



Athletic Handbook For Student Athletes

West Shores High School
Southern Conference
Citrus League



INTRODUCTION

West Shores High School has a history of academic and athletic success. We are excited and honored that you have decided to become a part of our athletic family. Our coaches and staff are anxious to begin working with you to teach you personal, short and long term athletic goals. The purpose of this handbook is to establish operating procedures for West Shores High School Athletics. This handbook will provide the framework within which student athletes can work for the benefit of our interscholastic athletic programs. The rules and regulations governing the interscholastic athletic programs of WSHS are enforced by the California Interscholastic Federation San Diego Section, the California Interscholastic Federation-State Office, the Athletic Conference, and West Shores High School

MISSION STATEMENT

West Shores High School is dedicated to the preparation of all student-athletes to be successful in life and in competition. Our focus is not only on the athletic ability of the student-athlete, but in the academic as well. The lessons taught on the field of competition directly carry over to life lessons. Hard work, being a good teammate, goal setting and giving your best effort and all characteristics that lead to success in life and success in athletics.



HOW TO PARTICIPATE IN WILDCATS ATHLETICS

Your decision to become a Wildcat student-athlete is a privilege and an honor. Each person must complete the following requirements to be eligible to participate on any Wildcat team:

1. Complete the "Athletic Clearance Packet" on-line.
2. Have a physical examination by a medical doctor. Bring a copy of your physical to the athletic office. (Physical forms are available on-line but are not necessary. Your doctor may have their own form.) Physicals are valid for one calendar year. Student-athletes must have a physical every school year.
3. Athletes **may not** practice until all forms have been completed in their entirety and submitted to the Athletics Office. This enrollment packet contains emergency contact information, physical exam verification, and health insurance information as well as other required information.
4. Be academically eligible. Each grading period, a student-athlete must pass a minimum of 4 classes and not drop below a 2.0 G.P.A.
5. Be eligible under all CIF Rules and Regulations.
6. Understand and follow all school and team policies with regard to conduct, attitude and proper training habits.

ATHLETIC POLICY

The Coachella Valley Unified School District supports the ideals of good sportsmanship, ethical conduct and fair play, and expects student-athletes, coaches, spectators and others to demonstrate these principles during all athletic competitions. In preparing for and participating in athletic competitions, students and staff shall abide by the core principles of trustworthiness, respect, responsibility, fairness, caring and citizenship, as adopted by the California Interscholastic Federation (CIF) in its publication "Pursuing Victory with Honor"



Attendance policy

Participants in an activity of sport are part of our overall education program. It is understood that students will be present at school in order to participate in a practice, game or activity that day. Team and activity members on suspension for any disciplinary infraction will not be allowed to practice or participate in any event for that day. In an event a student is assigned detention, students will be expected to attend this assignment before reporting to any extracurricular activity.

Attend school all day the day of a contest or if a weekend event, the previous day. If it is necessary to be absent from school due to illness, a half-day medical excuse may be acceptable. If more than a half-day of school is missed, the athlete is not permitted to play that day. Student athletes must be present a minimum of 4 periods in order to be counted as present. Exceptions can be made only by the principal.

ACADEMIC ELIGIBILITY

Fall Sports- 2nd Semester Grades of previous school year(Summer School will count as well)

Winter Sports-1st Qtr grades will determine eligibility, However after 1st semester grades are available eligibility can be established using those grades.

Spring Sports- 1st Semester Grades

Students must have a 2.0 and pass 4 classes in order to be eligible. (Per CIF guidelines)

Student athletes must be on track to graduate to participate in athletics.



ACADEMIC CONTRACTS

If a student does not meet a 2.0 they can be placed on academic probation. Only students deemed **on track** to graduate may be eligible.

Students on probation must submit a weekly grade check, signed by all teachers due by Friday 3 pm. If a student is under a 2.0 GPA, they will be ineligible for the following week.

When a student fails 3 grade checks while in a probation period, they will be permanently removed from the team.

