

Huntington Beach High School Athletics Handbook



"This Athletics Handbook is intended as a supplement to the Huntington Beach High School Parent/Student Handbook. It does not replace or supersede district or school policies contained in the Parent/Student Handbook. All student-athletes are bound by the Parent/Student Handbook first, and this handbook provides additional expectations and guidance specific to athletics."

HBHS Leadership

Principal: Danny Morris

Assistant Principal of Athletics: Todd Voulemenous

Athletic Director: Melissa Vandembosch

Athletic Trainer: Courtney Eargle

Eligibility & Attendance

Game Day Attendance: Students must attend periods 1–5 on game days, if scheduled, to be eligible for participation. Attendance in the athletics period also counts toward eligibility.

Health & Safety Policies (CIF-SS and California Law)

Concussion Management (AB 2127)

Immediate removal from play if a concussion is suspected; no same-day return. Graduated return-to-play over a minimum of seven days with written clearance from a licensed health care provider trained in concussion management. Coaches complete concussion education annually.

Sudden Cardiac Arrest (AB 1639)

Coaches complete SCA training every two years. Parents/guardians review and sign SCA information before participation. Immediate removal for athletes showing warning signs; written medical clearance required to return.

Extreme Heat, WBGT, and Air Quality

Follow CIF state policy and CIF-SS bylaws on heat illness prevention, acclimatization, and Air Quality Index. Use Wet Bulb Globe Temperature (WBGT) categories to modify or suspend outdoor activity. Suspend or modify outdoor activity when AQI is unhealthy per district/CIF guidance.

Lightning/Thunder Protocol

Use NFHS guidance: at first sound of thunder or visible lightning, suspend activity and seek shelter. Wait at least 30 minutes after the last thunder or lightning before resuming; any new thunder/lightning resets the 30-minute clock.

Venue Emergency Action Plans (EAPs) and AEDs

Each HBHS venue maintains a written EAP reviewed annually with location-specific roles, communication, access points, and AED locations. Coaches review EAPs pre-season and carry team medical and emergency contact information at all events.

Sportsmanship and Ejection Policy (CIF-SS)

Minimum penalties: first player or coach ejection results in a one-contest suspension; multiple ejections carry progressively longer suspensions per CIF-SS procedures. Profanity, fighting, or abuse of officials may increase penalties.

Transfers and Sit-Out Period (SOP)

Without a valid change of residence, a transferring student generally serves a Sit-Out Period equal to 50% of the regular season in that sport before varsity competition. Valid change of residence or hardship may allow earlier eligibility per CIF rules.

Summer Dead Period

HBHS observes the CIF-SS Summer Dead Period for all sports. Two consecutive weeks (14 days) minimum for all sports on dates entered in CIFSSHome; some sports or district policy may extend this period. No practice, conditioning, meetings, or contact during the dead period.

Name, Image, and Likeness (NIL) and Social Media

California permits limited NIL activities for high school athletes under CIF rules. Athletes may not use school logos, uniforms, or marks in NIL promotions and may not receive school- or booster-arranged compensation. All NIL activity must be disclosed to the Athletic Director for compliance review. Team activities and academics take precedence.

Anti-Hazing and Team Culture

Hazing is illegal in California (Matt's Law, Penal Code §245.6). Any initiation or pre-initiation activity that risks physical harm is prohibited. Report concerns to the Athletic Director or administration immediately. Violations may result in removal from the team and legal consequences.

Media, Streaming, and Credentialing

All third-party broadcasts, livestreams, photographers, and media partnerships require prior approval from HBHS Administration and District per policy. No exclusive agreements without district review. Parent/guardian FERPA and student privacy requirements apply for media access.

What Is Expected Of You As An Athlete

Commitment to the sport.

Positive attitude.

Good citizenship both on and off campus.

Good grades.

Hard work and long hours in practice.

If You are Interested

Counsel with the head coach.

Complete all clearance materials and return to the Athletic Department.

Philosophy

The athletic program at Huntington Beach High School is an integral part of our educational mission, designed to complement and support our academic endeavors. It offers unique learning opportunities that enrich the school experience by fostering essential habits, attitudes, and ideals required for ethical competition and cooperation in society. Led by competent leadership, our program strikes a balance between cooperation and competition.

Moreover, athletics at Huntington Beach High School impart lifelong lessons in sportsmanship, teamwork, ethical behavior, perseverance, commitment, loyalty, self-discipline, pride, responsibility, and leadership. We emphasize that interscholastic athletics should be enjoyable and beneficial primarily to students rather than the institution. Winning at the expense of student welfare is not aligned with our values.

A diverse range of wholesome activities is available, tailored to participants' physical, mental, and emotional maturity levels. We prioritize providing top-tier staff and facilities to ensure our programs serve our youth effectively. Students are encouraged to explore sports of interest regardless of their skill level.

Central to our athletic philosophy is sportsmanship, which emphasizes fair play, integrity, and empathy. We believe athletics should cultivate fellowship, goodwill, and good citizenship while fostering a healthy self-image and body. Athletics also play a crucial role in enhancing school and community spirit.

