

MT. DIABLO UNIFIED SCHOOL DISTRICT

2017-2018

PARENT-STUDENT GUIDE TO ATHLETICS

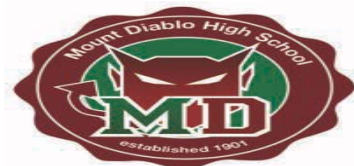
Diablo Athletic League <http://www.dalathletics.com>
North Coast Section, CIF <http://www.cifncs.org/>
California Interscholastic Federation <http://www.cifstate.org/>



COLLEGE PARK HIGH SCHOOL FALCONS



CONCORD HIGH SCHOOL MINUTEMEN



MT. DIABLO HIGH SCHOOL DEVILS



NORTHGATE HIGH SCHOOL BRONCOS



YGNACIO VALLEY HIGH SCHOOL WARRIORS

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PHILOSOPHY:

Athletics play an important part in the Mt. Diablo Unified School District. Young people learn a great deal from their participation in interscholastic athletics. Lessons in sportsmanship, teamwork, competition and how to win and lose gracefully are an integral part of each team in our athletic program. Athletics play an important part, too, in helping the individual student develop a healthy self-concept as well as a healthy body. Athletic competition adds to our school spirit and helps all students – spectators as well as participants – develop pride in their school and maximize individual potential.

The Governing Board recognizes that the district’s athletic program constitutes an integral component of the educational program and helps to build a positive school climate. The athletic program helps also to promote the physical, social, and emotional well-being and character development of participating students. Within the District's financial and personnel constraints, the athletic program shall be designed to meet students' interests and abilities and shall be varied in scope to ensure wide participation.

Participation is a privilege, not entitlement, and student athletes are expected to represent themselves, their team, school, family and community in a manner that demonstrates the highest standard of conduct, academic achievement and commitment to their fellow students.

SEASONS OF SPORT: (not all sports are offered at all sites)

| Fall | Winter | Spring |
|-----------------------------|-----------------------------|----------------------------------|
| Begins: | Begins: | Begins: |
| Cross Country, Boys: V, JV | Basketball, Boys: V, JV, F | Baseball: V, JV, F |
| Cross Country, Girls: V, JV | Basketball, Girls: V, JV, F | Golf, Boys’: V |
| Football: V, JV, F | Wrestling, Coed: V, JV, F | Softball: V, JV |
| Golf, Girls: V | Soccer, Boys: V, JV | Swimming & Diving, Boys’: V, JV |
| Tennis, Girls: V, JV | Soccer, Girls: V, JV | Swimming & Diving, Girls’: V, JV |
| Volleyball, Girls: V, JV, F | | Tennis, Boys’: V, JV |
| Water polo, Boys: V, JV | | Track & Field, Boys’: V, JV |
| Water polo, Girls: V, JV | | Track & Field, Girls’: V, JV |
| | | Volleyball, Boys’: V, JV |
| | | Competitive Cheerleading |
| | | Lacrosse, Boys, Girls |

ACADEMIC ELIGIBILITY:

In order to participate in athletics, students must earn a 2.0 “C” grade point average on a 4.0 scale in all enrolled classes. Students must be enrolled in and pass a minimum of 20 semester credits (4 classes). Spring semester grades count for fall eligibility on the first day of practice including incoming freshmen. See the Athletic Director in advance for specific information about making up grades during summer school. Academic eligibility resets on the date of determination set by the district. Ask your athletic director for list of these dates. One academic probation period may be authorized once during grade 9; then one time during grades 10-12 by the Superintendent or designee for students to participate in athletics whose GPA is between 1.50 and 1.99.

ADMISSION:

Admission may be charged for home or away varsity contests if gate control and supervision are provided by the school. Students with ASB cards in their possession may enter home games at a reduced rate. Students with a sports sticker enter all home games free.

ATHLETIC ACTIVITY CLEARANCE FORM:

Every player must have a new Athletic Activity Clearance form on file each school year before participating on any team. It is now available on-line at www.mdusd.org under the Parent tab, High School News. Among other things, it requires the signature of a physician certifying the athlete's health, so plan ahead. One form is good for one calendar year.

BLOOD-BORNE PATHOGENS:

All players should be aware of blood-borne pathogen protocol when there is bleeding. Whenever a player incurs an injury or wound that produces bleeding or other body fluids, the practice or game shall be stopped in accordance with CIF guidelines and the player shall be escorted away from the playing field for appropriate treatment. The player shall not return to the practice or game until the bleeding has stopped and the wound is properly covered. Gloves should always be worn when dealing with any body fluids.

BOOSTERS CLUBS:

The athletic departments are fortunate to have very supportive athletic booster clubs. These groups play a large part in creating a positive experience for all student athletes. If you would like to be involved, contact the Athletic Director for more information. As a note, sport specific booster clubs are prohibited.

