

BOYS' SOCCER

GIRLS' SOCCER

SPRING

GIRLS' BASKETBALL

CO-ED GOLF

CO-ED TENNIS

BASEBALL



INTRODUCTION

FUNDAMENTALS OF GOOD SPORTSMANSHIP

1. Show respect for the opponent at all times. When opponents visit our school, they should be treated as guests, greeted cordially upon arriving, given good accommodations. When visiting another school, we should be cordial and appreciative of our host. Good sportsmanship is the Golden Rule in action.

2. Show respect for the officials. The officials should be recognized as impartial arbitrators who are trained to do their job and who can be expected to do it to the best of their ability. Good sportsmanship implies the willingness to accept and abide by the decisions of the officials.

3. Know, understand and uphold the rules of the contest. A familiarity with the current rules of the game and the recognition of their necessity for a fair contest is essential. Good sportsmanship suggests the importance of conforming to the spirit as well as the letter of the rules.

4. Maintain self-control at all times. A prerequisite of good sportsmanship requires one to understand his/her own bias or prejudice and the ability to prevent the desire to win from overcoming rational behavior. A proper perspective must be maintained if the potential educational values of athletic competition are to be realized. Good sportsmanship means proper behavior by all involved in the game. Recognize and appreciate skill in performance regardless of affiliation. Applause for an opponents' good performance is demonstration of generosity and good will. The ability to recognize quality in performance and the willingness to acknowledge it without regard to team membership is one of the most commendable gestures of good sportsmanship.



II. PARENT GUIDE

PARENT ROLES

You can play an essential role in helping your child learn the values of winning and losing. Below are some suggested topics you can discuss with your child in these situations.

VALUES OF WINNING:

To consistently win, it is necessary to have certain ingredients. Skill, commitment, dedication, effort, perseverance, desire and good coaching are just some of the ingredients necessary to consistently win. Help your child learn the values of winning by:

- Offering congratulations for winning, and identifying and discussing the efforts made by individuals and the team;
- Recognizing the improvement and growth of both individuals and the team;
- Emphasizing competitiveness and doing one's best.

VALUES OF LOSING:

Help your child learn from losing experiences by:

- Crediting the other team;
- Crediting the play of his/her opponent;
- Focusing on improvement by individuals and team;
- Discussing what was successful;
- Accepting the loss, setting individual goals, and moving forward.

CONDUCT

The importance of parents behaving as model spectators cannot be overstated. Parents who support the rules of conduct provide a model for other parents and students alike. Of particular concern are parents who harass officials or make comments in the stands regarding judgment decisions made by the coach. This is counterproductive and tends to destroy the values of good sportsmanship and the game.

ISSUES OF CONCERN: What are appropriate issues to discuss with the coach? This is often the question many parents have when their children are participating in sports.

PARENTS ARE ENCOURAGED TO DISCUSS:

1. The treatment of their child
2. Concerns about their child's behavior
3. Team rules and requirements
4. Sanctions incurred by their child
5. Scheduling
6. College participation

PARENTS MAY NOT DISCUSS:

1. Placement on teams
2. Playing time
3. Strategies used by the coach during contests
4. Other student-athletes



PARENT GUIDE

COACH OR PROGRAM COMPLAINTS

Special Note: It is very difficult to accept that your child is not playing as much as you hoped he or she would. Coaches are professionals. They make judgment decisions based on what they believe to be in the best interest of the team. The coach must take into account all members of the team, **not** just your son or daughter.

It is imperative that parents respect the position of the coach and direct any concerns in the following manner

STEPS TO TAKE FOR CONFLICT RESOLUTION

- Encourage athlete to speak with the coach
- First contact the coach.
- Please make sure the conflict is regarding one of the six items listed under the “parents are encouraged to discuss” section.
- If the conflict is not resolved with the coach meeting, contact the Athletic Director
- Please note any meeting with the Athletic Director will have the coach present. Our goal is to solve this conflict in a Christ like manner.
- If the conflict is not resolved with the AD meeting, contact the Principal
- Please note that the Athletic Director will be present in this meeting
- Lastly, if the conflict is not resolved with the principle meeting, contact the head of schools.
- Please note that the Athletic Director will be present in this meeting

Note: Do not approach a coach after a game. Please make an appointment to speak with the coach prior to or after game day for productive communication.



