

# SAN RAFAEL CITY SCHOOL DISTRICT

## 2023-24

### PARENT-STUDENT GUIDE TO ATHLETICS

Marin County Athletic League <http://www.mcalports.org/>  
North Coast Section, CIF <http://www.cifncs.org/>  
California Interscholastic Federation <http://www.cifstate.org/>



#### SAN RAFAEL HIGH SCHOOL

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Athletic Website: [SR Athletics](#)  
SR Athletic Boosters: [SR Athletic Boosters](#)



#### TERRA LINDA HIGH SCHOOL

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## PHILOSOPHY:

Athletics play an important part in the San Rafael City High School District. Young people learn a great deal from their participation in interscholastic athletics. Lessons in sportsmanship, teamwork, competition and how to win and lose gracefully are an integral part of each team in our athletic program. Athletics play an important part, too, in helping the individual student develop a healthy self-concept as well as a healthy body. Athletic competition adds to our school spirit and helps all students – spectators as well as participants – develop pride in their school.

According to BP 6145.2(a), the SRCS Governing Board recognizes that the athletic programs constitute an integral component of the educational program and helps to build a positive school climate. The athletic program also helps to promote the physical, social, and emotional well-being and character development of participating students. Within the District's financial and personnel constraints, athletic programs are designed to meet students' interests and abilities and varied in scope to ensure wide participation.

Athletic participation is a privilege granted to all students who voluntarily accept the rules and regulations outlined and as such is not required by the District.

Enforcement of the athletic code is the responsibility of the school, coaches, parents, and athletes on a YEAR-ROUND BASIS.

## SEASONS OF SPORT:

San Rafael High School	Terra Linda High School
<p><b>Fall:</b> Cross Country (Boys Varsity, Boys JV, Girls Varsity, Girls JV) Girls' Golf Girls' Volleyball (Varsity, JV, and Freshman) Girls' Water Polo (Varsity &amp; JV) Football (Varsity and Frosh/Soph) Girls Tennis (Varsity) Boys' Water Polo (Varsity and JV) Cheerleading (Sideline Cheer and Competitive Cheer)</p>	<p><b>Fall:</b> Cross Country (Boys Varsity, Boys JV, Girls Varsity, Girls JV) Girls' Golf Girls' Volleyball (Varsity and JV) Girls' Water Polo (Varsity and JV) Football (Varsity and Frosh/Soph) Girls Tennis (Varsity) Boys' Water Polo (Varsity and JV) Cheerleading (Sideline Cheer and Competitive Cheer)</p>
<p><b>Winter:</b> Boys' Basketball (Varsity, JV, and Freshman) Girls' Basketball (Varsity, JV, and Freshman) Boys' Soccer (Varsity, JV, and Freshman) Girls' Soccer (Varsity and JV) Wrestling (Boys and Girls) Cheerleading (Sideline Cheer and Competitive Cheer)</p>	<p><b>Winter:</b> Boys' Basketball (Varsity, JV, and Freshman) Girls' Basketball (Varsity, JV, and Freshman) Boys' Soccer (Varsity and JV) Girls' Soccer (Varsity and JV) Wrestling (Boys and Girls) Cheerleading (Sideline Cheer and Competitive Cheer)</p>
<p><b>Spring:</b> Baseball (Varsity, JV, and Freshman) Boys' Lacrosse (Varsity) Girls' Lacrosse (Varsity) Softball (Varsity) Boys' Tennis (Varsity) Boys' Golf (Varsity) Boys Volleyball (Varsity) Swimming and Diving (Boys and Girls) Track and Field (Boys and Girls) Mountain Biking</p>	<p><b>Spring:</b> Baseball (Varsity, JV, and Freshman) Boys' Lacrosse (Varsity and JV) Girls' Lacrosse (Varsity) Softball (Varsity) Boys' Tennis (Varsity) Boys' Golf (Varsity) Swimming and Diving (Girls and Boys) Track and Field (Boys and Girls) Mountain Biking (ASB sponsored)</p>

## **SPORTS WARNING STATEMENT:**

Student athletes and parents should be aware that all sports will always have inherent dangers. Although rare, death or catastrophic injury can result from participation in interscholastic sports, and care should be taken by all concerned to minimize such dangers through the use of appropriate equipment, proper training methods and common sense. The National Federation High School encourages athletes and parents in all sports to discuss risks and risk minimization with coaches, school administrators and league/section officials.

## **ATHLETIC PARTICIPATION FORM:**

Every player must register annually on [Athletic Clearance](#) on the Athlete Registration page before participating on any team. Among other things, it requires the signature of a physician certifying the athlete's health, so plan ahead. One form is good for all seasons for one calendar year. Incoming freshmen must provide a copy of their final 8<sup>th</sup> grade report card when turning in the Athletic Participation Form.

## **CIF/NCS/MCAL GENERAL ELIGIBILITY (CIF Bylaw 200):**

In order to participate in high school interscholastic athletics, students must:

- Provide information in regard to any aspect of the eligibility that is be true, correct, accurate, complete and/or not false or fraudulent.
- A student, whose 19th birthday is attained prior to June 15, shall not participate or practice on any team in the following school year
- Not exceed 8 semesters of enrollment after entering 9<sup>th</sup> grade.
- Meet transfer, academic and disciplinary eligibility standards.
- Have an annual physical examination.
- Maintain amateur status.
- Attend a CIF member school.
- The Athletic Director is responsible for determining eligibility.

## **CIF/NCS/MCAL TRANSFER ELIGIBILITY:**

Any student who transfers between high schools is subject to the CIF transfer bylaws. **A varsity-level first-time transfer athlete who does not have a change residence will be required to "sit out" about 30 school days of each sport season previously played.** **Second time transfers** without a valid change of residence may be subject to **limited (non-varsity) eligibility** in sports they have played within the previous 12 months.

