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Athletic Philosophy

Lindsay High School believes that an athletic program provides opportunity for learners to acquire tools for lifelong personal growth and fulfillment of potential. These tools include self-discipline, teamwork, perseverance, fair play, and grace in winning and losing. Furthermore, lifelong participation in physical activity is valuable in both physical and mental fitness. In order to provide the greatest benefit to all athletes, the LHS Learning Community will provide coaches who exemplify the kind of behavior and leadership that is developed from this philosophy. While our Learning Community takes great pride in winning, we do not condone "winning at any cost" and discourage any and all pressures, which lead to poor sportsmanship and neglect good physical and mental health. At all times, the athletic program will be conducted in a way that is complementary and supportive of the Lindsay High School Learning Community.

Sportsmanship

The underlying value of all high school activities is sportsmanship. Without it, competitions would be plagued with disrespectful antics. Fair play, respect for competitors, respect for authority and respect for the game itself would be in jeopardy. It is safe to say that sportsmanship is a healthy portion of what constitutes good citizenship. It creates the moral framework, ethical content and the balanced perspective for winning and losing. It establishes the standard of conduct of participants, fans and the game itself. Because it assists in the character development of the participants, it also contributes to the strength and civility of sports and, ultimately, society. Winning and losing are a part of competition and should be done with modesty in victory and graciousness in defeat. True sportsmanship, however, does not preclude celebration that is spontaneous and has provided some of the finest, most memorable and most emotional moments in sports history. Celebrating the thrill of victory without diminishing, mocking or disrespecting the efforts of one's opponents can be a display of happiness in sports at its best.

Minimum Sportsmanship Consequences

1. Ejection:

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

1. **First Ejection:** Player is ineligible to participate in the team's next contest. Players may remain on the bench for the duration of that contest and may be on the bench in street clothes for the team's next contest. If the ejection occurs in the last game of the season, the player would be ineligible for the team's first contest the following season. If the player is a senior, he or she would be ineligible for the first contest of their next season of sport.
2. **Second Ejection:** Player is ineligible to participate in the team's next three (3) contests. Players may remain on the bench for the duration of that contest and may be on the bench in street clothes for the team's next three (3) contests. If the season concludes prior to the player serving the three (3) contests suspension, he or she would be ineligible for the number of contests remaining on the suspension for the team's following season. If the player is a senior, he or she would be ineligible for the number of contests remaining on the suspension for their next season of sport.
3. **Third Ejection:** Player is ineligible to participate for the remainder of that season. Players may remain on the bench for the duration of that contest and may be on the bench in street clothes for the team's remaining contest that season. If there are six (6) or fewer contests remaining in the season, the player would be ineligible for up to six (6) contests for the team's following season as determined by the CIF Section Commissioner with jurisdiction in the matter. If the player is a senior, he or she would be ineligible for up to six (6) contests for the next season of sport as determined by the CIF Section Commissioner with jurisdiction in the matter.

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

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

team's following season. If the player is a senior, he or she would be ineligible for the number of contests remaining on the suspension for their next season of sport. *NFHS Rules indicate automatic one game suspension for leaving the bench.

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

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

A coach who is ejected from a contest (for reasons other than fighting) shall be disqualified from participating in the remainder of that contest and his or her team's future contest (s) as outlined below:

- **First Ejection:** Coach is disqualified from participating in the team's next contest. Coach must immediately vacate the playing area and the vicinity in and around the contest and refrain from having any communication with the team or other coaches for the remainder of that contest and for the team's next contest. If the ejection occurs in the last game of the season, the coach would be ineligible for the team's first contest the following season.
- **Second Ejection:** Coach is disqualified from participating in the team's next three (3) to six (6) contests as determined by the CIF Section Commissioner with jurisdiction in the matter. Coaches must immediately vacate the playing area and the vicinity in and around the contest and refrain from having any communication with the team or other coaches for the remainder of that contest and for the team's next three (3) to six (6) contests. If the ejection occurs in the last game of the season, the coach would be ineligible for the team's first three (3) to six (6) contests the following season.
- **Third Ejection:** Coach is disqualified from participating in the remaining contests of that season. Coaches must immediately vacate the playing area and the vicinity in and around the contest and refrain from having any communication with the team or other coaches for the remainder of that contest and for the remaining contests of that season. If there are six (6) or fewer contests remaining in the season, the coach would be disqualified from participating for up to six (6) contests for the team's following season as determined by the

CIF Section Commissioner with jurisdiction in the matter.

A coach who is ejected from a contest for (Fighting/Assaultive Behavior/Gross Unsportsmanlike Conduct) shall be disqualified from participating in the remainder of that contest and his or her team's future contests as outlined below: Coach is disqualified from participating for the remainder of that season. Coach must immediately vacate the playing area and the vicinity in and around the contest and refrain from having any communication with the team or other coaches for the remainder of that contest and for all of the team's remaining contests that season. If there are fewer than six (6) contests remaining in the season, the coach would be disqualified from participating for up to six (6) contests for the team's following season as determined by the CIF Section Commissioner with jurisdiction in the matter.