PARENT GUIDE

POSITIVE SPORTS PARENTING

- 1 - Make sure your child knows, win or lose, that you love them, you appreciate their efforts and you are not disappointed in them. *Proverbs 18:21 "The tongue has the power of life and death. And those who love it will eat its fruit."*
- 2 - Try your best to be completely honest about your child's athletic capability, competitive attitude, sportsmanship and actual skill level. *Romans 12:17 "Provide things honest in the sight of all men."*
- 3 - Be helpful but don't "coach" on the way to the track, diamond or court.... on the way home... at breakfast... and so on. *1 Thessalonians 5:11 "Therefore encourage one another and build each other up."*
- 4 - Teach them to enjoy the thrills of competition, trying, working, improving their skills and attitudes... taking the physical bumps and coming back for more. *1 Timothy 6:17 "Put their hope in God who richly provides us with everything for our enjoyment."*
- 5 - Try not to relive your athletic life through your child in a way that creates pressure. Remember, you fumbled too; you lost as well as won; you were frightened; you backed off at times; and you were not always heroic. Don't pressure them because of your pride. *Proverbs 16:18 "Pride goes before destruction, a haughty spirit before a fall."*
- 6 - Don't compete with the coach. The young athlete often comes home and chatters on about "coach says this, coach says that." This is often hard to take, especially for a father or mother who has had some sports experience. *Hebrews 13:7 "Obey your leaders and submit to their authority. They keep watch over you as a man who must give an account. Obey them so that their work will be a joy, not a burden for that would be of no advantage to you."*
- 7 - Don't compare the skill, courage or attitudes of your child with that of other members of the squad or team, at least not in front of them. *Psalms 86:8 "Among the gods there is none like you, O Lord; no deeds can compare with yours."*
- 8 - You should get to know the coach, so that you can be assured that his or her philosophy, attitudes, ethics and knowledge are a good influence on your child. *Proverbs 10:9 "The man of integrity walks securely, but he who takes crooked paths will be found out."*
- 9 - Always remember that children tend to exaggerate both when praised and when criticized. Temper your reactions to their tales of woe or heroics they bring home. *Proverbs 12:8 "A man is praised according to his wisdom, but men with warped minds are despised."*
- 10 - Make a point of understanding courage, and the fact that it is relative. Explain to your youngster that courage does not mean an absence of fear but means doing something in spite of fear or discomfort. *1 Corinthians 16:13 "Be on your guard; stand firm in the faith; be men of courage; be strong."*
- 11 - Never approach a coach on game day to talk about your child, before, during or after a contest. A parent's "Coaching Job" is the toughest one of all and takes a lot of effort. Sometimes in your desire to help your child, best intentions can end up being counterproductive. Applying the Rules for Parents will go a long way towards fostering an environment your child can use to enjoy and excel in their sport. *Ephesians 4:29 "Do not let any unwholesome talk come out of your mouths. But only what is helpful for building others up according to their needs. That it may benefit those who listen."*



PARENT GUIDE

SFC BOOSTER CLUB

The SFC Booster Club is a dedicated group of volunteer parents who, through their generous contributions of money and time, help support our student athletes. Your monetary contributions are used to support much of the equipment and facility needs of your children as they participate in sports at Santa Fe.

The Booster Club raises financial support for all Upper School athletics through membership, gate charges, concessions and Talon advertising sales. Membership is the leading source of monetary contributions, and is therefore an integral component of our annual Booster fundraising. The Booster Club contributes to all Upper School sports programs, and we would like to invite you to become a member for the upcoming 2015-2016 school year.

