

Templeton Middle School
Student-Athlete Handbook



2024/2025

Athletic Handbook

PHILOSOPHY OF STUDENT ATHLETICS

The Templeton Unified School District (TUSD) recognizes the importance of athletics as an integral component of a student's educational development. As such, we believe that all students should have an opportunity to participate in some form of interscholastic athletics. Such participation should encourage positive scholastic, social growth, and achievement. Participants of each team will represent the school and community in a positive manner, which will reflect the dedication and hard work that will be required to compete. Success will not be measured by records that are achieved by teams or individuals, but by the knowledge that each participant gave his/her best effort to the best of their ability. Templeton Unified School District realizes that an effective interscholastic athletic program is the product of responsible cooperation between its four major components: the student-athlete, the coaching staff, the parents, and the site/district administration.

ATHLETIC GUIDELINES SPORTSMANSHIP

Participation in the athletic program requires adherence to the highest standards of good sportsmanship. Aspects of good sportsmanship include ensuring fairness in competition and exhibiting respect for the people and institutions associated with athletic contests. Student-athletes of this school will be required to comply with the rules of each sport and to ensure that fairness in competition is not limited by their actions in any way.

ATHLETIC PARTICIPATION REQUIREMENT

All student-athletes must be enrolled as a full-time student at Templeton Middle School and must complete and submit the TMS Sport Application packet to the Athletic Director in order to be eligible to try out, practice, or compete in any sport. The packet includes, but isn't limited to:

- Athletic Handbook Signature Document (Google Form).
- **Consent to drug testing.**
- Athlete Information & signed Participant Permission Slip which includes: athletic physical screening, medical information, acknowledgement of risk, consent to participate, consent to treat injury, and insurance information.
- Sports physicals must be renewed annually, and **MUST** be cosigned by a medical doctor or doctor of osteopathy. Physicals are valid June 1-June 1 of the current year.

All student-athletes must also successfully complete drug testing as described in Board Policy 5131.61.

Student-athletes will not be allowed to participate in the next sport or end of year activities without returning prior-issued uniforms to his/her coach or paying the replacement cost.

A student-athlete may not join a team after the first game has been played unless he/she is completing a sport in the prior season, is a transfer from another school or the Athletic Director feels that there are extenuating circumstances which warrant delay of participation. Once the team has been established, a student-athlete added to the team under this section will not bump an existing student-athlete off the team but will be added to the team roster.

Refusal by a student-athlete to participate through the end of the season or dismissal from the team before the end of the season shall result in the loss of any awards or recognition. A season is not over until all contests, tournaments, or meets have been completed by the team or individual. Student-athletes quitting a sport must clear all responsibilities and obligations with the coach of that sport. Participation in the next sport cannot start until the previous sport season is completed.

Residential Eligibility

All student athletes must be a TMS student.

ATHLETIC ACADEMIC ELIGIBILITY REQUIREMENTS

The following are based on Athletic Grade Checks and Semester 1 & 2 Final Grades:

Athletic eligibility is based on grade checks done throughout the season. Grades for all TMS students will be checked every two weeks.

- Student-athletes are required to maintain a minimum 2.0 GPA on all grade checks and semester report cards to be eligible for athletic participation.
- Student-athletes receiving an "F", "N", or "U" on any scheduled grade report shall be ineligible for participation until the grade/citizenship is raised. If a student-athlete receives an "N" or "U" in citizenship, they will be ineligible for a minimum of 1 week. If a student athlete receives more than one "U" during the course of the season, they may be subject to being dismissed from the team.
- The period of ineligibility will start and end following grade checks by administration or designee.
- If the athlete chooses or is unable to participate in PE class, he/she may not participate in practice or game of that day.
- Any student-athlete receiving an **"I" Incomplete** on a **Semester Grade Report** is ineligible until the grade is brought up to passing. An **"I" incomplete** not cleared within two weeks will become an "F" and the student-athlete will remain ineligible until the next grade report.

- An ineligible athlete may not compete, travel, or “dress out” for any games until the end of the next grading period and after he/she has been cleared to play by the vice principal/athletic director. Student-athletes who choose to stay on the team must continue to practice with the team throughout their period of ineligibility in order to remain on the team. With their coach’s approval, he/she may also sit on the bench or stand on the sidelines at home games only. Students who choose to quit must turn in their gear immediately.