A parent/spectator who is ejected from a contest for reasons other than fighting/assaultive behavior/gross unsportsmanlike conduct will be required to leave the school premises immediately and will not be authorized to attend the team's next contest. If the spectator is ejected a second time, they will not be authorized to attend any contests for any athletics for the remainder of the year.

A parent/spectator who is ejected from a contest for fighting/assaultive behavior/gross unsportsmanlike conduct will not be authorized to attend any contests for any athletics for the remainder of the year.

Eligibility

For a learner to be eligible to compete in athletics, the following items must be cleared or adhered to:

1. **PARENTAL CONSENT** - This remains on file in the LHS office.
2. **PROOF OF INSURANCE/EMERGENCY CONTACT** - Each learner athlete must have an Emergency Contact on file and must carry accident insurance. The name and policy number of the insurance company must be recorded. Insurance information will be documented when registering for sports on FamilyID. If needed, affordable insurance may be purchased in the office.

LUSD is now offering Student Accident Insurance as an extra benefit to our learners and families. This program provides coverage for all student injuries that occur during the hours and days when school is in session and while attending or participating in school-sponsored and supervised activities on or off school premises and whether or not that school is in session. This coverage includes all interscholastic sports, and for PreK-12 grade districts, will include tackle football. Student Accident Insurance in an EXCESS plan; claims are paid

on a secondary basis. This means that the program will pay toward those expenses not paid or payable by any other valid collectible insurance plan. Ultimately, the families are responsible for submitting claims directly to the insurance company, we support by providing information related to the injury. For questions regarding these benefits, please contact the Student Services Department at (559) 562-5111 ext. 5145.

3. **PHYSICAL EXAMINATION/CLEARANCE** - Required of all learner athletes. The family doctor or a doctor provided by the school may give the physical. A Pre-participation Physical Form may also be obtained at the LHS front office. This is the only authorized physical examination form, no others will be accepted.
4. **ACADEMIC ELIGIBILITY** - An athlete must be on pace and meet credit requirements from the previous progress period to remain eligible for athletics. Once a player lands on the "ineligible list", they will be ineligible for the entire 6 week period. Returning to eligible status is only possible for the next 6 week reporting period. The only exception is where a mistake or oversight in the calculation process has been identified.
5. **ATTENDANCE ELIGIBILITY** - An athlete must not accrue more than 5 tardies from the previous progress period to remain eligible for athletics. Once a player lands on the "ineligible list", they will be ineligible for the entire upcoming 6 week period.
Remediation: An athlete may enter into a contract with the Athletic Director whereby agreements are made to remedy, correct or fix a problem. Each athlete is afforded this opportunity one time with the expectation that the athlete upholds the agreements in the contract. In exchange for these agreements, the Athletic Director will reinstate the athlete as eligible. No other contracts will be afforded if the athlete lands on the ineligible list again for tardiness.
6. **BEHAVIOR ELIGIBILITY** - An athlete must not accrue more than 1.5 demerits from the previous progress period to remain eligible for athletics. Once a player lands on the "ineligible list", they will be ineligible for the entire 6 week period. Returning to eligible status is only possible for the next 6 week reporting period. The only exception is where a mistake or oversight in the calculation process has been identified.
7. **Team Expectations For Ineligible Athletes:**
 - Participate in all scheduled team functions, practices, meetings, etc.
 - Athletes will be part of team contests as a supporting role but cannot dress out in school assigned uniform or team gear. The only exception to above would be when participation would require the learner-athlete to miss any school. At no time should an academically ineligible learner miss academic time.
 - Practice: At the coaches discretion, the athlete should 1. Practice with the squad, 2. Do homework at practice, 3. Participate in Redzone to improve their academic standing. At no time does a suspension allow an athlete to miss practice without the normal coach approval.

- All Team Code of Conduct expectations still apply.
- 8. **PRIOR SPORTS CLEARANCE** - An athlete must be cleared for lost equipment and athletic gear from previous sports prior to participating in any future sports. Failure to be cleared will disqualify the athlete from participating in any sports until cleared.
- 9. **ATTENDANCE:** Game Day: Learner athletes must attend a minimum of half a school day on the same day of a game to be eligible. Emergencies are accepted with the approval of the Athletic Director or Principal.
- 10. **QUITTING OR DROPPING A SPORT** - If a learner athlete quits a sport, they will be assessed 4 demerits which equates to 40% of their next season of sport. Athletes are required to attend all regularly scheduled practices and team events but cannot dress for games nor travel with the team to away games. (Exceptions to this policy will be determined by the Athletic Director and the appropriate coaches).
- 11. **CUTTING CLASS** - A learner athlete who cuts a class period on the day of a practice or a game is ineligible for that day.
- 12. **P.E. OR MEDICAL EXCUSES** - Any valid excuses for P.E. from the school nurse, a doctor or a parent will also mean that the learner athlete shall not participate in practice or game situations without a release.
- 13. **ABSENCES** - Learner-athletes who are absent from school on a gameday are not permitted to participate in the game.
- 14. **TARDIES** - Learner-athletes who receive tardies in increments of 5 will be assessed a suspension from games. For every 5 tardies, they will receive a 10% suspension of the season or of the remaining games; i.e., 10 tardies = 20%, 15 tardies = 30% etc. A one-time pass is given to athletes on their first tardy suspension, with a 6-month agreement to remedy the behavior causing the tardies and not receive up to 5 more. If the agreement is violated and voided due to the accumulation of 5 or more tardies, the previous tardies are added back to the record, and the new suspension will include the old tardy count as well.
- 15. **MULTI-SPORT ATHLETES** - Multi-sport athletes are encouraged. If a learner-athlete desires to play multiple sports in one season, they are allowed to do so; however, there must be a clear, concise understanding and agreement between the learner-athlete, coaches of all sports, their parents and the Athletic Director. A clear plan must be outlined - including a contract signed by all of the aforementioned personnel and a calendar outlook on the season detailing which days the learner-athlete will be present at each sport.

