



# HOLLISTER

## SCHOOL DISTRICT

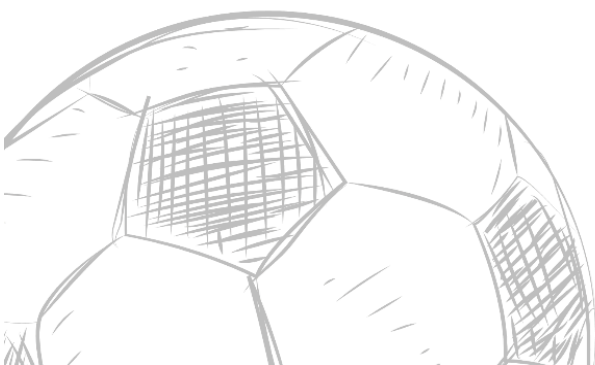
# ATHLETIC HANDBOOK

2025-2026

<https://sports.hesd.org/home>

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# 1. Introduction

*“Sports teaches you character, it teaches you to play by the rules, it teaches you to know what it feels like to win and lose- it teaches you about life.”*

-Billie Jean King



## **Welcome to the Hollister School District After School Athletics Program!**

We are excited to offer this opportunity for our middle school aged students to grow, learn, and excel through sports. This handbook serves as a comprehensive guide for students, parents, and coaches, outlining our program's philosophy, rules, and expectations.

## **Program Philosophy and Mission**

### **Philosophy**

At its core, our quality sports program fosters personal growth through teamwork, integrity, and skill development. Athletes can excel on and off the field, gaining tools for future sports success and benefiting from a well-rounded educational experience. This program inspires academic achievement for a brighter future.

### **Mission Statement**

Our mission is:

- To use sports to motivate and encourage student athletes to succeed academically.
- To provide exemplary leadership to promote the emotional, intellectual, physical, and social development of students who participate by selecting the best qualified coaches and officials available.
- To provide an environment that will facilitate students to develop good sportsmanship, leadership and communication skills.
- To provide Hollister School District students with an opportunity to participate in a school organized sports program.
- To provide a program that will help students develop fundamental skills in a variety of sports.

## 2. Non-Discrimination Policy

- The Hollister School District prohibits, at any district school or school activity, discrimination, harassment, including sexual harassment, intimidation, and bullying, based on actual or perceived race, color, ancestry, nationality, national origin, immigration status, ethnic group identification, ethnicity, age, religion, marital status, pregnancy, parental status, physical or mental disability, sex, sexual orientation, gender, gender identity, gender expression, or genetic information, or association with a person or group with one or more of these actual or perceived characteristics.
- This policy applies to interns, volunteers, and job applicants when applicable.
- For questions, concerns, or complaints, please contact Title IX Compliance Officer: Kip Ward, Assistant Superintendent; 2690 Cienega Road, Hollister, CA 95023; (831)630-6300 ; kward@hesd.org

## 3. Participation and Eligibility



### Eligibility Requirements

- All players must be currently enrolled in 6th-8th grade in the Hollister School District.
- Students may only compete for the school of attendance or the combined school team assigned to them. Rancho San Justo, Maze Middle School, and HDLA will have site teams, while the participating K-8 schools (AAA/Calaveras, Ladd Lane, and Rancho Santana) will combine into a single team called "HSD".
- If a student withdraws from the Hollister School District during the season, they may no longer play on the team.
- Students who move to a new school within the district during a season may continue to play for the former school until a new season begins.
- Students from outside of the Hollister School District are strictly prohibited from playing in the program.
- Participation is a privilege, not a right.
- Academic success takes priority in all circumstances.
- Students must maintain a 2.0 GPA with no "F" grades based on the most recently completed trimester report card prior to the beginning of the season.

### Daily Participation

- All participants must attend school or have verification from a parent or guardian for any partial absence on any game day to participate in a league contest.
- Any student on a medical waiver from Physical Education is prohibited from participating physically in team related activities until after the date provided by the doctor.



### **Suspension Policy**

- Students who are suspended from school are not eligible to participate in practice or contests for 6 weeks following their suspension.
- This policy carries over from one season to the next and can prevent a student from participating in the next season's tryout process.

