

Colusa High School

Extracurricular Athletic Handbook

2021-2022

INTERSCHOLASTIC SPORTS:

Baseball
Basketball
Cross-Country
Football
Golf
Soccer
Softball
Tennis
Track-n-Field
Volleyball

ACTIVITIES/CLUBS/ASB ACTIVITIES:

Cheerleading
Powder Puff Activities
Lunch Time Activities
Rallies
Float Building
Shooting Club

Dear Parent,

The following information in this Extracurricular Athletic Handbook must be read, reviewed, and agreed upon by your student athlete. The forms designated below must be completed and submitted prior to your son or daughter beginning practice for any athletic team at Colusa High School. Every student wishing to participate in a sport must complete the following forms within this Athletic Handbook in order to have athletic clearance.

The following forms are included:

- **Northern Section, CIF Concussion Information Sheet..signed by parent and athlete**
- **Student Athlete Social Media Agreement Form**
 - **Acknowledgment and Consent Form:** Please read and review the Code of Conduct with your son/daughter.
 - **Agreement for Student Athlete and Parent/Guardian Regarding Use of Steroids/Drug Testing Authorization form**
 - **Release of Liability and Assumption of Risk Agreement**
 - **Interscholastic Athletic Participation Parent Consent Card**
 - **Athletic Insurance – Photocopy of Insurance Card**
 - **Student Emergency Card:** This form will be carried by the coach at all times for the protection of your son/daughter in the event of an emergency.
 - **Authorization for First Aid and Medical Treatment**
 - **Sports Participation Health Record:** Athletes must have a yearly physical examination from a qualified physician who completes Part B of this form. The physical must be completed prior to trying out for a sport. All physicals must be renewed for the following year before participation on an athletic team is allowed.
 - **Back Side Completed and Signed by Parent/Guardian PRIOR to Doctor's Visit**

The completion of this packet of forms will clear your son/daughter to participate in extracurricular sports for the entire school year. In addition to the above, any fines and/or fees owed by the student must be paid prior to participating in a sport. If you have questions, please contact the Athletic Director.

Sincerely,

Eric Lay, Athletic Director
Colusa High School
901 Colus Avenue
Colusa, CA. 95932
(530) 713-8460
elay@colusa.k12.ca.us

COLUSA HIGH SCHOOL STUDENT/ATHLETE HANDBOOK

The policies in this section have been developed as a Student Athletic Handbook for distribution to the athlete and parent(s).

A. Introduction

1) To the parent

This material is presented to you because your son or daughter has indicated a desire to participate in interscholastic athletics and you have expressed your willingness to permit him/her to compete. Your family interest in this important component of our school program is gratifying. We believe that participation in sports provides a wealth of opportunities and experiences which assist students in personal adjustments.

We are concerned with the educational development of boys and girls through athletics and feel that a properly controlled, well-organized sports program can meet student needs for self-expression, social, mental and physical growth. It is our intent to conduct a program that is educationally sound in purpose and will enhance each student's personal growth.

A student who elects to participate in athletics is voluntarily making a choice of self-discipline and self-denial. These are the reasons we place such stress on good training habits. Failure to comply with the rules of training and conduct means exclusion from the squad. This concept of self-discipline and self-denial is tempered by our responsibility to recognize the rights of the individual within the objectives of the team. There is no place in high school athletics for students who will not discipline their minds and bodies for rigorous competition. We are striving for excellence and do not want our athletes to compromise with mediocrity.

When your son/daughter enlisted in one of our sports programs, he/she committed our staff to certain responsibilities and obligations which are: 1) to provide adequate equipment and facilities, 2) to provide well trained coaches, and 3) to provide equalized contests with skilled officials.

Likewise, we feel that you have committed yourselves to certain responsibilities and obligations. We would like to take this opportunity to acquaint you with specific policies that are necessary for a well-organized program of athletics.

It is the role of the department of athletics to make rules that govern the spirit of competition for the school. These rules need a broad basis of community support, which is achieved only through communication to the parent. It is our hope to accomplish this objective through this athletic publication for students and parents.

Parking is NOT permitted on the cement basketball courts behind the gym or inside the gated area of the football field.

2) To the athlete

Being a member of a Colusa athletic team is a fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight; it takes the hard work of many people over many years. As a member of an interscholastic squad of Colusa High, you have inherited a wonderful tradition which you are challenged to uphold.

Our tradition has been to win with honor. We desire to win, but only with honor to our athletes, our schools and our community. Such a tradition is worthy of the best efforts of all concerned. Over many years our squads have achieved more than their share of league and tournament championships. Many individuals have set records and achieved All-American, All-State and All-Conference honors.

It will not be easy to contribute to such a great athletic tradition. When you wear the colors of your school, we assume that you not only understand our traditions, but are willing to assume the responsibilities that go with them. However, the contributions you make should be a satisfying accomplishment to you and your family.

a) Responsibilities to Yourself: The most important of these responsibilities is to broaden and develop strength of character. You owe it to yourself to derive the greatest benefit from your high school experiences. Your academic studies, your participation in other extracurricular activities as well as in sports, prepare you for your life as an adult.

b) Responsibilities to Your School: Another responsibility you assume as a squad member is to your school. Colusa cannot maintain its position as having an outstanding school unless you do your best in the activity in which you engage. By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school. You assume a leadership role when you are on the athletic squad to the student body and the community. You are on stage with the spotlight on you. The student body, the community and other communities judge our school by your conduct and attitude, both on and off the field. As a result of this leadership role, you can contribute significantly to school spirit and community pride.

c) Responsibilities to Others: As a squad member you also bear a heavy responsibility to your home. If you never give your parents anything to be ashamed of, you will have measured up to the ideal. When you know in your heart that you have lived up to all of the training rules, that you have practiced to the best of your ability everyday and that you have played the game “all out,” you can keep your self-respect and your family can be justly proud of you. The younger students in the Colusa Unified School District are watching you. They will copy you in many ways. Do not do anything to let them down. Set good examples for them.