ALL transfer athletes must request review of eligibility by the new school's principal or designee to determine eligibility for competition. Before participating in a league sport, CIF forms 207 and 510 will be required. Allow at least 20 business days for processing these forms, especially at the beginning of the year. The athlete may miss part of the season of sport during the review and evaluation process. See the Athletic Director and/or visit the athletic page at <http://terralinda.srca.org/athletics> for more information. Please schedule an appointment with the AD for review of the transfer policies. **Eligibility must be established prior to participation.** Students must reside in the San Rafael High School District or have an approved inter-district transfer and abide by the school district's policies for residency and discipline.

## **ACADEMIC ELIGIBILITY: (Education Code 6145)**

To participate in athletics, students must earn a 2.0 "C" grade point average on a 4.0 scale in all enrolled classes AND be on track for graduation. Students must be enrolled in and pass a minimum of 20 semester credits (4 classes). **Spring semester grades count for fall eligibility on the first day of practice including incoming freshmen. Academic eligibility resets the 2<sup>nd</sup> working Tuesday after the end of EACH grading period (4 times per year).** Incomplete grades or NM count as zero until made up. Only one academic probation period may be authorized over the four years in high school by the Superintendent or designee for students to participate in athletics whose GPA is between 1.5 and 1.99. Freshmen are ineligible for athletic probation except as waived by the Principal under very exceptional circumstances. Academically ineligible athletes may practice with their team, but not compete.

## **PARTICIPATION LIMITATIONS, CHANGING SPORTS, LEAVING THE TEAM, AND LETTERING**

- Athletes are prohibited from participating in more than one interscholastic athletic activity during any given season.
- An athlete is expected to honor their commitment to their team and not go out for another sport before their previous season is complete. Extenuating circumstances may be considered at the principal/s discretion.

- To be eligible for the school letter, athletes must meet sport prerequisites and **MUST** complete the sports season in good standing with the team/squad and coaching staff.

**FEES:** Students shall not be charged a fee to participate in an athletic program.

**TRY-OUTS:** High school sports are competitive. Try-outs may be conducted for the team. **Selection to participate on a team does not guarantee playing time during competition.** All decisions for selection on a team or playing time are the responsibility of the team coach in consultation with the head coach for that sport. All students, including freshmen, are permitted to try out for any sport provided they are academically and residentially eligible and have a physical exam on file. **An athlete is expected to honor their commitment to their team and not go out for another sport before their previous season is complete. Extenuating circumstances may be considered at the principal/s discretion.**

#### **SCHOOL ATTENDANCE:**

In order to participate in an athletic contest, an athlete must have attended a minimum of four (4) regular periods or two (2) block periods on the day of the contest (or on Friday for a Saturday contest). A school field trip is considered to be school attendance. This is a District policy, which may be waived by the Principal in exceptional circumstances.

#### **PRACTICES:**

All athletes are expected to attend ALL scheduled practices. Practices are usually 2-3 hours every weekday and may be held on Saturdays and during school holidays. **Student athletes are asked to make appointments and schedule vacations around practices and game commitments.** CIF/NCS practice guidelines limit all athletic activities to no more than eighteen (18) hours of total practice/game time per week and no more than four (4) hours in any single day.

#### **COACHES:**

All athletic teams shall be supervised by qualified coaches to ensure that student athletes receive appropriate instruction and guidance related to safety, health, sports skills and sportsmanship. Athletic events shall be officiated by qualified personnel.

#### **“MEET THE COACH” EVENTS:**

Coaches are expected to arrange an opportunity for parents to meet the coach and any assistants prior the first contest of the season. This meeting should include discussion of team policies and expectations and address any questions that may arise from parents. It is also a good time to meet parents of other players on the team and make other arrangements for the season. **Please plan on attending and meeting your coach(es).**

#### **PRACTICE SCHEDULES ON NON-SCHOOL DAYS:**

SRCS D gives authority to coaches to establish team policies that **may** include **holding practice and/or games during non-school days that fall within their season of sport.** When teams have established practice/game schedules that are communicated well at the beginning of the season, it is expected that athletes will comply. No practices or games may be held on Sundays. No athlete may be penalized for observing a religious holiday.

#### **PLAYING TIME:**

**Not all players get the same playing time.** The nature of high school athletics and competition means putting the best team possible in competition. The coach must decide who the most qualified players are so the team gets its best chance for success. Thus, playing time is determined by the discretion of the coach. Part of a player’s maturation process includes putting one’s personal desires aside for the betterment of the team.

#### **COACHES:**

Coaches are to be treated with the same respect accorded any other professional. Coaches put in many hours for very little financial compensation. They do it because they are committed educators who enjoy the students and the sport. It is important that any conversations at home regarding the coaches and/or their decisions are put in a positive tone. We can’t expect students to treat a coach with respect if the parent doesn’t.

#### **ISSUING AND COLLECTION OF UNIFORMS AND EQUIPMENT:**

Each student is responsible for the proper care and safekeeping of all equipment issued. Lockers must be secured before and after practices or competition. Please follow care instructions for all garments. Uniforms and equipment should be returned to the coach at the end of the season. **Student athletes will be charged for replacement of any lost or damaged school property.** Transcripts or yearbooks may not be issued until all bills owed the school have been paid.

**LOCKER ROOMS:**

Athletes are expected to use the locker rooms appropriately for changing. They are responsible for the security of their belongings by always locking them in the locker. **Do not bring valuables into the locker rooms.** Athletes should behave appropriately with language and demeanor. No pictures or videos may be taken inside a locker room. Violation will result in school/team discipline.

**TRANSPORTATION FOR ATHLETICS:** BP3541.1 and AR3541.1 The District **may** provide transportation for athletes to and from athletic events by contract with private transportation providers to the extent that funds are available for this purpose. When funds are not available, the Superintendent, or designee, will neither authorize nor arrange for the transportation of the students by private automobile. **Rather, students and/or their parents will be expected to assume responsibility and make their own arrangements for transportation to practices and contests. Coaches are never to provide transportation for students.**

**EARLY RELEASES:**

Students and parents should be aware that there is a good chance that students will miss all or part of the last class of the day when they have to travel to other schools for competition. This could happen five or more times during a season. Students have the responsibility to contact their teacher in advance to coordinate make-up work.