TEAM SELECTION

Many team sports must limit the size of their squad to provide time for proper instruction, safety concerns, and supervision. Cutting prospective student-athletes is a very difficult, gut-wrenching task that coaches must accept as a necessity to benefit the sport and the growth of the team as a whole.

Criteria for team selection is listed in handouts distributed at pre-season meetings and are reviewed numerous times. If a student-athlete is not selected one season, this does not mean that he/she will never be selected for a team in that sport in future seasons.

We encourage athletes who have been cut to take on the challenge to work hard to develop their mental and physical skills to eventually make the team the following year. In many cases, these young men and women will go on to become major contributors to their team's success.

If a student-athlete tries out for a team and is not selected, he/she is invited to participate in a sport during the same season that does not limit the number of participants (e.g., football, cross-country, soccer and basketball).

Termination of Participation by an Athlete

1. *Cut from a team because of lack of ability:* An athlete cut from a team may try-out for another sport immediately.

2. *Dropped from a team by mutual consent:* An athlete may terminate association with a team by approval of the coach prior to dropping the sport. The athlete is eligible to try-out for another sport subject to approval by the athletic director and the coach of the new sport.



3. *Quitting a sport:* An athlete who quits any sport without approval of the coach and athletic director will be suspended from participating in any athletic program until the next sport season. For example, if student quits Football They cant participate in winter sport

WEST SHORES HIGH SCHOOL

ATHLETIC CODE OF CONDUCT

STUDENT-ATHLETE CONDUCT & BEHAVIOR

All Wildcats student-athletes are expected to “do what is right.” As young adults, you have learned the difference between what is right and what is wrong from your parents, family, teachers and coaches. The Wildcats CODE OF CONDUCT is designed to help student-athletes “SAY NO” when they are in difficult situations and must choose to make THE RIGHT decision.

West Shores High School will enjoy athletic success because of tremendous “team spirit” within our athletic programs. TEAM FIRST is the goal for all our players. Remember, everything you do not only affects you but those in your family, your team, your school, and your community.

It is not always easy to do what’s right, but it is always best to do what’s right.

The following CODE OF CONDUCT has been established and all student-athletes should know the rules and consequences if they choose to violate this code.

PREAMBLE

Athletic participation can be one of the most significant, formative experiences in a young person’s life. It gives a great deal of pleasure and builds friendships that can last for years. In our school, athletics is an integral part of the educational program. Athletics teaches fair play, sportsmanship, teamwork, perseverance and appreciation for improvement, desire to succeed and excel, self- discipline, responsibility, leadership, and quick thinking.

Participation in interscholastic athletics is voluntary. It is a privilege, not a right and carries with it the responsibilities of courtesy and sportsmanship on the playing field, on the campus and in the community. Following this athletic code will aid you in building team morale, discipline and spirit. Therefore, you should take it upon yourself to become the very best athlete and team member possible, for you alone have the power to achieve or fail in these goals.



1. CONDUCT

1.1. IN THE CLASSROOM: A Wildcat athlete:

- 1.1.1. Maintains prompt and regular attendance
- 1.1.2. Maintains grades in accordance with CIF and school district rules
- 1.1.3. Strives to become a good student and citizen
- 1.1.4. Shows proper respect for faculty members, adults, and other students at all times
- 1.1.5. When suspended from school, will not practice or participate until the suspension is complete.

1.2. ON THE FIELD: A Wildcat athlete:

- 1.2.1 Uses legal tactics; refrains from using profanity.
- 1.2.2. Is courteous and hospitable to visiting teams.
- 1.2.3. Respects the integrity and judgment of officials and accepts their decisions.
- 1.2.4. Is gracious in defeat and modest in victory and controls temper and maintains poise.

1.3. ON & OFF CAMPUS: A Wildcat athlete:

- 1.3.1. Demonstrates a high standard of conduct, as it reflects not only on oneself, but one's family, team, coach and school
- 1.3.2. Maintains "good citizenship" by not being involved in any criminal activity
- 1.3.3. Does not participate in "vandalism" at any school.