CIF/NCS/DAL TRANSFER ELIGIBILITY:

Any student who transfers between high schools is subject to the [CIF transfer bylaws](#). **ALL transfer athletes must request review of eligibility by the new school's principal or designee to determine eligibility for competition.** Before participating in a league sport, CIF forms 207 and 510 will be required. Allow at least 20 business days for processing these forms, especially at the beginning of the year. The athlete may miss part of the season of sport during the review and evaluation process. See the Athletic Director for more information. Please schedule an appointment with the Athletic Director for review of the transfer policies. **Eligibility must be established prior to participation.** Students must reside in the Mt. Diablo Unified School District or have an approved inter-district transfer and abide by the school district's policies for residency and discipline.

COACHES:

All athletic teams shall be supervised by qualified coaches to ensure that student athletes receive appropriate instruction and guidance related to safety, health, sports skills and sportsmanship. Athletic events shall be officiated by qualified personnel. Coaches are to be treated with the same respect accorded any other professional. Please share any concerns you have with the coach directly or with the school's Athletic Director.

COACHING EVALUATIONS:

The school administration (Athletic Director, Athletic Vice Principal and Principal) regularly evaluates paid coaches through observations at practices and games, written input from athletes, adherence to school expectations and other information that is gathered. Evaluation conferences are held with coaches at the end of the season to acknowledge successes and make a plan for improvement when needed. Site administration is responsible for employment of coaches

CONCUSSIONS:

Any sport has the possibility of injury. The most potentially serious injury is a concussion or multiple concussions. Parents and athletes should take them seriously and consult their physician for medical advice. Please consult the educational materials at the end of the [Parent-Student Guide to Athletics](#) about the potential medical and academic effects of concussions. Parents and athletes are required to sign the CIF Concussion Information form as part of the Athletic Activity Clearance Form. If a student athlete is suspected of sustaining a concussion or head injury in an athletic activity, s/he shall be immediately removed from the activity for the remainder of the day. The student shall not be permitted to return to the activity for seven (7) days or until he/she is evaluated by a licensed health care provider trained in the management of concussions and receives the health care provider's written clearance to return to the activity. (Education Code 49475). **Parents, coaches and athletes are encouraged to view [Concussion in Sports - What You Need to Know](#)** (a free on-line course). For more information, see the CIF Sports Medicine alert at [CIF Concussions](#).

CONFLICT RESOLUTION PROCEDURES:

In the event that a conflict or concern regarding a student-athlete's participation arises, athletes and parents are encouraged to deal with these issues in a timely manner. The following series of steps is recommended:

- **First Step:** The student-athlete should approach the coach to set up a convenient time to discuss the problem. Helping athletes learn to advocate for themselves and to communicate effectively with adults is an important part of the maturation process.
- **Second Step:** If the athlete is not satisfied with the outcome of the meeting with the coach, the parent of the athlete should ask to meet with the coach to help find a solution or come to a mutual understanding.
- **Third Step:** If the first two steps do not resolve the issue, the athlete and/or parent may request to meet with the Athletic Director. The Athletic Director will attempt to facilitate a positive outcome (this may involve a meeting among involved parties).
- **Fourth Step:** After the first three steps have been taken and the issue is not resolved, the athlete and/or parent may approach a school administrator (Vice Principal or Principal) for assistance. While not all issues can be resolved with a mutually agreeable solution, it is hoped that students, parents, and coaches will feel supported by an administrative team that will listen to and consider their concerns.

Please note that issues regarding playing time and coaching strategy are not typically appropriate issues for discussion between parents and coaches. Coaches are entrusted to make these decisions in the best interest of their teams, and parental influence is often unfair to other students and the team in general. While legitimate disagreement in this area may exist, the coach's decision on these matters is considered final.

FEES:

Students shall not be charged a fee to participate in an athletic program.

HAZING:

MDUSD does not tolerate any activities having the potential to embarrass, humiliate or injure any student as a condition of participation in any school activity. Perpetrators may be penalized by, but not limited to, removal from the team, suspension from school and/or criminal citation. Hazing should be reported to the athletic director or site athletic administrator immediately. Hazing includes, but is not limited to, any activity involving an unreasonable risk of physical or emotional harm such as:

- A punishing physical activity, exposure to elements or sleep deprivation.
- Consumption of alcohol, drugs, tobacco or any other food liquid or other substances.
- Actions of a sexual nature or simulations of actions of a sexual nature.
- Subjection to an extreme level of embarrassment, shame or humiliation.
- Violation of any federal, state or local law or any violation of District policies and regulations.
- MDUSD prohibits discrimination, harassment, intimidation, or bullying of students or staff, including sexual harassment, hate-motivated behavior, cyberbullying, hazing or initiation activity, extortion, or any other verbal, written, or physical conduct that causes or threatens to cause violence, bodily harm, or substantial disruption to school activities.

