



## **CMS Athletic Rules and Regulations**



The athletic program is an important 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.

1. Eligibility is required to participate in any sport activity. Eligibility is met by having a 2.0 GPA and no more than one "F" grade, no more than 2 unexcused absences including the 8:1 tardy ratio, and not on the behavior ineligibility list. Most recent quarter grades and attendance determine eligibility, including 4th quarter from the previous school year. Progress reports or weekly grade checks will not be a determining factor in eligibility. The entire athletic clearance packet must be completed, including physical and insurance waivers. No student will be allowed to participate without a clearance form from the office. Three (3) days of practice are required after a student is eligible before he/she may participate in any games or competition.
2. Athletes must attend all practices and games. Doctor and dental appointments should be cleared with the office before the day the student will miss. An unexcused absence from school is also an unexcused absence from practice. If a student is absent from practice for any reason, he/she must notify the coach and get clearance from the office. Two unexcused absences, including the 8:1 tardy ratio, from school, practice, or ELP may result in game suspension, Saturday School and/or being dismissed from the team. The student must attend all games, tournaments, and post-season play, unless excused by the office, in order to receive a participation certificate. If a student is absent the day of a game or practice he/she will not be allowed to play or practice unless the office has cleared the absence prior to the game or practice. Athletes must attend at least 4 hours of school on a game day or provide a doctor's note to the office. Athletes who are absent on the Friday before a Saturday competition must clear the absence with the office before being allowed to participate in the competition.
3. Athletes must be on time each day and to all classes. Sports participation is from 3:00-5:30 pm Monday through Thursday. The coach may schedule additional practices on Friday or Saturday. Sunday workouts may be held, but must be optional. A game schedule will be sent home at the start of each season.
4. On game days, athletes must ride to the game on school provided transportation (if available). Athletes are allowed to go home with their parents, provided their parents have submitted the Parental Transportation Request and it has been approved by CMS Administration. Parents will be notified of the administrative decision and the coach will be given a copy of the approved request. Parents must sign the athletes out from the coach before taking them home.
5. Athletes are expected to have good behavior and adhere to all school rules at all times. They serve as ambassadors of the school and community. Good sportsmanship should be displayed before, during,

and after competition. Courtesy and respect should be given to coaches, referees, bus drivers, and any persons who are serving in a supervisory or responsibility role. Any breach of proper courtesy and adherence to school and classroom rules, may result in removal from the team. Coaches will post a list of players. If any teacher feels that a player should not participate due to behavior or citizenship, the coach, teacher, and Athletic Director will confer to determine the appropriate action. If behavior warrants dismissal, parents will be notified and can request a meeting before dismissal is made final.

6. The function of the sports program is to teach the fundamentals of sports, teamwork, sportsmanship, and responsibility. Responsibility for one's own actions is essential to individual and team development. The teaching process can be hindered by parental interference in the coach/player relationship. Difficulties should be resolved between the coach and players. If the issue is too difficult to resolve, the coach or parent can request a meeting with each other and administration. Parents are not to distract a coach before, during, or after a game or practice. Practices are closed to spectators unless previous arrangements are made with the coach and Athletic Director. If the parents would like a meeting, they should make an appointment with the coach. Either party may request administration to be present at the meeting.
7. Parents should refrain from contact with the player until the coach has dismissed the team from practice and/or game. Parents should not disrupt the coaching process, or the following actions may be taken:
  - An athlete may be benched if parental interaction is distracting in any way.
  - If the interference continues, a conference will be held with the coach, parents, and administration.
  - Any additional infractions will result in the player's removal from the team.
8. Athletes may participate in only one sport at a time. No athlete can quit a sport to play another. The athlete will be ineligible until the sports season to which they were originally committed has ended. A player's decision to quit a CMS team may be considered when choosing future CMS teams.
9. All student athletes are required to enroll in the **CMS Expanded Learning Program**. Registration is online and attached to the sports packet. Athletes must be registered by the first scheduled contest (game). Student athletes may be required to attend academic tutorials at the coaches discretion.
10. Athletes must be cleared through the office and fully eligible to participate in tryouts. Tryouts will consist of a rubric based assessment meant to evaluate the athlete's overall performance for the team sport of which they are trying out for. Rubric is attached.
11. **\*Student is to keep this document and is expected to know and follow all guidelines set forth by this document.**

**Coalinga Middle School  
Student Information  
Sports Program**

The information below must be completed before you can attend any practice or tryout. Items marked with a \* must be signed off by CMS staff. You must complete each form in the packet before the staff can sign off.