Team Rules and Discipline

1. Coaches shall enforce the "Athletics Code of Conduct" which governs both on court and off court expectations. The A.D. and Principal are the final learning community authority in all

programs arising in or dealing with athletics in such matters as training rules, quitting a sport, reinstatement after a suspension, attendance at school, responsibility for equipment, and awards.

Athletes who are issued a suspension MUST:

- Participate in all scheduled team functions, practices, meetings, etc.
 - Athletes will be part of team contests as a supporting role but cannot dress out in school assigned uniform or team gear.
 - The only exception to above would be when participation would require the learner-athlete to miss any school. At no time should an academically ineligible learner miss academic time.
 - Practice: At the coaches discretion, the athlete should 1. Practice with the squad, 2. Do homework at practice, 3. Participate in Redzone to improve their academic standing. At no time does a suspension allow an athlete to miss practice without the normal coach approval.
 - All Team Code of Conduct expectations still apply.
2. Each varsity coach shall be responsible for conducting matters connected with the sport under his supervision. The varsity coach shall assist all coaches of the same sport in their organization and conduct of their practices in such a manner as to teach the fundamentals of the sport as set down by the varsity coach. This is necessary to ensure the best immediate and long range results in the athletic program. Varsity Coaches are responsible for establishing and maintaining the vision of the entire program of sport.
 3. Those learner athletes participating in out-of-town trips are to go and return in the manner provided by the school, and under the supervision of the school. The only exception for that shall be a dire emergency, or the parent's personal request of the coach that the student returns with them. Learner athletes are never allowed to be released to any persons other than the parents or legal guardians unless a Release of Liability - Learner Transportation Form is completed and signed by the parent and Athletic Director in advance of the planned trip.
 4. With a mutual consent and agreed practice/game participation plan (approved by AD), a learner athlete may participate in more than one sport per season.
 5. Coaches have the right to place any athlete into any team position or event deemed beneficial to the athlete and/or the whole team.
 6. It is the policy of the LHS learning community that athletes, having once been chosen as a team member, show support of their coaches and teammates. If their conduct, both on and off the field or lack of cooperation is such that they become undesirable members, they will be dropped from the team. Examples include: bad mouthing the coaching staff, other players, bullying or cyberbullying. They shall receive the same penalties as if they had quit on their own accord without good and accepted reasons.

7. Athletic equipment is expensive, the LHS learning community will continue to send its teams into competition with the finest protection and uniforms. This can only be done with 100% cooperation. School equipment is to be worn by the athlete only at athletic contests and practices, not at home, on weekends, or by friends, family or during P.E. classes.
8. All player suspensions initiated by the coach shall be reviewed with the A.D. This should be submitted in writing, or via email, to the A.D. with a copy for the Principal.
9. All guidelines, rules and consequences expressed in this Athletic Code are the minimum guidelines for coaches, parents and athletes. Coaches are encouraged to develop their own sports-specific contracts consistent with their coaching style and the values expressed and taught at Lindsay High School.

Additional consequences regarding Alcohol, Steroids, Drugs & Social Media

Cardinal Athletes are expected to represent Lindsay High School and Lindsay Unified School District well at all times. Because of this, Cardinal Athletes are expected to not use or be in possession of controlled substances, including tobacco, alcohol, steroids, and illegal drugs. Additionally, learners are expected to not possess or distribute pictures associated with these activities listed previously via text or on any form of social media. This includes being in the presence of others who are participating in the use of any controlled substance listed previously in this paragraph. This rule is in effect 12 months a year, 7 days a week, 24 hours a day, while students are involved in any athletics, to include all preseason activities. Any reports of negative Social Media posting, texting or chatting regarding any LHS Team, Sport, Coach or player will result in immediate disciplinary action. This includes reposting of another individual's comments/posts.

VIOLATIONS

- **Use or possession of tobacco:** 3 weeks suspension from playing
- **Inappropriate Social Media:** 0-3 week suspension from playing
- **In the presence of others using steroids, drugs or alcohol:** 0-6 weeks suspension from playing
- **Use or possession of alcohol, steroids or drugs:** 9 weeks suspension from playing

During the course of the suspension an athlete may only practice with permission of the coach so long as it is not deemed as a detriment to the team. Subsequent Violations of the above will result in the athlete being removed from the team.

