

Winters High School

Home of the Warriors

Athletic Handbook



WINTERS HIGH SCHOOL SPORTS BY SEASON

FALL (AUG-NOV)	WINTER (NOV - FEB)	SPRING (FEB-MAY)
FOOTBALL AND CHEER	BASKETBALL	BASEBALL
VOLLEYBALL	SOCCER	SOFTBALL
SWIM	WRESTLING	TRACK AND FIELD
CROSS COUNTRY		

Dear Parent,

The following information in this Athletic Handbook must be read, reviewed, and agreed upon by you and your student athlete. All forms must be filled out online and all athletes must be cleared by the Athletic Director prior to trying out or beginning practice for any athletic team at Winters High School.

As an athletic department, we use Home Campus for athletic clearance. In order to make sure that athletes are cleared to start participating in a sport at WHS please go to athleticclearance.com and fill out the following information and sign the necessary documents.

- **Student Emergency Card and medical questionnaire**
- **Acknowledgment and Consent Form of the Winters High School Athletic Handbook:**
- **CIF Concussion, Sudden Cardiac Arrest and Heat Illness forms**
- **Release of Liability Agreement**
- **Athletic Physical:** *Athletes must have a yearly physical examination from a qualified physician. Physicals must be completed before participating in a sport and are good for ONE school year. These will need to be uploaded to athleticclearance.com*

Once an athlete is cleared through [athleticclearance](http://athleticclearance.com) with a current physical uploaded, they will be cleared for the entire school year. If you have questions, please contact the Athletic Director.

Sincerely,

Daniel Ward

Athletic Director
Winters High School
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WINTERS HIGH SCHOOL STUDENT-ATHLETE HANDBOOK

The policies in this section have been developed as a Student Athletic Handbook for distribution to the athlete and parent(s)/guardian(s).

WHS Athletic Department Purpose Statement

We will use sports as a medium to teach valuable life lessons to help our student athletes be successful at the next stage of their lives, whatever that may be.

WHS Athletic Department Definition of Success

Success is peace of mind, which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming - John Wooden

WHS Athletic Department Core Values

Resiliency - Sports and life is not about never making mistakes, it is about how you respond to the mistakes that ultimately define you. We will make sure that our athletes have the skills needed and emotional toughness to bounce back from mistakes or unfortunate circumstances both on and off the field

Determination - Nothing worthwhile in life ever comes easy and that is more true on the athletic fields than anywhere else in life. Athletes have to work hard on a daily basis to accomplish their goals. We will make sure that all athletes set personal, team and academic goals and we will do everything in our power to help those athletes accomplish them.

Trustworthy - One of the most important aspects of any successful team is trust. Trust that they are going to put the team's needs first. Trust that they are going to do everything in their power to make themselves and the team better, and most importantly, trust that they love and care about each other.

Compassion - Sports are truly the melting pot of our society and the color of your skin, religious/ political beliefs or your socio-economic status does not matter once you step on the field. The only thing that matters is that we are one team. In order for that team to flourish, we need to truly care about each other and pick up our team mates when needed both on and off the field

A. Introduction

1) **To the Parent(s)/Guardian(s):**

This material is presented to you because your son or daughter has indicated a desire to participate in interscholastic athletics and you have expressed your willingness to permit him/her to compete. We believe that participation in sports provides a wealth of opportunities and experiences that will help make your son or daughter become a more well-rounded individual and one that is better prepared to succeed in the next stage of their lives, whatever that will be.

We are concerned with the educational development of boys and girls through athletics and feel that a properly controlled, well-organized sports program can meet a student's needs for self-expression, social, mental and physical growth. It is our intent to conduct a program that is educationally sound in purpose and will enhance each student's personal growth.

The role of the Athletic Department is to make rules that govern the spirit of competition for the school and put our student athletes in the best possible situations to succeed. It is the role of the parent(s)/guardian(s) to be a positive role model and to be supportive of their child and their involvement in the athletic program here at Winters High School.

2) **To the Athlete:**

Being a member of a Winters High School athletic team is a fulfillment of an early ambition for many students and one of the most exciting times of their high school career. A great athletic tradition is not built overnight; it takes the hard work of many people over many years. As a member of an interscholastic squad of Winters High School, you have inherited a wonderful tradition which you are challenged to uphold.

