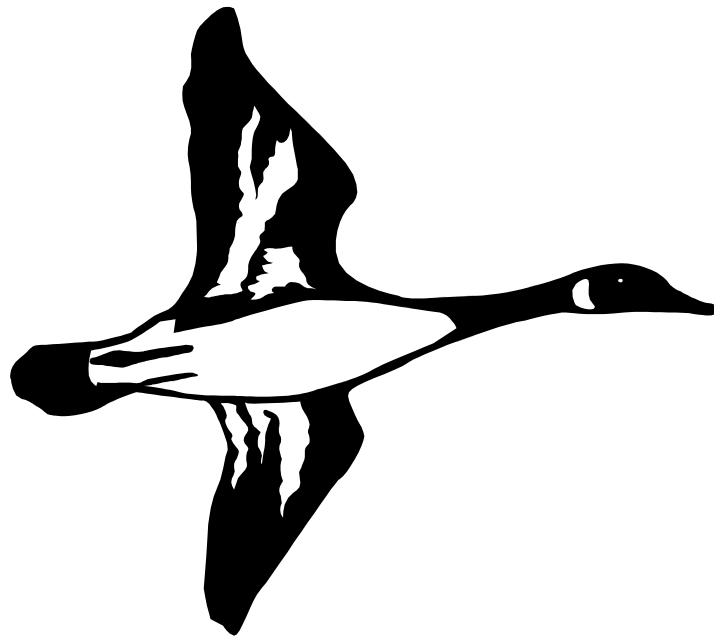


WILLOWS HIGH SCHOOL

STUDENT ATHLETIC CODE



(Amended June, 2008)

STUDENT ATHLETIC CODE

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WILLOWS HIGH SCHOOL PHILOSOPHY AND GOALS FOR INTERSCHOLASTIC ATHLETICS

Willows High School is committed to maintaining a quality program of interscholastic athletics for the young men and women attending Willows High School. The district recognizes that participation in athletic programs is a valuable part of a student's education and personal development.

A quality interscholastic athletic program should provide a variety of opportunities in which students:

- A) Develop favorable habits and attitudes of social conduct.
- B) Develop fundamental conditioning and athletic skills.
- C) Learn self-discipline and making a commitment.
- D) Develop the value of good sportsmanship.
- E) Learn the dynamics of teamwork and what can be achieved when the team concept is embraced.

Learning to function in a competitive atmosphere such as athletics, is an important aspect of a young person's life. It is the school's responsibility to provide an athletic environment where participants are given the opportunity to compete. The enjoyment of winning and the disappointment of losing occurs in a manner that builds personal character and stresses good sportsmanship. While every effort will be made to award ample game playing time to each member on the team, it must be understood by all, athletes, parents, coaches and community, that playing time is earned. The athlete earns playing time through commitment at practice, attitude, physical conditioning, skill level and willingness to improve.

Varsity Level: Always play your best, which should include winning. To win league, make playoffs, compete for section title and move on to state playoffs and be competitive there. This means putting our strongest team in the game.

Junior Varsity Level: Prepare the student-athlete for varsity competition. Stress fundamentals! Along the way, win as many contests as possible. Playing time will not necessarily be divided equally, but every attempt will be made for students to have a place to play. This does not insure every player will play in every game.

Freshman Level: Prepare the student-athlete for J.V. and Varsity competition. Stress fundamentals and being a part of a team and all that entails. All players will receive playing time.

Remember there are many factors involved in playing time; effort at practice and in the game, attitude towards teammates and coaches, absences and tardies, as well as academic performance.

The cornerstone of a successful interscholastic athletic program lies in the dedication and hard work of our athletic staff and by the positive support they receive from the parents and community. Our schools have been fortunate to have high caliber individuals working with our athletes and we will defend their right to be treated with respect and dignity.

Willows High School will also make every effort to insure that its athletes are not discriminated against in terms of socio-economic status, sex, racial or ethnic origin.