2015/2016 SFC BOOSTER MEMBERSHIP APPLICATION

Information coming in June on how you can support Boosters.

**SFCS Boosters
838 Academy Drive
Solana Beach, CA 92075**

Questions: santafechristianboosters@gmail.com

Booster club cards may also be purchased at either HOME GAME football gate.

Support the 2015/2016 SFC Athletic Teams

*CIF games (playoff games) are **not** included in membership; only home games. CIF regulations dictate that a gate must be collected at all CIF games.

Due to IRS Regulations your tax receipt from the SFC Development office will be for the amount of your donation, less the value of the premiums included. "Red Eagle" memberships are not tax deductible.

* ALL GIVEAWAYS ARE ONE TIME OFFER



III. SFC ATHLETIC POLICIES

DRUG TESTING POLICY

All of SFC Athletic programs will adhere to the policy clearly set by the school. Please see the Upper School Parent Handbook for details.

PHYSICALS

All athletes are required to have a physical prior to joining SFC sports by a Medical Doctor or Doctor of Osteopathic Medicine. Athletes with a physical from other medical professionals such as DC's, RN's, PA's, PhD's, etc, will not be accepted. The physical along with accompanying paperwork in the athletic packet must be submitted according to the deadlines set each year. While the student's physical is valid for one year from the date of the physical, we highly recommend that each athlete have their physical done in the summer. This is to ensure that each athlete does not become ineligible during their season.

IMPACT TESTING

Impact testing is a computerized cognitive program that tests a student's memory, reaction time, and cognitive skills. This program then establishes a baseline for the student as a way to monitor the athlete's progress if he/she sustains a concussion. The test takes approximately 35 minutes to complete and is required every school year if your athlete is participating in the following contact sports: Football, Cheer, Volleyball, Water Polo, Basketball, Soccer, Baseball, Softball, and Lacrosse.

All students involved in the above mentioned sports are required to have an impact test each school year prior to the start of their respective season. Therefore, testing will be free to students participating in a contact sport and it will be coordinated with the coach to arrange the most convenient time for the program.



SFC ATHLETIC POLICIES

ACADEMIC ELIGIBILITY

CIF requires student athletes to maintain a 2.0 minimum GPA with no more than two grades below a C-, and no more than one N in citizenship to be eligible for athletics. Students declared ineligible will be able to practice but will not compete in games or matches until the next grading period. (approx. 6 weeks)

All incoming athletes must meet a 2.0 GPA in order to be eligible for sports at Santa Fe Christian Schools (This includes freshmen and transfers).

SPORTS FEE

SFCS athletic department requires each athlete to pay a users fee. This fee helps to defray the cost of an athletic team. Each family will be billed during the season of sport.

High school football and aquatics	- \$425
All other high school sports	- \$300
Middle school sports	- \$150

SPIRIT PACK

Certain equipment and apparel will be required by coaches. This will be made available via a time sensitive website. Families will order and pay for practice gear and other equipment online. The athlete will then receive a package from the coach with all ordered items.

SUSPENSION FROM SCHOOL

Any athlete who is suspended from school may not participate in or attend an athletic event or practice during the duration of the suspension.

BEGINNING ANOTHER SPORT

An athlete cannot begin practice with sport B until sport A is completed. Varsity head coach A can give permission for an athlete to begin practice in sport B. He/She has the right to specify what is/is not done.

PRACTICE AND GAME ATTENDANCE

Students must attend a minimum of four periods (4) of the school day in order to participate in practice or game. Exceptions to this policy must be approved by the Athletic Director (i.e. Medical appointments or extenuating circumstances.) Players are required to attend every scheduled practice and game unless approved in advance by the head coach. Please know the expectations of the program in which you are involved.