H1N1 FLU:

Teams should follow good hygiene in hand washing before and after practice. Any player exhibiting signs of flu should be encouraged to stay home without penalty to avoid transmitting flu to other team members. Follow the advice given by your physician or the school if an outbreak should occur. For more information, see the CIF Sports Medicine alert at [CIF H1N1](#).

INSURANCE:

Insurance is the responsibility of the family in accordance with Education Code 32220 et al. seq. Low cost insurance may be obtained through the school (see athletic director for more information). It is very important to read the policy and understand what is covered. It may not include ambulance service or other major expenses. Look for deductibles and the percentage of major expenses that are covered. Please notify Michele McKimmie at mckimmiem@mdusd.org if a student needs medical insurance.

ISSUING AND COLLECTION OF UNIFORMS AND EQUIPMENT:

Uniforms and equipment issued should be cared for properly. Please follow care instructions for all garments. Uniforms and equipment should be returned to the coach at the end of the season. **Student athletes will be charged for replacement of any lost or damaged school property.** Transcripts or diplomas may not be issued until all bills owed the school have been paid.

LOCKER ROOMS:

Athletes are expected to use the locker rooms appropriately for changing. They are responsible for the security of their belongings by always locking them in the locker. Do not bring valuables into the locker rooms. Athletes should behave appropriately with language and demeanor. No pictures or videos may be taken inside a locker room. Violation will result in school/team discipline.

MRSA:

MRSA (methicillin-resistant staph aureus) is a staph infection that is resistant to many common antibiotics and hard to treat. It can be transmitted through poor hygiene, sharing of personal items, improper wound care and some other transmission sources. A few cases have been reported in schools. It is always important to follow good hygiene precautions. For more information, see the CIF Sports Medicine alert at [CIF MRSA](#).

NON-DISCRIMINATION POLICY AND FEES:

Participation on an athletic team may not be restricted on the basis of race, gender, ethnicity, religious preference, or sexual orientation. No student-athlete or family of a student-athlete will be required or pressured to pay a "participation fee" by the District, schools, or affiliated athletic booster clubs.

OUTSIDE COMPETITION AND SUMMER LEAGUES:

According to CIF rules, no student-athlete may participate on a non-school team of the same sport during the same season. This includes leagues, tournaments, charity games, all-star games, 3-3 tournaments, college classes, etc. Since participation in a non-school event of the same sport will render an athlete ineligible and force the forfeiture of any contest, student-athletes must check with the Athletic Director if there is any doubt as to whether a competition is permissible according to NCS and CIF by-laws. DAL, NCS, and CIF do not regulate summer league teams. Although participation is allowed, it is not officially or unofficially associated with the above-mentioned groups. The parent assumes full responsibility for medical expenses and any liability that may occur as a result of participation on a summer league team.

PARENT FUNDING:

Parents are not permitted to pay coaches in addition to their coaching stipends or underwrite teams. Coaches nor parent-support clubs may not require athletes to pay to participate on a team.

PLAYOFFS:

Playoffs may extend the athlete's participation in the sport. The DAL playoffs are held the week after the regular season of some sports. The NCS playoffs begin immediately after the DAL playoffs. Check the DAL and NCS websites for playoff brackets as well as date, time and location of playoff contests. Admission will be charged by DAL or NCS for these events. Playoff seeding is determined by DAL/NCS policy and/or seeding committees. Home field advantage is usually at the highest seed unless appropriate athletic facilities are unavailable. Time and place of playoff games is established by DAL/NCS and is usually non-negotiable. North Coast Section playoff information is available at www.cifncs.org after post-season seeding has taken place.

PLAYING TIME:

The nature of high school athletics and competition means putting the best team possible in competition. The coach must decide who the most qualified players are so the team gets its best chance for success. Thus, playing time is determined by the discretion of the coach.

PRACTICES:

All athletes are expected to attend ALL scheduled practices. Total weekly time for practices and games are limited to 18 hours per week and may be held on Saturdays and during school holidays. **Student athletes are asked to make appointments and schedule vacations around practices and game commitments.**

PRACTICE SCHEDULES ON NON-SCHOOL DAYS:

MDUSD gives authority to coaches to establish team policies that **may** include **holding practice and/or games during non-school days that fall within their season of sport**. When teams have established practice/game schedules that are communicated well at the beginning of the season, it is expected that athletes will comply. No practices or games may be held on Sundays. No athlete may be penalized for observing a religious holiday.