DEFINITIONS:

- **IN THE PRESENCE OF:** This includes but is not limited to being in the same room, car location as or general vicinity of anyone who uses or sells alcohol, drugs or steroids. For example: being at a party/house/event/vehicle when not in the company of your parent or legal guardian, where there are alcoholic beverages, drugs, or steroids being used.
- **USE & POSSESSION:** Defined as using, under the influence of, or being in personal possession of (to include vehicles and lockers) alcoholic beverages, drugs, or steroids.
- **INAPPROPRIATE SOCIAL MEDIA:** Is any posting, texting or sharing of any illegal products or activity or verbally inappropriate comments towards others on any form of Social Media or texting.

Letter Requirements

Athletes are eligible for a varsity letter when participating in varsity level competition and whom complete the season in good standing. Any athlete who is under formal disciplinary action as described above, at the close of the season forfeits all rights to receive an athletic letter.

Responsibility for Equipment

Athletes shall assume responsibility for all athletic equipment issued to him/her and will be expected to pay for any abused or lost equipment. Failure to pay the debt will place the learner on the debt list.

Communication with Parents

Coaches will remind learner athletes to let their parents know game locations and times, approximate return times, and any other pertinent information. In order to avoid parent/guardian concern, athletes should tell their parents/guardian of the approximate return time along with the location where the bus will unload. Please have parents/guardians either waiting for you at school or expecting a phone call from you upon your return to LHS. Coaches will provide learners with access to the phone and provide supervision until the arrival of parents or guardians. Please stay together in a well-lighted area near the gymnasium.

Release to Parents/Guardians/Caregiver for Post-Game Transportation

Athletes shall ride to and from all contests on school provided transportation. An exception to this is as follows: Athletes may ride home with their parents, legal guardians, and or verified caregiver. A parent release form must be signed by the parent, guardian, or caregiver and submitted to the athletic director.

Expectations of Parents & Fans

Keeping Athletics in Perspective

- Emphasize that academics always come first.
- Assist the learner 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 Learner Athlete

- Encourage participation by both girls and boys. Allow the learner 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 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, or tobacco.
- Model positive behavior towards everyone involved in the event as described in the Code of Ethics.

Protocols for Fan Behavior

- If there are designated visiting learner sections, that is where visiting learners must sit.
- There is no rushing of the field or court by home or visiting students at any time, as this is a safety measure for the benefit of all in attendance at the game, as well as the players.
- If any visiting learners or other fans are not following the ESL guidelines, the visiting administrator will address the situation and let those people know the expectations and that the next violation is cause for removal.
- If the visiting learners or other fans still do not follow the ESL guidelines, the home administrator in charge will ask the referees to stop the game and address those not following the guidelines, and if necessary, remove the violators.

Expectations of Coaches

Role Modeling

- 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. This includes not utilizing profanity while coaching and instructing athletes at practice and games/matches.
- Coaches should instill in the athletes that they are all representing not only their learning community, 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 without prejudgment based on prior experiences.
- 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 (no profanity) 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 learners 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 and in writing, of practice hours and the schedule of games and tournaments.
 - To discuss with parents the various roles they might play in assisting in their learner's success.
- Coaches should be open and available to discuss a learner's progress with his/her parents.

Sexual Harassment

Our organization enforces a strict zero-tolerance policy regarding sexual harassment. All coaches are required to uphold the highest standards of conduct, ensuring a safe and respectful environment for all athletes. Any form of unwelcome sexual advances, requests for sexual favors, or other verbal or physical conduct of a sexual nature is strictly prohibited. Coaches must immediately report any observed or reported instances of sexual harassment to the Athletic Director. All allegations will be investigated promptly and confidentially, with appropriate disciplinary action taken against offenders. Coaches are also required to participate in mandatory training on recognizing, preventing, and addressing sexual harassment which is held at the annual coach/AD meeting.

LHS Ethics in Sports

The Lindsay High School Learning Community, as a member of the Central 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 the Lindsay High School Learning Community and C.I.F. that violence in any form will not be tolerated. In order to enforce this policy, LHS 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. The Lindsay High School Learning Community shall require that the following Code of Ethics be issued to each athlete each year and will require signing by learner athletes, parent/guardian and coaches each year prior to

participation.

Code of Ethics

All coaches, parents, and athletes alike will:

- Uphold the ideas of sportsmanship and fair play at all times.
- Show courtesy to visiting teams and officials.
- Respect the integrity and judgment of sports officials.
- Achieve a thorough understanding and acceptance of the rules of the game.
- Uphold the standards of conduct and the standards of eligibility.
- Encourage camaraderie and good will by all the players on the team.
- Recognize that the purpose of athletics is to promote the physical, mental and social well-being of all participants.
- Remember that an athletic contest is only a game, not a matter of life and death for the players, parents, coaches, fans, schools or towns.