SFC ATHLETIC POLICIES

QUITTING DURING THE SEASON

If an athlete does not fulfill his/her commitment to the team for the duration for the season, he/she will not be allowed to begin practice for another season until the varsity season of the sport he/she quit is completed

CUTTING POLICY

Coaches reserve the right to cut a player who is trying out for a team. Considerations may be skill, squad size, attitude, team chemistry or work ethic. Playing on a team is a privilege, earned by athletes and at the discretion of the head coach.

LATE TRY-OUT REQUEST

A coach has the right to refuse an athlete who misses the try-out dates. Exceptions to this would be medical restrictions at the time of try-out or overlap from another season.

FACILITY PRIORITY SCHEDULING POLICY

- Varsity team sports in season
- J.V. team sports in season
- Middle School teams in season
- Varsity non-team sports in season Varsity teams out of season
- Club teams that benefit school programs Outside groups...(Requests not typically granted as gym availability is minimal)

*Each group listed above is responsible to make sure that all lights are out, and all doors locked before leaving the facility, unless there is another group waiting. You will be left responsible if not locked up.

POLICY FOR ADDING A SPORT

- Mission
- Student interest
- Coaches
- Facilities
- Budget (For the first 2 years, the sport will be a club sport and parent funded)
- Competitive Excellence
- Long-Term Commitment
- Sanctioned CIF sport
- What league will we be apart of

***NOTE:** This is a 1 year consideration process before a decision will be made.



IV. AWARDS

LETTERING POLICY

Athletes will either be awarded a J.V. or Varsity Letter based upon the following criterion:

- Each sport has different lettering requirements. Before the season begins, get a copy of the program profile of the sport in which you are participating and read the lettering policy.
- Any athlete who displays a negative attitude or negatively reflects the reputation of the school may not earn a Varsity or J.V. letter.
- Suspension from school for disciplinary purposes is also grounds for forfeiting a letter. Suspension is counted as an unexcused absence.
- Any athlete who is caught using drugs (including steroids) or alcohol will not earn his or her letter.
- Coaches will inform all athletes of the lettering policy
- The Athletic Director will decide all questionable cases.

AWARD POLICY

At the end of each athletic season, an awards banquet is held to honor athletes. All parents and athletes are urged to attend this program.

J.V. Awards

- Coach will award up to 3 plaques
- All will receive a certificate of participation

Varsity Awards

- Coach will award 3-5 plaques
- Certificate of participation
- A varsity chenille letter and a Swiss emblem indicating the sport will be awarded to the letter recipient.

PATCH POLICY

SFC Athletics will purchase

- 1st and 2nd Team All Coastal Conference
- Coastal Conference Champions
- State Champions
- Tri-Sport Athlete (This patch is awarded to an athlete who has received three or more varsity letters in one school year).
- All other patches will be given by CIF or purchased by the athletes' family.

MALE AND FEMALE ATHLETE OF THE YEAR

Each year the athletic department will announce a male and female athlete of the year.

This award is given to a male and female athlete who has been a dominant force in the area of athletics. First consideration will be given to senior athletes who have excelled in more than one varsity sport during their senior year. Coastal League, CIF, and State honors will be considered as well.



V. TRANSPORTATION

TRANSPORTATION POLICY

PARENT DRIVER

Parents need a parent driver form completely filled out and on file. This form is included in the Athletic Packet. Team parents who will be coordinating team transportation will communicate with the Transportation coordinator on the status of parent drivers. Please contact Julie Timm at jtimm@sfcs.net for more information.

STUDENT DRIVER

Away Game

On rare occasions, when there is a valid reason, with written permission from the parent and approval by the Athletic Director, a student can drive themselves to an away game only if he/she leaves after class is over

Practice

For off campus practice sites, each athlete needs a ***Student Driver Form*** (per on file in the athletic office for the season).