CODE OF CONDUCT FOR ATHLETES

Any athlete who is involved in behavior unbecoming of a student representing Templeton Middle School is subject to disciplinary action. Discipline of a student-athlete must be directed to the Athletic Director immediately. For violations of the Code of Conduct, the following consequences may be assessed:

- A verbal warning to the student-athlete by the coach and submission of a written referral to the Athletic Director within 72 hours of the incident
- A conference between the athlete, his/her parent/guardian, the coach, and the Athletic Director will be scheduled; if the coach feels it necessary, he/she may suspend the student-athlete for a minimum of one game; the student-athlete must still attend all other team functions.
- A conference between the student-athlete, his/her parent/guardian, the coach, and the Athletic Director at which the athlete will either be suspended or dismissed from the team.

Any violation of the Code of Conduct will be addressed and may result in suspension or dismissal of the student-athlete from the current team.

Activity Restriction

The Superintendent or designee may revoke a student’s eligibility for participation in extracurricular and co-curricular activities when the student’s poor citizenship is serious enough to warrant loss of this privilege. (TUSD AR 6145) A student receiving a class period suspension or in-house suspension will be on activity restriction for up to two weeks, and may not participate in practice or games. A student receiving an at home suspension will be on activity restriction for two weeks, and may not participate in practices or games. The coach has the right to dismiss the athlete from the team.

Alcohol / Drug / Tobacco Abuse Policy

Templeton Middle School Athletics has a zero tolerance for alcohol, steroids, drug, and tobacco abuse. Any student-athlete who is found to be using and/or in the possession of alcoholic beverages, narcotics, dangerous drugs, steroids, look-alike substances, paraphernalia, or tobacco is subject to disciplinary action up to and including expulsion from school in accordance with the California Education Code and TUSD discipline policies.

A student's first offense will result in a **30 calendar day suspension**. A student's second offense will result in the termination of their school athletic eligibility at Templeton Middle School.

Physical Conflict

All student-athletes must abide by all school policies set forth in the Athletic Handbook, Student Handbook, and District policies at all times. Student-athletes accept responsibility for their actions both on and off the field and will strive to bring credit to his/her teammates, coaches, school, community, and family. Each student-athlete will conduct him/herself with dignity in defeat and graciousness in victory.

Disagreements shall be handled in a professional manner. If a physical conflict should occur on the playing field/court during a contest, all student-athletes on the sideline will remain there, and all student-athletes on the field/court are to move immediately to the sideline. All parents/guardians, and fans are to remain in the stands or on the sideline. No unsportsmanlike words or actions are to come from any players, parents/guardians, fans, or coaches. Violation of the above protocol by a student can result in disciplinary action from both the school administration and the Athletic Department. It is the responsibility of every coach to inform, demonstrate, and practice the above expectations.

Specifically, the following will not be tolerated:

- Profanity
- Throwing of equipment
- Unsportsmanlike conduct
- Disrespect to any person or institution
- Defiant behavior
- Insubordination toward any coach, school official, or game official
- Hazing Activities including: physical, sexual, or verbal abuse.

Student-athletes will:

- Take appropriate care of all equipment, school facilities, and property and understand they shall be held financially responsible for the replacement cost for any damage or loss through their negligence
- Report any injuries or illness to their respective coaches or trainer immediately upon occurrence
- Submit a written release from their physician when the student-athlete has seen their physician or athletic trainer for a serious problem before participation may resume
- Attend all required practices, meetings, and contests; the appropriate coach shall be notified of any absence prior to the start of practice
- Place priority on the middle school sport in which they are currently participating, above club or outside sports during that season.

EQUIPMENT

Equipment is to be handled appropriately at all times to prevent injury and to ensure equipment is maintained in proper working order.

1. All equipment will be inventoried, numbered, and checked out by coaches.
2. Students are responsible for the security of their equipment and uniforms. In some cases, particularly with game uniforms, the replacement fee may be higher than the original purchase price because special processing and printing may be required to duplicate the uniform.
3. Students are expected to turn in the same piece(s) of equipment/uniform checked out to them.
4. Equipment and uniforms should be cleaned before being returned. Students are expected to make arrangements to have torn or ripped clothing repaired prior to turning it into the coach.
5. All equipment must be returned within one week of the last contest.
6. No awards (letters, trophies, etc.) or grades will be issued until all equipment is returned and/or paid for by the student-athlete.
7. Students must return or pay for all equipment before they can practice or participate in another sport. If a significant amount of money is owed, arrangements for repayment can be made with the Athletic Director.
8. Students who leave a team prior to the end of the season must turn in their equipment and uniform within one week.