**TEAM PARENTS:**

Coaches appreciate when one or more parents volunteer to assist with team chores such as arranging transportation, organizing equipment, maintaining an e-mail group, arranging team dinners and banquets and being of other assistance to the team and coach.

**ADMISSION:**

Admission may be charged for home or away varsity contests if gate control and supervision are provided by the school. **Students with ASB cards in their possession** may enter free at home games, but may be charged a reduced admission at away schools.

**TICKET PRICES:**

Admission is charged for regular season MCAL JV and Varsity Football, Varsity Boys’ and Girls’ Basketball games and all post-season play. **Valid student body cards with an ASB sticker admit students for \$1.00 to home regular-season** games at their own school. Schools may opt to charge no admission fee.

MCAL shall be honored for admission at any league games except PLAYOFFS. Individual school courtesy passes issued by any school to its personnel or parents are valid at that school only. NCS courtesy passes shall be honored for admission at any league games or playoffs and NCS playoffs. Any NCS contest at colleges or the Oakland Coliseum are subject to last minute price changes.

	Regular Season		MCAL Playoffs	MCAL BB Championships	NCS Playoffs	NCS Cross Country	NCS FB & BB final round	NCS Oakland Coliseum
Adult	\$7.00		\$7.00	\$8.00	\$10.00	\$6.00	\$10.00	\$15.00
Student/ Senior (over 65)	\$4.00		\$4.00	\$5.00	\$5.00	\$4.00	\$5.00	\$8.00
Children (12 & under)	\$4.00		\$3.00	\$4.00	\$5.00	\$4.00	\$5.00	\$8.00

**SOCIAL MEDIA AND NETWORKING:**

Athletes and parents are expected to use social networking sites in a positive, sportsmanlike manner reflecting the values of their team, their school and the San Rafael City High School District. Assume nothing posted on social media will be private. Inappropriate posts relating to athletics – including, but not limited to, trash-talking/taunting, profanity, hazing, harassment or bullying – may be subject team and/or school discipline. It is against CIF rules to use social media to engage and/or influence any student not at your school to enroll at your school for athletic purposes. Only appropriate pictures should be posted, always with the permission of

the subjects of the photographs. Pictures/videos should never be taken in the locker room. Social media is not a place to solve team problems.

### **HAZING:**

SRCS does not tolerate any activities having the potential to embarrass, humiliate or injure any student as a condition of participation in any school activity. Perpetrators may be penalized by, but not limited to, removal from the team, suspension from school and/or criminal citation. Hazing should be reported to the athletic director or site athletic administrator immediately. Hazing includes, but is not limited to, any activity involving an unreasonable risk of physical or emotional harm such as:

- A punishing physical activity, exposure to elements or sleep deprivation.
- Consumption of alcohol, drugs, tobacco or any other food liquid or other substances.
- Actions of a sexual nature or simulations of actions of a sexual nature.
- Subjection to an extreme level of embarrassment, shame or humiliation.
- Violation of any federal, state or local law or any violation of District policies and regulations.
- **BP 5131(a)** prohibits discrimination, harassment, intimidation, or bullying of students or staff, including sexual harassment, hate-motivated behavior, cyberbullying, hazing or initiation activity, extortion, or any other verbal, written, or physical conduct that causes or threatens to cause violence, bodily harm, or substantial disruption to school activities.

### **PREVENTIVE MEDICAL CARE:**

The SRCSD believes that preventive medical care for athletes is the responsibility of the parent(s). From time to time, services such as athletic physicals, concussion baseline testing, etc. may be offered on school facilities by outside providers for a fee. No such services shall be required for participation on any team.

### **ATHLETIC TRAINER (ATC):**

The District contracts with Marin General Hospital for Athletic Training services. Athletic trainers (ATCs) are highly qualified, multi-skilled health care professionals who collaborate with physicians to provide preventative services, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions. Athletic training is recognized by the American Medical Association (AMA), Health Resources Services Administration (HRSA) and the Department of Health and Human Services (HHS) as an allied health care profession. The ATC has the final word on keeping an injured athlete out of play. All athletes suffering from injuries or illness, including concussions, must be cleared through the ATC. If the student-athlete has seen a physician for their injury or illness than the ATC must receive a note from their health care provider before returning to play. The ATC is available on campus to consult with student-athletes, coaches, and parents for 30 hours a week. The ATC will cover as many home games as possible and will be on-campus for emergencies during the academic year.

**INJURIES AND INJURY REPORTS:** All injuries sustained by athlete, coaches, officials, spectator or anyone associated with a District athletic activity should be reported to the Athletic Trainer and AD. An Injury Report Form shall be filled out by the coach/adult for each injury and turned into the principal's office within 2 days of the injury. All suspected concussions require a return-to-play note from a health care provider (see Concussions).

Trainers are on campus from 2:00 p.m. to 7:00 p.m. and therefore should be available, in conjunction with the coach, to assess injuries that occur at practice, on campus (after normal school hours). If the severity of the injury warrants additional medical attention, the coach, trainer or another person should call 911 for emergency medical attention immediately.

If the injury prevents the student-athlete from continuing with practice; but, doesn't require immediate medical personnel, the parent should be contacted and asked to pick-up their son/daughter. In these cases I have always advised parents to always err on the side of caution and have their son/daughter assessed by their primary care physician or in some cases emergency room physicians, particularly if a concussion is suspected.

### **MRSA:**

MRSA (methicillin-resistant staph aureus) is a staph infection that is resistant to many common antibiotics and hard to treat. It can be transmitted through poor hygiene, sharing of personal items, improper wound care and some other transmission sources. A few cases have been reported in MCAL schools. It is always important to follow good hygiene precautions. For more information, see the CIF Sports Medicine alert at [CIF MRSA](#).