PRESEASON PARENT MEETING:

Coaches are expected to arrange an opportunity for parents to meet the coach and any assistants prior the first contest of the season. This meeting should include discussion of team policies and expectations and address any questions that may arise from parents. It is also a good time to meet parents of other players on the team and make other arrangements for the season. **Please plan on attending and meeting your coach(es).**

SCHOOL ATTENDANCE:

In order to participate in an athletic contest, an athlete must have attended a minimum of two (2) block periods or four regular periods on the day of the contest (or on Friday for a Saturday contest). A school field trip is considered to be school attendance. This is a District policy which may be waived by the Principal in exceptional circumstances.

EARLY RELEASES:

Students and parents should be aware that there is a good chance that students will miss all or part of the last class of the day when they have to travel to other schools for competition. This could happen numerous times during a season. Students have the responsibility to contact their teacher in advance to coordinate make-up work. When proper protocols are followed and students contact teachers before leaving, teachers must allow students to make up missed work.

SOCIAL MEDIA AND NETWORKING:

Athletes and parents are expected to use social networking sites in a positive, sportsmanlike manner reflecting the values of their team, their school and the MDUSD. Assume nothing posted on social media will be private. Inappropriate posts relating to athletics – including, but not limited to, trash-talking/taunting, profanity, hazing, harassment or bullying – may be subject team and/or school discipline. It is against CIF rules to use social media to engage and/or influence any student not at your school to enroll at your school for athletic purposes. Only appropriate pictures should be posted, always with the permission of the subjects of the photographs. Pictures/videos should never be taken in the locker room. Social media is not a place to solve team problems.

SPORTSMANSHIP:

MDUSD and DAL have adopted the **16 Principles of “Pursuing Victor with Honor”** (on the next page). Coaches, players and fans are expected to and held accountable for representing their school with dignity and class. **Anyone (athlete, student or adult) not conducting themselves in a positive manner may be ejected from an event and/or suspended from future events.**

Coaches, parents and athletes are encouraged to view two sportsmanship videos:

[Sportsmanship](#) (a free on-line video course)

[The Role of the Parent in Sports](#) (a free on-line video course)

TEAM PARENTS:

Coaches appreciate when one or more parents volunteer to assist with team chores such as arranging transportation, organizing equipment, maintaining an e-mail group, arranging team dinners and banquets and being of other assistance to the team and coach.

TITLE IX:

Title IX mandates equitable sports program offerings for male and female students. These are specific Title IX factors in which school districts use to assess Title IX compliance. The MDUSD Athletic Directors regularly assess the level of compliance at each District school in regards to each Title IX factor. To view entire Title IX policy, please visit our District’s web site at www.mdusd.org

TRANSPORTATION FOR ATHLETICS:

The District **may** provide transportation for athletes to and from athletic events by contract with private transportation providers to the extent that funds are available for this purpose. Parent/Guardians with proper forms on file with the school may drive students to athletic events. Students with proper forms on file may drive themselves and a sibling only to athletic events.

DISCRIMINATORY PRACTICES PROHIBITED:

The Mt. Diablo Unified School District prohibits discrimination, harassment, intimidation, and bullying based on actual or perceived ancestry, age, color, disability, gender, gender identity, gender expression, nationality, race or ethnicity, religion, sex, sexual orientation, actual or potential parental, family, marital status, or association with a person or a group with one or more of these actual or perceived characteristics. Questions, concerns or complaints regarding compliance with Title IX student issues, please contact the Title IX Compliance Officer, Chris Holleran, Assistant Superintendent High School, at 1936 Carlotta Drive, Concord, CA 94519 by phone (925) 682-8000, or email at holleranc@mdusd.org. Questions, concerns or complaints regarding compliance with Title IX employee issues, please contact the Executive Director of Personnel, Leyla Benson, at 1936 Carlotta Drive, Concord, CA 94519, by phone (925-682-8000, or email at bensonl@mdusd.org. Questions, concerns or complaints regarding harassment, discrimination, intimidation and bullying, please contact the Equity Compliance Officer, Jennifer Sachs, Executive Director of Instructional Support, at 1936 Carlotta Drive, Concord, CA 94519, by phone (925) 682-8000, or email at sachs@mdusd.org.

MDUSD ATHLETIC CODE OF CONDUCT:

Players will:

The conduct of an athlete is closely observed in many areas of his/her life, and it is important that his/her behavior be above reproach. An athlete is a leader, therefore he/she has certain responsibilities and obligations that must be kept upper most in his/her mind. It is the responsibility of the coach to see that the athlete is educated to these responsibilities and obligations. Their responsibilities are divided into five major areas.