Participation in interscholastic athletics is a privilege, not a right. Students must adhere to established standards, and failure to do so may result in the revocation of this privilege. Our goal is to provide positive role models who exemplify the behaviors and leadership qualities we aim to develop through our program.

Ultimately, the goal of our athletics program is to instill the value of participation while avoiding an overemphasis on winning. We strive to nurture well-rounded individuals who can contribute positively to society.

Sportsmanship

As leaders in the realm of athletics, coaches and students hold a unique position to shape the future of sports. We are all aware of past incidents reported by CIF involving various forms of violence—between players, officials, coaches, and spectators. Rather than waiting for such incidents to occur here, we urge each of you to embrace sportsmanship as a personal commitment.

No outcome of a game is worth the repercussions of a regrettable moment of impulsiveness. While we acknowledge that despite our best efforts, incidents may still arise, it is crucial that we have prioritized sportsmanship. If we fail to uphold these values, we bear responsibility for any negative outcomes.

Let us foster an environment that values sportsmanship above a win-at-all-costs mentality. By achieving this, we aim for a legacy far more enduring than any championship victory could ever provide.

Governing Body for Athletics

High school athletics shall be governed by the CIF Constitution and By-Laws (Blue Book), Southern Section Constitution and By-Laws, Sunset League Constitution and By-Laws and the Huntington Beach High School School Code of Conduct-Extracurricular Eligibility Policy. Athletes shall be directly responsible to the head coach and his/her assistants. It is assumed that participation in a sport is a privilege.

Information / Rules & Expectation

Voluntary Athletic Contribution

In order to continue to provide the outstanding athletic programs at Huntington Beach High School, a voluntary athletic contribution program has been created. Each athlete will be asked to contribute prior to the beginning of each season. The money raised will go directly to the designated sport and help hire additional coaches, cover travel costs that apply to the entire team and additional expenses as explained to the parents. If you don't understand the program or have additional questions, please contact the athletic department.

Transportation

Athletic transportation to and from events is sometimes provided by the Huntington Beach Union High School District. A Transportation fee will be collected. Parents and athletes may be responsible for arranging transportation on an individual basis. Student athletes will be released from class at the designated time and responsible for transporting themselves to and from the visiting school. Students are not required to check out with the attendance office when being released from school for an athletic event. Departure times will be given by the coach and/or school for all away athletic competitions.

Conduct and Behavior

As athletes, you are representing your team, school, community, parents, and most importantly - yourself. It is important to remember to behave respectfully and appropriately. Athletes will show respect for all coaches, teachers, officials, spectators, school facilities, equipment and opponents at all times.

Appearance & Language

You must be proud of your appearance. You are expected to dress neatly and keep well groomed. When traveling to other schools or activities, keep in mind you are a representative of Huntington Beach High School. Profanity will not be tolerated. You are expected to use proper language on/off the playing field.

Valuables

Simple advice here. If you want to keep it - - don't bring it.

CIF Eligibility Rules

How To Protect Your Athletic Eligibility

Your high school years will be highlighted by your participation in interscholastic athletics. These will prove to be some of the most enjoyable years of your young life. The CIF Southern Section has standards that you must meet in order to be eligible to compete at the high school level. You are urged to study these carefully.

Residential Eligibility:

A student has residential eligibility upon initial enrollment in:

The ninth grade of any CIF high school or;

Tenth grade of any CIF high school from ninth grade of a junior high school or;

Any CIF school as a member of an approved foreign exchange program as outlined by By-law 212.

Note: Any student "recruited" or "encouraged to attend" a school by anyone connected directly or indirectly with that school will lose athletic eligibility at that school.

Changing Schools

Transfers

If a student transfers from another school to Huntington Beach High School, they should contact the Athletic Director for eligibility questions. Students are not automatically eligible. For complete details, go to www.cifss.org under "Eligibility Requirements".

Age Limitations

No student, whose nineteenth birthday is attained prior to June 15, shall participate or practice on any team. A student whose 19th birthday is on June 14, or before is ineligible.

Scholastic Eligibility

A student is scholastically eligible if:

Semesters Of Attendance

A student who first enters the ninth grade of any school following the student's completion of the eighth grade in any school may be eligible for athletic competition during a maximum period of time that is not to exceed eight consecutive semesters following the initial enrollment in the ninth grade of any school and said eligibility must be used during the student's first eight consecutive semesters of enrollment at that school or any other school.

Competing Under a Name Other Than Your Own or Falsifying Your Address

Any student whose address or name has been falsified in order to achieve residential eligibility will be ineligible in all interscholastic athletic competition for a period of one year from the date the infraction is verified.

Undue Influence Recruitment of Athletes

The use of undue influence by any person or persons to secure or retain a student or to secure or retain one or both parents, guardians or care giver of a student as residents may cause the student to be ineligible for high school athletics for a period of one year and shall jeopardize the standing of the high school in the California Interscholastic Federation

Competition On an Outside Team

A student on a high school team becomes ineligible if the student competes in a contest on an "outside" team in the same sport, during the student's high school season of sport.