### **CONCUSSIONS:**

All sports have the possibility of injury. The most potentially serious injury is a concussion or multiple concussions. Parents and athletes should take them seriously and consult a physician for medical advice. Please review the educational materials

in the [Parent- Student Guide to Athletics](#) and posted on the athletic websites – San Rafael High School <http://www.sanrafael.srscs.org/Athletics> or for Terra Linda High School <http://terralinda.srscs.org/athletics> about the potential medical and academic effects of concussions. [Parents and athletes are required to sign the CIF Concussion Information form as part of the Athletic Participation Form](#). An athlete suspected of sustaining a concussion or head injury in an athletic activity shall be immediately removed from the activity for the remainder of the day. The student shall not be permitted to return until he/she is evaluated by a licensed health care provider trained in the management of concussions and receives the health care provider's written clearance to return to the activity. (Education Code 49475). **Parents, coaches and athletes are encouraged to view [Concussion in Sports](#)** (a free on-line course). For more information, see the CIF Sports Medicine alert at [CIF Concussions](#).

**SUDDEN CARDIAC ARREST:** The Superintendent or designee shall distribute the California Interscholastic Federation (CIF) information sheet on sudden cardiac arrest to all student athletes who will be participating in a CIF-governed athletic activity and to their parents/guardians. The student and parent/guardian shall sign and return the information sheet prior to the student's participation in the athletic activity. If an athletic activity is not covered by the CIF, the student and his/her parent/guardian shall, prior to participating in the athletic activity, sign and return an acknowledgement that they have received and reviewed the sudden cardiac arrest information posted on the California Department of Education's web site. (Education Code [33479.2](#), [33479.3](#))

The Superintendent or designee shall provide training to coaches and/or athletic trainers regarding the nature and warning signs of sudden cardiac arrest. (Education Code [33479.6](#), [33479.7](#), [35179.1](#), [49032](#))

If a student athlete passes out or faints, or is known to have passed out or fainted, while participating in or immediately following his/her participation in an athletic activity, the student shall be removed from participation at that time. If a student exhibits any other symptoms of sudden cardiac arrest, including seizures during exercise, unexplained shortness of breath, chest pains, dizziness, racing heart rate, or extreme fatigue, he/she may be removed from participation by a coach or other employee who observes these symptoms. If any such symptoms are observed, notification shall be given to the student's parent/guardian so that the parent/guardian can determine the treatment, if any, the student should seek. A student who has been removed from participation shall not be permitted to return until he/she is evaluated and given written clearance to return to participation by a health care provider. (Education Code [33479.2](#), [33479.5](#))

#### **FLU:**

Teams should follow good hygiene in hand washing before and after practice. Any player exhibiting signs of flu should be encouraged to stay home without penalty to avoid transmitting flu to other team members. Follow the advice given by your physician or the school if an outbreak should occur.

#### **BLOOD-BORNE PATHOGENS:**

All players should be aware of blood-borne pathogen protocol when there is bleeding. Whenever a player incurs an injury or wound that produces bleeding or other body fluids, the practice or game shall be stopped in accordance with CIF guidelines and the player shall be escorted away from the playing field for appropriate treatment. The player shall not return to the practice or game until the bleeding has stopped and the wound is properly covered. Gloves should always be worn when dealing with any body fluids.

#### **PERFORMANCE ENHANCEMENT SUPPLEMENTS**

The athletic staff discourages the use of any non-prescription drug, medication or food supplement such as creatine used solely for performance-enhancing purposes. For more information, please see [CIF Performance Enhancement](#).

**DRONES:** CIF/NCS rules provide that no events, practice or contests, may proceed with a drone present for safety and privacy. No drones may be used by athletic teams. Practices or contests must be stopped if a drone appears and suspended until it is gone.

#### **COACHING EVALUATIONS:**

The school administration (Athletic Director, Athletic Assistant Principal and Principal) regularly evaluates paid coaches through observations at practices and games, written input from athletes, adherence to school expectations and other information that is gathered. Evaluation conferences are held with coaches at the end of the season to acknowledge successes and make a plan for improvement when needed. Site administration is responsible for employment of coaches.

#### **PARENT FUNDING:**

Parents are not permitted to pay coaches in addition to their coaching stipends or underwrite teams that are not official MCAL or District teams (such as a new level of a sport). Coaches or parent-support clubs may not require athletes to pay to participate on a team. To do so could result in a team's forfeiture of games or being disallowed from postseason play.

#### **NONDISCRIMINATION AND EQUIVALENT OPPORTUNITIES:**

According to BP 6145.2(a), the SRCSD athletic programs shall be free from discrimination and discriminatory practices prohibited by state and federal law. The Superintendent/designee shall ensure equivalent athletic opportunities are provided for males and females.

#### **OUTSIDE COMPETITION AND OUT-OF-SEASON TEAMS:**

According to CIF rule 600, no student-athlete may participate on a non-school team of the same sport during the same season. This includes leagues, tournaments, charity games, all-star games, 3-3 tournaments, college classes, etc. Since participation in a non-school event of the same sport will render an athlete ineligible and force the forfeiture of any contest, student-athletes must check with the Athletic Director if there is any doubt as to whether a competition is permissible according to NCS and CIF by-laws. San Rafael High School District schools, MCAL, NCS and CIF do not sponsor out-of-season teams. Although participation is allowed, it is not officially or unofficially associated with the above-mentioned groups. The parent assumes full responsibility for medical expenses and any liability that may occur as a result of participation on an out-of-season team. **Participation on out-of-season teams is no guarantee of selection for a school team.**

#### **SPORTSMANSHIP:**

SRCSD and MCAL have adopted the **16 Principles of “Pursuing Victor with Honor”** (on the next page). Coaches, players and fans are expected to and held accountable for representing their school with dignity and class. **Anyone (athlete, student or adult) not conducting themselves in a positive manner may be ejected from an event and/or suspended from future events.**

**Coaches, parents and athletes are encouraged to view two sportsmanship videos:**

[Sportsmanship](#) (a free on-line video course)

[Positive Sports Parenting](#) (a free on-line video course)