Any student-athlete violating this Code of Conduct will be in jeopardy of losing his/her privilege to participate in any athletic program at Templeton Middle School.

TRYOUTS

- Students who are not cleared to perform before the first try-out date shall not be allowed to join the team unless an extension is approved by the Athletic Director prior to the commencement of the first try-out.
- A student-athlete who was injured prior to tryouts, but likely would have made the team, will not be allowed to bump an existing teammate off the team once the season begins. The team roster may be expanded, however, to include the student-athlete upon receiving a medical clearance.

GAME DAY

- A transportation donation allows TUSD to maintain our vans, fuel them and obtain buses, when necessary. TUSD will provide all transportation for preseason and league play.
- All student-athletes should travel to and/or from out of town contests in transportation provided by the school district. If a parent chooses to drive their child to and/or from an event, a ***Personal Transportation Form*** must be given to the Athletic Director or designee 24 hours prior to departure for the contest, unless otherwise approved by principal designee.
 - o Refusal to follow this policy will result in a one-game suspension for the first offense; the second offense will result in the athlete being removed from the team.

- Student-athletes will only be released to their own parent or guardian and will not be allowed to travel with friends, siblings, or other parents.
- Student-athletes will remain with their team and under the supervision of the coach, or their designee, when attending away contests.
- All district transportation rules will be followed on all athletic trips.
- All student-athletes must follow a uniform dress code. Coaches will inform their student-athletes what to wear to school on game day. No inappropriate attire will be allowed.
- Early release from class: It is the responsibility of the student-athletes to communicate with their teachers **before** they depart to an athletic contest. Athletes are responsible for any and all work and tests missed due to an early release time. It is a student-athlete's choice and privilege to leave school early to participate in extra-curricular activities such as athletics.

CODE OF CONDUCT FOR PARENTS/GUARDIANS

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 that is established in the home and nurtured in the school. Their involvement in the classroom and other activities contributes to that development. Trustworthiness, citizenship, caring, fairness 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/guardian of a student-athlete at our school, your goals should include:

- Promoting a healthy lifestyle that does not include the use of performance enhancing drugs or supplements;
- Realizing that athletics are part of the educational experience, and the benefits of involvement go beyond the final score of a game;
- Encouraging our students to perform their best, just as we would urge them with their class work;
- Participating in positive cheers that encourage our student-athletes; discouraging any cheers that would redirect that focus that may taunt and intimidate opponents, their fans and officials;
- Learning, understanding, and respecting the rules of the game and the officials who administer them;
- Respecting the task that our coaches face as teachers and supporting them as they strive to educate our youth;
- Respecting our opponents as student-athletes and acknowledging them for striving to do their best; and
- Developing a sense of dignity and civility under all circumstances. You can 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.

Violation of the above Code of Conduct could result in one or more of the following consequences: a warning, removal from the venue, and/or excluded from attending any

or all extra-curricular activities (both home and away) for the remainder of the season to be determined by the administration.

COMMUNICATION

In our continuing effort to establish and maintain clear lines of communication between the Athletic Department staff and the parents/guardians of our student-athletes, the coaching staff will establish a process for communication. ***Do not attempt to confront a coach before or after a contest or practice.*** Meetings of that nature and at those times do not promote resolution as it can be emotional times for both the parent and the coach. Practices are “closed” unless otherwise noted by the head coach.