Student Participation

Conduct Penalty

Student participation in athletic contests is a privilege. As a student athlete, you are expected to conduct yourself in an exemplary manner at all times. During participation in all CIF competitions, a student who is ejected or disqualified from participating in the remainder of said contest will be ineligible for the team's next contest. [In addition, any student who physically assaults a game or event official shall be banned from interscholastic athletics for the remainder of the student's interscholastic eligibility.

Sunset League Rules / Regulations

Spectators on Sidelines or Playing Arenas

No spectators shall be permitted on the field or on the sidelines at any sunset League or Huntington Beach High School contest.

Specifically this bans:

Spectators/fans from forming tunnels for players to run through on the football field.

All unauthorized persons from the sidelines (examples - coaches' children, unauthorized school personnel, parents and unauthorized photographers).

Noise Makers

Noisemakers at ALL indoor events are prohibited. Non-mechanical handheld devices (i.e. small cow bell and thunder sticks) are allowed at outdoor events, excluding baseball and softball. Whistles, air horns and other air-powered or mechanically powered devices are prohibited at ALL events.

Fights in Sports

The Sunset League believes that the primary purpose for athletics is to promote good sportsmanship and declares its intent to do all within its power to guarantee that athletic contests are held in a sportsmanlike environment.

All member schools are committed to enforcing a code of behavior that encourages good sportsmanship and provides for appropriate consequences for unsportsmanlike conduct. Therefore, the member schools agree to enforce the following:

Any student spectator who steps onto the court/playing field to start or join in a fight is to be automatically ejected from the playing facility. The member Sunset League school is expected to take disciplinary action on the next regular school day. Suspension from school and denial of future opportunities to participate as a spectator at athletic contests/games are but two penalties which should be imposed.

Any player ejected from an athletic contest for fighting shall be subject to any or all of the following disciplinary actions. This rule applies to a fight that may occur after the game before the teams have vacated the playing area.

Removal from the next 3 to 6 regularly scheduled contests.

May be suspended from school.

May be removed from the team.

Maybe removed from all athletic programs for a period of time to be determined by the school.

Other appropriate disciplinary action.

Any team or group of players that leaves the bench while a fight is in progress may cause the game to be forfeited. If both teams or groups of players from both teams leave the bench while a fight is in progress, a double forfeit may be imposed. This rule applies to a fight that may occur after the game, before the teams have vacated the playing area.

Any individual athlete participating in a fight shall be subject to any or all of the following disciplinary actions. This rule applies to a fight that may occur after the game before the teams have vacated the playing area.

Immediate removal from the contest.

Removal from the next 3-6 regularly scheduled contests.

May be suspended from school.

May be removed from the team.

May be removed from all athletic programs for a period of time to be determined by the school.

Other appropriate disciplinary action.

General Rules

The following are general responsibilities of the athlete:

Applicability

513995952. Prior to participation, a student/athlete must complete the proper athletic clearance procedures which include:

Pre-Participation Physical Evaluation Form

Physical Exam

Emergency Medical Information Card

Parent Consent

Complete online registration:

Handbook Acknowledgment Form

Huntington Beach High School Code of Conduct – Extracurricular Eligibility Policy

CIF-SJS/HBHS Code of Ethics in Sports

Expectations of Athletes / Expectations of Parents

Notice of Anabolic Steroid use and other Performance Enhancing Drugs

CIF-HBHS Code of Conduct for Interscholastic Student-Athletes

Principles of Pursuing Victory with Honor

Paid all Fines

Athletes shall follow all team rules set forth by the coach and the Huntington Beach High School Code of Conduct – Extracurricular Eligibility Policy.

Academic Eligibility Standards

In calculating Grade Point Average (GPA), CIF regulations state that an Incomplete, NC or NM must be factored as a "0" on a 4 point scale. GPA will be determined by dividing the total number of grade points by total number of courses (A=4, B=3, C=2, I/NC/NM=0)

Incoming Freshman

Returning UpperClassmen

Athletes who fall below the 2.0 GPA at any grade reporting period (semester) will be put on probation, unless they do not pass 20 credits (in this case they are immediately ineligible). If a student is ineligible, the coach may allow them to be on the team but they are ineligible to participate in any Interscholastic contest. The coach may allow them to practice (coaches discretion). Once the minimum standard is met, the athlete will be allowed to participate in contests. A 2nd consecutive semester below a 2.0 GPA results in an athlete becoming ineligible.

Tryout

Student athletes may participate in tryouts as long as they have a current physical and a tryout waiver.

Coaches Obligation

Coaches may set standards of behavior and expectations for their sport which, if violated, may result in the student athlete being suspended or dismissed from the team for the remainder of the season. Each coach shall furnish the participant with a copy of their team rules and expectations at the beginning of the season. Additional team rules must be approved in advance by the Athletic Director or Principal.

Lettering Policy

Athletes who have completed, in good standing, an entire season of sport will be eligible for all special awards and may receive an athletic letter.

Quitting a Sport

Any athlete who quits a team without permission of the coach after the team's first league contest or is removed from a sport will not be eligible to participate in another sport until the completion of the season of the sport that the athlete quit.