## **16 PRINCIPLES OF “PURSUING VICTORY WITH HONOR”:**

1. 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.”
2. It’s the duty of School Boards, superintendents, school administrators, parents and school sports leadership – including coaches, athletic administrators, program directors and game officials – to promote sportsmanship and foster good character by teaching, enforcing, advocating and modeling these “six pillars of character.”
3. 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.
4. Participation in school sports programs is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules and they must conduct themselves, on and off the field, as positive role models who exemplify good character.
5. 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.
6. 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.
7. The importance of character, ethics and sportsmanship should be emphasized in all communications directed to student-athletes and their parents.
8. School Boards, superintendents, school administrators, parents and school sports leadership must ensure that the first priority of their student-athletes is a serious commitment to getting an education and developing the academic skills and character to succeed.
9. 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 pressured to win.
10. 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.
11. Everyone involved in competition including parents, spectators, associated study body leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect. Coaches have a special responsibility to model respectful behavior and the duty to demand that their student-athletes refrain from disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent trash-talking, taunting and inappropriate celebrations.
12. 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.
13. 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.
14. To safeguard the health of athletes and the integrity of the sport, school sports program must actively prohibit the use of alcohol, tobacco, drugs and performance-enhancing substances, as well as a demand compliance with all laws and regulations, including those related to gambling and the use of drugs.
15. 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 influence of commercial interests. In addition, sports programs must be prudent, avoiding undue dependency on particular companies or sponsors.
16. The profession of coaching is a profession of teaching. In addition to 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.

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*“Pursuing Victory With Honor” and the “Six Pillars of Character” are service marks of the CHARACTER COUNTS! Coalition, a project of the Josephson Institute of Ethics. For more information on promoting character education and good sportsmanship, visit [www.charactercounts.com](http://www.charactercounts.com).*

## **SRCSD ATHLETIC CODE OF CONDUCT: BP6145.2(A)**

### **Players will:**

1. Show respect for teammates, coach, opponents and officials.
2. Use no foul language, trash talk, negative gestures or actions to provoke a negative response or fighting.
3. Be in attendance at school a minimum of 4 periods (or 2 block periods) before being allowed to practice or play on any day.
4. Maintain a minimum of a 2.0 GPA according to school and NCS policy.
5. Sign a contract agreeing to the above expectations.

### **Coaches will:**

1. Be consistent, attempt to instruct in a positive manner and use appropriate language at all times.
2. Not tolerate unsportsmanlike behavior actions by players, assistants or volunteer coaches.
3. Place the safety and welfare of players as their highest priority.
4. Allow no student to practice or play in competition without a completed Athletic Participation Clearance form.

### **Spectators will:**

1. Show cordial courtesy to visiting teams and officials.
2. Emphasize the proper ideas of sportsmanship and conduct

## **NCS/MCAL EJECTION POLICY:**

1. Ejection of a player from a contest for unsportsmanlike or dangerous conduct.  
Penalty: The player shall be ineligible for the next contest (non-league, league, invitational tournament, post-season {league, section or state} playoff, etc.).
2. Illegal participation in the next contest by a player ejected in a previous contest.  
Penalty: The contest shall be forfeited and the ineligible player shall be ineligible for the next contest.
3. Second ejection of a player for unsportsmanlike or dangerous conduct from a contest during one season.  
Penalty: The player shall be ineligible for the remainder of the season.
4. When one or more players leave the bench to begin or participate in an altercation.  
Penalty: The player(s) shall be ejected from the contest-in-question and become ineligible for the next contest (non-league, league, invitational tournament, post-season {league, section or state} playoff, etc.)
5. Coaches are responsible for determining the cause of ejection for any of their players and are responsible for enforcement of the Ejection Policy. Confusion over the cause for a player's ejection shall not be the basis for allowing a student who has been ejected under an applicable rule to avoid the sanctions required by the Ejection Policy (either prohibition from participation or forfeiture) should a student who is in violation of the Ejection Policy play in a subsequent contest (BOM 10/24/97).
6. NCS: Any player ejected for fighting shall be required to complete the NFHS online [Sportsmanship](#) course. The athlete who is not allowed to participate in the next game, is also not eligible to participate until they complete the course, which is free and allows for a certificate to be printed when the course is completed.

## **UNSPORTSMANLIKE ACTIONS: AR6145.21**

In addition to the official's call, unsportsmanlike conduct will be dealt with by reprimand and counseling by the coach and/or appropriate other school officials. Actions of this nature may lead to benching or suspension or withdrawal of athletic privileges and school disciplinary intervention if the rules/policies are violated.

## **INAPPROPRIATE BEHAVIOR:**

Certain behaviors are considered inappropriate and unacceptable. **The school and athletic department reserve the right to refuse admission or remove persons, including adults, who exhibit such behaviors including, but not limited to:**

1. Repeated berating, humiliating or taunting of our coaches, players or spectators.
2. Repeated berating, humiliating or taunting of our opponent's coaches, players or spectators.
3. Repeated berating and harassment of game officials.
4. Racist, sexist or profane remarks directed at any coach, player, official or spectator.

## **OFFICIALS:**

Officials should be treated with respect during and after contests, even if there is disagreement with their calls. **Any physical confrontation of an official by an athlete may be considered an assault. The athlete may lose athletic eligibility for their entire high school career under CIF Bylaw 211.**

## **ALCOHOL AND OTHER DRUGS (at school or school-related events):** BP5131.6 and AR6145.21(e)

1st Offense: School disciplinary action; suspension from team/sports participation (games and practices) for a total of 10 school or athletic participation days. Students can watch practice after completion of school suspension. The 10 days of suspension from team/sports/activities, include the school suspension days. If the current sport season ends before the completion of the 10 day team suspension, the remaining suspension days shall be carried forward to the next sport in which the student participates. However, arrangements shall be made for the student to try-out for the next sport.

