

Tracy Unified School District

Athletic Handbook

PHILOSOPHY STATEMENT

The primary purpose of the athletic program is to promote the physical, mental, social, emotional and moral well being of the participants. It is our desire that athletics will be a positive force in preparing youth for an enriching and vital role in American life.

The athletic program is an important and integral part of the total school program and is open to participation by all students regardless of individual differences. Through voluntary participation, the athlete gives time, energy and loyalty to the program. He/She also accepts the training, rules, regulations and responsibilities that are unique to an athletic program.

In order to contribute to the welfare of the group and meet the goals and objectives set for each sport, the athlete must willingly assume these obligations as the role demands and must keep in mind that the athlete must make sacrifices not required of others.

TRACY HIGH SCHOOL ATHLETIC CONTACT LIST

Position	Name	Phone
Principal	Jason Noll	830-3360 ext. 2010
Athletic Director	Gary Henderson	830-3360 ext. 2251
Bookkeeper	Deborah Hartenstein	830-3360 ext. 2040
Athletic Assistant	Maria Arce	830-3360 ext. 2035
FALL SPORT COACHES		
Cross Country	Rachel Hermann	830-3360 ext. 2258
Football Varsity	Matt Shrout	830-3360 ext. 2281
Football Sophomore	Greg Smith	830-3360 ext. 2035
Football Frosh	Jay Fishburn	830-3360 ext. 2327
Girls' Golf	Derek Solano	830-3360 ext. 2284
Boys' Soccer Varsity	Phil Kalis	830-3360 ext. 2447
Boys' Soccer-JV	Marc Wescott	830-3360 ext. 2035
Girls' Tennis	Paul Demsher	830-3360 ext. 2421
Volleyball Varsity	Mahina Tankersley	830-3360 ext. 2035
Volleyball Sophomore	Rosa Rodriguez	830-3360 ext. 2035
Volleyball Frosh	Alena Chappell	830-3360 ext. 2035
Boy's Water Polo	Keith Britt	830-3360 ext. 2035
Girls' Water Polo	Keith Britt	830-3360 ext. 2035
WINTER SPORT COACHES		
Boys' Basketball Varsity	Doug Silva	830-3360 ext. 2035
Boys' Basketball Sophomore	Kevin Ornellas	830-3360 ext. 2035
Boys' Basketball Frosh	Gary Pease	830-3360 ext. 2035
Girls' Basketball Varsity	Derek Solano	830-3360 ext. 2284
Girls' Basketball Sophomore	Kith Britt	830-3360 ext. 2035
Girls' Basketball Frosh	Frank Juarez	830-3360 ext. 2035
Wrestling Varsity	Tony Leanos	830-3360 ext. 2035
Wrestling JV	Tony Leanos	830-3360 ext. 2035
SPRING SPORT COACHES		
Baseball Varsity	Vic Alkire	830-3360 ext. 2035
Baseball Sophomore	Ryan Hern	830-3360 ext. 2245
Baseball Frosh	Frank Marty	830-3360 ext. 2035
Boy's Golf	Derek Solano	830-3360 ext. 2284
Gymnastics	Ashley Wilharm	830-3360 ext. 2035
Softball Varsity	Greg Smith	830-3360 ext. 2496
Softball Sophomore	Gerri Anne McGee	830-3360 ext. 2035
Softball Frosh	Keith Britt	830-3360 ext. 2035
Girls' Soccer Varsity	Joe Perry	830-3360 ext. 2035
Girls' Soccer JV	Phil Kalis	830-3360 ext. 2447
Swimming	Holly Sowers	830-3360 ext. 2035
Diving	Dominique Banner	830-3360 ext. 2241
Track	Jay Fishburn	830-3360 ext. 2327
Boys' Tennis	Patrick O'Brien	830-3360 ext. 2035
YEAR ROUND SPORT COACHES		
Pep Squad	Sheila Soares	830-3360 ext. 2035
Drill Dance Team	Lori Fletcher	830-3360 ext. 2035