B. Athletic Philosophy

1) Statement of Philosophy

The Colusa Athletic Program should provide a variety of experiences to enhance the development of favorable habits and attitudes that will prepare students for adult life in a democratic society.

The interscholastic athletic program shall be conducted in accordance with existing Board of Education policies, rules and regulations. While the Board of Education takes great pride in winning, it does not condone “winning at any cost.” It discourages any and all pressures which might lead to neglecting good sportsmanship and good mental health. At all times, the athletic program must be conducted in such a way that it is an educational activity.

2) Athletic Goals and Objectives

Our Goal - The student-athlete shall become a more effective citizen in a democratic society. Our Specific Objectives - The student-athlete shall learn:

a) To work with others- In a democratic society a person must develop self discipline, respect for authority, and the spirit of hard work and sacrifice. The team and its objectives must be placed higher than personal desires.

b) To be successful- Our society is very competitive. We do not always win, but we succeed when we continually strive to do so. You can learn to accept defeat only by striving to win with earnest dedication. Develop a desire to excel.

c) To develop sportsmanship. To accept any defeat like a true sportsman, knowing we have done our best, we must learn to treat others as we would have others treat us. We need to develop desirable social traits, including emotional control, honesty, cooperation and dependability.

d) To improve. Continual improvement is an essential component of good citizenship. As an athlete, you must establish a goal and you must constantly try to achieve that goal. Try to improve in the skills and knowledge required and those personal traits that enhance the success of a team.

e) To enjoy athletics- It is necessary for athletes to enjoy participation, to acknowledge all of the personal rewards to be derived from athletics, and to give sufficiently of themselves in order to persevere and improve the program.

f) To develop desirable personal health habits. To be an active, contributing citizen, it is important to obtain a high degree of physical fitness through exercise and good health habits, and to develop the desire to maintain this level of physical fitness after formal competition has been completed.

3) The Athletic League/Conference

Colusa High School is a member of the Sacramento Valley League, Mid-Valley League and the Butte View League. The various leagues primary purpose is promoting selected interscholastic activities among member schools and the assurance of such advantages as may be gained by a union of effort.

4) Colusa High School Association Rules

To be eligible for interscholastic athletics, a high school student must meet the following state regulations:

a) Enrollment; **b)** Age (not have reaches his/her 19th birthday on or before Aug. 31; **c)** Physical Examinations; **d)** Seasons of Competition; **e)** Semesters of Enrollment (Scholarship); **f)** Residence Requirements; **g)** Transfers; **h)** Guardianship; **i)** Awards; **j)** Amateur Practices; **k)** have not competed on any outside team in the same sport during the school season of that sport; **l)**

C. Requirements for Participation

1) Physical Examination

A yearly physical examination is required. The physical card must be completed by the physician and submitted to the coach prior to participation. The examination covers all sports for the entire school and is valid for exactly one year from the date of the physical. The form will be kept on the file in the athletic office. The physical must clear the athlete for the entire sports season.

2) Emergency Medical Authorization

Each athlete's parents shall complete an Emergency Medical Authorization Form giving permission for treatment by a physician or hospital when the parent(s) are not available. The form will be kept in the medical kit for availability at all practices and contests.

3) Parental Acknowledgment of Athletic Policies

Upon entering high school or at the time a student tries out for an athletic team, he/she will be presented with this handbook containing all the necessary forms and information for participating in athletics.

Each parent or guardian and athlete shall read all of the enclosed material and certify that they understand the athletic eligibility rules and policies of the school district. This signed document will be filed in the athletic administrator's office.

4) Insurance

The school district does not carry insurance to cover student athletic injuries. Parents will need to sign the acknowledgment form possess a family insurance plan. A **photocopy** of the family's insurance card must be turned in order to clear the student-athletes for participation.

5) Scholastic Eligibility

In order to participate on a Colusa athletic team, each athlete must have satisfied all of the scholastic eligibility requirements prior to participation.

6) Risk of Participation

All athletes and parents must realize the risk of serious injury which may be a result of athletic participation. Colusa Unified School District will use the following safeguards to make every effort to eliminate injury:

- a)** Maintain a continuing education program for coaches to learn the most up-to-date techniques and skills to be taught in their sport.
- b)** Instruct all athletes about the dangers of participation in the particular sport.

7) Financial Obligations and Equipment

- a) Uniforms** — Athletes will be given a uniform by the school.
- b) Equipment** — All athletes are responsible for the proper care and security of equipment issued to them. School-furnished equipment is to be worn only for contests and practice. All equipment not returned in good condition at the end of the season will be subject to a financial penalty.

D. Athletic Codes of Conduct

1) Conduct of Athletes

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department. The community, school administrators and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of athletics. The welfare of the student is our major consideration and transcends any other consideration.

All athletes shall abide by a code of ethics which will earn them the honor and respect that participation and competition in the interscholastic program affords. Any conduct that results in dishonor to the athlete, the team or the school will not be tolerated.

Acts of unacceptable conduct, such as, but not limited to theft, vandalism, disrespect, immorality, violations of law, using or being in possession of alcohol, tobacco or any other illegal substance, tarnish the reputation of everyone associated with the athletic program and will not be tolerated.

2) General Behavior

Student/Athletes are the most highly recognized students on campus and in our communities. Student/Athletes understand that they are role models whether they choose to be or not. Profanity, unsportsmanlike conduct, and disrespect to any person or institution will not be tolerated and may be cause for removal from a team. Athletes accept responsibility for their actions both on and off the field/court. An athlete’s language and behavior should not embarrass himself, the team, the school, the district, or the community.

1. Specifically, throwing of equipment, profanity, or any similar displays of unsportsmanlike behavior will not be tolerated and may be cause for removal from any team.
2. Defiant behavior and back-talk toward any coach, school official, or game official will not be tolerated and may be cause for removal from any team. Any disagreements should be handled in private mature discussions.
3. Any student who steals, damages, defaces, or possesses without permission a teammate’s property, CHS property, or property from any other school will not be tolerated and may be cause for dismissal from any team.
4. Any student that is found to be bullying, hazing, or any other form of harassment toward teammates, opposing teams, or the general student population will be cause for removal from any team.