Playoff Participation Criteria

The following criteria will be used for teams to participate in the CIF Central Section Playoffs:

- ".500" or better record overall; or
- ".500" or better league record;

Note: A coach may choose not to participate in playoffs that teams may qualify for with notice to the AD prior to playoff submission request. Reasons for this decision may include competitiveness, safety, travel, and other concerns. The final decision on playoff participation rests with the Principal and Athletic Director.

Grievance Procedure

The grievance process is intended to be a process whereby concerns of alleged unfair treatment of athletes can be addressed in a timely manner. It is our belief that a quick and honest discussion between all parties will result in the positive resolution of concerns and an improvement of the atmosphere for both athletes and coaches.

Legitimate grievances:

1. Failure to provide due process in disciplinary action.
2. Failure to provide a fair opportunity to compete to make the team (cut-off).
3. Mistreatment of athletes: Putting students down, foul or inappropriate language

4. Any violation of an adopted code: ethics, conduct, and expectations.

Non-legitimate grievances:

1. Athletes not given enough playing time.
2. Athlete not playing the right position.
3. Strategies used by the coach.
4. Win/loss record of the team or coach.

It is the intent that problems be resolved before coming to the formal grievance process. When a problem or concern develops between a learner/parent and the coach and a meeting or discussion has been held but resolution was not achieved, the following procedure and timeline should be followed.

At the request of the learner/parent, a meeting shall be held involving the learner/parent, coach and the Athletic Director. This meeting should take place within five working days of the statement that a problem exists, which requires intervention. It is hoped that an acceptable solution will be agreed upon. Whether or not agreement is reached, an outcome of the meeting should be the clarification of:

- The nature of the problem; i.e., what part of which code was violated.
- Reason(s) for the problem.
- Prior communication that has taken place, from either or both parties.
- Efforts that have been made to correct the situation.
- Acceptable solutions for or exception of each party.

If the problem is resolved to everybody's satisfaction, documentation of the conference shall be created by the Athletic Director and kept on file.

If the problem is not resolved, and the student/parent decides to pursue the grievance process, a written summary of the student/parent concern and a summary of the conference are to be submitted by the Athletic Director to the Principal for further consideration (email correspondence is acceptable).

The Principal shall conduct a meeting as soon as possible, but no later than seven (7) working days from the receipt of the grievance, with the learner/parent, coach, athletic director, and other personnel deemed necessary. Whatever the determination of the Principal, a written summary of the conference will be developed by the Principal or Athletic Director and filed for future reference or action.

If agreement is reached and the problem is resolved, no further action is necessary.

If the problem is not resolved to the learner/parents satisfaction, a written appeal shall be

submitted, no later than five (5) school days after the decision of the Principal. This appeal can be given to the Principal or submitted to the district office and will be forwarded to the Superintendent.

Lindsay Unified School District welcomes calls and/or conferences with parents and community members at large who have concerns about our policies or practices. However, grievances and appeals about our athletic policy and regulations must be based on violations of section(s) of the adopted codes of conduct, expectations, or ethics.

CIF Code of Ethics

1. To emphasize the proper ideals of sportsmanship, ethical conduct, and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a friendly relationship between visitors and hosts.
6. To respect the integrity and judgment of sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative, and good judgment by the players on a team.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of individual players.
10. TO REMEMBER THAT AN ATHLETIC CONTEST IS ONLY A GAME-NOT A MATTER OF LIFE AND DEATH FOR A PLAYER, COACH, SCHOOL, FAN, OR COMMUNITY.

Risk Warning

SERIOUS, CATASTROPHIC AND PERHAPS FATAL INJURY MAY RESULT FROM ATHLETIC PARTICIPATION. By its very nature, competitive athletics may put students in situations in which SERIOUS, CATASTROPHIC and perhaps FATAL ACCIDENTS may occur. Students and parents must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution or supervision will totally eliminate all risk of injury. Just as driving involves choice of risk; athletic participation by students also may be inherently dangerous. The obligation of parents and students in making this choice to participate cannot be overstated. There have been accidents resulting in death, paralysis or serious permanent physical impairment as a result of athletic competition. By granting permission for your student to participate in athletic competition, you, as a parent or guardian, acknowledge that such a risk exists. By choosing to participate, you, the student, acknowledge

that such a risk exists.

Cardinal of the Year

Each year one Male and one Female is selected as the "Cardinal of the Year" for the graduating class. This distinction aims to recognize the individual who best exemplifies the well rounded attributes of a Cardinal athlete in the areas of Athletics, Academics, Leadership and Citizenship. The process is objective based on a rubric of accomplishments in "criteria-below".