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Student Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Sport participating in (please check all that apply):

Volleyball ☐ Boys' Soccer ☐ Girls' Basketball ☐ Boys' Basketball ☐  
Wrestling Coed ☐ Girls' Soccer ☐ Baseball ☐ Softball ☐  
Cross Country Coed ☐ Track Coed ☐

Parents Contact Information:

|               |                       |                |                    |
|---------------|-----------------------|----------------|--------------------|
| _____<br>Name | _____<br>Relationship | _____<br>Day # | _____<br>Evening # |
|---------------|-----------------------|----------------|--------------------|

|               |                       |                |                    |
|---------------|-----------------------|----------------|--------------------|
| _____<br>Name | _____<br>Relationship | _____<br>Day # | _____<br>Evening # |
|---------------|-----------------------|----------------|--------------------|

Doctor's Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Person to be contacted in case of an emergency and the parent/guardian cannot be contacted:

|               |                       |                  |
|---------------|-----------------------|------------------|
| _____<br>Name | _____<br>Relationship | _____<br>Phone # |
|---------------|-----------------------|------------------|

I hereby give consent for the above named pupil (son, daughter, or ward) to compete in CMS sports and to go with a representative (coach) of the school on any trip. In case this pupil is injured, the representative (coach) is authorized to have him/her treated.

|                                       |                       |
|---------------------------------------|-----------------------|
| _____<br>Signature of parent/guardian | _____<br>Relationship |
|---------------------------------------|-----------------------|

\*\*\*\*\*

To be completed by office personnel:

|                                                       |       |
|-------------------------------------------------------|-------|
| Physical Exam complete, proof displayed and verified: | _____ |
| Insurance coverage form completed and verified:       | _____ |
| Verification of grade eligibility:                    | _____ |
| Verification of attendance eligibility:               | _____ |
| Verification of behavior eligibility:                 | _____ |

**Coalinga Huron Unified School District  
Athletic Insurance Certificate**

Notice to Parents/Guardians:

California Ed Code 32220 requires each member of an athletic team to have medical/accident insurance as set forth below. A member of an athletic team includes manager, scorekeepers, and any other student participating in an athletic event and while being transported to and from an athletic event.

**Insurance requirements:**

Insurance protections for medical and hospital expenses resulting from bodily injuries in one of the following amounts:

- A. A group or individual medical plan with accident benefits of at least \$200.00 for each occurrence and major medical coverage.
- B. Group or individual medical plans which are certified by the Insurance Commissioner to be equivalent to the required coverage of at least \$1500.00.
- C. At least \$1500.00 for all such medical and hospital expenses.

If the medical and hospital insurance you have does not meet the above requirements, it does not comply with the law. Parents are urged to verify these requirements with their insurance agent or insurance carrier before certifying that the insurance meets the minimum Ed Code requirements.

**CERTIFICATION**

\_\_\_\_\_  
(Student's Name)

\_\_\_\_\_  
(School of Attendance)

I certify that this student is covered by insurance carried with \_\_\_\_\_  
(Insurance)

\_\_\_\_\_  
(Company)

\_\_\_\_\_  
(Group or Policy No.)

This company provides at least \$1500 insurance protection for medical and hospital expenses resulting from accidental bodily injuries while participating in, practicing, and traveling to and from interschool athletic contests. I will maintain the above coverage during the current school year or immediately notify the school if coverage terminates or does not meet Ed Code requirements stated above.

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

A form of insurance meeting all these requirements is available through the school of attendance for the student participation in all interschool athletic contests.

**Sports Participating In:** \_\_\_\_\_

## **CMS Athletic Code of Conduct for Parents**

# **Middle School Athletic Code of Conduct for Parents**

### **Introduction**

The Middle School Athletic Program is dedicated to providing a positive and enriching experience for all student-athletes. To ensure the success and integrity of our athletic programs, we ask that all parents adhere to the following Code of Conduct. Your cooperation and support are essential in promoting a safe, respectful, and sportsmanlike environment for our athletes.

### **General Expectations**

1. **Support and Encouragement:** Encourage your child to participate for enjoyment, personal growth, and team spirit. Applaud effort and improvement, regardless of the outcome of games.
2. **Respect for Coaches and Officials:** Respect the decisions and authority of coaches and officials. Understand that coaches are responsible for the direction and development of the team.
3. **Positive Role Modeling:** Demonstrate good sportsmanship by showing respect and courtesy to all players, coaches, officials, and spectators. Avoid engaging in any behavior that could be considered disrespectful, confrontational, or unsportsmanlike.

### **Game Day Conduct**

1. **Cheering and Applause:** Cheer in a positive manner, focusing on good play and effort. Refrain from any negative or derogatory comments towards players, coaches, officials, or other spectators.
2. **Interaction with Coaches and Officials:** Allow coaches to coach and players to play without interference. Address any concerns or questions with coaches in an appropriate setting and time, outside of game situations.
3. **Respect for Facilities and Equipment:** Treat all athletic facilities, home and away, with respect. Encourage your child to care for and respect school property and equipment.

### **Communication**

1. **Open Dialogue:** Maintain open lines of communication with coaches, addressing any issues or concerns privately and respectfully. Encourage your child to speak directly with their coach about any questions or concerns they may have.
2. **Constructive Feedback:** Provide constructive feedback to coaches and athletic staff in a respectful and private manner. Avoid public criticism of coaches, officials, or the athletic program.