An athlete:

- Is in complete command of him/herself at all times.
- Is modest in victory and gracious in defeat.
- Controls his/her temper when things fail to go as desired.
- Knows that profanity and illegal tactics are signs of poor sportsmanship.
- Is aware of his/her responsibilities and does not cut practice.
- Shows proper respect to all visiting teams.
- Does not use alcohol, nicotine, narcotics or controlled substances.
- Does not use performance enhancing supplements or those perceived as such.
- Is respectful to all officials as they are assigned to conduct our contests fairly and to enforce rules and regulations.

On /off campus, an athlete:

- Is ready to accept positive leadership.
- Conforms to sport-specific grooming guidelines or rules set by individual coaches.
- Does not use profanity or vulgarity.
- Is proud of his/her school and campus and does all he/she can to promote that feeling with other students.
- Works for the improvement of the school.

- Knows that hazing of students, fighting, provoking a fight, or any form of rowdy behavior is not in the best interest of the school spirit.
- Will not engage in irresponsible social media, including cyberbullying.

In the classroom, an athlete:

- Meets the academic and citizenship standards of his/her school.
- Shows respect for teachers and fellow students.
- Maintains a good attendance record and realizes that athletics is only a part of his/her total education and not the sole purpose of his her/ being in school.
- Realizes that when he/she cuts classes or practice, he/she is putting him/herself above the welfare of the school and team.
- Notifies teachers when he/she has away trips or will be missing classes.

At athletic events, an athlete:

- Is the direct representative of the community, school, and team. He/she is their ambassador and displays proper conduct at all times.
- Dresses appropriately and in good taste when making trips.
- Does not place in jeopardy his/her chance, or the chances of the school, for attendance or competition at other schools by misconduct.
- Sees his/her teachers and makes up all work missed because of the athletic event.

Physical condition of the athlete – an athlete:

- Realizes that good physical education is absolutely necessary and is willing to abide by the training regulations.
- Must have a sound diet and sufficient amount of sleep.
- Knows that alcohol, nicotine, and narcotics are injurious to the human body and that the use of alcohol, nicotine, and narcotics are the same as undermining the team.
- Knows that drinking, smoking, or the use of drugs by an athlete lessens his/her team's chances of victory.

Coaches will:

- Be consistent, attempt to instruct in a positive manner and use appropriate language at all times.
- Not tolerate unsportsmanlike behavior actions by players, assistants or volunteer coaches.
- Place the safety and welfare of players as their highest priority.
- Allow no student to practice or play in competition without a completed Athletic Activity Clearance form.

Spectators will:

- Show cordial courtesy to visiting teams and officials.
- Emphasize the proper ideas of sportsmanship and conduct

NCS/DAL EJECTION POLICY: (for complete NCS Ejection Policy, go to NCS Constitution, Article 40, page 89-91)

1. Ejection of a player from a contest for unsportsmanlike or dangerous conduct.
Penalty: The player shall be ineligible for the next contest (non-league, league, invitational tournament, post-season {league, section or state} playoff, etc.).
2. Illegal participation in the next contest by a player ejected in a previous contest.
Penalty: The contest shall be forfeited and the ineligible player shall be ineligible for the next contest.

3. Second ejection of a player for unsportsmanlike or dangerous conduct from a contest during one season.
Penalty: The player shall be ineligible for the remainder of the season.
4. When one or more players leave the bench to begin or participate in an altercation.
Penalty: The player(s) shall be ejected from the contest-in-question and become ineligible for the next contest (non-league, league, invitational tournament, post-season {league, section or state} playoff, etc.)
5. Coaches are responsible for determining the cause of ejection for any of their players and are responsible for enforcement of the Ejection Policy. Confusion over the cause for a player's ejection shall not be the basis for allowing a student who has been ejected under an applicable rule to avoid the sanctions required by the Ejection Policy (either prohibition from participation or forfeiture) should a student who is in violation of the Ejection Policy play in a subsequent contest.

UNSPORTSMANLIKE ACTIONS:

In addition to the official's call, unsportsmanlike conduct will be dealt with by reprimand and counseling by the coach and/or appropriate other school officials. Actions of this nature may lead to benching or suspension or withdrawal of athletic privileges and school disciplinary intervention if the rules/policies are violated.

INAPPROPRIATE BEHAVIOR:

Certain behaviors are considered inappropriate and unacceptable. **The school and athletic department reserve the right to refuse admission or remove persons, including adults, who exhibit such behaviors including, but not limited to:**

- Repeated berating, humiliating or taunting of our coaches, players or spectators.
- Repeated berating, humiliating or taunting of our opponent's coaches, players or spectators.
- Repeated berating and harassment of game officials.
- Racist, sexist or profane remarks directed at any coach, player, official or spectator.

OFFICIALS:

Officials should be treated with respect during and after contests, even if there is disagreement with their calls.