MERRILL WEST HIGH SCHOOL ATHLETIC CONTACT LIST

Position	Name	Phone
Principal	Jeff Frase	830-3370 x 3010
Athletic Director	<u>Matt Loggins</u>	830-3370 x 3064
Bookkeeper	Sheryl Loreda	830-3370 x 3027
FALL SPORT COACHES		
Cross Country	<u>Joe Raco</u>	830-3370 x 3897
Football Varsity	<u>Matt Loggins</u>	830-3370 x 3064
Football Sophomore	<u>Scott Behnam</u>	830-3370 x 3064
Football Frosh	<u>Alex Sausau</u>	969-3171
Girls' Golf	<u>Gary Moore</u>	815-3335
Boys' Soccer Varsity	<u>Joe Perry</u>	484-1273
Boys' Soccer-JV	<u>Nate Perry</u>	914-8018
Girls' Tennis	<u>Ben Tsukiji</u>	830-3370 x 3921
Volleyball Varsity	<u>Christine Toon</u>	830-3370 x 3918
Volleyball Sophomore	<u>Gloria Knaus</u>	830-3370 x 3918
Volleyball Frosh	<u>Chelsea Stephens</u>	830-3370 x 3918
Boys' Water Polo	Bob Kuks	815-3817
Girls' Water Polo	<u>Jessica Lenart</u>	629-4787
WINTER SPORT COACHES		
Boys' Basketball Varsity	<u>Derek Sprecksel</u>	830-3370 x 3911
Boys' Basketball Sophomore	<u>Steve McMasters</u>	835-3750
Boys' Basketball Frosh	Rich Tanner	830-3370 x 3914
Girls' Basketball Varsity	Joseph Hernandez	914-3991
Girls' Basketball Sophomore	Martin Miller	627-7375
Girls' Basketball Frosh	Arsenio Costa	914-3991
Wrestling Varsity	TBA	
Wrestling JV	Rudy Carranza	321-0278
SPRING SPORT COACHES		
Baseball Varsity	Roger Gallardo	914-5673
Baseball Sophomore	TBA	
Baseball Frosh	Brandon Ciraulo	814-4846
Boys' Golf	<u>Matt Loggins</u>	830-3370 x 3064
Gymnastics	<u>Jennifer Garay</u>	640-9759
Softball Varsity	<u>Steve Anastasio</u>	607-2060
Softball Sophomore	TBA	
Softball Frosh	<u>Deborah Spenser</u>	839-9386
Girls' Soccer Varsity	<u>Able Dorado</u>	607-2985
Girls' Soccer JV	Abel Dorado Jr.	814-4065
Swimming	Clayton Basepayne	620-1087
Boys' Tennis	<u>Christine Toon</u>	830-3370 x 3918
Track	<u>Joe Raco</u>	830-3370 x 8305
YEAR ROUND SPORT COACHES		
Dance Team	Toni Glover	830-3370 x 3064
Pep Squad	Cristina Tanner	830-3370 x 3913

KIMBALL HIGH SCHOOL ATHLETIC CONTACT LIST

Position	Name	Phone
Principal	Cheryl Domenechelli	830-3370 ext. 4010
Athletic Director	Steve Thornton	832-6600 ext. 4075
FALL SPORT COACHES		
Cross Country	Ben Trombley	814-9709
Football Varsity	Steve Anastasio	607-2060
Football Sophomore	Steven Wichman	608-9047
Football Frosh	Jeff Telles	914-1645
Girls' Golf	James Tiffany	815-2819
Boys' Soccer Varsity	Ron Hattley	855-6557
Boys' Soccer-JV	Brian Ballard	481-5625
Girls' Tennis	Danette McDaniel	814-7217
Volleyball Varsity	Mila Losefa	918-7299
Volleyball Sophomore	TBA	TBA
Volleyball Frosh	Suzette Mendonca	541-7700
Boys' Water Polo	Erin Mann	834-6753
Girls' Water Polo	Erin Mann	834-6753
WINTER SPORT COACHES		
Boys' Basketball Varsity	Joe Lawrence	814-3898
Boys' Basketball Sophomore	Justin Gregory	229-8469
Boys' Basketball Frosh	James Baker	(578) 321-9198
Girls' Basketball Varsity	Mike Granillo	470-8386
Girls' Basketball Sophomore	Ron Lovell	207-2732
Girls' Basketball Frosh	Dorvez Barnett	(510) 302-5425
Wrestling Varsity	Pete Mullen	836-2836
Wrestling JV	Ed Gilmore	814-6426
SPRING SPORT COACHES		
Baseball Varsity	Scott Anderson	814-2705
Baseball Sophomore	Rob Wichman	
Baseball Frosh	Ernie Lafever	
Boys' Golf	Gary Moore/Sean Rivera	815-3335/814-2141
Gymnastics	Jennifer Garay	640-9759
Softball Varsity	Joe Hernandez	914-3991
Softball Sophomore	Alicia Honnoll	992-1519
Softball Frosh		
Girls' Soccer Varsity	Ron Hattley	855-6557
Girls' Soccer JV	Brain Ballard	481-5625
Swimming	Justine Webb	640-9448
Boys' Tennis	Danette McDaniel	814-7217
Track	Ben Trombley	814-9709
YEAR ROUND SPORT COACHES		
Dance Team	Jennifer Sprecksel	969-4886
Pep Squad	Brianna Granillo	814-3810