Winters High School has adopted the CIF Victory With Honor Program. As an athlete at Winters High School, you will have several responsibilities, none more important than the three listed below:

- a) **Responsibilities to Yourself:** The most important of these responsibilities is to broaden and develop strength of character. You owe it to yourself to derive the greatest benefit from your high school experiences. Your academic studies, your participation in other extracurricular activities, as well as in sports, prepare you for your life as an adult.
- b) **Responsibilities to Your School:** Another responsibility you assume as an athlete is to your school. By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school. When you are on a team, you assume a leadership role with the student body and the community. The student body, the community and other communities judge our school by your conduct and attitude, both on and off the field. As a result of this leadership role, you can contribute significantly to school spirit and community pride.
- c) **Responsibilities to Your Teammates:** One of your fondest memories of playing high school sports will be the bonds you form with your teammates. This is something that should not be taken lightly or for granted. Trust amongst teammates is the key to a successful and enjoyable season. Make sure you are a good teammate at all times both on and off the field.

B. Athletic Philosophy

1) Statement of Philosophy

We will use athletics as a medium to teach valuable life lessons in order to help our student athletes be successful at the next stage of their lives, whatever that may be.

2) Athletic Goals and Objectives

The student-athlete shall learn:

- a) **To work with others-** A person must develop self-discipline, respect for authority, and the spirit of hard work and sacrifice. The team and its objectives must be placed higher than personal desires.
- b) **To be successful-** We do not always win, but we succeed when we continually strive to do so. You can learn to accept defeat only by striving to win with earnest dedication. Develop a desire to excel.
- c) **To develop sportsmanship-** To accept any defeat like a true sportsman, knowing we have done our best. We must learn to treat others as we would have others treat us. We need to develop desirable social traits, including emotional control, honesty, cooperation and dependability.
- d) **To improve-** Continual improvement is an essential component of good citizenship. As an athlete, you must establish a goal and you must constantly try to achieve that goal. Try to improve in the skills and knowledge required of your sport and those personal traits that enhance the success of a team.
- e) **To enjoy athletics-** It is necessary for athletes to enjoy participation, to acknowledge all of the personal rewards to be derived from athletics, and to give sufficiently of themselves in order to persevere and improve the program.

C. Requirements for Participation

1) Academic Requirements

- 1. Each athlete must maintain a "C" (2.00) Grade Point Average (GPA) from the previous grading period in order to be eligible for athletics or extra-curricular activities. Additionally, an athlete may not have more than one (1) grade of "F." The grading periods are the First 6 weeks, Second 6 weeks, First Semester, Fourth 6 weeks, Fifth 6 weeks, and Second Semester.
- 2. Incoming Freshmen have a probation period during their first 6 weeks of attendance in which they are automatically eligible. Transfer students have the same eligibility requirements as continuing students.
- 3. Each athlete will have one (1) optional probation period during their 10th through 12th grade years in which they can participate on a contract basis. (For a 10th grader to use their probation they must have permission from both the Athletic Director and their varsity coach). To be eligible, the athlete must have at least a 1.5 GPA and be passing at least 4 classes. This probation can not be used if there are tryouts/ cuts and cannot be used the last 6 weeks of their senior year. Probation will be terminated and the athlete declared ineligible if either of the following occurs: (1) Any class Truancy; or (2) Any suspension from school or suspendable offense.

4. Ineligible athletes may participate in practices, at the discretion of the coach, during their period of ineligibility. They are not allowed to travel to games with the team. At the coach's discretion, they will be allowed to sit (in street clothes) on the team bench for home games. The coach may do a grade check to determine if this limited participation will continue. A student who has not been participating in practices, will not be added to a team after eligibility is earned.

Note: The options described in C. 3 and 4 will not apply if the coach makes cuts to reduce squad numbers. If the coach determines cuts are necessary, ineligible students will be cut before students who are eligible.

2) Other Eligibility Requirements

Age - No student whose 19th birthday is attained prior to June 15, shall participate or practice on any team in the following school year.

Residency, Home School, Transfers, etc. - See CIF Bylaws, Article 2.

- 3) Athletes must be cleared through athleticclearance.com before they are allowed to practice or try out.**

Statisticians and Other Support Personnel

All support personnel shall be subject to the same academic and attendance requirements as the athletes. They do not need a physical, nor do they need to pay any fees, but they must have all other required paperwork on file.