3) Policy on Fighting in Interscholastic Sports

High School and Conference Policy on Harassment, Fighting, and Flagrant Unsportsmanlike Conduct in Interscholastic Sports:

a) Fighting in any sport shall be construed to consist of: an invitation to fight; following an opposing player during a disturbance and making any menacing or taunting gesture or sound; punching or slugging, whether or not contact is made; wrestling or tackling an opponent as part of an altercation. In addition, leaving the player box or player bench area to approach an altercation shall be construed as participation in the altercation. Furthermore, any athlete, coach, or team personnel ejected by a contest official from any contest for harassment, fighting, or flagrant unsportsmanlike conduct will be subject to the penalties listed hereafter.

b) Violation of this rule shall bring an automatic suspension for the remainder of that contest plus suspension from at least the next scheduled contest.

c) Should the original violation of this rule occur during the final contest of the season, the violation will be suspended from the next two contests the athlete, coach or team personnel member is eligible for during a season in which he/she participates and completes.

d) A more severe penalty may be assessed against an individual for a violation if, in the judgment of the school, such action will be beneficial to the future of that sport.

Violation of this rule shall bring an automatic suspension for the remainder of that game plus suspension from the next scheduled contest. The same suspension applies to any member of the playing squad who leaves the bench during a fight.

4) Appeal Procedure

The student-athlete may appeal the decision of the athletic department. The appeal committee shall be made up of the principal, the vice principal and the athletic director. The appeal will require the following:

a) The written appeal must be presented to the athletic director within five days of the initial ruling.

b) The appeals committee shall render a decision within five days, in writing, to the student and his/her parents or guardian.

c) Once the appeal process is followed, any further complaint regarding the issue will need to follow the Colusa Unified School District complaint process.

ACADEMIC REQUIREMENTS

To be eligible to participate in interscholastic athletics at Colusa High schools, all students will be required to meet the following eligibility standards. The standard(s) shall include:

Minimum Cumulative Grade Point Average:

- 1) All student-athletes will be required to maintain a 2.00 grade point average or better.
- 2) Must not receive any F's. (students who have a 2.00 GPA and only one F may use a one time waiver to be approved by the principal)
- 3) The grade point average from the fourth quarter of the preceding year shall be used for fall athletes. Courses taken and grades earned in summer school may be included.
- 4) The grading periods will be first quarter, first semester, third quarter, second semester.
- 5) Incomplete grades are considered "F" grades for purposes of computing eligibility.
- 6) A probation period is only offered to incoming 9th grade student-athletes for the fall sports seasons. Individuals will only qualify for the probation period if they have been "promoted" from 8th grade. Individuals who are "promoted" due to completion of summer school will be granted this probation period.

Grade Checks:

In addition to the grade point average standard, coaches may require periodic Grade Checks to be turned in on a weekly basis.

E. School Awards

1) Mr. & Miss Redskin/Red Hawk Award: An athlete who letters in **three** sports for all **four** years will earn this honor and award.

2) Male & Female Athlete of the Year Awards: This award is based on points earned due to participation and all-league honors received by athletes. The individuals with the top three point amounts are the finalists. The CHS varsity coaches then vote in order to determine the male and female athlete of the year winners.

F. Basic Athletic Department Policies

1) Quitting or Removal from a Sports: Quitting or being removed from a team for insubordination is an unacceptable habit. A player who either quits or is removed from a team may be denied participation for the following season of sport. Should this happen in the spring the student could be denied for the following fall sport season.

- a) Consult with immediate coach and then the head coach.
- b) Report situation to the athletic director and principal
- c) Check in all equipment.

Exceptions:

1. Academically ineligible will not be considered as team dismissal
2. In the event that a coach and student mutually agree that the reason for leaving the team before the end of the season is in the best interest for the student and team, the athlete may be allowed to participate in the following season of sport.

2) Equipment: School equipment checked out by the student-athlete is his/her responsibility. He/she is expected to keep it clean and in good condition. Loss of any equipment is the athlete's financial obligation.

3) Missing practice: An athlete should always consult his/her coach before missing practice. **Two** unexcused absences from practice or games will be grounds for dismissal from the team.

Exceptions: Too many excused absences (more than 5) may be grounds for dismissal from the team.

4) Travel: All athletes must travel to and from out-of-town athletic contests in transportation provided by the athletic department unless previous arrangements are made by the parents for an exceptional situation.

- a) Athletes will remain with their squad and under the supervision of the coach when attending away contests.
- b) Athletes that miss the bus will not be allowed to participate in the contest unless there are extenuating circumstances.
- c) All regular school and bus rules will be followed.

5) Attendance:

1. The student is to attend all classes regularly and punctually, and to make every effort to complete all class assignments on time and to the best of his/her ability.
2. The student must attend all classes for the entire period on a given day (this includes school on a Friday that may precede a Sat game or tournament) in order to participate in an interscholastic contest (tardys may prohibit you from playing on a game day), unless he/she has a legitimate excuse as determined by the athletic director or principal. Medical, dental and/or optical appointment and probation appointments are possible exceptions subject to administration approval and accompanied by a medical appointment card.

Athletic Tardies on a contest or game day (Per each season of sport)

1st Offense - Detention

2nd Offense -Saturday School

3rd or More -Sitting out an entire contest/game

4th Offense- Parent/admin./athlete/AD meeting will be set up to discuss further disciplinary action

3. The student must attend at least half of the school day (4 or more periods) in order to participate in practice on a given day.

School Discipline Referral — Any student-athletes referred to the office for a school rule violation may be denied the privilege of participation in all athletic activities for a period determined by the principal and or athletic director.

School Discipline-Removed from class-A student is temporarily ineligible to practice or participate in any way on an athletic team while suspended from any class. This includes class suspensions.