2nd Offense: Suspension from team/sports participation for 40 calendar days from the date of suspension, not including summer school. If the student participates in a drug treatment program immediately following the second suspension, suspension from athletics and/or activities may be reduced to 30 calendar days from the date of suspension, not including summer school. (It should be noted that school policies regarding the use of alcohol and other drugs will be in effect for all athletic events) These disciplinary actions are cumulative over the four years of high school.

## **MCAL SPORTSMANSHIP GUIDELINES:**

### **PLEASE**

- Encourage your team by positively cheering for them
- Sit in the area designated for your school
- Welcome the visiting team and officials with good sportsmanship and respect
- Reserve the front row of the student rooting section for the cheerleaders

### **NO**

- Face painting except a small school logo, mascot or initials not to exceed 2 square inches in size
- Yelling, booing or heckling an official's decision
- Costumes, except for school mascots
- Artificial noise makers like air-horns, cowbells, clappers, megaphones and drums
- Laser pointers
- Throwing things into or out of the crowd
- Bringing basketballs into the facility
- Playing basketball during half-time or between games
- Re-entry into the gym once you leave

Doors will close at the end of the third quarter.

**School personnel are authorized to eject any spectator who displays inappropriate behavior at any time**

## **PLAYOFFS:**

It is exciting when a varsity team makes the MCAL, NCS, Nor-Cal or CIF championship playoffs. Playoffs may extend the athlete's participation in the sport. The MCAL playoffs are held the week after the regular season of sport. The NCS playoffs begin immediately after the MCAL playoffs. Check the MCAL and NCS websites for playoff brackets as well as date, time and location of playoff contests. Admission will be charged by MCAL or NCS for these events. Playoff seeding is determined by MCAL/NCS policy and/or seeding committees. Home field advantage is usually at the highest seed unless appropriate athletic facilities are unavailable. Time and place of playoff games is established by MCAL/NCS and is usually non-negotiable. Playoff information is available at [www.cifnccs.org](http://www.cifnccs.org) after post-season seeding has taken place.

## **BOOSTERS CLUBS:**

The athletic department is fortunate to have very supportive athletic booster clubs. These groups play a large part in creating a positive experience for all student athletes. The Athletic Boosters Club's main responsibility is to raise funds to help bridge the gap between the Athletic Department's needs versus the funding SRCS is able to provide. The Athletic Boosters Club also focuses on special projects in conjunction with the Athletic Department to provide the best possible experience for all of our student athletes. Please note, although SRCS is always open to feedback regarding our athletic programs, booster clubs should not interfere with the hiring of coaches or our coaches' day to day responsibilities. If you would like to be involved as a booster, then contact the Athletic Director for more information.

## **DISTRICT ATHLETIC ADVISORY TASK FORCE (DAAFT):**

The SRCS District Athletic Advisory Task Force represents both of comprehensive high schools and is comprised of the Director of Secondary Education, two Principals, two Athletic Directors, two teacher coaches, four parents, four students, and one member of the Board of Trustees. The DAAFT meets monthly throughout the school year to recommend athletic

policies to the Superintendent and the Board of Trustees. Meetings are open to the public and agendas are posted on the SRCS website ([www.srcs.org](http://www.srcs.org)).

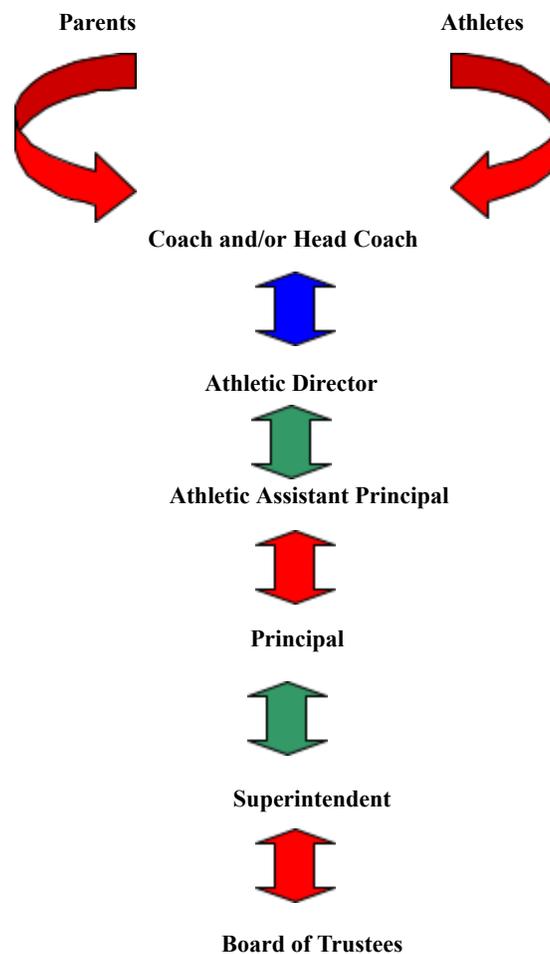
## EXPRESSING CONCERNS ABOUT A STUDENT'S ATHLETIC EXPERIENCE

If a parent has a concern, express it at the appropriate time and place. Below is the SRCSD Athletic Chain of Command. The District asks that parents refrain from confronting coaches immediately after games or at practices. It is expected that concerns will be addressed first with the coaches involved before proceeding through the Athletic Chain of Command. Anonymous letters or phone calls will NOT be treated with any credibility.

Parents and athletes are asked to follow these steps in order until they feel the issue is resolved.

1. Have the athlete speak to the coach. Sometimes the coach is unaware of the athlete's concerns or feelings.
2. Arrange an appointment to speak with the coach. Coaches will respond to parents as quickly as possible.
3. If either parent or coach is not satisfied, call or write the Athletic Director and follow the Chain of Command.
4. Keep all oral and written communications professional and avoid being verbally abusive to anyone.
5. Use email with discretion. When emotions are involved, direct communication is usually more appropriate.