Responsibility for Equipment

Athletes shall assume responsibility for all athletic equipment issued to them and will be expected to pay for any lost, misplaced, stolen or abused equipment.

Huntington Beach High School Code of Conduct

Any discipline issues (as outlined in our parent/Student Handbook) shall be referred to the Head Coach, Athletic Director and or the AP of Athletics.

Administrative Obligation

When, in the opinion of the Principal/designee, a student/athlete's conduct, both in or outside school, is deemed to be a detriment to the school, poses a danger to students, or is a threat to disrupting the educational process, the Principal/designee may, at his/her discretion, suspend/remove the student from participation in any extracurricular program.

Citizenship / Respect

At the very core of citizenship is respect, respect for self and respect for others.

Respect is the core of citizenship that provides motivation and a sense of responsibility. Without respect for self and others, there can be no citizenship, because the foundation of citizenship is built upon the desire to respect the rights and preferences of others.

Courtesy is a quality of respect. On the other hand, discourtesy, ridicule, and dishonor define disrespect.

Participation

Expectations of Athletes

Athletics is voluntary. Participation is not required for graduation and thus, being on a sports team is a privilege which must be earned and not a right. With that privilege come responsibilities to maintain the established standards of conduct of this district as defined in the CIF Code of Ethics both on and off the field.

Athletics as a Part of the Educational Program

Athletics are just one of many parts of the education program that is provided to students. The reason students are in school is to learn and therefore academics will always come first.

Maintaining academic eligibility is the student's responsibility, not that of coaches or teachers.

Eligibility can also be lost because of poor attendance or citizenship.

Participating in athletics and being on a team may mean sacrifices. The commitment an athlete makes to his/her team and coach requires that choices be made and priorities kept.

Being a Part of the Team

Athletes learn many skills to play their chosen sport but the most important skill that must be learned is teamwork.

To be successful, every member of the team must work together to make the whole greater than the sum of the parts.

Arriving Ready to Play

Athletes should come to practice on time, ready to listen and ready to learn. Athletes should be prepared physically and mentally for the season. This includes training in the preseason and taking care of your body and mind during the season.

Conduct On and Off the Field

On the field: Athletes are respectful towards their teammates, coaches, opponents, fans, and officials. They play by all the rules of the game all the time.

On campus: Athletes set an example of good citizenship. They help promote school spirit and they should strive to be positive leaders in school activities.

In the classroom: Athletes show respect for teachers and fellow students.

At all times: Athletes represent their team, school and community. Athletes should be conscious of their appearance and manners at all times.

Sportsmanship

Athletics mean more than competition between individuals or teams representing different schools. It is a means of learning the lessons of life.

Winning and losing are a part of competition and should be done with modesty in victory and graciousness in defeat.

Expectation of Parents

Keeping Athletics in Perspective

Emphasize that academics always come first.

Assist the student to structure time wisely so that athletics do not interfere with academics.

Use athletics as a way to teach our children how to react and interact with other people during tense situations. Help your athlete understand that athletic ability varies with body maturity and that effort is just as important as natural ability.

Supporting your Student Athlete

Encourage participation by both girls and boys. Allow the student to select the sport based on his/her perceived ability and likes. Provide a pressure free environment regarding scholarship expectations.

Be supportive of your athlete: see that his/her medical needs are met; see that he/she has proper equipment; attend as many of your child's contests as possible.

Stress the importance of the complete athlete, both mental and physical preparation.

Do not emphasize "quitting" as the best way to solve problems, but rather perseverance.

Supporting the Program

Be supportive of the coaching staff. Go to all meetings requested by coaches. Being on a successful team is important to your athlete. Support the coaches' preparation plan. Talk to your athlete frequently about how things are going with his/her sport. Make arrangements to talk to the coaches privately and early about perceived problems.

During the season, take into consideration practice and games when planning family events.

Understand the needs of the particular sports. Some take more equipment, some take more time and others may call for some form of year-round preparation.

Support the district policy of no profanity, alcohol, illegal drugs, tobacco, steroids or PED.

Model positive behavior towards everyone involved in the event as described in the CIF Code of Ethics.

Parents may be suspended from attendance at contests for poor behavior for 1-6 games. If behavior continues, a parent may be banned for the rest of the season.

Role Modeling

Expectations of Coaches

Because coaches' lives are open to public scrutiny, coaches should use good judgment in conducting their private and public lives.

Because impressionable youths many times imitate the actions of their coaches, these coaches should model exemplary behavior on and off the field, and encourage their athletes to do the same.

Coaches should instill in their athletes that they are all representing not only their school, but also their families and community as well.

Professionalism

Coaches' behavior on and off the field should exemplify leadership, composure, discipline and integrity.

Coaches should allow every student a fair and equal opportunity to try out for the team.

Coaches should use caution and common sense in any physical contact with their athletes.

Coaches should not exert undue influence on athletes either to play one sport at the expense of another or to play on a club team.

Communication with Athletes

Coaches should communicate in a positive manner even when correcting or criticizing an athlete.

Coaches should emphasize team loyalty and effort, stressing the value of each individual's contribution toward the success of the team.