D. School Attendance and Behavior

- 1) **School Attendance:** An athlete missing class for any reason other than a school activity/field trip, prearranged college visitation, DMV appointment, a doctor's appointment, a dental appointment, or funeral for an immediate family member, is not eligible to participate in practice or a game that day. A note from the office of the appointment or appointment card must be given to the coach to verify a doctor, dental, or DMV appointment. A college visit must be a pre-arranged appointment with a counselor or other school officials and a note must be brought back to verify the appointment. Student-athletes are required to sign-out and sign-in if the appointment is during the school day.
- 2) **Physical Education (PE) Class:** Students enrolled in PE/ Weights classes must participate in that class in order to be able to participate in practice or in a game that day. The PE teacher should notify the coach of any problems with regard to PE class participation.
- 3) **In-school Suspension:** An athlete assigned to in-school suspension will not be allowed to practice or play in a game the day of their suspension. The athlete will be suspended for one game for each in-school suspension after that.
- 4) **Suspension:** A student-athlete, who is suspended from school, may not participate or attend any practices or games during their suspension. The student-athlete may attend, but is not eligible to participate in the next interscholastic contest (or day of games if it is a tournament) following the student's return from suspension.

- 5) **Stealing:** Athletes will be subjected to suspension or expulsion from any or all athletic programs for the act of stealing any equipment, uniforms, or objects from either Winters High School or any opposing school. Shoplifting, especially on athletic trips, will be cause for expulsion from any, or all, athletic programs.
- 6) **Arrests:** Any athlete arrested for any reason will be subject to suspension or expulsion from any, or all, athletic programs.
- 7) **Harmful Substances:**
Smoking, chewing, consumption or possession of alcohol, drugs, vape pens or any other drug paraphernalia will cause an athlete to be ineligible for 45 school days from the date of the infraction and removed from the team for the rest of that sport season.
1. If the athlete is ineligible (due to grades or any other reason) when the infraction occurs their "athletic suspension" will not start until the student is eligible to participate in sports.
 2. The second infraction in the same school year will result in the athlete being ineligible for a period of 90 school days.
- 8) **Other Activities:** Other behavior problems including: chronic tardiness, detentions, referrals and overall classroom behavior, will be dealt with on an individual basis at the discretion of the administrator and/or coach. Playing sports at Winters High School is a privilege, not a right. School administration has the right to withhold athletes from practices and/or game participation at its discretion.

E. **Athletic Code of Conduct**

1) **Conduct of Athletes**

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the Athletic Department. The community, school administrators, and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of athletics. The welfare of the student is our major consideration and transcends any other consideration. **With that being said, any conduct as determined by the school's administration that results in dishonor to the athlete, the team, or the school, will not be tolerated and can lead to immediate removal from any sports team.**

2) **Athletic Expectations**

Student athletes are some of the most recognized students on campus and in our communities. Student athletes understand that they are role models whether they choose to be or not. Profanity, unsportsmanlike conduct, and disrespect to any person or institution will not be tolerated and may be cause for removal from the team. Athletes accept responsibility for their actions both on and off the field/court. An athlete's language and behavior should not embarrass himself/herself, the team, the school, the district, or the community.

- A. Specifically, throwing of equipment, profanity, or any similar displays of unsportsmanlike behavior will not be tolerated and will be handled on a case by case basis..

- B. Defiant behavior and back-talk toward any coach, school official, or game official will not be tolerated and may be cause for removal from any team. Any disagreements should be handled in private, mature discussions.
- C. Any student who engages in bullying, hazing, or any other form of harassment toward teammates, opposing teams, or the general student population will be subject to removal from any team.

3) Statewide Sportsmanship and Ejection Policy Player:

A player who is ejected from a contest (for reasons other than fighting or leaving the bench area during a fight) shall be ineligible to participate in the remainder of that contest (event) and his or her team's future contest (s) as outlined below:

(A) First Ejection: Player is ineligible to participate in the team's next contest. Player may remain on the bench for the duration of that contest and may be on the bench in street clothes for the team's next contest.