### SRCSD ATHLETIC CHAIN OF COMMAND



## PARENTAL NOTIFICATIONS (AR 6145.2(c))

1. Any **discrimination complaint** arising out of an interscholastic athletic activity must be reported to the site athletic administrators and/or the Assistant Superintendent for Human Resources who is the District's Title IX Coordinator. A description of the Uniform Complaint procedures is found in the Annual Parental Notice at [www.srca.org](http://www.srca.org) IX
2. **Athletes' Bill of Rights** pursuant to Education Code 271
  - (a) You have the right to fair and equitable treatment and you shall not be discriminated against based on your sex.
  - (b) You have the right to have an equitable opportunity to participate in all academic extracurricular activities, including athletics.
  - (c) You have the right to inquire of the athletic director of your school as to the athletic opportunities offered by the school.
  - (d) You have the right to apply for athletic scholarships.
  - (e) You have the right to receive equitable treatment and benefits in the provision of all of the following:
    - (1) Equipment and supplies.
    - (2) Scheduling of games and practices.
    - (3) Transportation and daily allowances.
    - (4) Access to tutoring.
    - (5) Coaching.
    - (6) Locker rooms.
    - (7) Practice and competitive facilities.
    - (8) Medical and training facilities and services.
    - (9) Publicity.
  - (f) You have the right to have access to a gender equity coordinator to answer questions regarding gender equity laws.
  - (g) You have the right to contact the State Department of Education and the CIF to access information on gender equity laws.
  - (h) You have the right to file a confidential discrimination complaint with the United States Office of Civil Rights or the State Department of Education if you believe you have been discriminated against or if you believe you have received unequal treatment on the basis of your sex.
  - (i) You have the right to pursue civil remedies if you have been discriminated against.
  - (j) You have the right to be protected against retaliation if you file a discrimination complaint.
3. **Athletic Risk:** The following statements are contained in the Athletic Participation Form signed by parents and students:
  - (a) I understand and acknowledge that some of the injuries/illnesses which may result from participating in these activities include, but are not limited to, the following: Sprains/strains, Concussions, Paralysis, Communicable diseases, Fractured bones, Head and/or back injury, Loss of eyesight, Death
  - (b) I understand and acknowledge that participation in these activities is completely voluntary and is not required by the District.
  - (c) I understand and acknowledge that, in order to participate in these activities, I agree to assume liability and responsibility for any and all potential risks which may be associated with participation in such activities.
  - (d) I understand, acknowledge, and agree that the District, its employees, officers, agents, or volunteers shall not be liable for any injury/illness suffered incidental to and/or associated with preparing for and/or participating in this activity.
  - (e) I acknowledge that I have carefully read this VOLUNTARY ACTIVITIES ACKNOWLEDGEMENT AND ASSUMPTION OF POTENTIAL RISK information, all information provided is truthful and that I understand and agree to its terms.
4. **Insurance protection** (Education Code 32221.5): STUDENTS PARTICIPATING IN INTERSCHOLASTIC SPORTS ARE REQUIRED BY STATE LAW TO HAVE MEDICAL INSURANCE. Student Accident and Health Care Insurance plans are especially recommended for students with no other insurance since they provide the most help when injuries occur. Student Health Care covers illness as well as injury, 24 hours a day. All plans are available on a "24-Hour", "School Time", and "Tackle Football Only" basis. If your student has other health coverage, student insurance may also be used to help pay those charges not covered by other insurance. Brochures distributed at the beginning of each school year. Keep the brochure in a safe place in case your child gets hurt. [Marin Health & Human Services](#)
5. **Parental permission** for the student to participate in the program and, if appropriate, be transported by the district to and from competitions is granted in the Athletic Participation Form.
6. **Conduct:** The Governing Board's expectation that students adhere strictly to all safety rules, regulations, and instructions, as well as rules and guidelines related to conduct and sportsmanship.
7. **Marin County Athletic League** rules may be found at [www.mcaisports.org](http://www.mcaisports.org) .
8. **Performance enhancing drugs:** Athletes and parents sign a statement that the student will not use steroids or dietary

supplements banned by the U.S. Anti-Doping Agency on the Athletic Participation Form.

## **DIRECTIONS TO MCAL SCHOOLS**

### **The Branson School, 39 Fernhill, Ross CA 94904**

Take the Sir Francis Drake Blvd exit from Hwy. 101 going west (right turn). Drive 3 miles. Turn left at Bolinas Avenue (road does not go to the right). Drive 1 block. Turn left at Shady Lane. Drive 1 block. Turn right at Fernhill Avenue. Drive one and a half blocks. School is on the left. Drive through the gate

### **Marin Catholic High School, 675 Sir Francis Drake Blvd., Kentfield CA 94904**

From Hwy. 101, take Sir Francis Drake Blvd exit. Go WEST 1.8 miles. Marin Catholic is on the left.

### **Novato High School, 625 Arthur Street, Novato CA 94947**

From Hwy. 101, take the Rowland Avenue exit. Turn left on Rowland Blvd. Turn right on S. Novato Blvd. Turn left on Arthur.

### **Redwood High School, 395 Doherty Drive, Larkspur CA 94939**

From the North: Drive south on Highway 101, take the Lucky Drive exit. Head west toward the city of Larkspur, pass Gold's Gym, and continue straight at signal. Drive one block and turn left on Lucky Drive to stop sign. From the South: Drive north on Highway 101, Take Lucky Drive exit. Turn right on Frontage Road. Go to first signal and drive under freeway. Turn right at Tamal Vista to signal. Turn left at Fifer and left again on Lucky Drive to stop sign. You will first see the east parking lot for some fields. Go around the school and enter the west lot for the gym, football, baseball and track.

### **San Marin High School, 15 San Marin Drive, Novato CA 94945**

From Hwy. 101, take Atherton Avenue exit in Novato. Left on Atherton Avenue. After the overpass, slight right on San Marin Drive.

### **San Rafael High School, 185 Mission Avenue, San Rafael CA 94901**

From Highway 101, take the Central San Rafael exit to Second Street/ Turn east on Second Street. Go past the Montecito Shopping Center. Turn into the school parking lot on the left. Alternate for gym: Take Central San Rafael turnoff. Turn right on Mission. Parking is more difficult on this side of the school.