Tracy Unified School District

The highest potential of sports is achieved when competition reflects these six pillars of character: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. We can all promote sportsmanship and foster good character by teaching, enforcing, advocating and modeling these six pillars of character.

Goals:

Programs must be conducted in a manner that enhances the academic, emotional, social, physical and ethical development of student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible.

Student-athletes must abide by the rules and they must conduct themselves, on and off the field, as positive role models who exemplify good character.

Standards for participation will be adopted for coaches, athletes, parents and spectators.

All communications directed to student-athletes and their parents will enforce the six pillars

All employees must be directly involved and committed to the academic success of student-athletes and the character building goals of the school.

Everyone involved in competition including parents, spectators, associated student body leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect.

All publications and announcements will actively prohibit the use of alcohol, tobacco, drugs and performance enhancing substances, as well as demand compliance with all laws and regulations, including those related to gambling and the use of drugs.

The profession of coaching is a profession of the mental and physical dimensions of their sport. Coaches, through words and example, must also strive to build the character of their athletes by teaching them to be trustworthy, respectful, responsible, fair, caring and good citizens.

1) SCHOLASTIC ELIGIBILITY

Participation in athletics is a privilege. Eligibility for participation in extra curricular activities is contingent upon the student's maintaining at least a 2.0 grade point average with no F grades.

An athlete must maintain a 2.0 grade point average with no F grades, or be excluded from participation, until he/she achieves a 2.0 grade point average and no F grades as per first quarter; first semester, third quarter; second semester. (When grades are printed and made available to parents by the registrar.)

Students who intend to participate in athletics must meet eligibility guidelines:

- A) A minimum of a “C” average (2.0 on a 4 point scale) for all classes.
- B) No course failures in any certification period
- C) Students must be enrolled in thirty units of work.

The Governing Board also requires that participating students be satisfactorily progressing towards the District’ graduation requirements in order to participate in a sport or activity. Satisfactory progress is hereby defined as the ability to graduate with one’s class within conventional timelines, i.e.: eight (8) consecutive semesters from freshman entrance, including summer sessions. C.I.F. rules require that semester grades be used to determine eligibility at the end of the 2nd and 4th quarters (1st quarter, 1st semester, 3rd quarter, 2nd semester, and/or summer school grades).

For the school year, the eligibility policy (ability or inability to participate) begins when the registrar publishes the list of ineligible students based on their marks received on the previous grading period.

The same procedure will be used for the remaining quarters. The eligibility will always be determined by the previous quarter or semester grades (Summer school grades can also be used for the fall eligibility).

In the event a student receives below a 2.0 grade point average and/or an F grade on the 2nd Semester report and hence would be ineligible in the fall, but said student goes to summer school and in essence raised his/her grade and the grade is acceptable to Tracy/West/Kimball High School, it may be counted. If, in the recomputing of the student’s grade point average, it raises to 2.0 or above, the student is eligible for participation in the fall quarter. The student shall remain ineligible until the grades are received by the registrar of Tracy/West/Kimball High School. Summer school students would be permitted to practice but not participate in games until the eligibility is determined by the receipt of the summer school grades. A passing summer school grade may be substituted for a failing grade.

All incoming 9th graders are academically eligible to participate in extra/co-curricular activities. At the end of the first grading period, 9th graders must be eligible. They must have earned a “C” average (2.0 on a 4 point scale) and no course failures.

Any special case or extenuating circumstances surrounding disputed eligibility of a student shall be reviewed by the principal at each site.