(B) Second Ejection: Player is ineligible to participate in the team's next three (3) contests. Player may remain on the bench for the duration of that contest and may be on the bench in street clothes for the team's next three (3) contests. If the season concludes prior to the player serving the three (3) contests suspension, he or she would be ineligible for the number of contests remaining on the suspension for the team's following season. If the player is a senior, he or she would be ineligible for the number of contests remaining on the suspension for their next season of sport.

A player who is ejected from a contest for fighting or leaving the bench area during a fight* shall be ineligible to participate in the remainder of that contest and his or her team's future contests as outlined below:

(C) First Ejection: Player (Fighting/Assaultive Behavior/Gross Unsportsmanlike Conduct) is ineligible to participate in the team's next three (3) to six (6) contests as determined by the CIF Section Commissioner with jurisdiction in the matter. Players may remain on the bench for the duration of that contest and may be on the bench in street clothes for the duration of the suspension. If the season concludes prior to the player serving the full suspension, he or she would be ineligible for the number of contests remaining on the suspension for the team's following season. If the player is a senior, he or she would be ineligible for the number of contests remaining on the suspension for their next season of sport. *NFHS Rules indicate automatic one game suspension for leaving the bench.

(D) Second Ejection: Player is ineligible to participate for the remainder of that season. Player may remain on the bench for the duration of that contest and may be on the bench in street clothes for the team's remaining contests that season. If there are six (6) or fewer contests remaining in the season, the player would be ineligible for up to six (6) contests for the team's following season as determined by the CIF Section Commissioner with jurisdiction in the matter. If the player is a senior, he or she would be ineligible for up to six (6) contests for their next season of sport as determined by the CIF Section Commissioner with jurisdiction in the matter.

Before a player may return to participate in a contest following a multiple game suspension for any of the above infractions, the school principal must inform the CIF Section Commissioner with jurisdiction in the matter that they have met with the student-athlete, his or her parent/guardian/caregiver and coach to discuss future behavioral expectations.

F. Basic Athletic Department Policies

- 1) **Missing Practice or Games:** It is expected that athletes will participate in all scheduled practices prior to a contest in order to participate in the contest. Failure to do so may affect the athlete's playing time, as well as the athlete's standing as a member of the team. Whenever an athlete is unable to participate, he/she should make every effort possible to notify the coach ahead of time. **If an athlete has 3 or more unexcused absences throughout the season the athlete may be removed from the sports team.**
- 2) **Quitting a Team:** If a player quits a team, without a justifiable reason and without consent of the coach, or is removed from the team for disciplinary reasons then they will not be allowed to play their next sport season, whenever that may be.

Exceptions:

- a. If an athlete quits at the beginning of the sport season then they will be withheld from playing their next sport for the same percentage of that sport season.
 - b. Academic ineligibility will not be considered as team dismissal.
 - c.. In the event that a coach and student mutually agree that the reason for leaving the team before the end of the season is in the best interest of the student and team, the athlete may be allowed to participate in the following season of sport.
- 3) **Travel:** All athletes must travel to and from out-of-town athletic contests in transportation provided by the Athletic Department unless previous arrangements are made with the parent(s)/guardian(s) based on an exceptional situation and the paperwork is filled out and on file with the office and coach at least 24 hours ahead of time. Students may ride home with their parent(s)/guardian(s) as long as they are signed out with the coach. Students may not ride home with friends and/or other family members unless pre-approved by the principal.
 - a) Athletes will remain with their squad and under the supervision of the coach when attending away contests.
 - b) Athletes that miss the bus will not be allowed to participate in the contest.
 - c) All athletes will be on their best behavior on athletic trips and follow Winters High School rules and the Athletic Department policies

NOTE: Transportation Waiver/Assigned Parent Drivers: The Winters Joint Unified School District will provide transportation to and from all contests that are league / section mandated or are contests that are needed to qualify for their respective postseason tournaments. Winters High School Athletics and the WJUSD will not provide transportation to certain athletics events such as scrimmages, practice-games and optional tournaments. Transportation to and from these events will still need to be coordinated through the Athletic Director and will consist of district vans and private vehicles of coaches and parents. Student-athletes will not be allowed to drive themselves and/or others to athletics events.

All private drivers must complete a District Volunteer Form prior to being permitted to transport student-athletes. Although all private drivers must be cleared through the DMV and must have the insurance level required by the district on file, they are not covered by the district insurance and are not considered to be agents of the Winters Joint Unified School District.