School Suspension- Any student suspended from school will be suspended from athletic activities for one week.

Second School Suspension-Any student suspended from school for a second time will be removed from the athletic team.

ISS (In School Suspension) and OSS (Out of School Suspension) – Student-athlete is denied the privilege of participating in practices and/or games for a minimum of one week if assigned ISS or OSS.

6) Release From Class: It is the responsibility of athletes to see their teacher the day before the classes they will miss because of an athletic contest. All work shall be made up at the convenience of the teacher.

7) Dress Policy: A member of an athletic team is expected to be well-groomed. Appearance, expression and actions always influence people’s opinions of athletes, the team, the community, the coaches and the school. Members of a squad have made a choice to uphold certain standards expected of athletes in this community. Athletes are expected to dress neatly and be kept well groomed. Dress codes for the day of the contest may be determined by the coach. An athlete shall dress presentably at all times, on trips, or at assemblies or banquets. Only uniforms issued by the athletic department will be worn for contests.

8) Vacation Policy: Vacations by athletic team members during a sport season are discouraged. Parents/athletes wishing to do so may wish to reassess their commitment to being an athlete. In the event of an unavoidable absence due to a vacation, an athlete must:

a) Contact the head coach prior to the vacation.

b) Be willing to assume the consequences related to their status on that squad (starter to reserve status, etc.).

9) Squad Selection: In accordance with our philosophy of athletics and our desire to see as many students participate in the athletic program as possible while at Colusa High School, we encourage coaches to keep as many students as they can without unbalancing the integrity of their sport. Time, space, facilities, equipment, personal preference and other factors will place limitations on the most effective squad size for any particular sport.

a) A JV player may play a non-league varsity game and then return to the JV team.

b) Once a player participates in a league game, they are to remain on the varsity squad for the duration of the season.

10) Squad Reduction Policies: Choosing the members of athletic squads is the sole responsibility of the coaches of those squads. The tryout period will be a minimum of 5 days not to exceed 10 days.

- The coach will personally inform individuals who have not made the team due to cuts.

- The coach will give a reason the student-athlete was cut from the squad.

11) Reporting of Injury: All injuries which occur while participating in athletics should be reported to the trainer/coach. If the injury requires medical attention by a doctor or treatment center, it will be necessary to have an injury report form completed. Once athletes are treated by a physician, the athlete must obtain the doctor’s permission to return to the activity.

12) Locker Room Regulations:

a) Rough-housing and throwing towels or other objects are not allowed in the locker room. Hazing of other players is not allowed.

b) All showers must be turned off. The last person to leave the shower room is expected to check all showers.

c) No one except coaches and assigned players are allowed in the locker room.

d) No glass containers are permitted in locker rooms.

e) All spiked shoes or cleats must be put on and taken off outside of the locker room. No metal or hard-plastic spikes or cleats are ever allowed in any other part of the school building.

13) Weight Room Regulations:

- a) Any student who uses the weight room must have a signed parental permission and release form on file in the athletic office.
- b) Shirts and shoes are required at all times - Tank tops are acceptable.
- c) No one is to be in the weight room alone.
- d) All students must be under the supervision of the instructor assigned.
- e) Lifters must work with a partner.
- f) Replace all weights on racks **immediately** following use.
- g) Do the lifts correctly. It is better to use lighter weights for correct lifting than heavier weights and run the risk of injury.
- h) Warm-up with proper stretching exercises.
- i) No chewing gum or eating candy while lifting.
- j) No food or drinks inside weight room.
- k) No horseplay or profanity.
- l) No abuse of equipment. Any equipment that is broken must be reported immediately.
- m) Strength training is not only a supplement to other athletic programs, but also a highly-skilled activity itself.

14) Associated Student Body (ASB) Card/Sticker:

All athletes are required to purchase a student body activity sticker **before** participating in any sport or activity. The ASB card provides identity for travel, admission free to home games. The cost of the ASB Card/Sticker is \$25.00.

15) Cheerleading:

Individuals participating in cheerleading may try out for the squad in the spring prior to the upcoming fall season. They must have academic eligibility by the first day of school like all other athletes in order to REMAIN on the cheer squad.

16) Outside Team Participation:

Individuals participating in a sport may NOT play on an “outside” league team while participating in the high school season of that sport.

17) Playing multiple sports during the same season of sport

Individuals wishing to participate on two teams during the same season of sport must attain approval/mutual consent from the coaches of each respective sport. Athletes granted approval to play 2 sports during the same season of sport will only be granted credit for one season of sport as it pertains to Athletic Stole and Mr./Ms. Redhawk awards recognition.

18) Violations:

- a) Individuals participating in CHS athletics will be required to follow all Colusa High School rules at athletic events and during transportation to and from events.
- b) The rules and regulations of the CIF (California Interscholastic Federation) will be enforced.
- c) The rules and regulations of the various leagues (MVL, BVL, SVL) will be enforced.
- d) The coach’s rules and regulations will be enforced.

Coaches will establish additional rules and regulations with the approval of the athletic director and principal for their respective sports. These additional rules for a particular sport must be stipulated in writing to all team members and parents and explained fully at the start of the season. Penalties for violation of team rules will also be in writing and shall be administered by the coach. Copies of all additional team rules by coaches are on file in the athletic office.

*Additionally, parents need to sign off any coaches special rules handed out at the beginning of the various seasons.

DRUG TESTING OFFENSES

1. Testing positive for possessing or being under the influence of any controlled substance, alcoholic beverage or intoxicant of any kind while at school, going to or coming from school, or while participating in or traveling to or from any school related activity.

CONSEQUENCES:

a. **First Offense:** The student's parents are notified, and the school principal convenes a meeting the student and his/her parents. The student, parent and principal will sign a behavior contract with the following terms and conditions. If less than 20 days of the school year or 20% of the sports season remains, the consequence carries over to the next school year and/or sports season. If a regular participant/athlete is not currently participating in any activity or sport, the violation will be recorded in District records and/or on his/her athletic card and shall be treated as a first offense when participation in an activity or sport begins.