WILLOWS UNIFIED SCHOOL DISTRICT

ELIGIBILITY FOR ATHLETICS

It is the intention of the Board of Trustees that students be encouraged to participate in the athletic program of the high school. It is the feeling of the Board that participation in the athletic program provides an excellent opportunity for leadership, physical fitness and teamwork. However, it is also the conviction of the Board that the primary responsibility of secondary school students is to achieve in the academic program as prescribed in the district course of study. The Board hereby established the following regulations pertaining to eligibility to participate in the athletic program:

1. A student must demonstrate good citizenship and responsibility. A student suspended from school may not participate in any athletic activity nor school sponsored event during the time of suspension.
2. A student must be passing a minimum of 20 credits and maintain a "C" average (2.0) in subjects, and maintain minimum progress toward meeting the high school graduation requirements prescribed by the governing board. A student will be allowed only one "F" per grading period and must meet the minimum requirement. Eligibility will be determined by 1st quarter, 1st semester, 3rd quarter and 2nd semester grades. Grades received in June will affect eligibility for the following August. Summer school grades will be allowed to secure eligibility for fall sports. Students must meet all C.I.F. guidelines.
3. Once a student is declared ineligible by reason of obtaining less than a 2.0 grade point average, the student remains ineligible until the next grading period. In the event that a student wishes to seek an exemption from this policy due to special circumstances, petition may be made by the student's parents to request an exception, for a maximum of one nine week grading period. Only one exemption will be allowed for the entire four years of athletic eligibility. This waiver must be signed by the parent and athlete and on file in the office. The waiver may be canceled up to the first contest date.
4. A grade(s) of "incomplete" shall not be considered a passing grade unless, by operation of a school grading policy, said "incomplete" grade shall become a passing letter (or numeric) grade without further achievement or accomplishment by a student, at a certain time. When an "incomplete" grade is issued which does not automatically become a passing grade, as indicated immediately above, such "incomplete" grade shall not satisfy the requirement of the bylaw until the academic deficiency which gave rise to such "incomplete" grade shall have been satisfied and a passing grade has been substituted for the "incomplete" grade. Upon such substitutions, the substituted grade shall be considered in determining scholastic eligibility as established by evaluation of previous grading period grades and the substituted grade. A scholastically ineligible student may become immediately eligible upon such evaluation.
5. All of the other rules and regulations prescribed in the California Interscholastic Federation, its conferences and leagues and the rules set down in the Willows Unified School District Interscholastic Rules and Regulations (96-97) are likewise a part of this policy.

WILLOWS HIGH SCHOOL ATHLETIC CODE

GOAL

Athletics means more than competition between individuals or between teams representing different schools. It is a means of learning a way of life truly respected in professions, businesses, and in all other occupations. It teaches us understanding and appreciation for teamwork. It teaches us that to quit means to fail and that to break training not only means unhealthy living, but also jeopardizes the morale and effort of the team. Athletics exemplifies the philosophy that hard work, drive and determination bring eventual success.

GOAL OF A SUCCESSFUL ATHLETE

The conduct of an athlete is closely observed, and is important that his/her behavior be above reproach. A good athlete is a leader and therefore, has certain obligations and responsibilities.

- I. Physical condition - a good athlete:
 - A. abides by all the training regulations set up by his/her coach;
 - B. has a sound diet and gets sufficient amount of sleep;
 - C. never uses alcohol, tobacco, or illegal drugs, convinced that they are harmful to good physical conditioning, his/her team's chances of victory, team morale, and that they can bring disastrous results to team spirit and effort;
 - D. if injured, reports injury to coach, then remains on the team roster and continues to abide by all the regulations of this code. Physical limitations permitting, he/she continues to participate in team activities unless he/she has received permission from the coach to do otherwise.