## **4. Code of Conduct**

### **For Coaches**

- Coaches must demonstrate the utmost integrity and sportsmanship.
- They are expected to be fair, honest, and act as role models for students.
- Coaches hold the greatest responsibility for maintaining the program's philosophy.
- An athlete's attitude and behavior is greatly influenced by the coach.
- The Athletic Commissioner may intervene if standards are not upheld.

### **For Athletes**

- Students must attend school daily and follow all classroom and school rules.
- They must not be suspended for any reason.
- Good sportsmanship and safe play are expected at all times.
- The Principal, Athletic Commissioner and Coach will hold high standards for good sportsmanship and citizenship.

### **For Spectators**

- Sportsmanlike behavior and adherence to all district regulations and policies are required.
- Coaches, site Administrators and the Athletic Commissioner maintain the right to remove or suspend any spectator from school grounds for unsportsmanlike conduct or violation of district regulations or policies.



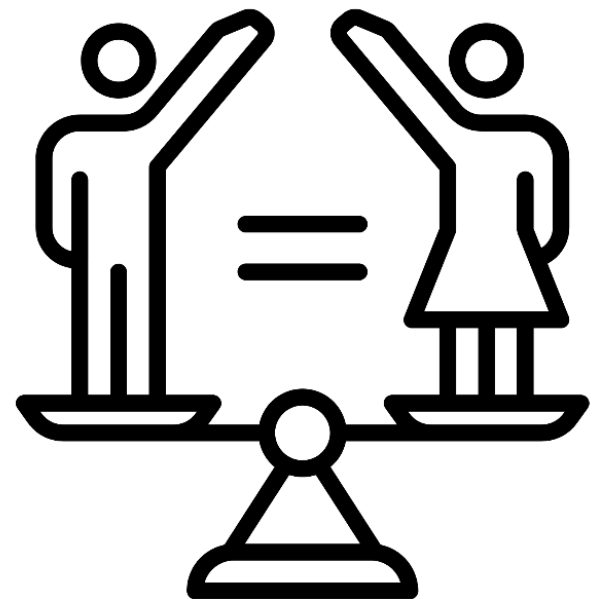
### Sportsmanship and Citizenship

- The administration reserves the right to suspend any coach or player who does not demonstrate proper conduct while participating in the program.
- If a report of poor sportsmanship or conduct is received, the Administrative Designee will investigate and may request statements from all involved parties and witnesses.
- Upon full investigation, coaches and players may receive a letter of concern, be placed on probation, or be removed from current and/or future participation in the program.
- A violation of league rules may result in forfeit or ejection from a game, season or future participation, depending on the severity of the offense, at the official's discretion.

## 5. Title IX Compliance

Title IX of the Education Amendments of 1972 states: "No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance."

In accordance with this federal law, the Hollister School District After School Athletics Program is committed to providing equal opportunities for all students, regardless of gender. Our program adheres to the following principles:



- The program promotes equal and/or separate programs for members of both sexes.
- Participation is restricted by gender in activities that are offered on an equal basis to boys and girls.
- Historically, athletic opportunities have been greater for males than for females; thus, females are entitled to try out for a male team if a female team equivalent is not available. Female sports are to remain strictly female.
- We offer equal access to sport choices, quality coaching, equipment, and facilities.
- Balanced scheduling of practices and games is ensured.

# 6. Safety and Health

## Emergency Procedures

- Coaches must keep emergency cards and team rosters on hand at all times (physical or digital copy)
- In case of injury, coaches will contact numbers provided via Arbiter registration.
- For serious injuries, 911 will be called immediately.
- Any student suspected of having had a concussion must be cleared by a doctor before returning to participation of any kind.
- If a health concern or emergency situation occurs during practice or game play, the coach must inform parents and then contact a site and/or district administrator immediately.

## Health Requirements

- Parents provide health information during Arbiter sports registration.
- No physical exam is required to avoid barriers for families without healthcare access.
- Coaches are trained in sudden cardiac arrest and concussion protocols.
- Coaches need to be aware of specific health concerns for all players on their teams, which should be provided through arbiter sports registration.