An F grade, an incomplete or a No Mark (NM) will automatically cause an athlete to be ineligible regardless of the grade point average. Once the incomplete No Mark is changed to a passing grade, eligibility will be re-examined.

2) RESIDENCY AND TRANSFER ELIGIBILITY

When a student transfers to Tracy/West/Kimball High School from another school the following will apply:

- A) If that student’s previous quarter grade point average is below a 2.0, or has an F or No Mark, he/she shall be ineligible.
- B) His/her continued eligibility will be determined by the grades received in the first quarter or semester of attendance at Tracy/West/Kimball High School.
- C) In all transfer cases, student must comply with the C.I.F. transfer rules.
- D) Have not transferred more than once from one high school to another without a change of residence.
- E) Have attended high school not more than (8) semesters consecutive after completing the 8th grade.

High School students, including incoming 9th graders, must submit an intradistrict transfer request before May 15th of the previous school year in order to be considered for a transfer.

3) C.I.F. ELIGIBILITY

Athletes should be informed that they must not compete:

- A) If they have attended a four-year high school for more than eight semesters or six semesters at a three-year high school.
- B) If they have changed schools without a change of residence by their parents or legal guardians.
- C) If they compete in any game or scrimmage on an outside team during their season. Softball and baseball are considered the same sport. Exceptions: golf, tennis, cross-country, swimming, track, gymnastics, soccer and wrestling.
 - a. In these cases the athlete must compete unattached and not in a school uniform and not be transported by a school funded vehicle.
- D) Have not transferred more than once from one high school to another without a change of residence.
- E) Have attended high school not more than (8) semesters consecutive after completing the 8th grade.

Athletes will be an amateur in the sport in which they compete.

4) REQUIRED DOCUMENTS AND CHARGES FOR TRANSPORTATION

Documents

All athletes must have on file in the athletic director's office before the first day of practice.

- a. Complete record of physical examination
- b. Proof of insurance form
- c. Emergency medical card
- d. Sign and return the card attached to this handbook

Charges for Transportation

Students participating in extra curricular athletic activities must pay a "transportation fee". (If students within a family attend both high schools, then the fees of all family students should be paid at Tracy/West/Kimball High School). **This will be a charge of \$150.00.**

(This charge may be revised January 2012 pending AB165 results.)

All "transportation fees" need to be paid by the following dates:

Fall Sports:	by September 15
Winter Sports:	by December 1
Spring Sports:	by March 1

Refunds will NOT BE MADE if a student leaves the team for disciplinary, eligibility or voluntary reason. Pro-rated refunds will be made for involuntary special circumstances, subject to A.D. approval. For further information, please contact Athletic Director.

Students owing bills/fines/equipment, from a previous sport, will be ineligible to participate in any other sport until bills/fines/equipment is paid or returned.

5) ATTENDANCE ELIGIBILITY

Athletes must be in attendance for every period of the day of competition in order to be eligible to play that day. If an athlete plays in a game the day he/she does not have 100 percent attendance, then they must sit out the next competition.

An athlete may only be excused on a game day by the school administration for the following pre-approved reasons: medical appointments, attending funeral services of an immediate family member, or appearance in a court of law.

Students suspended any part of the day off campus or assigned to the support room for all six periods may not compete or practice on that day. A student assigned for a single period or periods to the support room may be eligible to compete or practice.

Students are expected to participate in all practices and games. A student who misses a practice or a game without the coach's prior permission will be subject to disciplinary action from a verbal warning up to dismissal from the team. Athletes are expected to attend all practices, games and team events that are scheduled. Missing practice, games and teams events will not be tolerated. Excused absences include the following: academic related activities, death or serious illness in the family, and being ill from school. Absences that will not be excused include the following but are not limited to, Girls Treat/Prom, Disneyland, Powder Puff, participating in non school contests, visiting relatives and going on vacation.

6) TRYOUTS AND PRACTICE PARTICIPATION

There is no guarantee everyone will make a team. The number of athletes on each team will vary from sport to sport. In addition, the length of the tryout will vary from sport to sport. Lack of equipment, space, transportation, etc., may require a limit on the number of participants. If you do not make a team and are concerned, please make an appointment to discuss the issue with the appropriate coach.