- II. On the field - a good athlete:
 - A. is in complete command of himself/herself at all times;
 - B. is respectful of all officials;
 - C. is modest in victory and gracious in defeat;
 - D. is in control of his/her temper at all times;
 - E. exercises good sportsmanship; is always aware of his/her responsibilities to himself/herself, his/her teams, and his/her school;
 - F. assumes the responsibility of keeping the school equipment issued to him/her in the best of condition. Any loss or damage, as a result of negligence, becomes the obligation of the athlete, and he/she will not be allowed to participate in any other sport until the matter is settled;
 - G. never engages in rough-housing, wrestling or shoving, snapping or throwing of towels or equipment in the locker room or showers;
 - H. shows respect for competitors, their school, and their facility.

- III. In the community and on trips - a good athlete:
 - A. conducts himself/herself as a worthy representative of his/her family, community, school and team;
 - B. dresses in accordance with school/athletic code;
 - C. travels with his/her team both to and from all contests, except when prior written permission from his/her parents and signed by a school administrator permits him/her to do otherwise;

IV. At school - a good athlete:

- A. meets the citizenship standards of his/her school in regular attendance, conduct, and personal appearance, realizing that athletics is only a part of his his/her being in school;
- B. shows respect for his/her teachers and fellow students;
- C. does all that he/she can do to promote a feeling of pride in his/her school.
- D. knows that hazing of students, fights or any form of rough-housing does not promote proper school spirit;
- E. never uses profanity or vulgarity;
- F. never cuts practice or puts himself/herself above the welfare of his/her school.

GUIDELINES

To be eligible for participation in sports, students must abide by the following rules:

1. Must be in school all day of the contest. In case of Saturday contests, must have been in school all day on Friday, unless prior arrangements have been made with the Administration and/or Athletic Director.
2. Grade level, age, and residence, as required by S.V.L., C.I.F, and Willows Unified School District.
3. Have insurance paid or cleared.
4. Parent consent form must be signed by parent or guardian and on file in the school office.
5. Physical examination must be completed and on file in the school office. Valid physicals have to be dated after conclusion of previous school year.
6. Drug test form signed by parent and students and on file in the school office.
7. Until a student has shown evidence of a physical examination, signed parent permission form, "adequate" insurance coverage for the current school year, drug test form signed, he/she will not be issued a uniform or allowed to practice.

A student **is not** eligible if:

1. he/she will be nineteen years of age by June 15;
2. his/her scholastic standing is below the ninth grade;
3. he/she has attended high school for more than eight consecutive semesters (ten weeks of attendance constitutes a semester);
4. he/she has changed schools during the current semester (except upon like changes of his/her parents);
5. he/she has taken part in an exhibition of boxing or engaged in any form of boxing competition.
6. he/she has ever received any money, goods, or expenses for participation in any athletic activity;
7. he/she has trained with or has been a member of a college squad or has participated in a college contest;
8. he/she has participated on any organized team outside of school while on any school team of the same sport as outlined with C.I.F. Handbook.

ELIGIBILITY REQUIREMENTS IN ADDITION TO THOSE OF C.I.F.

Athletes are representatives of the school and the community, and, as such, they are expected to act in accordance with all laws and school regulations. The coaching staff and administration of Willows High School believe that competition in school athletes is both a privilege and a part of the high school curriculum. With this privilege goes the responsibility of the athlete to conform to reasonable standards of conduct, training, and grooming that bring credit to the school. In view of this fact, the following citizenship and dress regulations have been adopted.

1. Any athlete who is proven guilty of using or possession of narcotics, alcohol, using tobacco in any form, or theft shall be suspended from all athletic participation or practice.
2. Athletic Appeal Board - At the end of a minimum four-week period, a student who has been suspended from athletics at Willows High School may file an appeal to the Willows Athletic Board for reinstatement to the athletic program of Willows High School. (The Board will consist of three head coaches from Willows High School, the Block "W" President, and two team members, chosen by team vote, of the team from which the boy/girl has been suspended).
3. Students may not practice or in any way participate in a sport while under suspension for any reason.
4. Students who are awaiting eligibility verification because of custodial questions, residential problems, etc., will not be allowed to participate in any practice or competition without administrative approval.

