

VISTA UNIFIED SCHOOL DISTRICT

Athletic Handbook

rev06.09.11

I. ATHLETIC PHILOSOPHY STATEMENT

The Vista Unified School District Athletic Programs will provide a variety of experiences to aid in the development of favorable habits and attitudes in Student/Athletes preparing them for a successful life in our society. We have targeted three goals that we would like all of our athletes to learn and appreciate:

- Responsibility/Commitment
- Hard Work Leading to Success
- How To Be a Contributing Member of a Team

Each coach, parent and athlete has a part to play if these program goals are to be accomplished. By establishing an understanding of each of our responsibilities, we are better able to accept the actions of others and provide greater benefit to our student/athletes.

II. RESPONSIBILITIES

A) Student/Athlete Responsibilities

1. Attendance
 - a. Be at all practices and games.
 - b. Be on time.
2. Attitude
 - a. Come prepared to be a part of the team.
 - b. Do whatever it takes to help the team.
 - c. Put the team before yourself.
 - d. Come prepared to do your best. This includes proper nutrition, sleep and care of injuries and illness.
3. Communication
 - a. Communicate any problems with the coach.
 - b. If you don't understand something, ask the coach.
 - c. Questions concerning -roles, playing time, improvement etc.
 - d. Disciplinary action imposed by coach will be communicated to the parent by the student athlete.

B) Parent Responsibilities

1. Attendance
 - a. Try to schedule vacations, appointments, etc. other than during practice or game times.
 - b. Encourage your student/athlete to be on time so that the time of others is not wasted.
2. Attitude
 - a. Help your student/athlete to know and understand school and team rules.
 - b. Help your student/athlete to understand the team concept by explaining and supporting their role on the team.
 - c. Help your student/athlete to come prepared to do his/her best by encouraging them to be physically and mentally prepared. This includes proper nutrition, sleep and care of injuries and illness.
 - d. Help your student/athlete to understand that the team comes before the individual. Sacrifice might be necessary.

3. Communication
 - a. Use the system of communication set up by the Vista Communication Guidelines (see Section III).
 - b. Encourage the student/athlete to communicate with the coach.
4. The Board of Trustees encourages positive communication between parents and coaches and discourages volatile, hostile, or aggressive actions that could have a negative impact on the athletic environment of the team, athlete, and coach. (See Board Policy No. 1006: Parent Civility.)

C) Coach's Responsibilities

1. Attendance
 - a. Provide schedules of all practices and games.
 - b. Communicate any changes in schedule.
 - c. Be on time.
2. Attitude
 - a. Come prepared for all practices and games.
 - b. Encourage the athletes to do their best.
 - c. Apply all school and team rules to all athletes equally.
 - d. Be professional in all actions and words.
3. Communication
 - a. Philosophy of coach.
 - b. Expectations of athlete and team.
 - c. Location and times of all practices and games.
 - d. Communicate CIF, district, school, and team rules to athletes and parents.
 - e. Communicate to individual athletes their role on the team.
 - f. Return parent phone calls in a timely manner.

III. COMMUNICATION GUIDELINES

Both parenting and coaching are extremely challenging in today's world. By providing these helpful communication guidelines, we believe we can best help our athletes reach their potential and allow them to enjoy their high school sports experience.

Beginning of the Season:

At the beginning of each season of sport, each varsity coach will host a parent meeting for the entire program. The coach will review his/her expectations, goals, and team policies at this parent meeting. Each parent will be given the school's athletic handbook at the orientation meeting or via the student athlete.

A) Communication Parents Can Expect From Athlete's Coach:

- Philosophy of the coach
- Expectations of athlete and team
- Location and times of all practices and games
- CIF, District, school, and team rules
- Athlete's role on team

B) Communication That Coaches Can Expect From Parents:

- Concerns expressed directly to the coaches
- Specific questions about philosophy or expectations
- Notification of any injuries or illness
- Any absences prior to practices or games

C) Appropriate Concerns To Discuss With Coaches:

- Treatment of your child (mentally or physically)
- Ways a parent can help his/her student athlete improve
- Concerns about your child's behavior
- Failure to meet Coaching Responsibilities listed in Philosophy Statement

D) Inappropriate Concerns To Discuss With Coaches:

- Playing time
- Team strategy
- Play calling
- Another athlete

It can be very difficult to accept when your athlete is not playing as much as you may have hoped. Coaches make 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 one individual. As noted in the above lists, certain concerns should be discussed with the coach. Other decisions like the examples on the list of “Inappropriate Concerns” must be left to the discretion of the coach.

E) Procedures for Discussing Concerns with Coaches

If you have a concern to discuss with the coach, please follow the procedures as outlined below.

Step 1:

Call the coach at school and set up an appointment. Ask for the coach by name. If the coach is a J.V. or Frosh coach and is not a staff member, leave a message with the Varsity coach of that sport. If the Varsity coach is not a staff member, ask for his/her voicemail and call the Athletic Director to leave a message.