The following guidelines will help make the communication process a productive and positive experience:

Communication you can expect from your student-athlete's coach:

- Philosophy of the coach
- Expectations of individual student-athletes and the team
- Locations, dates, and times of all practices and games
- TUSD, and TMS rules

Communication that coaches can expect from parents:

- Non-confrontational situations
- Appropriate concerns expressed directly to the coaches outside of practice, games, or the playing field
- Specific questions about philosophy or expectations of their child
- Notification of any absences prior to practices and/or games
- A phone call to set up an appointment to discuss a concern

Appropriate to discuss:

- Treatment of your child (mentally or physically)
- Ways to help your child improve
- Concerns about your child's behavior and/or academic progress

Inappropriate to discuss:

- Playing time
- Coaching
- Team strategy
- Play calling or substitutions
- Another athlete

SCHOOL ATTENDANCE

Attending all classes is a high priority for all student-athletes; many athletic events require students to miss classes during the week making it very important for all student-athletes to establish good attendance patterns and communicate with their teachers about assignments.

All student-athletes must:

- Attend a minimum of 4 periods of the school day to participate in practice or play in a game (with excused absences) **that day**.
- The only excused absences on game day are a doctor, dentist, or other authorized appointment, in which a note signed by the doctor or dentist office must be submitted to the attendance office for clearance. "Illness" or "personal" absences are not excused and the athlete will be held out of play on the next game day. Tardies in excess of 30 minutes are recorded as an absence and the student does not receive credit for attendance.
- Excessive absences or tardies may result in Activity Restriction per the district wide Student Handbook. **5 unexcused tardies and/or 3 unexcused absences (truant) may result in a dismissal from the team.**
- Attend practice the day **before** a contest or have the coach's consent to be eligible to participate in the contest. Prior approval may be granted by the coach for a student athlete to miss practice.

The following are recognized as excused absences: doctor or dentist appointment, court appearance (must return with documentation), funeral, or school approved field trip or activity. Any student-athlete that has a medical/dental appointment on the day of the contest will be required to provide verification from their doctor.

Any athlete that is found to have competed in a contest they did not qualify to compete in under the attendance policy will be subject to suspension from the next game. Athletes who are absent from class to participate in any athletic activity are required to check with their teachers in advance to ensure that work or tests missed in class are made up or done in advance and that they are not deficient in any of their assignments.

***After any injury or illness, athletes must be fully cleared for PE, with no limitations, to be eligible for participation in TMS extracurricular/athletic practices and games. A doctor's note will provide documentation for this unrestricted clearance.**

CONCUSSION INFORMATION

California State Law AB 25 (effective January 1, 2012), now Education Code 49475:

1. *The law requires a student athlete who may have a concussion during a practice or game to be removed from the activity for the remainder of the day.*
2. *Any athlete removed for this reason must receive a written note from a medical doctor trained in the management of a concussion before returning to practice.*
3. *Before an athlete can start the season and begin practice in a sport, a concussion information sheet must be signed and returned to the school by the athlete and the parent or guardian.*

Every 2 years, all coaches are required to receive training about concussions (AB 1451), as well as certification in First Aid training, CPR, and AEDs (life-saving electrical devices that can be used during CPR).

What is a concussion and how would I recognize one?

A concussion is a kind of brain injury. It can be caused by a bump or hit to the head, or by a blow to another part of the body with the force that shakes the head. Concussions can appear in any sport, and can look differently in each person.

Most concussions get better with rest and over 90% of athletes fully recover. However, all concussions should be considered serious. If not recognized and managed the right way, they may result in problems including brain damage and even death.

Most concussions occur without being knocked out. Signs and symptoms of concussions may show up right after the injury or can take hours to appear. If your child reports any symptoms of concussion or if you notice some symptoms and signs, seek medical evaluation from your team's athletic trainer or a medical doctor trained in the evaluation and management of concussion. If your child is vomiting, has a severe headache, or is having difficulty staying awake or answering simple questions, call 911 to take him/her immediately to the emergency room of your local hospital.

What can happen if my child keeps playing with concussion symptoms or returns too soon after getting a concussion?

Athletes with signs and symptoms of concussion should be removed from play immediately. There is NO same day return to play for a youth with a suspected concussion. Youth athletes may take more time to recover from concussion and are more prone to long-term serious problems from a concussion.

Even though a traditional brain scan (e.g. MRI or CT) may be "normal", the brain has still been injured. Animal and human research studies show that a second blow before the brain has recovered can result in serious damage to the brain. If your athlete suffers another concussion before completely recovering from the first one, this can lead to prolonged recovery (weeks to months), or even to severe brain swelling (Second Impact Syndrome) with devastating consequences.