- **Nominations:** Any athlete may "self nominate" and are encouraged to do so. Nominations should be submitted to the AD using the form below no later than May 1 of the athletes senior year. All submissions must be verified by the head coach (varsity sports played, awards, recognitions, captains, etc..). The counselor should also verify attendance rate, GPA, discipline, etc..
- **COY Committee:** A committee is formed each year by the Athletic Director with the responsibility to score all candidates by the Cardinal of the Year Criteria Rubric. All scoring is "objective", meaning that the scoring is based on the facts and not influenced by personal feelings or opinions of the committee. The only subjective evaluation is completed by the coach regarding their athletes performance as a team captain and the advisor regarding the athletes performance as a producer in their club or organization. Both of these evaluations are made transparent to the athlete at the time of verification of their application.
- **Criteria:** The rubric consists of (4) areas consisting of below. The max points for each area is 4 with exception to Athletics which is (8), the minimum is 0. Total maximum points available is 20.
 - **Athletics (8 pts):** Includes objective criteria earned through league and team recognitions. Participation in multiple sports both Junior and Senior year is required to be considered for any "Athletics" points on the rubric.
 - **Academics (4 pts):** Based simply on a GPA scale.
 - **Leadership (4 pts):** Based upon team leadership opportunities and an assessment by the coach of the leadership effort.
 - **Citizenship (4 pts):** Takes into consideration campus involvement (clubs and organization involvement to include an assessment by the advisor on quality of participation). It also includes a minimum 95% requirement for any citizenship points. A suspension does not necessarily disqualify qualification but does score down the citizenship category.
- **Rubric Tie Breaker:** In the event of a tie in rubric scoring, the following criteria will break the tie, starting with the first criteria and working down until a tie is broken.
 1. Next level athletic commitment to 4 year University -or- League MVP

2. GPA above 4.25
3. ASB or class officer leadership position senior year (Pres., VP, Sec., Treas.)
4. Tardy Rate

Cardinal of the Year Nomination Form

List all sports completed: (please only include VARSITY)

School Year	(Varsity) Fall Sport	(Varsity) Winter Sport	(Varsity) Spring Sport	(Varsity) Additional Sport
Freshman				
Sophomore				
Junior (only list every day starter)				
Senior (only list every day starter)				
Verified by Head Coach(es) Signature Required				

List Varsity only Awards: (Please only include Team MVP, League Awards, or Comparable Awards for consideration)

Award/Honor	Sport/Year	Sport/Year	Sport/Year	Sport/Year	Sport/Year	Sport/Year
Varsity Team MVP						
League MVP						
All League Honors						
Comparable Award/Honors						

Coach Verification: For each sport listed, the head coach must verify Awards with signature below

Sport	Coach Signature	Sport	Coach Signature

List clubs and/or student organizations you have participated (Advisor must rate your performance and sign or the club will not be considered)

Club-or-Student Organization	Years Active	Unreliable Performer	Reliable Performer	Exemplary Performer	Advisor Signature

Club-or-Student Organization	Years Active	Unreliable Performer	Reliable Performer	Exemplary Performer	Advisor Signature

List Captain Roles for all varsity athletic programs (Head coach must rate your performance and sign or the Captain role will not be considered)

What Varsity sports were you a Team Captain?	Year	Emerging Leadership	Strong Leadership	Exemplary Leadership	Head Coach Signature

Meet with your counselor to gather the following data (Counselor must verify all data below with signature or data will not be accepted)

Performance Data	Athlete Data	Counselor Signature
(GPA) Cumulative Grade Point Avg		
4 Year Attendance Rate (in percent value)		
Does the athlete have any 48915c Discipline Records (Yes or No)		
How many 48900 incidents for high school career, not		

Performance Data	Athlete Data	Counselor Signature
including freshman year		

Is there any additional criteria that you feel should be considered as part of this application?
Please do not include awards, honors or efforts outside the High School experience as this award is High School Only.

Athlete Signature: _____ **Date Submitted to AD:** _____

Parent/Athlete Concussion Information

AB25, Education Code 49475

All Student athletes and their parents/guardians must receive information about concussion and head injury before beginning athletic competition. Students suspected of sustaining a concussion or head injury must be removed from play and not allowed to return to the sport until he/she is evaluated by and receives a written clearance from a licensed health care provider trained in the management of concussion and head injury.

Information Provided by Heads Up/Concussion in Youth Sports Program

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

What are the Signs and Symptoms of Concussion?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after injury.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETE
Appears dazed or stunned	Headache or "pressure" in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsy	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (even briefly)	Feeling sluggish, hazy, foggy or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can't recall events prior to hit or fall	Confusion
Can't recall events after hit or fall	Just not "feeling right" or "feeling down"

If an athlete reports one or more symptoms of concussion listed below after a bump, blow, or jolt to the head or body, s/he should be kept out of play the day of the injury and until a healthcare professional, experienced in evaluating for concussion, says s/he is symptom-free and it's okay to return to play.

Concussion Danger Signs

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Drowsiness or cannot be awakened

- A headache that not only does not diminish, but gets worse
- Weakness, numbness or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

Why Should an Athlete Report Their Symptoms?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is healing, he/she is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

What Should You Do If You Think Your Athlete Has a Concussion?

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a healthcare professional, experienced in evaluating for concussion, says s/he is symptom-free and it is okay to return to play.

Rest is the key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by the certified athletic trainer onsite.

REMEMBER - Concussions affect people differently. While most athletes with concussion recover quickly and fully, some people will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer. It's better to miss one game than the whole season.

For more information on concussions, visit: www.cdc.gov/Concussion.