Coaches at their discretion have the option of selecting the number of athletes on their roster. An athlete that has not been selected on a roster may not practice with a team. An athlete who is ineligible may practice with the team (coaches option) until they become eligible. An athlete who is ineligible may travel with the team provided that the trip is during non-school hours.

7) INJURIES

If you are injured in practice or in a game, you must let your coach know. Also, if you visit a doctor because of an injury, you must submit a Doctor's release note to your coach before you are allowed to participate again.

Policies for the management of concussion and head injury for CIF Member Schools:

Nationwide data continues to show that many catastrophic head injuries are a direct result of injured athletes returning to play too soon, not having fully recovered from the first head injury. On May 7, 2010, the State CIF Federated Council passed Bylaw 313 that now requires a signed medical release before a student-athlete who is suspected to have sustained a concussion can return to play. Please use the links and information provided to further educate yourself on the signs, symptoms and actions that all involved in education based CIF sports should take when they suspect any type of head injury.

Bylaw 313

A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time for the remainder of the day. A student-athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and receives written clearance to return to play from that health care provider.

8) ACCIDENT INSURANCE

The school district does not provide insurance for students in the district. Insurance is available to the parents, at a minimal cost, through the Student Accident Insurance Program as underwritten by Myers/Stevens.

Parents and students should be aware that the student accident insurance is secondary to the health insurance policy that the family carries. For example, if the student's family insurance pays 80% coverage, then the student insurance policy would pay the additional 20% (less any applicable deductibles). Also, if purchased by the parents, this insurance would come into play in the event a student is injured and does not carry any other health insurance. In any event, the important fact is that this insurance is purchased by the family for the student and is not provided for the student by the school district. Application forms were included in the pre-registration packets. Should you need assistance or additional forms, contact Assad Insurance Agency at 835-4444. Some pupils may qualify to enroll in no-cost or low-cost local, state, or federally sponsored health insurance programs. Information about these programs may be obtained by calling the Healthy Families and Medical Programs Information Line at 1-800-880-5305.

9) ACCIDENT PROCEDURES

In the event you are involved in an accident, report it immediately to the nearest teacher or supervising adult, obtain a pass, and go directly to the Attendance Office to be seen and a parent to be called. If the accident requires first aid treatment, additional aid will be provided by the Bookkeeper/Nurse. *If you are ill, you are to report to the Attendance Office at once.* A school official will notify the parent/guardian and ask that the student be picked up by a responsible adult. The student will remain in the attendance office until picked up or sent back to class.

In case you witness an accident where another student may be injured, report the accident to the nearest teacher, supervising adult, or go to the office for help. Even minor accidents or injuries should be reported so that care can be given and the proper accident report forms can be filled out on line or in hard copy.

In the event of serious or potentially serious accident, at least three attempts to contact parents will be made directly after the incident. Contact will be attempted through the home phone number, work number and emergency number. The principal, assistant principal, teacher in charge, or secretary will make the calls. In cases where serious or potentially serious injury is apparent or suspected, these staff members will also notify the emergency unit (911) directly, and/or the school district nurse. Parents and students are responsible for informing the school Attendance Office of any changes in home and emergency phone numbers or address changes.

10) TRANSPORTATION

Athletes must travel to and from contest when district transportation is provided or under the guidelines specified in Board Policy. Athletes may not transport themselves to and from athletic events outside of the Tracy Unified School district boundaries. Athletes must have a parent personally speak to the coach, and receive pre-approval, in order to travel with their parents.

11) CITIZENSHIP ELIGIBILITY

Athlete Expectations:

- Total commitment to your sport
- Positive attitude
- Exemplary citizenship on and off the school campus
- High academic achievement
- Participation in all practices and games
- Participation in all fund raising activities if deemed necessary by the coach
- Adherents to all team and Athletic Department rules and policies
- Have current school identification

Drugs and Alcohol: (on campus or while participating in a school related activity)

Disciplinary Violations and Consequences

Unlawfully possessed, used, sold or otherwise furnished, or been under the influence of any controlled substance, as defined in section 11053 of the Health and Safety Code, alcoholic beverage or intoxicant of any kind. In addition to any school disciplinary action, which may be taken the following consequences will also be implemented for violation of section 48900 (c) of the Education Code, which occurs in school or at any school-related activity.