Any physical confrontation of an official by an athlete may be considered an assault. The athlete may lose athletic eligibility for their entire high school career under CIF Bylaw 211.

DAL SPORTSMANSHIP GUIDELINES:

PLEASE:

- Encourage your team by positively cheering for them
- Sit in the area designated for your school
- Welcome the visiting team and officials with good sportsmanship and respect

NO:

- Face painting except a small school logo, mascot or initials not to exceed 2 square inches in size
- Yelling, booing or heckling an official's decision
- Costumes, except for school mascots
- Artificial noise makers like air-horns, cowbells, clappers, megaphones and drums
- Laser pointers
- Throwing things into or out of the crowd
- Bringing basketballs into the facility; Playing basketball during half-time or between games
- Re-entry into the gym once you leave.

School personnel are authorized to eject any spectator who displays inappropriate behavior at any time

EXPRESSING CONCERNS ABOUT A STUDENT’S ATHLETIC EXPERIENCE:

If a parent has a concern, express it at the appropriate time and place. Below is the MDUSD Athletic Chain of Command. We ask that parents refrain from confronting coaches immediately after games or at practices. It is expected that team related concerns be addressed first with the coaches involved before proceeding to the Athletic Director.

No athlete should have consequences in practice, amount of playing time or other treatment due to expression of a concern about his/her athletic experience by either the athlete or a parent.

For team related concerns, parents and athletes are asked to follow these steps:

- Have the athlete speak to the coach. Sometimes the coach is unaware of the athlete’s concerns or feelings.
- Arrange an appointment for the parent to speak with the coach. Coaches will respond as quickly as possible.
- If either parent or coach is not satisfied, call or write the Athletic Director.

For all other personnel concerns, parents will be asked to contact the Athletic Director.

PARENTAL NOTIFICATIONS:

1. Any **discrimination complaint** arising out of an interscholastic athletic activity must be reported to the site athletic administrators and/or the Assistant Superintendent for High Schools.

2. **Athletes' Bill of Rights** pursuant to Education Code 271
 - (a) You have the right to fair and equitable treatment and you shall not be discriminated against based on your sex.
 - (b) You have the right to have an equitable opportunity to participate in all academic extracurricular activities, including athletics.
 - (c) You have the right to inquire of the athletic director of your school as to the athletic opportunities offered by the school.
 - (d) You have the right to apply for athletic scholarships.
 - (e) You have the right to receive equitable treatment and benefits in the provision of all of the following:
 - (1) Equipment and supplies.
 - (2) Scheduling of games and practices.
 - (3) Transportation and daily allowances.
 - (4) Access to tutoring.
 - (5) Coaching.
 - (6) Locker rooms.
 - (7) Practice and competitive facilities.
 - (8) Medical and training facilities and services.
 - (9) Publicity.
 - (f) You have the right to have access to a gender equity coordinator to answer questions regarding gender equity laws.
 - (g) You have the right to contact the State Department of Education and the CIF to access information on gender equity laws.
 - (h) You have the right to file a confidential discrimination complaint with the United States Office of Civil Rights or the State Department of Education if you believe you have been discriminated against or if you believe you have received unequal treatment on the basis of your sex.
 - (i) You have the right to pursue civil remedies if you have been discriminated against.
 - (j) You have the right to be protected against retaliation if you file a discrimination complaint.

3. **Athletic Risk:** The following statements are contained in the Athletic Participation Form signed by parents and students:
 - (a) I understand and acknowledge that some of the injuries/illnesses which may result from participating in these activities include, but are not limited to, the following: Sprains/strains, Concussions, Paralysis, Communicable diseases, Fractured bones, Head and/or back injury, Loss of eyesight, Death.
 - (b) I understand and acknowledge that participation in these activities is completely voluntary and is not required by the District.
 - (c) I understand and acknowledge that, in order to participate in these activities, I agree to assume liability and responsibility for any and all potential risks which may be associated with participation in such activities.
 - (d) I understand, acknowledge, and agree that the District, its employees, officers, agents, or volunteers shall not be liable for any injury/illness suffered incidental to and/or associated with preparing for and/or participating in this activity.
 - (e) I acknowledge that I have carefully read this **VOLUNTARY ACTIVITIES ACKNOWLEDGEMENT AND ASSUMPTION OF POTENTIAL RISK** information, all information provided is truthful and that I understand and agree to its terms.