### **Archie Williams High School, 1327 Sir Francis Drake Blvd., San Anselmo CA 94960**

Going west on Sir Francis Drake Blvd, Drake High School is on the left between the San Anselmo hub and Fairfax.

### **Tamalpais High School, 700 Miller Avenue, Mill Valley CA 94941**

From the North: Take the first Mill Valley exit - East Blithedale/Tiburon - Exit 131. Turn right on East Blithedale. Proceed to the third stop light Camino Alto (approximately 0.8 mile). Turn left on Camino Alto. Proceed to 3rd stop light. School is located at the end of Camino Alto where it meets Miller Avenue. Turn left on Miller and make a right hand turn after the school gymnasium into the school parking lot. From the South: Take the Golden Gate Bridge north to 1st Mill Valley exit - Stinson Beach/Highway 1. Follow exit under Richardson Bay Bridge. Continue on road to 2nd signal light at Highway 1. Stay to the right and continue on Almonte Blvd. which becomes Miller Avenue and four lanes. The school is on the left. The school parking lot is located on the left after the playing fields.

### **Terra Linda High School, 320 Nova Albion Way, San Rafael CA 94903**

From Hwy. 101, take Terra Linda exit to Freitas Parkway. Continue West on Freitas Parkway (past Safeway) to Las Gallinas Avenue. Turn left on Las Gallinas. Go one block to Nova Albion Way. Turn right on Nova Albion Way and continue past Vallecito School. Continue until you see Terra Linda High on the right

# CONCUSSION

## A Fact Sheet for Parents/Guardians and Coaches

### WHAT IS A CONCUSSION?

#### A concussion is a brain injury that:

- Is caused by a blow to the head or body from contact with another player, hitting a hard surface such as the ground, ice or floor, or being hit by a piece of equipment such as a bat, lacrosse stick or field hockey ball.
- Can change the way your brain normally works.
- Can range from mild to severe.
- Presents itself differently for each athlete.
- Can occur during practice or competition in ANY sport.
- Can happen even if you do not lose consciousness.**

### CIF Bylaw 313. Play It Safer

A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time for the remainder of the day. A student-athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and receives written clearance to return to play from that health care provider.

### WHAT ARE THE SYMPTOMS OF A CONCUSSION?

You can't see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury. Concussion symptoms include:

- Amnesia.
  - Confusion.
  - Headache.
  - Loss of consciousness.
  - Balance problems or dizziness.
  - Double or fuzzy vision.
  - Sensitivity to light or noise.
  - Nausea (feeling that you might vomit).
  - Don't feel right.
  - Feeling sluggish, foggy or groggy.
  - Feeling unusually irritable.
  - Concentration or memory problems (forgetting game plays, facts, meeting times).
  - Slowed reaction time
- Exercise or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse.

### WHAT CAN HAPPEN IF MY CHILD KEEPS ON PLAYING WITH A CONCUSSION OR RETURNS TO SOON?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

### WHAT YOU SHOULD DO IF YOU THINK YOUR CHILD HAS SUFFERED A CONCUSSION

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without written medical clearance. Close observation of the athlete should continue for several hours. The new CIF Bylaw 313. Now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that help ensure and protect the health of student-athletes.

### IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON. WHEN IN DOUBT, GET CHECKED OUT.

For more information and resources, visit [CIF: Concussions](#) & [CDC: Concussions](#).

# CONCUSSION

## A Fact Sheet for Student-Athletes

### WHAT IS A CONCUSSION?

#### A concussion is a brain injury that:

- Is caused by a blow to the head or body from contact with another player, hitting a hard surface such as the ground, ice or floor, or being hit by a piece of equipment such as a bat, lacrosse stick or field hockey ball.
- Can change the way your brain normally works.
- Can range from mild to severe.
- Presents itself differently for each athlete.
- Can occur during practice or competition in ANY sport.
- Can happen even if you do not lose consciousness.**

### HOW CAN I PREVENT A CONCUSSION?

#### Basic steps you can take to protect yourself from concussion:

- Do not initiate contact with your head or helmet. You can still get a concussion if you are wearing a helmet.
- Avoid striking an opponent in the head: Undercutting, flying elbows, stepping on a head, checking an unprotected opponent and sticks to the head all cause concussions.
- Follow your athletics department's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Practice and perfect the skills of the sport.

### WHAT ARE THE SYMPTOMS OF A CONCUSSION?

You can't see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury.

Concussion symptoms include:

- Amnesia.
- Confusion
- Headache.
- Loss of consciousness.
- Balance problems or dizziness.
- Double or fuzzy vision.
- Sensitivity to light or noise.
- Nausea (feeling that you might vomit).
- Feeling sluggish, foggy or groggy.
- Feeling unusually irritable.
- Concentration or memory problems (forgetting game plays, facts, meeting times).
- Slowed reaction time.
- Exercise or activities that involve a lot of concentration, such as studying, working on the computer, or playing videogames may cause concussion symptoms (such as headache or tiredness) to reappear or get worse.

### WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

**DON'T HIDE IT!** Tell your athletic trainer and coach. Never ignore a blow to the head. Also, tell your athletic trainer and coach if one of your teammates might have a concussion. Sports have injury timeouts and player substitutions so that you can get checked out.

**REPORT IT. TELL YOUR COACH – TELL YOUR PARENTS!** Do not return to participation in a game, practice or other activity with symptoms. The sooner you get checked out, the sooner you may be able to return to play.

**GET CHECKED OUT.** Your team physician, athletic trainer, or health care professional can tell you if you have had a concussion and when you are cleared to return to play. A concussion can affect your ability to perform everyday activities, your reaction time, balance, sleep and classroom performance.

**TAKE TIME TO RECOVER.** If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a repeat concussion. In rare cases, repeat concussions can cause permanent brain damage, and even death. Severe brain injury can change your whole life.

### IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON. WHEN IN DOUBT, GET CHECKED OUT.

For more information and resources, visit [CIF: Concussions](#) & [CDC: Concussions](#)