- a. First Violation: a minimum of nine weeks social probation from all extra-curricular activities and school social activities.
- b. Second Violation: a recommendation to the District Discipline Review Board for expulsion

Students in possession or under the influence of drugs/alcohol receive social/activity probation. The conditions of probation shall include a minimum of nine (9) weeks restriction from all social and extra-curricular activities. The student will not be permitted to participate, practice, or play in any extra/co-curricular activity. The student's probationary period shall extend from one school year to the next when needed to complete the prescribed amount of social restriction. For example, if a student violated the Drug Code during the last week of school, he/she would be required to complete the social restriction the following regular school year. Counseling will also be a condition of the student's probation.

Smoking or Chewing Tobacco (on campus or while participating in a school related activity)

Smoking or any use of tobacco on campus or during any school-sponsored activity will result in:

- 1st offense: two- (2) weeks probation, no games
- 2nd offense: four- (4) weeks probation, no games
- 3rd offense: nine- (9) weeks probation, no games

Quitting

Anyone who quits a team prior to the end of the season is ineligible for awards and will not be allowed to tryout for another sport until the conclusion of the first sport.

Ejections

Any athlete ejected from a game or contest will not participate in the remainder of that game and the following game/contest as well.

Saturday School

Students who have 16 or more Saturday School hours are ineligible to participate in games and/or contests. The eligibility list for Saturday School hours will be updated every Tuesday and will be in effect for the next seven calendar days. Hours cleared on Monday will be posted for the following, not the current week.

12) Awards

One of the obligations that the recipient of an athletic award should assume is to conduct himself or herself at all times in such a way as to bring credit to the coach, the team, and the school. Letters and other awards should be used to promote good citizenship. No student may be granted any award who is not in good scholastic and citizenship standing at the time of presentation, citizenship involving suspension from school may eliminate the possibility of receiving a school award.

This applies to any award that is to be presented at a school awards assembly (action of Board of Trustees). The awards subsequently may be made, if and when the above conditions are met, provided that this is accomplished within the semester in which the letter is earned.

ISSUING AWARDS

1. A coach can recommend a letter to an athlete who is outstanding to the team.
2. A coach may recommend a letter to a participant based on his/her playing time during the season or any athlete who may be injured at any time during the season.
3. Any championship team letters should be given only by or at the coach's discretion.
4. If an athlete has contributed to the team in service, or is an outstanding specialist, special consideration will be shown based upon the coach's judgment of the athlete's contribution to the team during the season.
5. An athlete must be a member of the team in good standing at the end of the season. An athlete must have demonstrated good citizenship, attendance and sportsmanship. The head coach may use his discretion on final determinations for lettering.

1. **First year** at frosh, soph, or JV level-certificate plus sport patch
2. **Second year** at soph or JV level-certificate, plus Silver pin (Subject to change) at T.H.S. only
3. **First complete varsity year**-certificate and Block T/W with patch for sport.
4. **Second varsity year**-certificate and gold T/W pin (Subject to change)
5. **Third varsity year**-certificate and "guard" (Subject to change)
6. **Fourth varsity year**-certificate and trophy
7. Certificates will be given to any scholar-athlete with a 3.8 GPA or better
8. Specific team awards may vary from sport to sport

COACHES, ATHLETES AND PARENT EXPECTATIONS

1. COACHES AND EXPECTATIONS

Each member of the coaching staff shall make every effort to conduct a program, which emphasizes excellence as a goal; no coaches should be made to feel that their job depends upon won-loss record. Coaching performance will be based on the ability to teach the skills, knowledge of the sport, develop positive attitude, and the ability to properly manage a sports program.

RAPPORT: A coach must be able to develop a good rapport with any number of individuals and groups, team personnel, the student body, the professional staff (faculty, administration, maintenance, etc.) the community as a whole, spectators, officials, fellow coaches, media representatives, and parents of his/her athletes. Good rapport and an image of competency are invaluable for the coach.

COOPERATION: Tracy Unified expects a maximum of cooperation between all individuals associated in any degree with the comprehensive program. Coaches, parents and players must work hand-in-hand with their Athletic Director, Principal, and other members of the staff.

LEADERSHIP: Diligence, enthusiasm, honesty, and a love for the game are all part of a professional pride that should be exhibited by any coach.