- 1) The student shall be notified that she/he is ineligible to participate in any extracurricular activity for 20 consecutive school days from the date of the confirmation test in which the student tests positive except for the sport that they are currently participating in.
- 2) The student must enroll and provide proof of enrollment in a professional substance abuse counseling and treatment program. The principal shall provide the student and her/his parents with the names addresses and telephone numbers of substance abuse professionals and counseling and treatment programs available to evaluate and resolve drug and alcohol related problems. The counseling program must be a minimum of 6 hours duration.
- 3) Student athletes will be expected to practice during the period of ineligibility, however in order to be able to practice, student athletes must bring evidence of a negative urine test from a district approved lab, and proof of enrollment in a substance abuse counseling program (To be paid for by the parents of the student, and with a minimum duration of six (6) hours of counseling) to the principal. If the student has met the terms and conditions of the behavior contract for a first offense violation, his/her eligibility to participate in the sport that she/he is then participating in will be restored at such time as the student has missed twenty percent (20%) of that sports season. Athletes will be on probation for an additional six weeks. During that time athletes must be at all practices on time and will be subject to District sponsored random drug testing.
- 4) The student shall be notified that if she/he refuses to participate in a counseling program, or otherwise fails to complete a counseling program, or fails to provide a negative urine test sample, or has not met the terms and conditions of the behavior contract, that she/he will be ineligible to participate in extracurricular activities for one calendar year from the date of the confirmation test. Thereafter, the student may apply to participate in extracurricular activities but must successfully complete drug screening prior to participation.

In the event the student refuses to enroll or fails to successfully complete a substance abuse counseling program, or fails to meet any of the terms and conditions of the behavior contract, the student will be ineligible for participation in extracurricular activities for one calendar year, from the date of confirmation test, in which she/he tests positive. The principal shall provide the student and her/his parents with the names, addresses and telephone numbers of substance abuse professionals and counseling and treatment programs available to evaluate and resolve drug and alcohol related problems.

- 5) The cost of counseling and treatment programs will not be funded by the district.

b. **Second Offense:** The student's parents are notified, and the school principal convenes a meeting with the student and her/his parents. The student shall be suspended from participation in extracurricular activities for one calendar year from the date of the confirmation test in which the student tests positive. In addition, the principal shall provide the student and her/his parents with the names, addresses and telephone numbers of substance abuse professionals and counseling and treatment programs available to evaluate and resolve drug and alcohol related problems. The student will be eligible to apply to participate in the extracurricular activities after completion of the one calendar year suspension from extracurricular activities. The student will not be permitted to participate in extracurricular activities without provide the district with evidence that the student has participated in, and successfully completed a substance abuse counseling and/or treatment program. The student must also successfully pass a drug screening program prior to reinstatement of her/his privilege to participate in extracurricular activities. The student will be subject to periodic drug and alcohol testing for the duration of the first extracurricular activity once her/his privileges are restored, and thereafter shall be subject to the testing procedures which apply to all students.

Parent Guide

Parents can play a key role in helping your child learn the values of winning and losing. Below are some suggested topics you can discuss with your student in these situations.

Value of Winning: Help your student learn the value of winning by:

- Offering congratulations for winning, and identifying and discussing the efforts made by individuals and the team
- Recognizing the improvement and growth of both individuals and the team
- Emphasizing competitiveness and doing one's best

Value of Losing: Help your student learn from losing experiences by:

- Crediting the other team
- Crediting the play of his/her opponent
- Focusing on improvement by individuals and team
- Discussing what was successful
- Discussing what, if anything, individuals or the team could have done differently
- Accepting the loss, setting individual goals, and moving forward

Conduct: The importance of parents behaving as model spectators cannot be overstated. Parents who support the rule of conduct provide a role model for other parents and students alike. Of particular concern are parents who harass officials or make comments in the stands regarding judgment decisions made by the coach. This is counterproductive and tends to destroy the values of good sportsmanship and the game.

Issues of Concern: What are appropriate issues to discuss with the coach? This is often the question many parents have when their students are participating in sports.

Parents are encouraged to discuss:

1. The treatment of their student
2. Ways to help their student improve
3. Concerns about their student's behavior
4. Coaches' philosophy
5. Coaches' expectations for their student and the team
6. Team rules and requirements
7. Sanctions incurred by their student
8. Scheduling
9. College participation

Parents are NOT encouraged to discuss:

1. Placement on teams
2. Playing time
3. Strategies used by the coach during contests
4. Other student athletes

Special Note: It is difficult to accept that your student is not playing as much as you hoped he or she would. Coaches are professionals. They make judgment decisions based on what they believe to be in the best interest of the team. The coach must take into account all members of the team, not just your son or daughter.

Coach or Program Complaints: It is imperative that parents respect the position of the coach and direct any concerns to the coach first. If you wish to discuss a problem or issue concerning your child, begin by contacting his/her coach. Often the problem or issue is resolved at this level.

Steps for Resolution

- First, contact the coach
- Second, contact the Athletic Director

Productive Communication

Please make an appointment to speak with the coach **prior** to or **after** game day

Acknowledgment and Consent Form

Our signatures below acknowledge that I/we have read and agree to the contents of this Athletic Handbook. Furthermore, I/we understand all rules, including those pertaining to Eligibility, Declaration of Student Athlete, Code of Conduct, and Student Sportsmanship. I hereby grant permission for my son/daughter to participate in the interscholastic activity program.

(PLEASE PRINT)

Student Name: _____ Grade: _____

Sport(s): _____

Student-Athlete Signature _____ Date: _____

Parent/Guardian Signature _____ Date: _____

(READ EACH ITEM BELOW AND INITIAL AT THE RIGHT)

I UNDERSTAND AND ACCEPT THAT:	PARENT	STUDENT
1. Use or possession of illegal drugs is not permitted.		
2. Use or possession of alcohol and/or tobacco is not permitted		
3. Use or possession of illegal performance enhancing drugs is not permitted.		
4. A photocopy of the family's insurance card must be turned in.		
5. Athletic eligibility requires a 2.0 grade point average with no F's		
6. Student athletes must adhere to the attendance policy in order to participate in practices and contests.		