VI. DRESS POLICY

GAME DAY DRESS POLICY

On the day of an SFCS team game, at the coach's direction and leadership of the team captain (s), student team members may wear the team polo shirt or jersey with school uniform pants, shorts, or skirts. Coaches will specify which team polo shirt or jersey may be worn. These garments must be clean and in good condition. Game day attire cannot replace chapel attire on Thursdays. Captains are to submit a "game day dress" form in the office for approval each week.

TEAM UNIFORMS/EQUIPMENT

- Families are responsible for care, loss or damage
- Team uniforms are never to be worn except for games.
- School report cards or team letter may be withheld if uniforms and equipment are not turned in at the end of the season

PRACTICE GEAR

Practice gear will be ordered online via a time sensitive website. For further information please see Spirit Packs on page 14.

OUTERWEAR

Outerwear that meets specific established guidelines may be worn any day of the week. If guidelines are not met outerwear may only be worn on Fridays.



VII. COLLEGE INFORMATION

COLLEGE ATHLETIC SCHOLARSHIP INFORMATION

More often than not, young people have the dream of earning a college athletic scholarship. However, a student athlete must be realistic in examining his/her own abilities. Playing college sports requires talent and a great deal of dedication. For players who wish to continue playing after high school, there are several options.

The NCAA oversees college athletics. The NCAA membership includes: 337 active Division I members, 290 active Division II members, and 435 active Division III members. Division I and Division II can offer athletic scholarships. Division III schools cannot, however, they can offer other kinds of financial aid. If you are interested in playing at a Division I or II college, you must meet the NCAA guidelines explained in the “Guide for the College-Bound Student-Athlete” publication produced by the NCAA eligibility center. This publication can be found online at www.ncaapublications.com/productdownloads/CBSA.pdf

NAIA colleges also offer athletic scholarships. They are mostly smaller schools that are not associated with NCAA. Check with the counseling office or the Athletic Director for more information.

NCAA Requirements

Before an athlete can play a sport or receive an athletic scholarship at a Division I or II college, he/she must meet specific academic criteria as set forth by the NCAA. Because the NCAA has such specific requirements, it is very important that athletes meet with their guidance counselors as early as possible to obtain information on NCAA requirements and to make sure that they will have the courses necessary to satisfy NCAA requirements.

Athletes should take the ACT and the SAT no later than the spring of their junior year to have time to re-take them if necessary. In order to initiate the eligibility process, athletes need to complete the NCAA Clearinghouse Student Release Form. This form should be completed after completion of the junior year. Forms and information are available in the high school counseling office. For more information please visit NCAA Eligibility Center online.



VII. CIF POLICIES FOR ATHLETES

CIF ETHICS AND MISSION

It is the mission of the California Interscholastic Federation, San Diego Section (CIFSDS) to promote high standards of sportsmanlike and ethical behavior in and around athletic contests played under its sanction and in life, in general. Citizenship, Integrity, and Fairness are embodied in that mission. CIF and CIFSDS contests must be safe, courteous, fair, controlled, and orderly for the benefit of all athletes, coaches, officials, and spectators. Behavior by all involved should manifest the highest standards of conduct at all times.

It is the intent of the section membership that poor sportsmanship, unethical behavior, and violence, in any form, will not be tolerated in athletic contests or practices. In order to enforce this policy, the membership, through its Board of Managers, has established rules and regulations.

Coaches are expected to assume responsibility to teach and demand high standards of conduct of their athletes both on the field of play and in everyday life.

It will be the school Principal who assumes responsibility for enforcement of the rules and regulations and to demand high standards of conduct from coaches, athletes, and spectators.

