

California Interscholastic Federation - Central Section

Jim Crichlow-Central Section Commissioner

P.O. Box 1567, Porterville, CA 93258

Phone (559) 781-7586 FAX (559) 781-7033

ETHICS IN SPORTS

I. Policy Statement

The Central Section, CIF is committed to the exhibition of sportsmanlike and ethical behaviors in and around all athletic contests. All contests must be safe, courteous, fair, controlled and orderly for all athletes and fans alike.

It is the intent of the CIF that violence, in any form, not be tolerated. In order to enforce this policy, the Central Section has established rules and regulations, which set forth the manner of enforcement and of this policy and the penalties incurred when violation of the policy occurs. The rules and regulations shall focus upon the responsibility of the coach to teach and demand high standards of conduct and to enforce the rules and regulations set forth by CIF.

The Central Section requires the following Code of Ethics be issued each year and requires signing by student athletes, parent/guardian and coaches prior to participation as a guide to govern their behavior.

II. Code of Ethics

- a. To emphasize the proper ideas of sportsmanship, ethical conduct and fair play.
- b. To eliminate all possibilities which tend to destroy the best values of the game.
- c. To stress the values derived from playing the game fairly.
- d. To show cordial courtesy to visiting teams and officials.
- e. To establish a happy relationship between visitors and hosts.
- f. To respect the integrity and judgment of sports officials.
- g. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
- h. To encourage leadership, use of initiative and good judgment by the players on a team.
- i. To recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of the individual players.
- j. To remember that an athletic contest is only a game, not a matter of life and death for player, coach, school, official, fan, or nation.

I have read and I understand the Policy Statement, the Code of Ethics and the violations and Minimum Penalties of the "Ethics in Sports" policy. I agree to abide by the policy and related consequences while participating in interscholastic athletics, regardless of context, site or jurisdiction.

– Student Signature

Printed Name

Date

– Parent Signature

High School

III. Violations and Minimum Penalties

ACT	PENALTIES
1. First ejection of player or coach from a contest or SCRIMMAGE for unsportsmanlike conduct.	Ineligible for the next CIF contest (league, non-league, tournament, invitational, playoff, etc. scrimmage excluded). The next contest could be the second game of a doubleheader or even the next season of sport. Athletes competing in concurrent sports would be ineligible for both sports.
2. Second ejection of a player or coach from a contest during the same season of sport for unsportsmanlike conduct.	Ineligibility for next two CIF contests as above will carry over the next season of sport.
3. Third ejection of a player or coach from a contest during the same season of sport for unsportsmanlike conduct	Ineligibility for all CIF contests for one calendar year (365 days). Any appeal must go through the CIF Eligibility Committee.
4. Any players that leave the “bench” area to begin a confrontation or leave these areas during an altercation.	Ejection from the contest for those players designated by officials. The contest may be terminated by the officials. One or both teams may forfeit the contest.
5. When players leave the bench area to begin a confrontation or leave the bench area during an altercation and in the opinion of the officials, the situation is out of control.	Contest stopped, ejection from the contest for those players designated by the officials. The team(s) that left the bench area must forfeit contest, record a loss, and the team(s) and players will be put on probationary status for the balance of the season. A second similar infraction during the season of sport will result in cessation of the sport for the team(s) and/or players. If the act occurs at the end of the season, the probationary period will extend to the next year’s season of sport. Any appeal would have to be made to the CIF Executive Board.
6. Illegal participation in next contest by player ejected in previous contest.	Ineligibility for remainder of season for player. Forfeiture of contest.
7. Illegal placement of ejected player or illegal participation by coach ejected in previous contest.	Constitution and sport governing rules and procedures for a coach who knowingly violates CIF or Section Rules.
8. Any acts of a more serious nature by individuals or teams or situations not specifically covered by this policy or the Constitution or Governing Rules.	Area Commissioner may determine and implement penalties for individuals and teams not otherwise specified by CIF Central Section Constitution and Bylaws.
9. If act occurs in CIF Section Finals and both teams are charged with a forfeit.	After deliberation by the CIF and a double forfeit is in order, there will be no champion.
10. An ejected coach must leave the site of the contest. The coach may have no contact with his/her team from that point on. If there is no certificated replacement for the coach, the contest is halted and the game is forfeited. The coach must also sit out the next contest and cannot attend the contest or have any contact with the team during the contest. The coach may be allowed to participate in practices on days other than the day of the contest.	
11. An ejected player may stay on the bench for the remainder of the contest for supervision reasons. Further disruption by ejected players may force them to be removed from the site. This could lead to a forfeit. Players ejected must sit out the next contest, but may sit on the bench in street clothes.	