### **Commitment and Responsibility**

1. **Attendance and Punctuality:** Ensure your child attends all practices, games, and team meetings on time. Notify the coach in advance if your child will be absent or late.

2. **Academic Priorities:** Support your child in balancing their academic and athletic commitments. Encourage them to maintain good academic standing as a priority.
3. **Health and Safety:** Promote a healthy lifestyle and ensure your child gets proper rest and nutrition. Inform coaches of any medical conditions or injuries that may affect your child's participation.

### **Consequences for Misconduct**

1. **Progressive Discipline:** Understand that repeated violations of this Code of Conduct may result in disciplinary action, which can include warnings, meeting with athletic staff, or being banned from attending events.
2. **Immediate Action:** Be aware that any severe misconduct may result in immediate removal from the premises and potential long-term consequences for your child's participation in the athletic program.

### **Conclusion**

Your support and adherence to this Code of Conduct are crucial in fostering a positive and respectful environment for our student-athletes. Together, we can ensure that our athletic program remains a source of pride and enjoyment for our entire community. Thank you for your cooperation and dedication to our students' athletic and personal development.

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**Parent Name**

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**Signature**

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**Date**

Athlete: \_\_\_\_\_

# CMS ATHLETICS

## Athlete Evaluation Rubric

Total: \_\_\_\_\_  
32

|                        | 4                                                                                                 | 3                                                                                                          | 2                                                                                                  | 1                                                                                             | + |
|------------------------|---------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|---|
| <b>POSITIONING</b>     | Demonstrates use of strategies during game play while maintaining a high level of intensity.      | Demonstrates correct positioning on offense and defense. Anticipates play.                                 | Occasionally uses correct position. Often waits for play and guidance.                             | Frequently flat footed, waits for play or is not aware of upcoming plays.                     |   |
| <b>SKILL MECHANICS</b> | Demonstrates proper skill mechanics consistently.                                                 | Frequently uses proper skill mechanics.                                                                    | Occasionally exhibits proper skill mechanics.                                                      | Avoids using skills.                                                                          |   |
| <b>RULES</b>           | Adheres to rules on a regular basis. Demonstrates highly effective play.                          | Usually adheres to rules. Demonstrates some understanding of effective play.                               | Occasionally adheres to rules. Does not demonstrate effective understanding of play.               | Does not adhere to rules. Does not demonstrate knowledge of play.                             |   |
| <b>TEAM PLAY</b>       | Organizes teammates toward a positive common goal.                                                | Cooperates with teammates and demonstrates good sportsmanship.                                             | Shows little tendency towards sportsmanship/teamwork skills.                                       | Demonstrates poor sportsmanship/teamwork skills.                                              |   |
| <b>SAFETY</b>          | Demonstrates extreme caution, uses equipment properly.                                            | Demonstrates caution, uses equipment properly, aware of others.                                            | Demonstrates limited caution, uses equipment properly, aware of others.                            | Unsafe behavior, improper use of equipment.                                                   |   |
| <b>ATTITUDE</b>        | Demonstrates participation in all areas of sport by smiling often and showing good sportsmanship. | Frequently participates in all areas of sport. Sometimes demonstrates good sportsmanship and kind demeanor | Occasionally participates in area of sport. Rarely shows good sportsmanship and positive attitude. | Unwilling to participate fully and does not demonstrate sportsmanship or a positive attitude. |   |
| <b>ENTHUSIASM</b>      | Maximum enthusiasm, to the MAX!                                                                   | Moderate enthusiasm.                                                                                       | Very little enthusiasm with negative attitude towards activity.                                    | No enthusiasm at all or lack of cooperation.                                                  |   |
| <b>HELPING</b>         | Organizes teammates toward a positive common goal with teamwork & helps others.                   | Cooperates with teammates and demonstrates helping skills.                                                 | Shows little tendency towards teamwork and helping skills.                                         | Demonstrates poor teamwork and helping skills.                                                |   |



**ALL** Coalinga Middle School athletes  
are **REQUIRED** to enroll in The  
Expanded Learning Program (ELP)

By enrolling your student they will be eligible to  
recieve the following services and so much more!

- Free Snack
- Free Supper
- Tutorial
- Academic Intervention
- Enrichment Activities
  - DIY
  - Outdoor Activities
  - Arts & Crafts
  - Field Trips

All applications are submitted  
online. Please scan the QR code  
below!



For any questions please contact Ms. Sanchez ELP Site Lead  
559 935 7550 Ext. 18003 [ASANCHEZDIAZ@FCOE.ORG](mailto:ASANCHEZDIAZ@FCOE.ORG)

COALINGA HURON UNIFIED SCHOOL DISTRICT

COALINGA MIDDLE SCHOOL

**PHYSICIAN'S STATEMENT AND FAMILY CONSENT**

I hereby certify that \_\_\_\_\_

was examined by me on \_\_\_\_\_. School Year \_\_\_\_\_

This student is physically fit to engage in sports: **Yes** \_\_\_\_\_ **No** \_\_\_\_\_

The following conditions need to be watched:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Physician's Signature: \_\_\_\_\_