The CIFSDS Board of Managers requires that the following Code of Ethics be issued to and signed by each student-athlete, parent, coach, and officials' association as a guide to govern their behavior. Penalties for failure to submit a signed Code of Ethics are:

- Athlete** Ineligibility for participation in CIF-San Diego Section Athletics
- Coach** Restricted from coaching CIF-San Diego Section contests.
- Officials' Association** Not approved to officiate in CIF-San Diego Section
- Parent** Prohibition/Removal from attendance at CIF or CIFSDS event

- Embrace the six pillars and Sixteen Principles of the Pursuing Victory With Honor program (in athletic packet).
- Be courteous at all times with school officials, opponents, game officials, and spectators.
- Exercise self-control.
- Be familiar with all rules of the contest.
- Show respect for self, players, officials, coaches, and spectators.
- Refrain from the use of foul and/or abusive language at all times.
- Respect the integrity and judgment of game officials.
- Abstain from the use of illegal and non-prescription drugs, anabolic steroids, alcohol, or any substance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States, or the American Medical Association.
- Win with character; lose with dignity.



CIF POLICIES FOR ATHLETES

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 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 or contest. A student may, after a lapse of 18 calendar months from the date of incident, apply for reinstatement of eligibility to the State Executive Director.

EJECTION FROM A CONTEST

Any person ejected for an act of unsportsmanlike conduct will be subject to the following penalty:

All sports: the penalty will be ejection from that contest and a 6 game/match suspension (with the exception of football; football will be a 3 game suspension.)

TRANSFER POLICY

The student transferring must Sit-Out until the designated date for each sport the athlete participates in. The student may practice but cannot compete in varsity games until after the Sit-Out date.

Transfers may participate on jv only for the entire season.

Fall Season: October 6

Winter Season: January 5

Spring Season: April 6

Note: If the student transfers after their new school's first contest, then their actual start date would be determined by the local CIF-Section Office.

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.

MEDICAL VISITS

All athletes that seek a Medical Doctor's attention in season are to bring a clearance note to the Athletic Trainer that clears them to practice or compete. No athlete is allowed to return to practice or competition until an official Medical Doctors note is received.

All athletes must have a parent signed Medical Release Form on file with the athletic director. The Medical Release Form allows the athlete to be treated by a physician in case of an emergency. All athletes must have a current (within one year) athletic physical by a physician on file in the Athletic office before trying out, practicing or playing with a team.



CIF POLICIES FOR ATHLETES

COMPETING IN MULTIPLE SPORTS

A student may compete in two CIF sports during the same season. An example of this is when a student plays baseball on a Thursday and then runs in a track meet on Friday. Both coaches must agree before this arrangement is allowed. In addition, an athlete may compete in four sports during the school year, but no more than four.

PLAYING J.V. AND VARSITY

An athlete who plays on the J.V. level is eligible to play on the Varsity level. An example of this is when a J.V. baseball player plays in a J.V. baseball game on Tuesday and then plays on Wednesday in a Varsity baseball game. However, the athlete cannot return to the J.V. level until the next week. He/she must finish out the week in Varsity competition. An athlete cannot go from J.V. to Varsity to J.V. all in the same week. If the athlete does not actually play in the Varsity game then he/she is still eligible for the J.V. level.

PLAYING ON AN OUTSIDE TEAM

A student on a high school team becomes ineligible if the student competes in a contest on an "outside" team, in the same sport, during the student's high school season of sport. **Tryouts for club teams during the high school season of sport are not permitted**

AGE OF AN ATHLETE

If an athlete turns 19 before June 15th, of the current year's school year, he/she cannot participate in interscholastic athletics. If an athlete is in his/her fifth year of high school, he/she cannot participate in interscholastic athletics.

PROFESSIONAL OR COLLEGIATE TRY-OUTS

An athlete cannot try-out for a professional or collegiate team from September 1 to June 25 each year, according to CIF.

AGE REQUIREMENTS FOR VARSITY FOOTBALL ATHLETES

To play on the varsity football level, an athlete must be 15 years of age (this pertains only to the sport of football). Special forms must be filled out and submitted for 14-year olds to participate in varsity football.

PRACTICE REQUIREMENT FOR COMPETITION

Each individual athlete on any team must have had 10 days of practice before being allowed to compete in a game.

***For further information on eligibility consult the California Interscholastic Federation green book.**