APPEALS PROCEDURE – First and Second Ejection

All appeals MUST come from the school Principal or his/her designee. Only misidentification and misapplication of a rule may be appealed. NO JUDGMENT DECISIONS by officials may be appealed.

PHYSICAL ASSAULT

CIF State Constitution, Article 5, Section 522. 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 competition at an event. A student may, after a lapse of 18 calendar months from the date of the incident, apply for reinstatement of eligibility to the State CIF Commissioner.

For this document, the Central Section also includes coaches, administrators or other school personnel assigned to the contest or games as a game official.



Parent/Athlete Concussion Information Sheet

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports **one or more** symptoms of concussion listed below after a bump, blow, or jolt to

Did You Know?

- Most concussions occur *without* loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

the head or body, s/he should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it’s OK to return to play.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETES
Appears dazed or stunned	Headache or “pressure” in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (<i>even briefly</i>)	Feeling sluggish, hazy, foggy, or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can’t recall events <i>prior</i> to hit or fall	Confusion
Can’t recall events <i>after</i> hit or fall	Just not “feeling right” or “feeling down”

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (*even a brief loss of consciousness should be taken seriously*)

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. *They can even be fatal.*

Remember

Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

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

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

It's better to miss one game than the whole season. For more information on concussions, visit: www.cdc.gov/Concussion.

Student-Athlete Name Printed

Student-Athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date

EXTRACURRICULAR ACTIVITIES

STUDENT PARTICIPATION

CONSENT AND WAIVER-RELEASE FORM

In giving my permission for my Student to participate in the Activity (identified below), I, for myself, my heirs, personal representatives or assigns, do hereby release, waive, discharge, and covenant not to sue the Fresno Unified School District, its Governing Board of Trustees, officers, employees, and agents for liability based on any and all claims including, but not limited to, for personal injury, bodily injury, property damage or wrongful death occurring to my Student arising in any way whatsoever as a result of engaging in the Activity or any incidental activities wherever or however the same may occur and from whatever period said activities may continue.

I understand that my Student has been advised of all safety rules pertaining to the Activity and the use of protective equipment, if any, by participants. I fully understand that participants are to abide by all rules governing conduct during the Activity and that reasonable efforts are made to avoid the potential for accidents and injuries.

I acknowledge that participants will engage in various physical and practical training, competitive athletics, or interactions with others involving a variety of indoor and outdoor environments, physical interactions, physical contact, and other mobile activities. The specific risks vary from one activity to another, but the risks range from, for example: 1) minor injuries such as scratches, bruises, and sprains, 2) major injuries such as fractures, dislocations, back injuries, heart attacks, heat stress, and concussions, 3) injury, illness, or death due to being exposed to or infected by contagious diseases, including COVID-19, and 4) catastrophic injuries including paralysis and death. I know and appreciate that these and other risks are inherent to the Activity in which my Student will engage and/or to the environment where interactions will occur.

If they are sued by a third party, I agree to indemnify and hold harmless the Fresno Unified School District, its Governing Board of Trustees, officers, employees and agents from any and all claims, actions, suits, procedures, costs, expenses, damages and liabilities, including attorney's fees brought against them as a result of my Student's participation in the Activity indicated. I further agree that this document is intended to be as broad and inclusive as is permitted by the laws of the State of California and that if any portion is found not to be valid, I agree that the remaining provisions shall continue in full legal force and effect.

Those signing below also knowingly, voluntarily, and expressly assume all risks of personal injury, bodily injury, property damage or wrongful death occurring to the Student arising in any way whatsoever as a result of engaging in the Activity indicated or any incidental activities wherever or however they may occur and for whatever period the activities may continue.

I have read this wavier of liability, assumption of risk, and indemnity agreement, fully understand its terms, and understand that I am giving up substantial rights, including my right to sue. I am signing this document freely and voluntarily, and by my signature below am completely releasing liability to the greatest extent allowed by law.