DISCIPLINE: Every facet of discipline is the coach's responsibility. Individually, the coaches become a model of all that the program represents, observation of school codes, training rules, rules of game ideals of good sportsmanship, behavior of participants throughout the season-at home and away, and the conduct of crowd, especially where the student body is concerned. Desire to do well and to win or lose in a positive manner should be emphasized. Staff, players, and spectators should be motivated toward established goals.

Sports Media Relations

Tracy Unified School District's athletic teams generate a high level of public interest and media attention. Please be aware a student athlete's image reflects on themselves, their family, their team, their school and their district. Therefore, we ask all student athletes to exercise care when making statements to the media.

View the media as business partners. If possible, organize and prepare your thoughts before a scheduled interview. Often a verbal comment that seems innocent looks different when it appears in print. Remember, regardless of what is said, a reporter's first obligation is to report the news. Don't say it if you don't want to see it in print.

Trust your instincts. On rare occasions, the general tone of an interview is such that you may not be comfortable continuing the interview. Should this occur, please notify your coach, who will in turn notify the school's Athletic Director and the district office.

In general, when speaking to the media, be confident and courteous. Always remember when dealing with the media to present an image that is consistent with the ideals and high standards of your school and Tracy Unified.

Because media interviews may be a new area of responsibility for many student-athletes, the following tips may help you when dealing with the media:

1. Organize your thoughts before a scheduled interview so that you are sure about the points you want to communicate. Treat all interviews the same whether it be for your school paper or a local one.
2. If the interview was not scheduled, feel free to take a few moments to collect your thoughts after each question is asked. Often after an emotional game, you need to take a moment or two to calm yourself down before an interview. It is perfectly appropriate to inform the reporter you need a moment to yourself and that you will be with them shortly.
3. Be sure to understand the reporter's question before answering it. Ask for clarification if the question is not understood.

4. Be wary of an “off the record” situation. It is usually not in your best interest to do interviews in this manner as it may be left open to interpretation as to what is or is not “off the record.”
5. If possible, try not to speak on controversial topics. It is better to answer, “I do not know,” or “I am not familiar enough with that issue to give a fair answer.”
6. Do not become overly sensitive about a particular question or a particular story. With very few exceptions, reporters who cover our athletics programs are fair and are not out to “get somebody.”
7. Do not criticize your teammates, your coaches, game officials or your opponents in the media. If you have concerns, share them with your teammates and your coach, not the public.

If you approach an interview with poise and courtesy, you are off to a good start. Remember, the image you project not only reflects upon you, but upon your team and your school as well. You are encouraged to ask your coach for assistance if you feel you need help with the proper techniques for handling interviews.

STUDENT-ATHLETE PARENT & COACH COMMUNICATIONS

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to students.

Communications you should expect from your Child’s Coach:

1. Philosophy as a coach.
2. Expectation the coach has for your child.
3. Location and times of all practices and games.
4. Team requirements, i.e., practices, special equipment, out of season training.
5. Procedures to follow should your child be injured during participation.
6. Discipline that may result in the denial of your child’s participation.

Communication that Coaches expect from Parents:

1. Concerns expressed directly to the coach.
2. Specific concerns with regard to coach’s philosophy and/or expectations.
3. Notification of any illness or injury or missed practices.

Appropriate concerns to discuss with the coaches:

1. Treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child’s behavior

It is very difficult to accept your child not playing as much as you may hope. Coaches are teachers. They make judgement decisions based on what they believe to best for all students involved. As you have seen from the above list, certain things can and should be discussed with the coach. Other things, such as the ones listed below, must be left to the professional judgement of the coach.

Issues not appropriate to Discuss with the Coach:

1. Playing time
2. Team strategy
3. Play calling
4. Other student-athletes

There are often situations that may require a conference between the coach and the parents. The student athlete will be invited and involved in these meetings. To resolve the problem, we must have everyone's help and involvement. These meetings are encouraged.

If there is a problem:

1. Have your son/daughter talk to the coach one on one. (It is part of growing up.)

If this does not resolve the problem, the parents should:

1. Call the school and request a return call or a face to face meeting with the coach.
2. Coaches will make time available in their day to meet with students and parents.
3. If not resolved contact the Athletic Director Mark Stroup, T.H.S. at 831-5100 ext. 2413

Parents MUST not:

1. Confront the coach before or after practice.
2. Confront the coach before or after a game.

Coaches are teachers. A parent would not walk into a classroom during class time and yell at the teacher about a poor grade, so please do not confront the coach in public. There are proper ways to communicate and have your concerns addressed. Practices and games are highly emotional times for everyone involved, players, coaches, and parents. Meetings and concerns do not get resolved during emotional times. Request a private meeting with the coach and if not resolved, contact the Athletic Director.