There is an increasing concern that head impact exposure or recurrent concussions may contribute to long-term neurological problems. One goal of this concussion program is to prevent a too early return to play so that serious brain damage can be prevented.

Signs observed by teammates, parents and coaches include:

- | | |
|--|------------------------------|
| -looks dizzy | -looks spaced out |
| -confused about plays | -forgets plays |
| -is unsure of game, score, or opponent | -moves clumsily or awkwardly |
| -answers questions slowly | -slurred speech |

- shows a change in personality
- can't recall events before or after injury
- any change in typical behavior or personality
- seizures or has a fit
- passes out

Symptoms may include one or more of the following:

- headaches
- nausea or throws up
- has trouble standing or walking
- bothered by light or noise
- feeling foggy or groggy
- change in sleep patterns
- "don't feel right"
- sadness
- irritability
- confused
- repeating the same question/comment
- pressure in head
- neck pain
- blurred, double or fuzzy vision
- feeling sluggish or slowed down
- drowsiness
- loss of memory
- tired or low energy
- nervousness or feeling on edge
- more emotional
- concentration or memory problems

What is Return to Learn?

Following a concussion, student athletes may have difficulties with short- and long-term memory, concentration and organization. They will require rest while recovering from injury (e.g. avoid reading, texting, video games, loud movies), and may even need to stay home from school for a few days. As they return to school, the schedule might need to start with a few classes or half-day depending on how they feel. If recovery from a concussion is taking longer than expected, they may also benefit from a reduced class schedule and/or limited homework; a formal school assessment may also be necessary. Your school or doctor can help suggest and make these changes. Student athletes should complete the Return to Learn guidelines and return to complete school before beginning any sports or physical activities, unless your doctor makes other recommendations. Go to the CIF website (cifstate.org) for more information on Return to Learn.

How is Return to Play (RTP) determined?

Concussion symptoms should be completely gone before returning to competition. A RTP progression involves a gradual, stepwise increase in physical effort, sport-specific activities and the risk for contact. If symptoms occur with activity, the progression should be stopped. If there are no symptoms for the next day, exercise can be restarted at the previous stage.

RTP after concussion should occur only with medical clearance from a medical doctor trained in the evaluation and management of concussions, and a stepwise progression program. Please see cifstate.org for a graduated return to play plan. *[AB 2127, a California state law effective 1/1/15, states that return to play (i.e.*

*full competition) must be **no sooner** than 7 days after the concussion diagnosis has been made by a physician.]*

Final Thoughts for Parents and Guardians:

It is well known that athletes will not often talk about signs of concussions, which is why it is important to discuss and review this information with your child. Teach your child to tell the coaching staff if he or she experiences such symptoms, or if he/she suspects that a teammate has had a concussion. You should also feel comfortable talking to the coaches or athletic trainer about possible concussion signs and symptoms that you may be seeing in your child.

SUDDEN CARDIAC ARREST (SCA)

What Is Sudden Cardiac Arrest?

Sudden Cardiac Arrest (SCA) is not a heart attack. It's an abnormality in the heart's electrical system that abruptly stops the heartbeat. It's caused by an undetected congenital or genetic heart condition.

First Symptom May Be Death

Possible Warning Signs: Unexplained fainting, shortness of breath, lightheadedness, chest pain, heart palpitations, family history of SCA or unexplained sudden death under the age of 50.

1 Youth Athlete Dies Every 3 Days in the United States

SCA is 60% more likely to occur during exercise or sports activity, so athletes are at greater risk. SCA is also the leading cause of death on school campuses.

Time Critical

If not properly treated within minutes, SCA is fatal in 92% of cases.

Are there warning signs?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

- dizziness
- lightheadedness
- shortness of breath
- difficulty breathing
- racing or fluttering heartbeat (palpitations)
- syncope (fainting)
- fatigue (extreme tiredness)
- weakness
- nausea
- chest pains

These symptoms can be unclear and confusing in athletes. Often, people confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

California state law requires coaches education and training on identifying SCA situations and responding to athletes who experience SCA.

Information on SCA is included in the THS Athletic Packet. Additional information can be found on cifstate.org under the "Sports Medicine" heading.

Reference: cifstate.org

MANDATED REPORTING

Coaches are mandated reporters, and are required to report suspected abuse or neglect to Child Welfare Services immediately.