Sudden Cardiac Arrest Information

What is Sudden Cardiac Arrest (SCA)?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA is not a heart attack. It's an abnormality in the heart's electrical system or structure that abruptly stops the heartbeat. It's fatal in 92% of cases, if not properly treated within minutes. Abnormalities may be genetic or congenital, and may become more pronounced as children grow. As a result, CIF amended its bylaws to include language that adds SCA training to coach certification, along with practice and game protocols that empowers coaches to remove athletes from play who exhibit fainting- the number one warning sign of a potential heart condition.

How Common is SCA in the United States?

There are 300,000 cardiac arrests outside hospitals each year. About 7,000 patients under the age of 25 die of SCA each year. In general, SCA affects males 4 times more than females and occurs during exercise 60% of the time, putting athletes at a higher risk. The following factors increase risk of SCA:

- Family history of known heart abnormalities, heart conditions, or sudden death before age 50
- Family members with unexpected fainting, seizures, drowning, near drowning or car accidents
- Known structural heart abnormalities, repaired or unrepaired
- Use of drugs, such as cocaine, inhalants or excessive energy drinks

What are the Warning Signs for SCA?

SCA often has no warning signs; the first symptom could be death. Although SCA happens unexpectedly, some people may have the following signs or symptoms:

- Racing heart, palpitations or irregular heartbeat
- Dizziness or lightheadedness
- Fainting or seizure, especially during or right after exercise
- Fainting repeatedly or with excitement or startle
- Chest pain or discomfort with exercise
- Excessive, unexpected fatigue during or after exercise
- Excessive shortness of breath during exercise

What are the risks of playing or practicing after experiencing these symptoms?

The risk associated with continuing to play or practice after experiencing these symptoms may lead to SCA. When the heart stops, so does the blood flow to the brain and other vital organs. Death or permanent brain damage may occur in just a few minutes. Athletes and parents often don't want to jeopardize their playing time, so they may avoid telling the coach of their symptoms in hopes that they will just disappear on their own. Some may think that they are out of shape and just need to train harder. Athletes need to know that if they experience any of the noted warning signs, it is important to get medical attention immediately.

Removal from play/ Return to play:

- Any student athlete who experiences warning signs of SCA must be removed from play. The symptoms may happen before, during or after activity. Play includes all athletic activity.
- Before returning to play, the athlete must be evaluated and receive medical clearance from a licensed physician or cardiologist. A licensed physician's assistant or registered nurse practitioner may consult with a licensed physician.

Steroid Warning

Use of steroids to increase strength or growth can cause serious health problems. Steroids can keep teenagers from growing to their full height; they can also cause heart disease, stroke, and damage liver function. Men and women using steroids may develop fertility problems, personality changes, and acne. Men can also experience premature balding and development of breast tissue. These health hazards are in addition to the civil and criminal penalties for unauthorized sale, use, or exchange of anabolic steroids.

As a requirement in participating in student athletes, students must pledge not to use androgenic/ anabolic steroids and dietary supplements banned by the U.S. Anti-Doping Agency and the substance synephrine, unless with a written prescription from a licensed health care practitioner to treat a medical condition.

Lindsay High School Eligibility Policy

Eligibility for extracurricular participation is monitored 6X per year. Follow steps to determine eligibility.

1. Are you making sufficient progress toward graduation?

Class Year	End of First Semester (Catch-up to be considered making sufficient progress toward graduation)	End of Year (Minimum to be considered making sufficient progress toward graduation)
Frosh	4 half courses complete = 20 credits	4 courses complete = 40 credits
Sophomore	6.5 courses complete = 65 credits	9 courses complete = 90 credits
Junior	11.5 courses complete = 115 credits	14 courses complete = 140 credits
Senior	16.5 courses complete = 165 credits	N/A

2. Determine your minimum eligibility requirements

Sufficient Progress Status	6 & 12 Week Progress	End of Semester
YES: I am making sufficient progress toward graduation	• Must be "On Pace" in 4 courses • Late completions in period count toward (4) • Life Skills must be minimum 2.0 avg	• Must complete a minimum of 20 credits • Life Skills must be minimum 2.0 avg
NO: I am NOT making sufficient progress toward graduation	• Must be "On Pace" in 6 courses • Late completions in period count toward (6) • Life Skills must be minimum 2.0 avg	• Must complete a minimum of 30 credits • Life Skills must be minimum 2.0 avg

Lindsay High School Athletics Code of Conduct

This document presents the LHS expectations of all athletes who wear our school colors and represent what it is to be a Cardinal both on and off the court. Representing Lindsay is an honor, not a right and will be treated with the highest of dignity & respect.

Commitment - On Court/Field (Coach Driven)

Your dedication to the team affects you, your team, and LHS athletics as a whole.