- 4) **Equipment:** School equipment checked out by a student-athlete is his/her responsibility. He/she is expected to keep it clean and in good condition. All athletes are financially responsible for the equipment issued to them, including uniforms, safety equipment and any other game or practice equipment issued. No athlete will be allowed to participate in sports at Winters High School until all equipment is turned in from a previous sport and/or all bills are paid. The athlete will receive no awards or letters until all equipment is returned and/or bills paid.
- 5) **Team Selection/ Cuts:** In accordance with Winters High School's philosophy pertaining to athletics and our desire to see as many students as possible participate in our athletic programs , we encourage coaches to keep as many students as they can without unbalancing the integrity of their sport. Time, space, facilities, equipment, personal preference, and other factors will place limitations on the most effective squad size for any particular sport. For some sports and seasons there will be cuts made. Although all athletes will be given a fair chance at making the team, it is the discretion of the coach regarding who and how many athletes will be on the final roster.
- 6) **Reporting of Injury:** All injuries which occur while participating in athletics should be reported to the coach immediately. If the injury requires medical attention by a doctor or treatment center, an injury report form must be completed. Once an athlete is treated by a physician, the athlete must obtain the doctor's written permission to return to the activity.
- 7) **Outside Team Participation:** A student-athlete may NOT play on an "outside" league team while participating in the high school season of that sport.
- 8) **Appeal Procedures:**

The student-athlete may appeal a decision of the Athletic Department. The Athletic Director shall determine if the appeal will be heard. If the appeal will be heard, the appeal committee shall be made up of the Principal, the Vice Principal, and the Athletic Director. The appeal will require the following:

 - a) A written appeal must be presented to the Athletic Director within five days of the initial ruling.

The appeals committee shall render a decision within five days, in writing, to the student and his/her parents/guardian.

NOTE: In most cases, appeals involving harmful substances will not be heard.

Coaches may establish additional rules and regulations with the approval of the athletic director and principal for their respective sports. These additional rules for a particular sport must be provided in writing to all team members and parent(s)/guardian(s) and explained fully at the start of the season. Copies of all additional team rules developed by coaches are on file in the Athletic Office.

*Additionally, parent(s)/guardian(s) may need to sign off on a coach's additional rules that are handed out at the beginning of the various seasons.

Parent Guide

Parents can play a key role in helping your child learn the values of winning and losing. Below are some suggested topics you can discuss with your student in these situations.

Value of Winning: Help your student learn the value of winning by:

- Offering congratulations for winning, and identifying and discussing the efforts made by individuals and the team
- Recognizing the improvement and growth of both individuals and the team
- Discussing what, if anything, individuals or the team could have done differently
- Accepting the loss, setting individual goals, and moving forward

Conduct: The importance of parents behaving as model spectators cannot be overstated. Parents who support the rule of conduct provide a role model for other parents and students alike. Of particular concern are parents who harass officials or make comments in the stands regarding judgment decisions made by the coach. This is counterproductive and tends to destroy the values of good sportsmanship and the game.

Issues of Concern: What are appropriate issues to discuss with the coach? This is often the question many parents have when their students are participating in sports.

Parents are encouraged to discuss with coaches:

1. The treatment of their student
2. Ways to help their student improve
3. Concerns about their student's behavior
4. Coaches' philosophy
5. Coaches' expectations for their student
6. Team rules and requirements
7. Scheduling
8. College participation

Parents are NOT encouraged to discuss with coaches:

Placement on teams

Playing time

Strategies used by the coach during contests

Other student athletes

Special Note: It is difficult to accept that your student is not playing as much as you hoped he or she would. Coaches are professionals. They make judgment decisions based on what they believe to be in the best interest of the team. Coaches must take into account all members of the team, not just your son or daughter.

Coach or Program Complaints: It is imperative that parents respect the position of the coach and direct any concerns to the coach first. If you wish to discuss a problem or issue concerning your child, begin by contacting his/her coach. Often the problem or issue is resolved at this level.

Steps for Resolution

- 1) Player/ Coach
- 2) Parent/ Coach
- 3) Parent/ Athletic Director
- 4) Parent/ Administrator

Productive Communication

Please make an appointment to speak with the coach **prior** to or **after** game day