STARTING AND PRACTICE SESSIONS

Practice sessions may be held or started at the end of the previous sport, except in the case of football/volleyball, which is governed by League and C.I.F. rules.

Practice sessions will be supervised by the coach. Workouts held without coach's knowledge or without his/her supervision are forbidden.

EQUIPMENT

Equipment must be accounted for, except for consumable items. Equipment must be returned by the student not more than five (5) school days after the close of the season. If it is not returned at the end of five days, the student is to be billed for the equipment by the school and a copy of the billing forwarded to the Athletic Director and the student will be declared ineligible until equipment is paid for or returned.

The athlete will be ineligible for participation in any interscholastic activity until the equipment is accounted for and/or paid for. He/she will not be allowed to practice and compete in any contest during ineligibility.

ATHLETIC AWARDS

Coaches have the jurisdiction to award blocks to those athletes they feel have contributed in some manner to the overall success of a team.

1. Every athlete is encouraged to attend the awards program unless prior arrangements are made with their coach.
2. Frosh. participation certificate
Junior Varsity. numeral and certificate
Varsity (1st year). letter, emblem and certificate
Varsity (after 1st year). Emblem and certificate
3. Team Awards:

Football.	Varsity	5 awards
	J.V.	4 awards
	Frosh.	3 awards
Basketball, Volleyball.	Varsity	4 awards
	J.V.	3 awards
	Frosh.	2 awards
Girls & Boys Tennis, Golf.	Varsity	4 awards
Baseball, Softball, Track	Varsity	4 awards
	J.V.	3 awards
Wrestling, Soccer.	Varsity	4 awards

GENERAL GUIDELINES

1. **CHANGING SPORTS:** A player may change from one sport to another if he has permission from both coaches involved. It is the athlete's responsibility to contact both coaches before practicing for the new sport. Players dropping a sport without coach's permission are required to wait until the season of the sport he drops or quits is completed prior to practicing for a new sport in the next sport season. Students quitting a sport after 10 days without coach's permission, will not be eligible to participate in 1/3 of the next sport.
2. **TRIAL PARTICIPATION IN A SPORT:** A student shall be given a trial period consisting of 10 practice sessions to determine if he/she wishes to remain out for that sport. This trial period begins the first day of organized practice whether or not the specific athlete is in attendance.
3. **DUAL SPORTS:** An athlete participating in two sports needs permission from both coaches.
4. **TRANSPORTATION:**
 - A) **Cost-Deferral Fee:** Student-athletes at Willows High School are required to pay a cost-deferral fee for each season of participation. The cost is \$35.00 per season. The fee must be paid according to the same deadlines as proof of an athletic physical and insurance. Families with two or more students participating during the same sport season, will only be charged \$30.00 per athlete. Statisticians, scorekeepers, managers, pep squad, etc. are not charged the cost-deferred fee.

***Note:** Financial hardship will not reduce opportunities for any student-athlete. Students with financial hardships should see an administrator or athletic director for opportunities to cover fees.*

B) All students will travel to away games/matches by school van, bus or under adult supervision cleared with the Athletic Director or Principal in advance. Any students who violate this rule will not be allowed to participate in that game/match. A student may be released from traveling in school provided transportation with coach's approval and PRIOR written administrative and parent permission. The coach will only release students to ride home with their own parents. If a special situation arises, the coach, in conjunction with the Administration's approval, may make special arrangements.

GUIDELINES:

- a. Students should be released to parent via signed note and visual contact.
- b. Coach should visually verify that the student is indeed released to parent.
- c. Special situations should have the coach and administrator's approval PRIOR to releasing any student from school provided transportation to private transportation.

5. **INJURIES:** If a player is injured, he/she must still be in attendance for practices, and contests as a member of the team. If a parent requests the player to not participate in practice/contests, then that student will not participate until the original request is rescinded by the parent/physician in writing. Any player who has an injury that will permit no further participation during that sport season, will be considered on leave from the sport with no penalty and the player will be given his/her award, at the coach's discretion.