4. **Insurance protection** (Education Code 32221.5): **STUDENTS PARTICIPATING IN INTERSCHOLASTIC SPORTS ARE REQUIRED BY STATE LAW TO HAVE MEDICAL INSURANCE.** Student Accident and Health Care Insurance plans are especially recommended for students with no other insurance since they provide the most help when injuries occur. Student Health Care covers illness as well as injury, 24 hours a day. All plans are available on a "24-Hour", "School Time", and "Tackle Football Only" basis. If your student has other health coverage, student insurance may also be used to help pay those charges not covered by other insurance. Brochures distributed at the beginning of each school year and are available through the athletic director. Keep the brochure in a safe place in case your child gets hurt. Bilingual representatives are available for parents who need assistance in Spanish.
5. **Parental permission** for the student to participate in the program and, if appropriate, be transported by the district to and from competitions is granted in the Athletic Participation Form.
6. **Conduct:** The Governing Board's expectation that students adhere strictly to all safety rules, regulations, and instructions, as well as rules and guidelines related to conduct and sportsmanship.
7. **Performance enhancing drugs:** Athletes and parents sign a statement that the student will not use steroids or dietary supplements banned by the U.S. Anti-Doping Agency on the Athletic Participation Form.

CONCUSSION INFORMATION SHEET

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. 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. In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your athlete reports any symptoms of concussion, or if you notice the symptoms of signs of concussion yourself, seek medical attention right away. Students who are diagnosed with a concussion or display concussion type symptoms must be excluded from athletic activities for 7 (seven) days.

Symptoms may include one or more of the following

| | |
|--|---|
| <ul style="list-style-type: none"> – Headaches – Pressure in head – Nausea or vomiting – Neck pain – Balance problems or dizziness – Blurred, double, or fuzzy vision – Sensitivity to light or noise – Feeling sluggish or slowed down – Feeling foggy or groggy – Drowsiness – Change in sleep patterns | <ul style="list-style-type: none"> – Amnesia – Don’t feel right – Fatigue or low energy – Sadness – Nervousness or anxiety – Irritability – More emotional – Confusion – Concentration or memory problems (forgetting game plays) – Repeating the same question/comment |
|--|---|

Signs observed by teammates, parents and coaches include:

| | |
|--|---|
| <ul style="list-style-type: none"> ● Appear dazed ● Vacant facial expression ● Confused about assignment ● Forgets plays ● Is unsure of game, score, or opponent ● Moves clumsily or displays incoordination ● Answers questions slowly | <ul style="list-style-type: none"> ● Slurred speech ● 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 |
|--|---|

Adapted from the CDC and the 3rd International Conference on Concussion in Sport

What can happen if my child keeps on playing with a concussion or returns to soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. 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. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should 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 medical clearance. Close observation of the athlete should continue for several hours. The new CIF Bylaw 313 now requires implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

“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 and for the remainder of the day.”

and

“A student-athlete who has been removed 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 received written clearance to return to play from that health care provider”.

You should also inform your child's coach if you think that your child may have a concussion Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date

SPECIAL NEEDS STUDENTS

Providing for the needs of special education students in the MDUSD is a complex issue that is regulated not only by district policy but also by extensive state and federal law and regulations. Through its Special Education Department, the MDUSD is committed to doing the following:

- The District will refine its delivery of special education services to strengthen communication with families; improve assessment of the needs of children; and improve implementation of special education services.
- The District will use general education Content Standard as the basis for special education curriculum planning, with appropriate modifications and accommodations to provide special education students access to the general curriculum.
- The District will strengthen collaboration between special education staff and general education staff to successfully serve students in the least restrictive environment, as appropriate to each student with special needs.
- The District will provide in-service training to benefit administrators, teachers and assistants regarding the adjustment of curriculum to accommodate students with special needs, to establish a climate of acceptance for students with special needs and to foster integration.

Participation in Athletics and Extra or Co-Curricular Activities

As it relates to participation in athletics and extra or co-curricular activities, the District encourages special education students and their parents to actively seek every opportunity that is available to them in order that they may benefit from participation. **It is the intent of the district to provide equal access and opportunity to all students.** Information relating to these activities is generally communicated to the student body in a number of different ways at each campus. The methods include public address system announcements; sign up meetings, message board and marquee announcements, articles in school publications, and newsletters. Students and parents can always obtain this information by directly contacting the Principal's Office.

Eligibility of Special Education Students: Section 2068, North Coast Section, CIF Student Eligibility Bylaws

Special Education students enrolled under administrative placement or extended assessment who meets all other eligibility requirements shall be considered eligible to participate in interscholastic athletics and will not lose transfer eligibility if their placement is deemed in appropriate and they are required to transfer to another high school program.

Special Schools for Students who have Special Needs: Section 2067, North Coast Section, CIF Student Eligibility Bylaws

Students attending special schools (as defined in Education Code 56300 D & E. seq.) may be permitted to compete as representatives of the CIF member schools provided:

1. The student is eligible under all other rules of the CIF, AND
2. It is agreed that the administrative responsibilities for the student involved in athletics shall rest with the principal of the school for which the student is competing, AND
3. Permission is secured from the appropriate boards of educations, AND
4. Permission is secured from NCS Commissioner after review of the appropriate documentation.