Please indicate if your student has any disability that needs accommodations to participate: Yes No

IEP: Yes No

504 Accommodation Plan: Yes No

If yes, indicate the nature of the disability:

STUDENT NAME: _____

SCHOOL: _____

CHECK ALL APPLICABLE ACTIVITIES:

- Baseball
- Basketball
- Cheerleading
- Cross Country
- Football
- Golf
- Soccer
- Softball
- Tennis
- Track-n-Field
- Volleyball
- Leadership

List All Other School-Sponsored Activities Below:

This is a Release of Liability and Assumption of Risk Agreement. **Read it carefully and sign below.** Completion of this release is a prerequisite to participation in an inter-scholastic athletic activity or designated school-sponsored activity/school club or (hereinafter collectively referred to as “school-related activity/ies”). This release essentially says that my son/daughter or I, as a student at least 18 years of age, named above (hereinafter “above-named student”) will participate in the school-related activities as specified above.

If the above-named student is hurt, injured, or even dies, I/we (i.e., the student, his/her parent/s, guardian/s, heir/s, or student at least 18 years of age, hereinafter referred to as “non-minor student”) will not make a claim against or sue the Colusa Unified School District (hereinafter CHS), its trustees, officers, employees, and agents, or expect them to be responsible or pay for any damages.

I, the undersigned, understand and acknowledge that the above-named student has voluntarily chosen to participate in school-related activities at his/her own risk. I/We know and fully understand that said school-related activities may involve numerous risks, dangers, and hazards, both known and unknown, where serious accidents can occur, and where participants can sustain physical injuries, damage to their property, or even die. Regardless of whether the school-related activity involves physical contact or not, any activity may have inherent risks of injury which are inseparable from the activity. I/We acknowledge and willingly assume all risks and hazards of potential injury, paralysis, and death in the school-related activity/ies, including any transportation to or from any school-related activity/ies. Further, by giving consent for this student to go with a school representative, it is acknowledged that the activity/ies will be considered a “field trip” or “excursion” for which there is complete immunity pursuant to Education Code § 35330.

I/We, the undersigned, understand and acknowledge that school-related activity/ies contain potential risks of harm or injury. Injuries might arise from the student’s actions or inactions, the actions or inactions of another student or participant, or the actual or alleged failure by district employees, agents, or volunteers to adequately coach, train, instruct, or supervise. Injuries might also arise from an actual or alleged failure to properly maintain, use, repair, or replace physical facilities or equipment. Injuries might also arise from undiagnosed, improperly diagnosed, untreated, improperly treated, or untimely treated actual or potential injuries, whether or not caused by the student’s participation. All such risks are deemed to be inherent to the student’s participation in school-related activities.

In consideration for CHS, allowing the above-named student to participate in the school-related activity/ies specified above, I/we voluntarily agree to release, waive, discharge, and hold harmless the CHS and its trustees, officers, employees, and agents from any and all claims of liability arising out of their negligence, or any other act or omission which causes the above-named student illness, injury, death, or damages of any nature in any way connected with the student’s participation in the school-related activity/ies. I/We also expressly agree to release and discharge the CHS, its trustees, officers, employees, and agents from any act or omission of negligence in rendering or failing to render any type of emergency or medical services.

As parent or legal guardian of the student/participant under 18 years of age, I have read and voluntarily agree that my son/daughter may participate in the school-related activity/ies designated above and I sign this release on his/her behalf. *In signing this document, I fully recognize and understand that if my son/daughter is hurt, dies, or his/her property is damaged, I am giving up my right and the right of his/her heirs to make a claim or file a lawsuit against the CHS, its trustees, officers, employees, and agent.*

By signing below, I/we acknowledge that I/we:

- (1) Have read this document and understand that I/we give up substantial actual or potential rights in order to allow the above-named student to participate in the school-related activity/ies and any associated field trip or excursion;**
- (2) have voluntarily signed as evidence of acceptance of this Agreement without any inducement or assurance of any nature, with full appreciation of the all risks inherent in the school-related activity/ies;**
- (3) have no question regarding the scope or intent of this Agreement and I (parent/guardian/non-minor student) have the right and authority to enter into this Agreement and to bind myself, the student, and any other family member, personal representative, assign, heir, trustee, or guardian to the terms of this Agreement. This is a release of all claims.**

X _____
Signature of Parent/Legal Guardian or Non-minor Student/Participant*

DATE: _____

X _____
Signature of Minor Student/Participant

DATE: _____

*A student 18 years of age or older is considered, by law, a non-minor and may sign form in the place of a parent and assumes all of the above -stated risks and liabilities for himself/herself.

Insurance Documentation

A photocopy of the athlete/family insurance card must be submitted with this paperwork PRIOR to participating in any practice or event. Insurance may be purchased through Pacific Educators Insurance Services. Packets are available in the front office if needed or student-athletes may request a packet from their assigned coach.

Agreement for Student Athlete and Parent/Guardian Regarding Use of Steroids

Student Athlete:

As a condition of membership in the California Interscholastic Federation (CIF), Colusa Unified School District prohibits the use and abuse of androgenic/anabolic steroids. CIF Bylaw 523 requires that all participating student-athletes and their parent/guardian sign this agreement.

By signing below, we agree that the above-named student-athlete shall not use androgenic/anabolic steroids or any dietary supplement banned by the U.S. Anti-doping Agency as well as the substance synephrine, without the written prescription from a licensed health care practitioner to treat a medical condition. (A copy of the prescription and/or Medication in School form F5141.21A may be requested for verification.)

As parent/guardian of said student, I recognize that under CIF Bylaw 202.B that said student may be subject to penalties, including ineligibility for any CIF competition, if said student or I, as his/her parent/guardian, provide false or fraudulent information to the CIF or the Colusa Unified School District.