1.4. ON ATHLETIC TRIPS: A Wildcat athlete:

- 1.4.1. Demonstrates a high standard of conduct as a representative of the school, community, family and coach.
- 1.4.2. Respects the property of others; travels to and from athletic contests on district provided transportation;



1.4.3. Can only be released to the parent by a coach.

2. PHYSICAL CONDITIONING AND TRAINING RULES

2.1. WSHS student-athletes will refrain from the use of tobacco (in any form), alcohol and other illegal drugs. This includes the illegal use of non-prescribed steroids and/or other performance enhancing substances. Proper diet, hydration and adequate sleep are equally important to the physical conditioning of an athlete. Athletes should maintain good citizenship by not being involved in any criminal activity. Athletes should protect themselves and their team by abstaining from anything that would harm their health or that of others.

3. HAZING/BULLYING/INITIATIONS

3.1. Any form of hazing, initiation, right of passage, or bullying in any form will not be tolerated.

3.1.1. Violations of Ed Code 48900 will be dealt with accordingly. Additional penalties involving athletics may be incurred and are explained below.

3.1.2 Zero tolerance. All hazing will be investigated and dealt with accordingly.

4. ENFORCEMENT DUE TO VIOLATION OF RULES

4.1. Non adherence to the regulations herein may result in disciplinary action by the coaches, athletic director and administrators of the school.

4.2. Violations of the letter or spirit of the Athletic Code may result in one or more of the following penalties when recommended by the coach, athletic director, or school administration:

4.2.1. Placement on probation.

4.2.2. Removal from one or more of the next scheduled contests.

4.2.3. Referral for assessment and/or treatment of any alcohol/drug violation, and/or any criminal activity.

4.2.4. Removal from the team.

4.2.5. Potential loss of team and post-season awards.



CIF: Principles of Pursuing Victory with Honor

The essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."

It's the duty of School Boards, superintendents, school administrators, parents and school sports leadership - including coaches, athletic administrators, program directors and game officials - to promote sportsmanship and foster good character by teaching, enforcing, advocating and modeling these "six pillars of character."

1. To promote sportsmanship and foster the development of good character, school sports 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.
2. Participation in school sports programs is a privilege, not a right. To earn that privilege, 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.
3. School Boards, superintendents, school administrators, parents and school sports leadership shall establish standards for participation by adopting and enforcing codes of conduct for coaches, athletes, parents and spectators.
4. All participants in high school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.
5. The importance of character, ethics and sportsmanship should be emphasized in all communications directed to student-athletes and their parents.
6. Everyone involved in competition including parents, spectators, associated study body leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect. Coaches have a special responsibility to model respectful behavior and the duty to demand that their student-athletes refrain from disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent trash-talking, taunting and inappropriate celebrations.



SPORTSMANSHIP STATEMENT

The key words involved in sportsmanship are mutual respect, self-control and integrity. Athletes are expected to compete with enthusiasm and desire, within the letter and spirit of the rules. The way participants and spectators behave should be marked by mutual respect. In both victory and defeat, sportsmanship is measured by the ability to control emotions and accept the outcome with poise. If friendly competition cannot be achieved within this framework, then the educational value of athletics will be seriously undermined.

Fans, both students and adults are important and an integral part of every athletic contest. They serve to authenticate the positive values learned through athletics and to support the personal efforts and success of individual players. Occasionally, fan behavior can harm an athletic event. The following is to provide clarity about inappropriate behavior and their consequences. In order to reduce potential conflict among groups at athletic events, it is appropriate to sit on the home side or the Wildcats designated seating area.

SOCIAL MEDIA EXPECTATIONS

Social media can be a useful tool to communicate with teammates, fans, friends, coaches and more. Social media can also be dangerous if you are not careful. Every picture, link, quote, tweet, status, or post that you or your friends put online is forever part of your digital footprint. You never know when that will come back to hurt your reputation during the recruiting process, a new job, or other important areas of your life.