Student Name: _____ Activity: _____

Student Signature: _____ Date: _____

Parent/Guardian Name: _____ Relationship to Student: _____

Parent/Guardian Signature: _____ Date: _____

AUTHORIZATION FOR EMERGENCY MEDICAL TREATMENT

In the event my student should require emergency medical attention due to illness or injury, I consent to any transportation, x-ray, examination, anesthetic, medical, dental, or surgical diagnosis or treatment and hospital care deemed necessary by health care professionals for the safety and welfare of my student. I further understand that, as parent/guardian of student, I will be responsible for any and all resulting and related expenses.

Parent/Guardian Signature _____ Date _____

ATHLETIC INSURANCE INFORMATION AND PERMISSION SLIP MIDDLE SCHOOL SPORTS

In order for your son/daughter to participate in athletics, he/she must be covered for the following:

MEDICAL AND HOSPITAL INSURANCE FOR AT LEAST \$1500.00

Please indicate below which of the insurance plans available through the school you wish to purchase and fill out the attached insurance envelope. If you have your own insurance, fill in #2.

1. All Interscholastic Sports (Tackle Football Excluded)

	<u>Low</u>	<u>Mid</u>	<u>High</u>
School Hours	\$14.00	\$28.00	\$43.00
24 Hours	\$82.00	\$105.00	\$210.00

2. Own Insurance:

Medical _____
Company Name and group or Policy Number

I, as parent or guardian of _____, a student at _____ Middle School give my permission for him/her to participate in the following activities: _____.

I hereby acknowledge that I have been informed that pursuant to the provisions of Education Code Sections 32220-24, et.al. amended by the 1981 State Legislature, the governing boards of the various school districts shall NOT require that each member of an athletic team have \$1500.00 for accidental death. At least \$1500 hospital coverage arising while such members are engaged in, or preparing for, an athletic event promoted under the sponsorship or arrangements for the educational institution or a student body organization IS required.

It is my understanding that my child must be protected by insurance in order to participate as a member of an athletic team. It is further my understanding that I may purchase, through the school, a special insurance policy for football and a special student accident policy which will protect my child for all other sports under the provisions of the law, but that in lieu of purchasing a special insurance policy I, as parent or guardian, may provide insurance for my child.

This is to certify that my child is protected under insurance, and that I hereby agree to indemnify and hold the Fresno Unified School District harmless against responsibility for insurance coverage required under aforementioned legal sections.

→PARENT/GUARDIAN SIGNATURE: _____	DATE: _____
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INFORMED CONSENT

There have been many improvements in coaching techniques and the National Rules Federation reviews game rules annually to make appropriate changes for the athlete's safety. Advances in Sports Medicine in recent years also contribute to that end. It is the utmost importance to you, the player, to know the rules and play within the spirit of those rules for your own safety.

It is also important, however, for the player and the parents to realize that injuries can occur and occasionally they can be catastrophic. Catastrophic means permanent, serious injury such as paralysis-partial or total, and even death. It is possible for this to happen to you and it is important for you to fully understand this before participating in this sport.

I HAVE READ THE ABOVE STATEMENT AND FULLY UNDERSTAND ITS IMPLICATIONS. AS A PARENT/GURARDIAN, I ALSO GIVE MY PERMISSION TO TRANSPORT MY SON/DAUGHTER TO ATHLETIC CONTESTS ON DISTRICT APPROVED TRANSPORTATION.

→PARENT/GUARDIAN SIGNATURE: _____	DATE: _____
→STUDENT SIGNATURE: _____	DATE: _____

DO NOT MAIL THIS FORM - INTERNAL DOCUMENT - TO BE KEPT ON FILE AT SCHOOL

Return of Middle School Athletic Competition

What athletes and parents need to know:

COVID-19 continues to pose a severe risk to communities and requires all people in California to follow recommended precautions. This guidance provides direction on outdoor middle school (MS) athletics only. Based on current guidance from the California Department of Public Health (CDPH) and California Interscholastic Federation (CIF), at this time, indoor athletics and activities are not permitted. **The status of return-to-competition is subject to change at any time given the level of COVID-19 transmission in California.**

Outdoor Sports – General Requirements

The following requirements **must be adhered to at all times**:

All coaches, athletes and spectators must abide by the Fresno Unified School District [Self Health-Screening Tool](#) prior to leaving home for practice or competition. If coaches, athletes or spectators have any symptoms they should remain home and not report to school, or the practice/competition field.