We, the undersigned further understand that said student’s violation of the high school district’s policy regarding steroids may result in discipline against said student, including, but not limited to, restriction from athletics, suspension, or expulsion.

Drug Testing Authorization

School Board Policy 5131.61 requires the taking and passing of random drug testing at any time throughout the year (ATH). Students will remain in the random testing pool for one calendar year from the date on their pre-participation test (CUSD Board of Trustees, 7/29/1997)

I, _____, authorize the Colusa Unified School District to conduct a test on a urine sample which I will provide to test for drugs and/or alcohol use.

I, _____, also authorize the release of information concerning the results of such a test to the Colusa Unified School District, in accordance with procedures outlined in Board Policy 5131.61. This shall be deemed a consent pursuant to the family education right to privacy act for the release of the above information to the parties named above.

X _____
Signature of Above-Named Student-Athlete

Date

X _____
Signature of Parent/Legal Guardian or Non-minor Student/Participant

Date

Student Emergency Card Form

COLUSA UNIFIED SCHOOL DISTRICT

STUDENT NAME: _____ GRADE: (Upcoming Season) _____
Last First

STUDENT ADDRESS: _____
Street City State

HOME PHONE: _____ DOB: ____ / ____ / ____

PARENT/GUARDIAN INFORMATION

Father's Name: _____ Home Phone: _____

Address: _____ Cell Phone: _____

Email Address: _____

Employer: _____ Work Phone: _____

Mother's Name: _____ Home Phone: _____

Address: _____ Cell Phone: _____

Email Address: _____

Employer: _____ Work Phone: _____

EMERGENCY CONTACTS

List two (2) neighbors or relatives who will assume temporary care of your child if you cannot be reached. (They must be at least 18 years old.)

1. Name: _____ Phone: (____) _____

2. Name: _____ Phone: (____) _____

AUTHORIZATION FOR FIRST AID AND MEDICAL TREATMENT

I/WE, the parents of _____, a minor, authorize the Colusa Unified School District to act as my/our agent in my/our absence to obtain through the physician named above such medical or hospital care as is reasonably necessary for the welfare of the student, including necessary transportation if he/she is injured in the course of school athletic or other activities. In the event said physician is not available at the time, I/WE authorize such care and treatment to be performed by a licensed physician or surgeon.

I/WE agree to bear all costs incurred as a result of the foregoing. I/WE hereby agree to hold the school district, its employees, agents, coaches, representatives, and volunteers harmless from any and all liability, actions, causes of action, debts, claims, and demands of every kind and nature which may arise by or in connection with participation by my/our son or daughter in any activities related to the interscholastic involvement of his/her school.

Parent/Guardian Signature: _____ Date: _____

COLUSA HIGH SCHOOL SPORTS PARTICIPATION MEDICAL EXAMINATION

To be completed by the Physician, RN, APRN, or PA.*. This medical examination is valid for one calendar year from date of exam.

Name _____ Date of Birth _____ Date of Exam _____

General Exam

	Normal	Abnormal Findings
Appearance		
Skin		
HEENT		
Respiratory		
Cardiovascular		
	Arrhythmia	
	Murmur	
Abdomen		
Neurological		
Genitalia (hernia)		
Physical Maturity (Tanner Stage) 1 2 3 4 5		

Height _____ Weight _____
 Blood Pressure _____ Pulse _____
 HCT/HGB _____
 Visual Acuity _____ Right _____ Left
 Corrected to _____ Right _____ Left
 Hearing _____

Body Fat (Optional) _____ %
 Cholesterol (Optional) _____

Last Tetanus Booster Date: _____
 HBV 1 _____ 2 _____ 3 _____

Chronic Disease Assessment

_____ Asthma: mild moderate severe exercise induced unclassified
 _____ Diabetes: Type I Type II
 _____ Anaphylactic Reaction: food insect latex
 _____ Seizure Disorder
 _____ Other: Please specify _____

Orthopedic Exam

Musculoskeletal Evaluation: to include range of motion, strength, and flexibility

	Normal	Abnormal Findings
Neck		
Spine		
Postural		<input type="checkbox"/> Min. <input type="checkbox"/> Slight <input type="checkbox"/> Mod. <input type="checkbox"/> Marked
Shoulders		
Arms / Hands		
Hips		
Thighs		
Knees		
Ankles		
Feet		

Recommendations

Weight loss/gain _____ Medications _____
 Strengthening _____ Special Equipment _____
 Stretching _____ Bracing/Taping _____
 Conditioning (endurance) _____

***I certify that on this date I have examined this student and that, on the basis of the examination requested by school authorities and the student's medical history, as furnished to me, I have found no reason which would make it medically inadvisable for this student to compete in supervised athletic activities except those listed below:**

 Signature of Physician, RN, APRN, PA

 Telephone

 Provider Print or Stamp

COLUSA HIGH SCHOOL SPORTS PARTICIPATION HEALTH RECORD

This must be completed by a parent/guardian and student ***before*** being brought to the physician's office.

Name: _____ Age: _____ Sex: _____ School _____

Address: _____ Phone: _____ Grade: _____

Sports Being Played (1) _____ 2) _____ 3) _____

Medical History (To be completed by parent/guardian):

1. Do you have any allergies? (Drugs, food, insect stings, etc.):
 No Yes if yes, list: _____
2. Are you currently taking any drugs or medications including steroids or protein supplements? (daily or occasionally)
 No Yes if yes, list: _____
3. Are you presently being treated for any condition by a physician or other health care professional?
 No Yes if yes, list: _____
4. Have you ever been advised by a doctor not to participate in any sport?
 No Yes if yes, list: _____
5. Do you have any chronic conditions, disorders or diseases? No Yes
 If **yes** check those that apply: Asthma Bleeding Disorders Diabetes Epilepsy (Seizures)

Please check where applicable if you have or have had any of the following:

	Yes	No
Head injury, concussion, or been unconscious If yes, how many times?		
Headaches more than once a week		
Lack of feeling or numbness in any part of the body		
Heat exhaustion or heat stroke		
Difficulty running ½ mile without stopping		
Chest pain, dizziness or passing out during exercise		
Coughing, wheezing or gasping for breath with exercise or cold weather		
Smoke cigarettes or chew tobacco		
Heart problem, murmur or arrhythmia		
Family member with a heart attack under age 50		
Loss or gain of more than 10 lbs. in last year		
Special diet for medical reasons		
Rash or skin problem		
Neck, spine or low back injury or pain		

	Yes	No
Eye injury or retinal detachment		
Blurred vision or vision in one eye only		
Wear glasses or contact lenses		
Hearing loss or impairment in one or both ears		
Tubes in ears or perforated ear drum		
False teeth, caps or braces		
Nose bleeds for no reason		
Bruising easily or taking a long time to stop bleeding when cut		
Diarrhea more than once a week		
Black or bloody bowel movements (stools)		
Kidney disease or dark, brown or bloody urine		
Less than two kidneys or in males, two testicles		
Lump(s) in arm pit or groin		

<i>For Female Participants:</i>		
Absent or irregular monthly periods		
Disabling cramps with your menstrual periods		

Have you ever been hospitalized for medical or surgical reasons? Yes No

If **yes**, provide the following information:

<u>Reason</u>	<u>Year</u>	<u>Hospital</u>
_____	_____	_____

Please carefully list below any injury (nerve, muscle, bone or joint) that you have had which did not allow you to participate in regular activity for a week or more. The first is an example. Please attach another sheet if necessary.

<u>Injured Area</u> <u>(Knee, Hamstring, Neck, Shin, etc.)</u>	<u>Year</u>	<u>Side</u> <u>(R/L)</u>	<u>Type</u> <u>(Fracture, Sprain, Swelling, Pinched Nerve, etc.)</u>	<u>Resolved</u>	
				<u>Yes</u>	<u>No</u>
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Student and Parent/Guardian: We hereby state that we have reviewed this medical history and found the information supplied above to be correct to the best of our knowledge.

_____	_____	_____	_____
Student Signature	Date	Parent/Guardian Signature	Date

**COLUSA HIGH SCHOOL
GRADING TIMELINE
2021 – 2022**

September 30, 2021	Parent F Notices to the Counseling Office by 3:30pm (D or F Grades)
October 15, 2021	End of 1st Grading Period Grades due to Counseling Office Monday, October 18 th by 3:30pm Incompletes due Oct. 22 nd
November 29, 2021	1 st Semester Parent F Notices to the Counseling Office by 3:30pm
December 17, 2021	End of 1st Semester Grades due to Counseling Office Friday, December 17 th at 11:00am
February 24, 2022	Parent F Notices to the Counseling Office by 3:30pm (D or F Grades)
March 11, 2022	End of 3rd Grading Period Grades due to Counseling Office Monday, March 14 th by 3:30pm Incompletes due March 18 th
May 5, 2022	2 nd Semester Parent F Notices to the Counseling Office by 3:30pm
June 3, 2022	End of 2nd Semester Grades due to the Counseling Office Thursday, June 2 nd by 3:30pm

Northern Section, CIF Concussion Information Sheet

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:	
<ul style="list-style-type: none"> • Headaches • “Pressure in head” • Nausea or vomiting • Neck pain • Balance problems or dizziness • Blurred, double, or fuzzy vision • Sensitivity to light or noise • Feeling sluggish or slowed down • Feeling foggy or groggy • Drowsiness • Change in sleep patterns 	<ul style="list-style-type: none"> • Amnesia • “Don’t feel right” • Fatigue or low energy • Sadness • Nervousness or anxiety • Irritability • More emotional • Confusion • Concentration or memory problems (forgetting game plays) • Repeating the same question/comment
Signs observed by teammates, parents and coaches include:	
<ul style="list-style-type: none"> • Appears dazed • Vacant facial expression • Confused about assignment • Forgets plays • Is unsure of game, score, or opponent • Moves clumsily or displays incoordination • Answers questions slowly • Slurred speech • Shows behavior or personality changes • Can’t recall events prior to hit • Can’t recall events after hit • Seizures or convulsions • Any change in typical behavior or personality • Loses consciousness 	

Northern Section, CIF Concussion Information Sheet

What can happen if my child keeps on playing with a concussion or returns too 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.

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 medical clearance. Close observation of the athlete should continue for several hours. The new CIF Bylaw 313 now requires implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

“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 and for the remainder of the day.”

and

“A student-athlete who has been removed 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 received written clearance to return to play from that health care provider”.

You should also inform your child’s coach if you think that your child may have a concussion Remember its better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date



Student-Athlete Social Media Agreement

Social media can be a useful tool to communicate with teammates, fans, friends, coaches and more. Social media can also be dangerous if you are not careful. Every picture, link, quote, tweet, status, or post that you or your friends put online is forever part of your digital footprint. You never know when that will come back to hurt or help your reputation during the recruiting process, a new job, or other important areas of your life.

Recognizing the above:

- _____ I take responsibility for my online profile, including my posts and any photos, videos or other recordings posted by others in which I appear.
- _____ I will not degrade my opponents before, during, or after games.
- _____ I will post only positive things about my teammates, coaches, opponents and officials.
- _____ I will use social media to purposefully promote abilities, team, community, and social values.
- _____ I will consider "Is this the me I want you to see?" before I post anything online.
- _____ I will ignore any negative comments about me and will not retaliate.
- _____ If I see a teammate post something potentially negative online, I will have a conversation with that teammate. If I do not feel comfortable doing so, I will talk to the team captain, or a coach.
- _____ I am aware that I represent my sport(s), school, team, family and community at all times, and will do so in a positive manner.

Student-Athlete Signature

Date



Thanks to PCA's National Student Athlete Advisory Board for helping produce this agreement.

For more Resources, visit: www.PCDevZone.org
For more information on Positive Coaching Alliance, visit: www.PositiveCoach.org