## Equipment and Safety Gear

- Specific safety equipment (e.g., mouth guards, kneepads) is required for certain sports.
- The district can provide equipment for those who cannot afford it (communicate needs to the coach).
- Coaches will be provided with access to a first aid kit.

# 7. Arbiter Sports Registration



We've streamlined our registration process for the middle school after-school sports program. Now, you have the convenience to register your child for each sport they're interested in playing all at once, or for each upcoming season individually. If your child's preferences change down the road, you can log back in before the registration deadline for each season to update their account. This flexibility ensures your child can explore various sports opportunities throughout the school year. However, students must be registered for the sport they want to play prior to participating in tryouts or any other team related activities.

Visit: <https://students.arbitersports.com/hollister-school-district>

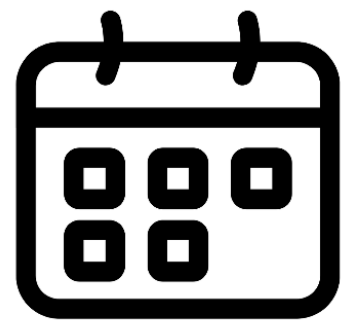


### Safety Information

- Parents must include pertinent personal, insurance, and health information during registration for Athletic Participation.
- Parents must verify during registration that they have read and understand the risks associated with participation, including but not limited to sudden cardiac arrest and concussion, and release liability from Hollister School District.
- This information is crucial for the safety of all players and must be completed before participation is allowed.

### Record Keeping

- The Athletic Commissioner will create and maintain a record of coach and player information for each sports team.
- Participation records are kept via Arbiter sports registration.
- These records are only viewable by the athletic commissioner and assistant superintendent.
- Rosters are kept on our hollister school district sports webpage.



## 8. Sports Seasons

### Season Calendar

- Season 1 (8/25/25 to 10/17/25): Co-ed Volleyball and Boys Flag Football
- Season 2 (10/27/25 to 12/19/25): Girls Basketball and Boys Soccer
- Season 3 (1/12/26 to 3/6/26): Boys Basketball and Girls Soccer
- Season 4 (3/16/26 to 5/8/26): Girls Flag Football, Co-ed Wrestling, and Co-ed Track and Field

### Season Outline

- Week 1: ..... Tryouts
- Week 2: ..... Practice
- Weeks 3-6: ..... Games/Practices
- Week 7: ..... Playoff Games/All Star Game (Culminating Event)

### General Information

- All athletic activities are typically scheduled on Mondays, Tuesdays, and Wednesdays.
- Tryout times and locations for each team are as follows:
  - **Outdoor Tryouts** (*Flag Football, Soccer, Track & Field*)
  - RSJ and HSD K-8 Sites (LL, RSS, CAL/AAA): 3:45 PM - 4:45 PM at Rancho Field
  - Maze and HDLA: 3:45 PM - 4:45 PM at Maze Field
  - **Indoor Tryouts** (Volleyball, Basketball)
  - RSJ: 3:45 PM - 4:45 PM at Rancho Gym
  - HSD K-8 Sites (LL, RSS, CAL/AAA): 4:45 PM - 5:45 PM at Rancho Gym
  - Maze: 3:45 PM - 4:45 PM at Maze Gym
  - HDLA: 4:45 PM - 5:45 PM at Maze Gym

- Tryouts and practices are closed to parents to ensure students can focus fully on their activities without distractions, promote independence, and foster a positive environment where coaches can provide undivided attention to skill development and team dynamics
- During tryouts, coaches carefully evaluate each student's skills, athleticism, and game knowledge to determine team rosters. To ensure fairness, maintain privacy, and avoid potential conflicts, specific details about individual assessments are not shared. We trust our coaches to make impartial decisions based on their expertise and observations, always striving to form the most competitive teams while providing opportunities for player development.