LEARNER ATHLETES WILL:

- Abstain from profanity, slurs and model mature/appropriate behavior.
Violation = 0.25 Team Demerit
- Be fully prepared and on time for practices and games, taking into account time for travel to practice, visits to the athletic trainer, academic needs, etc...
Not make conflicting appointments during practice or game time without pre-coach approval.
Use free time responsibly (to see LFs and take care of academic requirements)
Communicate with Coaches well in advance of any inability to meet expectations.
Violation = 0.25 Team Demerit
- Abide and participate in 100% of the scheduled events (practice, games and extracurricular activities) set by coaches.
Not make conflicting appointments during practice or game time without pre-coach approval.
Use free time responsibly (to see LFs and take care of academic requirements)
Communicate with Coaches well in advance of any inability to meet expectations.
Violation = 0.50 Team Demerit
- Demonstrate a high standard of sportsmanship and respect for the game, athletes, coaches, competitors & officials at all times as a representative of Lindsay Athletics.
Violation = 0.75 Team Demerit

COACHES WILL:

- Consistently enforce, monitor & execute the Commitment Policy without waiver.
- The Coach may add expectations as needed to fit the needs of their respective sports but must clearly articulate (in writing) the expectations & consequences before the season begins.
- Maintain attendance using the Family ID Mobile attendance system.
- Publish and maintain regular practice schedules.

- Enforce a no profanity and behavior excellence policy on and off the court/field.
- Model good sportsmanship and refrain from any activity that could be construed as bullying, harassment, hazing, and/or intimidation.

Conduct Violations (Off Court/Field)

You owe it to yourself, parents, school and team to present your best self.

- Engage in polite, respectful dialogue at all times with school staff, learning facilitators and Administration.
- Exercise proper sportsmanship at all times.
- Refrain from the use of derogatory terms in relation to race, religion, sexual orientation, and/or gender expression.
- Refrain from the use of profanity when representing the team in any capacity, to include the classroom and High School Campus in season and out of season.
- Refrain from any activity that could be considered as bullying, harassment, hazing, and/or intimidation.
- Be respectful and positively represent LHS when using the internet as a means of social networking with regard to teammates, coaches, opposing teams, school personnel and learning community.
- Be on time to class or school functions; treat academic courses as you would team games and practices (commitment).
- Maintain a positive, can do attitude that models the high standards expected of athletes both on the field of play and in the classroom.
- Conform to all school rules and regulations per the LHS Learner Manual.

Conduct Violation (Demerits)

All off court/field conduct violations officially logged by the Dean(s) of Students in the Aeries Student Information System will result in the following accumulation of Athletic Department Demerits:

- **0.25 Demerits:** Per School Detention
- **0.50 Demerits:** Per classroom/culture disruption (from Aeries entry), unless the behavior results in a detention/suspension for which Admin consequence will take precedence.
- **1.0 Demerits:** Per (1) Day In/Out of School Suspension

Athletic Suspensions

- An athlete will be suspended for 10% of their season of sport (game total) for every demerit

they earn (round down to the nearest full game), i.e.- 10% of 28 = 2.8 games or 2 game suspension.

- Demerits accumulated "Off Season" will be applied in the next season of sport.
 - If an athlete's first season of sport is Winter, demerits earned in Fall will be applied to their first season of sport.
 - Demerits earned in the Spring will be applied to the next school year if the athlete does not have a Spring Sport.
 - Demerits earned after the athletes last season of sport (Senior Year) will be applied to the Annual CESPY Night for athletes earning 1+ Demerits.
- For multi-sport athletes in the same season, suspensions are applied to all sports.
- Athletes who accumulate 4 demerits in a school year will be indefinitely suspended from all LHS athletics and placed on an athletic contract for reinstatement proceedings.
- CIF Regulations & Conduct Policy will be applied above and beyond this CUA Policy.
- **APPEAL Request:** Made by appointment with the Athletic Director and Head Coach. If granted, a probationary contract may be put in place when mitigating circumstances apply.

Release of Liability -- Learner Transportation

As parent or legal guardian of _____ (name of learner), I request that learner be released to the custody of _____ (name of adult) following the (activity) _____ at (location) _____ on (date) _____.

I understand that the general policy of the Lindsay Unified School District requires that any learner riding District- supplied transportation must use such transportation both to and from the activity unless the learner is directly released to his/her parent or legal guardian's custody.

In consideration for the District agreeing to release learner to the person named above, the undersigned hereby, on behalf of himself/herself, his/her heirs, executors, administrators and assigns, voluntarily agrees to hold harmless, releases, discharges and covenants not to sue the District, its officers, employees, and agents from any and all liabilities, claims, or causes of action for personal injury or property damage arising out of or resulting from this transfer of custody and/or subsequent to losses caused in whole or in part by the negligence of the District, its officers, employees, and agents.

I HAVE READ THIS DOCUMENT AND UNDERSTAND THAT IT RELEASES THE SCHOOL DISTRICT AND ITS OFFICERS, EMPLOYEES, AND AGENTS FROM ANY LEGAL LIABILITY FOR COMPLYING WITH THE ABOVE REQUEST.

Signature of Learner: _____ Date: _____

In addition to all the foregoing, I specifically agree to hold harmless, release, discharge and covenant not sue the District, its officers, employees, and agents from any cause of action for wrongful death arising out of or resulting from the District complying with the above request. I am executing this document both for myself and for my child in my capacity as guardian ad litem for learner.

Signature of Parent or Legal Guardian: _____ Date: _____

Signature of Athletic Director: _____ Date: _____