Coaches should assist students in setting realistic goals, then achieving them, one at a time.

Coaches should help each athlete achieve his/her own personal best.

Communication with Parents

Coaches should have a meeting prior to the season to inform parents, orally or in writing, of practice hours and the schedule of games and tournaments.

They should discuss with parents the various roles they might play in assisting in their student's success.

Coaches should be open and available to discuss a student's progress with his/her parents.

Teaching Skills and Conditioning

Coaches should be knowledgeable of and well trained in the teaching of skills of the sport.

Coaches should physically condition their athletes before each season and teach techniques that enhance an athlete's safety as well as that of an opponent.

Coaches should stress the necessity of athletes to be in their best physical condition as a responsibility to themselves as well as to their team.

Priorities of Life

Coaches should remember that athletics are only part of a student's life and must be kept in a realistic balance with the demands of academics and one's family.

Coaches should teach the athletes to win with a sense of accomplishment and with humility and to lose without excuses.

Creating a Successful Environment

Coaches should prepare themselves as students of the game.

Coaches should be positive and enthusiastic. Coaches should develop a program that will attract students to the sport. Coaches should make the sport competitively fun.

Huntington Beach High School Ethics in Sports

Policy Statement

Huntington Beach High School, as a member of the Southern Section, California Interscholastic Federation, is committed to the exhibition of sportsmanlike and ethical behaviors in and around all athletic events. All contests must be safe, controlled, fair, courteous and orderly for all athletes and fans.

It is the intent of Huntington Beach High School and CIF that violence in any form not be tolerated. In order to enforce this policy, HBHS has adopted rules and regulations which set forth the manner of enforcement of this policy and the penalties incurred when violation of the policy occurs.

Huntington Beach High School, in accordance with Southern Section CIF, as recommended by the State CIF Federated Council, requires that the following Code of Ethics be issued to each athlete each year and will require signing by student athletes, parent/guardian and coaches each year prior to participation.

CIF Code of Ethics

It is the duty of all concerned with high school athletics:

To emphasize the proper ideas of sportsmanship, ethical conduct and fair play.

To eliminate all possibilities which tend to destroy the best values of the game.

To stress the values derived from playing the game fairly.

To show cordial courtesy to visiting teams and officials.

To establish a happy relationship between visitors and hosts.

To respect the integrity and judgment of sports officials.

To achieve a thorough understanding and acceptance of rules of the game and the standards of eligibility.

To encourage leadership, use of initiative, and good judgment by the players on a team.

To recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well being of the individual players.

To remember that an athletic contest is only a game - not a matter of life and death for player, coach, school, officials, fan, community, state or nation.

Principles of Pursuing Victory with Honor

The Operating Beliefs and Principles of the California Interscholastic Federation

At its best, athletic competition can hold intrinsic values for our society. It is a symbol of a great ideal: pursuing victory with honor. The love of sports is deeply embedded in our nation's consciousness. The value of millions of participants and spectators are directly and dramatically influenced by the values and actions conveyed by organized sports. In the belief that the impact of sports can and should enhance the character and uplift the ethics of our students across the state, we have established a framework of principles and a set of common values that must be adopted and practiced widely.

On November 5, 1999 nearly 50 interscholastic sports and educational leaders representing California's 1263 high schools voted as part of the CIF Federated Council, to unanimously adapt and endorse "Pursuing Victory With Honor" as operating beliefs and principles of the California Interscholastic Federation (CIF). "Pursuing Victory With Honor" is the result of a conference convened May 12-14, 1999 in Scottsdale, Arizona by the Josephson Institute of Ethics, CHARACTER COUNTS! Coalition and the United States Olympic Committee.

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 sport 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."

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.

Participation in school sports programs is a 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.

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.

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.

The importance of character, ethics and sportsmanship should be emphasized in all communications directed to student-athletes and their parents.

School Boards, superintendents, school administrators, parents and school sports leadership must ensure that the first priority of their student-athlete is a serious commitment to getting an education and developing the academic skills and character to succeed.

School Boards, superintendents, principals, school administrators and everyone involved at any level of governance in the CIF must maintain ultimate responsibility for the quality and integrity of CIF programs. Such individuals must assure that education and character development responsibilities are not compromised to achieve sports performance goals and that the academic, social, emotional, physical and ethical well-being of student-athletes is always placed above desires and pressures to win.

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

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

School Boards, superintendents, and school administrators of CIF member schools must ensure that coaches, whether paid or voluntary, are competent to coach. Training or experience may determine minimal competence. These competencies include basic knowledge of: 1) The character building aspects of sports, including techniques and methods of teaching and reinforcing the core values comprising sportsmanship and good character; 2) The physical capabilities and limitations of the age group coached as well as first aid; 3) Coaching principles and the rules and strategies of the sport.

Because of the powerful potential of sports as a vehicle for positive personal growth, a broad spectrum of school sports experiences should be made available to all of our diverse communities.

To safeguard the health of athletes and the integrity of the sport, school sports programs must actively prohibit the use of alcohol, tobacco, drugs and performance enhancing substances, as well as demand compliance with all laws and regulations, including those related to gambling and the use of drugs.