*Please report ALL injuries to the coach so that proper medical treatment can be rendered.

6. **ATTENDANCE:** All students participating in scheduled school activities necessitating missing a regular class, will be given equal amount of time to make up their work. Athletes are encouraged to meet with their teachers and get assignments prior to missing a class.

7. **RESTRICTED AREAS AT OTHER SCHOOLS:** When we are visiting another school, all players and personnel are restricted to the facilities. NO ONE will leave the area unless they have checked in with their coach for permission. Violation of this rule can lead to possible suspension and/or being dropped from the traveling team.

8. **DISCIPLINARY CONSEQUENCES:** Any student who elects to participate in athletics and fails to follow the Athletic Guidelines in any way or at any time will experience disciplinary consequences.

Some of the major consequences are listed below:

1. Students will refrain from using, possessing, or furnishing tobacco - smoking or chewing.
FIRST OFFENSE in a school year: Suspension from participation for no less than five school days. Participation is defined as follows: Students will not be allowed to play or practice. Students can attend practice session, but will not be allowed to play or practice.
SECOND OFFENSE in a school year: Suspension from participation for no less than 10 school days.
THIRD OFFENSE in a school year: Suspension from participation for the duration of the school year. The student will be placed on probation for the following school year and a subsequent violation while on probation will cause the student to be denied further participation for the remainder of that school year.
2. Students will refrain from using, possession or furnishing alcohol or other illegal drugs.

FIRST OFFENSE (during their high school career)

1. Notify parent or guardian.
2. Suspension from participation in the Willows High School athletic program for no less than 40 calendar days.
3. The student will be retested prior to resuming participation in the Willows High School athletic program. This testing will take place even if the athlete's participation (following the suspension) is during another sports season.

SECOND OFFENSE (during their high school career)

1. Notify parent or guardian.
2. Suspension from participation in the Willows High School athletic program for the remainder of the current season and the next athletic season for which the student is eligible.
3. The student will be retested prior to resuming participation in the Willows High School athletic program. This testing will take place even if the athlete's participation (following the suspension) is during another sports season.

THIRD OFFENSE (during their high school career)

1. Notify parent or guardian.
2. Suspension from participation in the Willows High School athletic program for the remainder of their high school career.

9. **CRIMINAL ACTIVITY:** All students will not violate any local, state or federal law listed as a misdemeanor or felony in the penal code. If found guilty of violations, appropriate discipline will be administered by the coach and/or Administration.

10. **LOGISTICS:**

- a. Every participant and his/her parent/guardian will be appraised of the Code of Conduct via the usual school-to-student and/or school-to-parent communications.
- b. The school principal/designee, will review Code of Conduct disciplinary referrals to ensure appropriate due process procedures and will be responsible for enforcing the Code.
- c. The parent/guardian of any student who violates the Code will be appraised of the violation and the disciplinary consequences.
- d. The School Administration will direct the development and implementation of any needed school regulations and/or forms to implement or revise any newly developed regulations or procedures.

CONCLUSION: You are paying a high price to be on a WILLOWS HIGH SCHOOL TEAM, but we want to be CHAMPIONS and that takes sacrifice. It's worth it when you have a successful season. Then you will always have something to look back on and cherish. Now is the time to build a record you can be proud of.

This Code emphasized the Student Athletic portion of the Interscholastic Sports Rules and Regulations for the Willows Unified School District. Any student or parent wishing to review the complete Interscholastic Sport Rules and Regulations should see the Athletic Director for a copy.

Willows Unified School District
Willows High School
203 N. Murdock Avenue
Willows, CA 95988
(530) 934-6611

CONSENT TO PARTICIPATE IN SPORTS COMPETITION AND PROOF OF INSURANCE COVERAGE

WARNING: Although participation in supervised interscholastic athletics and activities may be one of the least hazardous in which any student will engage in or out of school, but **BY ITS NATURE, PARTICIPATION IN INTERSCHOLASTIC ATHLETICS INCLUDES A RISK OF INJURY WHICH MAY RANGE IN SEVERITY FROM MINOR TO LONG-TERM CATASTROPHIC.** Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate this risk.