## 9. Team Selection and Playing Time

### Cuts and Team Formation

- Cuts may occur based on specific circumstances, sports, and grade levels.
- The Athletic Commissioner, assisted by site and district administrators, will determine the need for cuts for each sport at the beginning of each season.
- Coaches will inform students about the district's decisions regarding cuts during try-outs for each sport.
- When forming multiple teams at a single site, coaches will create evenly matched teams based on a number of factors including skill, physical development, athleticism, sport specific knowledge, and grade level to promote competitive game play during the season.
- The Athletic Commissioner reserves the right to restructure team rosters if there is an imbalance of talent between teams at an individual school site during the season.

### • **Playing Time**

- Every student must play in each game (minimum play requirement varies by sport).
- No player should play an entire game unless there's a lack of substitutes, as determined by the Athletic Commissioner or Administration.
- Players missing 20% or more of practices may have reduced playing time, and can be removed from the team unless a coach receives a doctor's note.



# 10. Communication



ParentSquare

- Information about tryouts will be distributed district-wide via ParentSquare in the weeks leading up to the season.
- Tryout information and schedules will also be posted on the district sports website <https://sports.hesd.org/home>
- Team rosters will be posted on the district sports website at the end of the week following tryouts under the “Rosters” tab.
- Once teams are formed, coaches become the primary contact for team-specific information, and should open lines of communication with parents via email.
- Any changes to the provided information will be distributed through mass email from Arbiter sports to the email provided during registration.
- The athletic commissioner will send updates through the Arbiter sports registration system when necessary.

# 11. Program Operations

## **Transportation**

- Not provided by the district.
- Students must be picked up promptly after games and practices.
- Coaches are not responsible for supervising students after scheduled activities.

## **Conflict Resolution**

- Direct any complaints to the athletic commissioner ([emiranda@hesd.org](mailto:emiranda@hesd.org)) or on-duty administrator at games.
- The athletic director addresses issues with coaches and communicates resolutions to parents swiftly.
- We encourage positive discourse between parents, coaches, players, and officials, but discourage parents from taking matters into their own hands when a conflict arises.

## **Volunteer Policy**

- We do not accept volunteers to ensure all student interactions are with background-checked individuals.
- Those interested in involvement are encouraged to apply for coaching positions through the district human resources department.

## **Uniforms and Equipment**

- Each student participant is responsible for the loss of or unnecessary damage to any assigned equipment or uniform.
- Lost or damaged items must be replaced within one week of the season's end.
- District-owned uniforms are to be worn only during competition.
- Members of the same team shall wear identical uniforms, as available.
- No jewelry is allowed during practices or contests.
- Jerseys must be returned to the head coach immediately following the last game of the season.



# 12. Intramural Sports

The Hollister School District does not meet the requirements under Ed. Code Section 221.9(e) and do not have to publicize any athletic data.

Participating Schools: Maze Middle School, Rancho San Justo Middle School, and Hollister Dual Language Academy, with Calaveras Elementary, Accelerated Achievement Academy, Ladd Lane Elementary, and Rancho Santana School joining together to form teams "HSD" (6-8th Grade ONLY)

- Currently, only intramural sports are offered, meaning there will be no travel to outside games or tournaments.
- Fundraising beyond district-sponsored activities is not allowed.

## **Culminating Events**

- Each season ends with a culminating event. This is usually a league tournament to crown a champion, but may also include an all-star game, a players vs. staff game, or a game with another school in the county.
- The decision on the type of culminating event is made by the athletic commissioner with input from the coaches during the season.
- Various factors are considered, such as whether there was a clear winner of the league after the round-robin regular season schedule, the number of teams, and other relevant circumstances.

# 13. Coaches and Officials

## **Responsibilities of Coaches**

- Teach students fundamental skills and team strategies while promoting sportsmanship.
- Be aware of players' health concerns and emergency procedures.
- Attend mandatory pre-season meetings covering sport-specific content, sudden cardiac arrest and concussion protocols, and communication strategies.
- Coaches should not keep score or referee their own games except in an emergency.

## **Hiring of Coaches**

- Priority:
  - 1) HSD Certificated staff
  - 2) HSD Classified staff,
  - 3) Walk-on coaches
- All coaches working with student athletes must undergo fingerprinting and TB testing.
- Hiring, rehiring, and firing decisions are made in conjunction with the Human Resources department.