Below are the COVID-19 Self Screening Steps that Athletic Directors and Coaches are taking to ensure that all students are safe. Please ensure that all athletes are using the self-screening tool daily before coming to practice.

- Site is tracking the students' coming onto campus for practice, by team.
- Athlete is verbally asked the 3 screening questions, **or** Athlete confirms they did the self-screening at home.
- Your child's school site is keeping record of those athletes who are coming onto campus.
 - Face coverings are worn by participants during activity, but are not required during heavy exertion.
 - Face coverings to be worn during non-activity and physical distancing honored when masks are not worn (e.g., on the sidelines, dugout, pool deck, bench, coming/leaving).
 - Face coverings to be worn by coaches, support staff and **observers** at all times and in compliance with the CDPH Guidance for the Use of Face Coverings.
 - No sharing of drink bottles or other personal items
 - Mixing with other households prior to and post any practice or competition must strictly adhere to current gathering guidance. Associated indoor activities for the team (e.g., dinners, film study) are prohibited.
 - Teams must not participate in out-of-state games and tournaments

Observers

Observation of youth sports (age 18 years and under) is limited to 4 (four) immediate household members only.

Please maintain physical distancing. Observers shall be at least 6 feet from non-household members. Observers will be verbally asked the 3 screening questions upon arrival to the site.

Competition:

Teams are limited to only play teams in Fresno County. Playing teams from outside counties requires special permission and agreement from both county's departments of public health. Only one competition, per team, per day maximum to be played.

Transportation

Bus transportation will be provided for teams. Due to physical distancing requirements, bus capacities will be reduced. Masks are required on buses at all times.

Parents who are interested in driving their own student athlete in accordance with California state law should complete the proper district permissions. Please connect with your student athlete's athletic director for the appropriate documentation.

Keep Their Heart in the Game

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

What is sudden cardiac arrest?

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

How common is sudden cardiac arrest in the United States?

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

Who is at risk for sudden cardiac arrest?

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

FAINTING
is the
#1 SYMPTOM
OF A HEART CONDITION

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

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

What is an AED?

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



The Cardiac Chain of Survival

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

Early Recognition of Sudden Cardiac Arrest



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

Early Access to 9-1-1



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

Early CPR



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

Early Defibrillation



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

Early Advanced Care



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

Keep Their Heart in the Game

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

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

Potential Indicators That SCA May Occur

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

Factors That Increase the Risk of SCA

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

What is CIF doing to help protect student-athletes?

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

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

STUDENT-ATHLETE SIGNATURE

PRINT STUDENT-ATHLETE'S NAME

DATE

PARENT/GUARDIAN SIGNATURE

PRINT PARENT/GUARDIAN'S NAME

DATE

For more information about Sudden Cardiac Arrest visit

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

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

National Federation of High Schools
(20-minute training video)
<https://nfhslearn.com/courses/61032>





The Athletic Program 2021-2022

*"Am I a control freak? No. Do I believe in organization? You bet. In discipline? In being on time and making sure everything (and anything) is ready, and right? Definitely. I don't control players. I control the environment around the players so that they can flourish."
– Pat Riley*



The students must feel that the program is bigger than they are. That they are a part of an awesome thing, where the expectations are high. This comes from atmosphere, involvement, and communication. The team, parents, faculty and community all have a role. We are invested. Everything is done for the benefit of the mass. Success can only come when all are headed in the same direction.

NOTE FROM FUSD ATHLETICS:

The FUSD Athletic Program promotes the physical, mental, moral, and social wellbeing of students. We believe the athletic program is an integral part of the total educational process. Athletics provide opportunities for students to develop and utilize athletic talents fully in organized competition with students of similar ability. We feel the ultimate mission of the FUSD Athletic Department as an integral part of the total educational program is to ensure and enhance the quality of life for youth by providing competitive activities that will produce young men and women who are able to enter the community and become constructive, contributing members of society.



FUSD Goal 2: All students will engage in arts, activities, and athletics.