What to do if the meeting with the Athletic Director did not provide a satisfactory resolution:

Call (THS Principal) at 831-5100 ext. 2010. The Athletic Director will attempt to mediate a resolution.

We hope this information helps make your child's and your experience with the athletic program less stressful and more enjoyable.

Declaration of Student/Athlete:

I realize it is a privilege to participate in athletic activities and represent our school in athletic functions. Accordingly, I hereby agree to follow the regulations established by the Athletic Department, the administration, the District policies set by the Board of Trustees and California Interscholastic Federation rules. I also agree to conform to the following training rules and code of conduct as a participant in our school's athletic program:

1. I will follow all school rules and regulations. Failure to do so will result in disciplinary action by the administration and possible forfeiture from participation in activities during that period of time.
2. I will follow the Athletic Code of Conduct during the season of sport. All school policies are also in effect for any school-related activity.

General Rules of Sportsmanship:

In order to promote fairness in competition, a series of rules governing each sport have been adopted. Good sportsmanship requires that athletes adhere to the rules of the game. Furthermore, it requires that athletes comply with the spirit of those rules which were written to promote fairness. Athletes must understand that compliance with the standards of good sportsmanship is required at all times.

- a) **On the field**, athletes are respectful in actions and language towards their teammates, opponents and officials. They abide by all the rules of the game. They are modest in victory and gracious in defeat.
- b) **On campus**, athletes should set an example of good citizenship for their classmates. They should help promote school spirit and be positive leaders in school activities. Athletes should affiliate with a positive attitude.
- c) **In the classroom**, athletes show respect for teachers and for their fellow students. They maintain good attendance, satisfactory academic progress and good citizenship.
- d) **On trips**, an athlete's conduct is such that they are positive representatives of their community, school and team. Athletes are conscious of their appearance and manners at all times.



Tracy Unified School District's Code of Conduct for Parents

The role of the parent in the education of a student is vital. The support shown in the home is often manifested in the ability of the student to accept the opportunities presented at school and in life.

There is a value system – established in the home, nurtured in the school – that young people are developing. Their involvement in classroom and other activities contributes to that development. Trustworthiness, citizenship, caring, fairness, responsibility and respect are lifetime values taught through athletics. These are the principles of good sportsmanship and character. With them, the spirit of competition thrives, fueled by honest rivalry, courteous relations and graceful acceptance of the results.

As a parent of a student-athlete at our school, your goals should include:

- Realize that athletics are part of the educational experience, and the benefits of involvement go beyond the final score of a game;
- Encourage our students to perform their best, just as we would urge them on with their class work;
- Participate in positive cheers that encourage our student-athletes; and discourage from any cheers that would redirect that focus – including those that taunt and intimidate opponents, their fans and officials;
- Learn, understand, and respect the rules of the game, the officials who administer them and their decisions;
- Respect the task our coaches face as teachers; and support them as they strive to educate our youth;
- Respect our opponents as student-athletes, and acknowledge them for striving to do their best; and
- Develop a sense of dignity and civility under all circumstances.

You have a major influence on your student's attitude about academics and athletics. The leadership role you take will help influence your child, and our community, for years to come.

**ACKNOWLEDGMENT TO ATHLETIC
HANDBOOK THE HANDBOOK
AND CONSENT FORM**

I/We have read and understand the eligibility rules and athletic code of my/our student's school. I have read the Code of Ethics of Pursuing Victory with Honor and will adhere to the code. I have read the roles and responsibilities of students, parents and advisors and support each person's responsibility. I hereby grant permission for my son/daughter to participate in the interscholastic activity program.

Student Name (Please Print): _____ Year of Graduation _____

Sport: _____

Student/Athlete Signature: _____ **Date:** _____

Parent/Guardian Signature: _____ **Date:** _____

Please indicate if your student has any disability, which needs accommodations to participate:

Yes No

If yes, please indicate the nature of the disability: _____