## Officials

- The Athletic Commissioner, along with coaches and school administrators, are responsible for providing neutral officials for each game or contest.
- Officials must be fair, consistent, and impartial.
- Every effort will be made to recruit impartial officials who are not connected to team participants.

### Jurisdiction and Authority

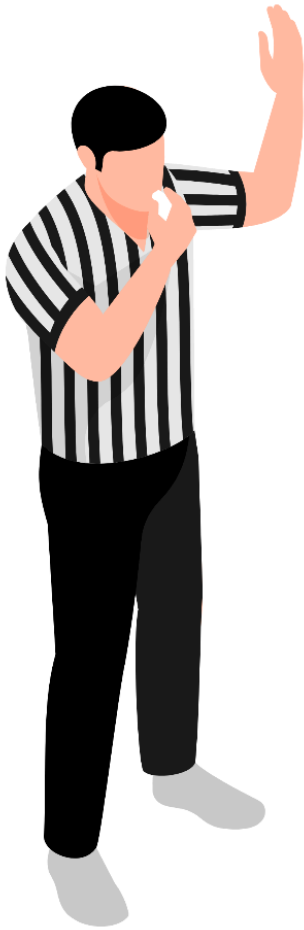
- Start and End of Jurisdiction: The Referee authority begins when they arrive and concludes when the final score is declared.
- Final Authority: The Referee has the ultimate decision-making power on all game matters, including rules and the final score.
- Emergency Situations: In the event of an emergency, such as a severe injury, the Referee has the authority to declare the game final. However, the responsibility for the care of players beyond the conclusion of the game falls on parents and coaches, not the Referee.

### Game Oversight and Responsibilities

- Field/Court Inspection: The Referee inspects the playing area for any issues and ensures all player equipment is safe and compliant.
- Game Control: The Referee manages the game flow, enforces rules, and handles penalties.
- Play Monitoring: The Referee observes each play with a primary focus on crucial elements of the game

### General Game Conduct

- Penalty Assessment: The Referee calls all penalties/fouls and ensures they are applied correctly
- Clarifications: Only head coaches may approach the Referee for rule clarifications. Players cannot and should not question calls.
- Ending the Game: The referee has the authority to end a game before its scheduled conclusion if there are legitimate safety concerns, extreme weather conditions, or other reasonable circumstances that warrant early termination. This decision is made to ensure the well-being of all participants and spectators.



*\*Reminder: Our referees are crucial to maintaining the integrity and fairness of our games. They strive to make accurate calls and ensure a smooth game flow, but it's important to remember they are human and can't see every play from every angle. Please treat our referees with the utmost respect and appreciation for their hard work. For any concerns beyond the referees' responsibilities, please speak with the administrator on duty or the athletic commissioner.*

# 14. Conclusion

Thank you for being a part of the Hollister School District After School Athletics Program. This handbook serves as a guide to help students, parents, and coaches navigate our program successfully. We believe that sports play a crucial role in the holistic development of our students, fostering not only physical skills but also important life skills such as teamwork, leadership, and perseverance.

Our program is built on the foundation of inclusivity, fairness, and a commitment to academic excellence. We strive to provide a safe and nurturing environment where every student-athlete can thrive, both on and off the field. By participating in our sports program, students have the opportunity to challenge themselves, build lasting friendships, and create memories that will stay with them long after they leave our halls. We encourage all participants – students, parents, and coaches – to embody the spirit of sportsmanship and respect that is central to our philosophy. Remember that your actions represent not just yourself, but our entire school community.

As we look forward to an exciting and rewarding sports season, we invite you to fully engage with the program. Attend games, cheer on your peers, and support one another in both victory and defeat. Your enthusiasm and positive involvement contribute greatly to the success of our program.

Should you have any questions, concerns, or suggestions throughout the season, please don't hesitate to reach out. Our doors are always open, and we value your input in making our program the best it can be.

Once again, welcome to the Hollister School District After School Athletics Program. Here's to another year filled with growth, achievement, and the joy of sports!

For further information or inquiries, please contact our athletic commissioner Eric Miranda at:

[emiranda@hesd.org](mailto:emiranda@hesd.org).



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