Appeals and Delegated Powers: Article 11 Section 1101, North Coast Section, CIF Constitution and Bylaws

Appels of final decisions determined through the CIF Section appeals procedure concerning student eligibility may be presented to the CIF State Executive Director's office after the CIF Section decision has been made.

Print Name of Parent or Guardian

Signature of Parent or Guardian

Date

ACCIDENT INSURANCE REQUIREMENT:

California Education Code Section 32221 requires that all students participating in competitive athletic activities have insurance that covers at least \$5,000 in medical and hospital expenses in the event of an accident. I acknowledge that the Mt. Diablo Unified School District does not provide accident, health, accidental death or dental insurance unless the District or Governing Board determines that participant's family is financially unable to pay. I understand that it is my obligation to arrange for such insurance before my son/daughter will be allowed to participate in any practice or contest.

I certify the following:

Name of health insurance provider: _____ Policy or group number: _____
Health insurance effective date: _____ Expiration date: _____
Health insurance policy limits (min. \$5000 medical) _____ Hospitalization: _____
Name of dental insurance provider: _____ Policy or group #: _____
Dental insurance effective date: _____ Expiration date: _____

Signature of Parent or Guardian: _____ Date: _____

NORTH COAST SECTION EJECTION POLICY: These rules and minimum penalties are applicable to players and coaches during the time that officials have jurisdiction for the contest in accordance with National Federation rules for the respective sport.

- 1. Ejection of a player from a contest for un-sportsmanlike or dangerous conduct. PENALTY: The player shall be ineligible for the next contest (non-league, league, invitational tournament, post-season league, section, or state play-off, etc.)
2. Illegal participation in the next contest by a player ejected in a previous contest. PENALTY: The contest shall be forfeited and the ineligible player shall be ineligible for the next contest.
3. Second ejection of a player for un-sportsmanlike or dangerous conduct from a contest during one season. PENALTY: The player shall be ineligible for the remainder of the season.
4. When one or more players leave the bench to begin or participate in an altercation. PENALTY: The player(s) shall be ejected from the contest-in-question and become ineligible for the next contest (non-league, invitational tournament, post-season league, section, or state play-off, etc.)
5. School officials shall orally report ejections immediately to the commissioner. The commissioner shall receive a written report from the official within 48 hours.
6. Coaches shall orally report the incident immediately to the Athletic Director and write a written report within 48 hours. The athletic director in turn shall inform the principal of the ejection. The player(s) ejected for fighting will be subject to possible school suspension.

APPEALS: Only appeals related to the factual situation of the player's ejection will be heard. Such appeals will only be made to penalties related to subsequent penalties after the ejection, they will not have jurisdiction to change the status of the player's ejection from the game in question. No appeal will be heard related to the official's judgment (other than an incorrect identification). Appeals will be heard initially through the ejected student's league. Subsequent appeals may be made through the applicable North Coast Section, CIF and State CIF appeals procedure.

Athletes will demonstrate good sportsmanship at all times. Un-sportsmanlike or dangerous conduct during practice games or at any time while representing the school will result in a team suspension (determined by the coach, athletic director and or the principal). Every player, parent, and coach must sign and read this NCS ejection policy before participation in an interscholastic contest. The Principal will send a statement verifying the fact that all players and coaches for the respective season have read and signed this Ejection Policy sheet. As a student and or parent I have read the NCS Ejection Policy and understand the penalties.

I have read this ejection policy of the North Coast Section and I will abide by its conditions. This policy applies to athletes, coaches and parents.

Signature of Parent or Guardian Signature of Student Date

STUDENT ATHLETE CONTRACT:

I, _____, understand the principles of sportsmanship, fair play and integrity and will adhere to the following regulations.
Print Student Name

- 1. Any rule infraction resulting in a school suspension will result in the student being suspended from all extra-curricular and co-curricular activities for a period equal to five (5) times the number of school days of the school suspension.
2. If you quit a team you are not eligible for athletic points or awards and may not participate in another sport until the last team competition of the sport you quit has been completed.
If you withdraw from a sport: you must do so before league competition begins. You must talk with your coach; return all equipment and uniforms within one week of withdrawal. If all of these steps are not completed prior to league play you will be considered to have quit.
3. Punctual, regular attendance at practices and contests is required. You must obtain permission from the coach if you are going to miss any of the above.
4. School uniforms are to be worn by team members only at team sanctioned scrimmages and games.
5. Opponents and officials will be treated courteously.
6. Conduct on and off campus shall be of a nature to bring credit to myself, my family, the team and the school. Administrative suspensions from sports activities can occur for inappropriate behavior.