Eligibility Requirements

- Must have a 2.0 GPA (1st quarter all student are eligible)
- Must pass 4 classes
- Must maintain satisfactory citizenship
- Must have **Athletic Participation Packet** Completed:
 1. Insurance is required, school insurance is available for a minimal cost
 2. Code of Ethics signed by parent/guardian and student
 3. AB 25 Concussion form signed by parent/guardian and student
 4. Physical exam form required for football participation only

Quarter 1

Football
Girls Volleyball
Co-ed Cross Country
Co-ed Golf

Quarter 2

Boys Soccer
Girls Soccer
Boys Basketball
Co-ed Wrestling

Quarter 3

Baseball
Girls Basketball

Quarter 4

Girls Softball
Boys Volleyball
Co-ed Track/Fld.
Co-ed Tennis

How to be a Champion

A total commitment is needed. A commitment to personal excellence, through hard work and sacrifice. A total commitment will cost you. You are required to put your scholastic work and football above all other social activities. Attendance is mandatory both for classes and practices and activities. You know if you are committed based on the decisions that you make while away from school. You cannot put your selfish wants before the team. The rewards of commitment are not felt right away. It takes time, effort, pain, sweat and disappointment. However, the rewards of your total commitment will last a lifetime.

"Most battles are won before they are fought." -- Sun Tzu 450 B.C.



Role of the Coach

1. **Academics**
Ensure that everyone involved in the program understands that the players are students first and athletes second.
2. **Involvement**
Get everyone involved and create a family atmosphere. Make people feel like it is their program and encourage external support and recognition.
3. **Communication**
"I believe human dignity is vital. You can only succeed when people are communicating, not just from the top down but in complete interchange." --**Bill Walsh, 49ers**
4. **Standards**
Promote standards in which total excellence is the desired and expected outcome.
5. **Organization**
Ensure that the program is highly structured. "Leave no stone unturned."
6. **Professionalism**
Regardless of the situation, always remain and act like a true professional.
7. **Fun**
Make this an experience that the student-athlete will remember for the rest of their life.
8. **Tradition**
Build upon the stories and cherished tradition or create a tradition people are proud of.

"You can accomplish a lot when you don't worry about who gets the credit." --Bill Arnsparger

The following five criteria will be used to select teams:

1. *Knowledge of assignment*
2. *Hustle and effort (Character)*
3. *Mental and Physical toughness*
4. *Attendance*
5. *Talent*



1. **Games** -- Uniforms will be issued and worn. Coaches must be in proper coaching attire.
2. **Character**: Players and Coaches must show respect to the rules set forth by the FUSD Athletics Department. Coaches must set the tone when you step into competition. Respect your opponents and officials.
3. **Hours**: Practice will end @ **5:20 for 5:50 Bus**
4. **Attendance/ Tardies**: 1) Your and student's attendance at every practice is necessary, along with locker room supervision. 2) Please visible when students are **with equipment** on the field or court*. 3) Excused absences are due to illness, family emergency, or special circumstances communicated prior to practice or a game. Notify K. Travis or T. Moore by calling Gaston Middle School. We will follow the school wide tardy policy regarding Saturday school and make up dates.
5. **Missed Practices**: Missed practices reflected in your evaluation for returning to your 'year to year' coaching position. 4) "No practice" days count as missed practice—there is always something you can do (meetings, guest speakers, study hall.). If a school activity conflicts with practice or a game just let me know prior to the day of.
6. **Procedures**: 1) Each head coach must turn in **updated roster** every week starting immediately after tryouts and have a **team expectation informational sheet, practice schedule and game schedule** completed for the parents. 2) Coach is responsible for any necessary field set up or duties (i.e. chalking fields, etc.). 3) Each coach will and must be notified before **June 1st** if they are returning to coach the next season. Each coaching position is year to year; depending on your previous performance and / or your own personal decision. 4) **Equipment** will be checked out and returned by each coach per sport by team to the **AD**.
7. **After all necessities are issued by the A.D.;** the coach is responsible to account for all rosters, equipment, and uniforms for their team. End of the season inventory will be listed in the end of the year report turned in to the Vice Principal. **Please collect team uniforms immediately after the last game.** Equipment not handed in will be addressed by administration and be reflected on in the yearly exit meeting.

Signed: _____ Name: _____ Date: _____

Please sign and return this page to the Athletic Director.