Schools that offer athletic programs must safeguard the integrity of their programs. Commercial relationships should be continually monitored to ensure against inappropriate exploitation of the school's name or reputation. There should be no undue interference of influence of commercial interests. In addition, sports programs must be prudent, avoiding undue financial dependency on particular companies or sponsors.

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

CIF - Huntington Beach High School

Code of Conduct for Interscholastic Student-Athletes

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "Six Pillars of Character"). This Code applies to all student-athletes involved in interscholastic sports in California. I understand that, in order to participate in high school athletics, I must act in accord with the following:

Trustworthiness - be worthy of trust in all I do.

Integrity - live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what's right even when it's unpopular or personally costly.

Honesty - live and compete honorably; don't lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.

Reliability - fulfill commitments; do what I say I will do; be on time to practices and games.

Loyalty - be loyal to my school and team; put the team above personal glory.

Respect - treat all people with respect all the time and require the same of other student-athletes.

Class - live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; give fallen opponents help, compliment extraordinary performance, show sincere respect in pre- and post-game rituals.

Disrespectful Conduct - don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.

Respect Officials – treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic event.

Importance of Education – be a student first and commit to getting the best education I can. Be honest with myself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably

Role Modeling – Remember, participation in sports is a privilege, not a right and that I am expected to represent my school, coach and teammates with honor, on and off the field. Consistently exhibit good character and conduct yourself as a positive role model. Suspension or termination of the participation privilege is within the sole discretion of the school administration.

Self-Control – exercise self-control; don't fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.

Healthy Lifestyle – safeguard your health; don't use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.

Integrity of the Game – protect the integrity of the game; don't gamble. Play the game according to the rules.

Be Fair - live up to high standards of fair play; be open-minded; always be willing to listen and learn.

Concern for Others - demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to myself or others.

Teammates - help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

Play by the Rules – maintain a thorough knowledge of and abide by all applicable game and competition rules.

Spirit of Rules – honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

Spectator Expectations HBHS Parent/Spectator Expectation

Thank you for allowing your student-athlete to be a part of Huntington Beach Oiler Athletics, which is a premier program in a premier league. We are extremely proud of what we have accomplished to make Huntington Beach a highly respected athletic program in Orange County. Our goal is to provide a positive environment for your student-athletes. For

this to occur, open lines of communication are imperative. The goals of the following policies and procedures are to create a positive environment in which student-athletes thrive. It will also allow for quick resolution to questions before they become issues.

Parent/Coach Communication

Listed below are the means and appropriate topics of communication between parents and coaches:

Communication you should expect from your athlete's Coach:

Philosophy of the Coach

Expectations your Coach has for your athlete

Locations and times of practices and games

Team rules/requirements

Participant conduct of code and consequences for not following these guidelines

Procedure that should occur in the event your athlete is injured

Responsibility for unreturned or lost equipment after the season

Communication regarding your athletes academic success in the classroom

Communication Coaches expect from Parents:

Questions or concerns not related to athletic decisions expressed directly to the coach

Notification of any schedule conflicts well in advance

Information about the health or well-being of your athlete

Whenever possible, Coaches would love to hear directly from your student athlete if he/she has concerns, encouragements, or questions. We want to help our athletes grow to become young productive citizens. Learning how to communicate with an authority figure, like a coach, is vital to that growth.

Inappropriate Concerns to discuss with your Coaches:

Playing Time

Team strategy

Play calling

Substitution pattern

Matters concerning other students or athletes

Athletes level of participation

*Parents are not to contact any coach other than the Head Coach to set up meetings about athletes. Oiler coaches will not discuss playing time or other concerns with a parent until after your athlete has met with either the head coach or his position coach. The Head Coach and your athlete's position coach will then schedule a meeting to discuss YOUR ATHLETE ONLY. If a parent speaks negatively about another athlete on the team in regards to playing time, the meeting will be terminated.

Meeting Progression:

Lower level Head Coach (if applicable)

Head Varsity Coach

Athletic Director

Assistant Principal

Principal

Parent/ Spectator Code of Conduct

As a parent or spectator, I agree to:

Provide positive support, care, and encouragement to my student-athlete and his team.

Demonstrate good sportsmanship toward the visiting team, their coaches, officials, and their fans.

Support the coaches and help teach the value of commitment to the team, sportsmanship, ethical conduct, and fair play.

Maintain positive behavior and attitude at all athletic contests.

Respect the position and professionalism of game officials.

Refrain from the use of foul language.

Refrain from yelling criticism at athletes, coaches, or teams.

Refrain from making derogatory comments to players, other parents, spectators, game officials, or school administrators.

Allow the coach to be responsible for your athlete during practices, games, or team related activities.

Not Undermine, in work or deed, the authority of the coaching staff.

Assist in providing for your athlete's safety and welfare.

Abide by and support any rules, guidelines or policies of HBHS, HBUHSD and CIF.

Help my student-athletes and HBHS make athletic contests a positive experience.