Recognizing the above:

- I take responsibility for my online profile, including my posts and any photos, videos or other recordings posted by others in which I appear.
- I will not degrade my opponents before, during, or after games.
- I will post only positive things about my teammates, coaches, opponents, and officials.
- I will use social media to purposely promote abilities, team, community, and social values.
- I will consider "Is this the me, I want you to see?" before I post anything online.
- I will ignore any negative comments about me and will **not retaliate**.



- If I see a teammate post something potentially negative online, I will have a conversation with that teammate. If I do not feel comfortable doing so, I will talk to the team captain or a coach.
- - I am aware that I represent my sport(s), school, team, family and community at all times, and will do so in a positive manner.

TEAM LOCKERS

Student-athletes are assigned long team lockers whenever possible and their teams are in-season. Multi-sport athletes may be assigned a team locker for the entire school year, while single sport athletes may be moved out of their team locker to create space for the next season of sport.

It is a **PRIVILEGE** to be assigned a team locker! A student-athlete that does not follow the rules listed below may forfeit the athlete's team locker. Student security and safety in the locker room facility are priorities of the Wildcat athletic staff. Each student-athlete is responsible to help keep the locker room safe and secure.

- Lock and recheck your locker each time you leave the locker room.
- No horseplay (injuries and/or bad feelings can result and hurt the entire team.)
- **DO NOT SHARE LOCKERS!** Period. Don't do it!
- Do not give out your combination to any other person.
- If you suspect that another person knows the combination to your lock, see your coach or the equipment person to get a new lock.
- Do not leave any items unsecured in an unlocked locker.
- Report any missing items to your coach immediately.



TRANSPORTATION RULES

Wildcats athletes are expected to conduct themselves with the utmost integrity on all trips. Athletes are expected to be courteous and to help the bus drivers whenever possible. At no time are athletes allowed to act in a way which will reflect poorly on West Shores High School.

All West Shores student-athletes are responsible for their own behavior at all times. Your conduct reflects on your family, your team and our school. Conduct which reflects poorly on WSHS will result in immediate consequences which may include parents being required to pick up their students, suspension from further trips, or dismissal from the team.

RIDING HOME WITH PARENTS

All Wildcat student-athletes will ride to and return from all athletic contests on the team bus unless prior approval has been given by the athletic director (or in emergency situations as per coach discretion).

In some cases, it may be necessary for a student-athlete to be released after a contest to ride home with their parents due to an unavoidable situation or multiple activities scheduled on the same day. Advanced planning by the student-athlete and their parents is a MUST! Students/ Parents must communicate with their coach and the athletic director to make plans for such a release in advance.

Athletes may only be released to their parent(s). Parents may not give permission to have their students driven home by another adult.

EMERGENCY SITUATIONS: If an emergency situation occurs (medical, family, etc.) where advanced permission was not possible, the coach will use their discretion and judgment. The student-athlete may only be released to their parent(s). Forgetting to get advance permission does not constitute an emergency.



West Shores Athletics Program

The main goal of a competitive athletic program is to put the most talented members of the team in competition. Starting positions and playing time are not guaranteed to seniors making the team, or anyone else for that matter. Each member of the team is very valuable to the team's overall progress. Some members may play a great deal of the time in a contest while others may not see what a parent would consider "significant" playing time.

Each student- athlete should have personal improvement as one of the student-athlete. By being a member of a team, regardless of time spent in actual competition, a person can learn many valuable lessons. Among them are: citizenship, sportsmanship, appreciating good play by an opponent, working together to meet team goals, responsibility, commitment to team and school, loyalty, placing team above self, learning to accept instruction and criticism, respect for others, winning and losing with dignity, self-control, and being responsible for one's own actions.

We sincerely hope this helps you to understand the goals and philosophies of the competitive athletic program at WSHS.