Participants can and have the responsibility to help reduce the change of injury. **PLAYERS MUST OBEY ALL SAFETY RULES, REPORT ALL PHYSICAL PROBLEMS TO THEIR COACHES, FOLLOW A PROPER CONDITIONING PROGRAM, AND INSPECT THEIR OWN EQUIPMENT DAILY.**

By signing this Permission Form, we acknowledge that we have read and understood this warning. **PARENTS OR STUDENTS WHO DO NOT WISH TO ACCEPT THE RISKS DESCRIBED IN THIS WARNING SHOULD NOT SIGN THIS PERMISSION FORM.**

I hereby give my consent for my son/daughter, _____ to participate in the athletic program at Willows High School. I understand the following:

1. A physical exam is required, at my expense.
2. I must show proof of medical insurance coverage for my son/daughter through private health insurance, through Medi-Cal, or purchase coverage through C.I.F.
3. Signed Athletic Code form.
4. Each athlete is encourage to purchase a student body card to support our athletic program.

MEDICAL INSURANCE COVERAGE FOR ABOVE-NAMED STUDENT

NAME OF INSURANCE CARRIER _____
ADDRESS _____
POLICY OR GROUP NUMBER _____ I.D. NUMBER _____
NAME OF INSURED _____
ADDRESS _____

AUTHORIZATION TO TREAT A MINOR

I (We), the undersigned parent, parents or legal guardian of _____,
a minor, do hereby authorize and consent to any X-ray, examination, anesthetic, medical or surgical diagnosis and treatment and emergency hospital care which is deemed advisable by and is to be rendered under the general or special supervision of any member of the medical staff and emergency room staff licensed under the provisions of the Medicine Practice Act and on the staff of any acute general hospital holding a current license to operate a hospital from the State of California Department of Public Health. It is understood that effort shall be made to contact the undersigned prior to rendering treatment to the patient, but that any of the above treatment will not be withheld if the undersigned cannot be reached.

This authorization is given pursuant to provisions of Section 25.8 of Civil Code of California.

Date _____ Signature _____
Father and/or Mother, or Guardian

Allergies to Drugs or Foods _____

Date of last Tetanus Toxoid Booster _____

Willows Unified School District
Willows High School
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(530) 934-6611

PHYSICAL EXAM FORM

Student's Name _____
(Last) (First) (Middle Initial)

I hereby certify that the above named student is physically fit to engage in sports.

Signature

Date

Title

State License

Has the student had any injury or physical condition that should be watched?

Willows Unified School District
Willows High School
203 N. Murdock Avenue
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(530) 934-6611

WILLOWS HIGH SCHOOL ATHLETIC CODE

Students who participate in Willows High School athletics are required to abide by the Athletic Code.

I understand the Athletic Code and its implications. I also understand that if I fail to uphold the provisions set forth in the Athletic Code, my privilege to participate as a team member for Willows High School, may be revoked.

I have read and understand the Willows High School Athletic Code. I will assume responsibility for equipment and for damages caused by me and agree to pay for lost equipment.

Student Signature

Date

(Sports I will participate in)

I fully understand the provisions set forth in the Athletic Code and support it fully.

Parent Signature

Date

COACH

To assure that the player and parent have read and understand this warning notice, have them sign and return this card to you for your permanent file.

Player

Parent

Date

-----**WARNING**-----

Do not strike an opponent with any part of this helmet or face mask. This is a violation of football rules and may cause you to suffer severe brain or neck injury, including paralysis or death.

Severe brain or neck injury may also occur accidentally while playing football.

**NO HELMET CAN PREVENT ALL SUCH
INJURIES. YOU USE THIS HELMET AT
YOUR OWN RISK.**