Direct constructive criticism of my child's team program to the head coach and/or Athletic Director. Work toward a positive result for all concerned.

Emphasize the importance of being a Student-Athlete.

Strive to make every athletic activity serve as a training ground for life, and a basis for good mental and physical health by being present to support the athletes.

Abstain from being under the influence of or in possession of drugs or alcoholic beverages at any football contest, game or practice.

Stay behind the designated spectator line/ fence during a game and practice.

Consequences of Parent/Spectator Behavior

By agreeing to this Code of Conduct form, you are agreeing to adhere to all the above stated requirements. This is your written warning. At any Oiler athletic event, practice, or competition, any adult who verbally abuses, attempts to intimidate, is flagrantly rude to, or does not control their language or actions with a player, coach, spectator, or HBUHSD staff member will be asked to leave and banned from all future Oiler Athletic events. If the spectator fails to leave upon request, law enforcement authorities may be called to remove the spectator.

Sunset League Schools

Take summer school classes to repeat a failed course or earn credits towards graduation. Classes are often taken during summer school in order to provide extra time during the school year.

Do not repeat a class in which you have received a C or better. Do consider repeating a class in which you've received a NC. It is best to eliminate poor grades from your transcript.

When choosing classes, consider your own academic goals, the requirements of the colleges you are interested in attending and the NCAA requirements. Take classes that will fulfill all these requirements.

Ask your teacher for help. Let him/her know you are interested in improving your grades. (Few teachers, if any, will ignore a truly interested student.)

Take classes that teach study skills. These are often offered at community colleges or through the high school counseling program.

Take courses that prepare you for the SAT or ACT tests. Ask your advisor to direct you to these workshops. Look for classes in the community college catalog.

Take practice SAT or ACT tests that are offered.

Talk to your counselor about repeating the SAT or ACT if you receive a low score the first time.

Take the initiative in your own academic process. Use every resource available.

ASK FOR HELP WHEN YOU NEED IT. SHOW UP FOR YOUR CLASSES.

DO YOUR HOMEWORK. DEVELOP GOOD STUDY SKILLS..

Athletic Counselor

At Huntington Beach High School, we are committed to fostering a supportive and challenging environment where all students can thrive, both academically and athletically. We are proud of our diverse student body and our successful athletic programs, which emphasize character development and teamwork. With an enrollment of around 2,800 students, we are proud to have more than half of them participating in athletics in some form.

Job Summary:

The High School Athletic Counselor is a vital member of the student support team, dedicated to the academic, personal, and leadership development of our student-athletes. This position provides comprehensive counseling services tailored to the unique needs of student-athletes, ensuring their success both on and off the field. A key component of this role involves providing Tier 2 intervention within our Multi-Tiered System of Supports (MTSS) framework, specifically addressing the social-emotional and mental health needs of our student-athletes. The Athletic Counselor will work closely with students, coaches, teachers, and parents to create a holistic support system that promotes academic excellence, personal growth, and positive mental health.

Responsibilities:

Academic Support:

Monitor student-athlete academic progress, including grades, attendance, and course selection.

Develop and implement individualized academic plans to ensure NCAA eligibility (if applicable) and graduation requirements are met.

Provide academic advising and tutoring referrals.

Collaborate with teachers to address academic concerns and provide support for student-athletes.

Advocate for student-athletes' academic needs.

Leadership Development:

Design and facilitate leadership workshops and training sessions for student-athletes.

Mentor student-athletes in developing leadership skills, such as communication, teamwork, and decision-making.

Support student-athlete leadership initiatives and projects.

Advise student-athlete leadership groups or clubs.

Time Management & Organizational Skills:

Provide guidance and resources to student-athletes on effective time management and organizational strategies.

Assist student-athletes in balancing academic, athletic, and personal commitments.

Develop and implement time management workshops and tools.

Mental Health & Well-being (Tier 2 MTSS Intervention):

Provide individual and group counseling to student-athletes addressing mental health concerns, such as stress, anxiety, and depression.

Offer crisis intervention and support services.

Promote mental health awareness and reduce stigma within the athletic community.

Collaborate with school psychologists and other mental health professionals as needed.

Make referrals to outside mental health resources when necessary.

Conflict Management & Resolution:

Provide training and support to student-athletes in conflict resolution skills.

Mediate conflicts between student-athletes, coaches, or teammates.

Promote a positive and respectful team environment.

Personal Growth & Development:

Facilitate workshops and discussions on personal growth topics, such as self-esteem, goal setting, and career exploration.

Provide individual counseling to student-athletes on personal challenges and development.

Connect student-athletes with resources and opportunities for personal growth.

Collaboration & Communication:

Collaborate effectively with coaches, teachers, parents, and other school staff to support student-athletes.

Communicate regularly with parents regarding student-athlete progress and concerns.

Attend athletic events and school functions.

Maintain accurate and confidential student records.

Sample Daily Tasks:

Meeting with a student-athlete to discuss their academic progress and create a plan for improvement.

Facilitating a workshop on time management skills for a specific athletic team.

Providing individual counseling to a student-athlete struggling with anxiety related to competition (Tier 2 MTSS Intervention).

Consulting with a coach regarding a student-athlete's academic or behavioral concerns.

Reviewing student-athlete transcripts to ensure NCAA eligibility requirements are being met.

Responding to emails and phone calls from parents and coaches.

Collaborating with the school psychologist on a case involving a student-athlete.

Attending a team practice or game to show support for student-athletes.

Athletic Counsel

This should be composed of the key coaches and ASB Director. The AD and Admin will also play a role in providing feedback and guidance on rules and policy as needed. The role of the Athletic Counsel would be to hold all athletes and programs to the same standards, provide equal consequences across all athletics programs, and provide updates/concerns to the AD and Administration.

Benji M.

Jeff F.

Craig P.

Kareen S.

Andy V.

Russ M.

Tino Z.

Ryan C.

Misha S.

Matthew H.

Captain's Council

Each team would have 1–2 representatives who would work together to improve communication, leadership, and team culture across all athletic programs. They would meet regularly (once per quarter?) to discuss team issues, share ideas, promote good sportsmanship, and increase school spirit. The goal is to develop leaders within each sport, build a healthy culture, and potentially help coaches and administration. The oversight for this group could be the Athletic Counsel.

End of Season Meeting

All Varsity Head Coaches should meet with the AD and Admin to discuss the previous season's outcome, address any concerns or needs, and set goals for the next season (this is like an IPP for coaches).

Booster Clubs

Have a meeting before the school year starts and a quick refresher before the Winter and Spring seasons.

Athletic Director Role

Key Responsibilities:

Supervising Coaches: Athletic directors hire, train, and evaluate coaches, providing guidance and support to ensure they are performing effectively.

Managing Budgets: They are responsible for creating and managing the athletic department budget, allocating funds for equipment, facilities, and other needs.

Developing Programs: Athletic directors work to develop and improve athletic programs, including scheduling games, organizing events, and promoting sports.

Ensuring Compliance: They ensure the athletic program complies with all relevant rules and regulations, including those from governing bodies like the CIF.

Managing Facilities: They oversee the maintenance and upkeep of athletic facilities, ensuring they are safe and suitable for use.

Fundraising: Athletic directors may also be involved in fundraising efforts to support the athletic program.

Working with Staff: They collaborate with various staff members, including athletic trainers, event staff, and other administrative personnel.

Promoting the Program: They work to promote the athletic program to the wider community, including students, faculty, alumni, and the general public.

Strategic Planning: Athletic directors are involved in developing long-term strategic plans for the athletic program.

Administration's Role: Support the Athletic Director.

1. Vertical Alignment and Unified Philosophy

Develop a vertically aligned program from middle school through high school, ensuring that skills, terminology, and expectations build progressively at each level. Regular meetings between middle and high school coaches can foster a unified coaching philosophy, shared playbooks, and consistent evaluation metrics, making transitions smoother for student-athletes.

Encourage high school coaches to mentor middle school coaches, attend middle school games, and offer joint training sessions or clinics to create a seamless pipeline of talent and culture.

2. Structured Skill and Leadership Development

Implement structured, progressive skill development plans that are communicated clearly to athletes and parents, so everyone understands the pathway and expectations at each stage.

Continue to emphasize leadership development through captain's councils, workshops, and peer mentoring, ensuring student-athletes are not only skilled but also positive role models within the school community.

3. Holistic Athlete Support

Expand mental health and well-being initiatives, including regular workshops on stress management, resilience, and coping strategies, as well as easy access to counseling services.

Integrate sports vision training into your program to enhance athletes' visual processing, reaction time, and hand-eye coordination, which can be game-changing for performance and injury prevention.

4. Health and Safety as a Priority

Strive to have a full-time athletic trainer available, or at least consistent access to one, as this is considered the gold standard for high school sports health care and is critical for athlete safety.

Regularly review and update safety protocols, including concussion management, emergency action plans, and safe equipment use.

5. Community and Family Engagement

Strengthen relationships with local elementary and middle schools, offering youth camps, clinics, and informational sessions for families to build excitement and understanding about your program.

Foster active booster clubs and parent engagement initiatives, ensuring families feel connected and informed about program goals and expectations.

6. Program Promotion and Visibility

Leverage social media and local media outlets to highlight athlete achievements, team successes, and the values of your program, helping to build school spirit and community support.

Celebrate not only athletic success but also academic achievement, community service, and examples of good sportsmanship.

7. Continuous Evaluation and Improvement

At the end of each season, conduct thorough program evaluations involving coaches, athletes, parents, and administrators to assess alignment with your vision and identify areas for improvement.

Use data from these evaluations to inform strategic planning and set measurable goals for the following year.

8. Inclusivity and Access

Ensure that your program is accessible to all students, regardless of background or ability, by offering a range of sports, minimizing financial barriers, and actively promoting participation among underrepresented groups.

Consider creating introductory or developmental teams for students new to athletics, focusing on skill-building and confidence.

By implementing these strategies, your program can further its vision of developing well-rounded student-athletes, fostering a positive and inclusive culture, and building a sustainable, community-supported athletics pipeline from middle school through high school.