- *Please do not attempt to confront a coach before or after a contest. This can be an emotional time for both the parent and the coach. Confrontations of this nature do not promote positive resolutions.*

If a satisfactory resolution between the parent and coach does not take place after the initial communication:

Step 2:

- Contact the Athletic Director.
- The Athletic Director will set up a meeting with the parent, athlete, and coach. The Athletic Director will attempt to mediate a resolution.
- If a satisfactory resolution is not reached at the meeting, contact the administrator in charge of Athletics.
- The administrator will set up another meeting with all parties and will try to mediate a resolution.

IV. PROGRAM

Vista Unified is a member of the California Interscholastic Federation, San Diego Section and competes in the North County Conference. The Conference consists of the following schools:

Avocado West League

Carlsbad
El Camino
La Costa Canyon
Oceanside
Rancho Buena Vista

Palomar League

Mt. Carmel
Poway
Ramona
Rancho Bernardo
Torrey Pines
Westview

Avocado East League

Escondido
Fallbrook
Mission Hills
San Marcos
San Pasqual
Vista

Valley League

Canyon Crest Academy
Del Norte
Mission Vista
Orange Glen
San Dieguito Academy
Valley Center

FOOTBALL

<u>Avo West</u>	<u>Palomar</u>	<u>Avo East</u>	<u>Valley</u>
CA	PO	ES	DN
EC	RA	FA	MC
LC	RB	MH	OG
OC	TP	SP	SM
RV	WV	VI	VC

BOYS WATER POLO

<u>Avo West</u>	<u>Palomar</u>	<u>Avo East</u>	<u>Valley</u>
CA	MC	ES	ANA#
EC	PO	FA	CC
LC	RA	MH	DN
OC	RB	SM	OG
RV	TP	SP	SD
SFC*	WV	VI	VC

*Santa Fe Christian #Army-Navy Academy

GIRLS WATER POLO – same as Boys Water Polo

SWIMMING – same as Boys Water Polo

FIELD HOCKEY

<u>Palomar</u>	<u>Avo East</u>	<u>Valley</u>
LC	ES	CC
PO	FA	DN
RB	MH	MC
RV	SM	MV
TP	SP	OG
WV	VI	SD
		VC

BOYS VOLLEYBALL

<u>Palomar</u>	<u>Avo East</u>	<u>Valley</u>
MC	CA	CC
PO	EC	DN
RA	ES	OG
RB	FA	SD
TP	LC	SM
WV	MH	VC
	SP	

BOYS LACROSSE

<u>Avocado</u>	<u>Palomar</u>
CC	CA
DN	FA
MC	LC
PO	SDA
RB	SM
WV	TP

GIRLS LACROSSE

<u>Avocado</u>	<u>Palomar</u>
CC	CA
DN	FA
MC	MH
PO	MV
RA	SDA
VC	SM
WV	TP

GYMNASTICS

<u>Avocado</u>	<u>Palomar</u>
FA	MC
LC	PO
OLP	RB
TP	WV

The athletic program is bound by the Constitution, by-laws and rules of the California Interscholastic Federation, and by the constitution and rules of the North County Conference. Individual sports may also have policies and rules with which we must comply that could be more stringent than those of CIF or North County Conference. These policies will be given to parents at the opening orientation meeting (see Section III).

Our athletic program in the Vista Unified School District consists of the following:

FALL

1. Cross Country (B/G)
2. Football
3. Tennis (G)
4. Volleyball (G)
5. Water Polo (B)
6. Field Hockey
7. Golf (G)

WINTER

1. Basketball (B)
2. Basketball (G)
3. Soccer (B)
4. Soccer (G)
5. Water Polo (G)
6. Wrestling

SPRING

1. Baseball
2. Golf
3. Softball
4. Swimming (B/G)
5. Tennis (B)
6. Track/Field (B/G)

V. PARTICIPATION

A) CIF Participation Requirements –the Vista Unified School District will uniformly meet the standards of eligibility as stated by the Constitution and by-laws of the California Interscholastic Federation (CIF Green Book).

1. If an athlete attains his/her 19th birthday before June 15th of that calendar year, he/she cannot participate in interscholastic athletics.
2. If an athlete is in his/her fifth year of high school, he/she cannot participate in interscholastic athletics.
3. Every athlete must pass at least four classes each grading period.
4. An athlete cannot compete on any "outside" team in that sport from the date of our first game until that season is over.
5. An athlete cannot try out for a professional or collegiate team from September 1 to June 25 each year without approval of SDCIF.
6. Foreign students must be on a CIF approved exchange program.

B) Vista Unified School District Rules of Participation/Eligibility

1. The student's attendance area is the one which his/her parent(s) or legal guardian(s) reside full time. The attendance area originally established when the student enters a Vista Unified School District school remains the student's attendance area as long as one or both parents or legal guardians reside in that attendance area.
2. Students who transfer from one school to another within the district without a change of residence on the part of his/her parents or legal guardians from school attendance Area A to school attendance Area B, shall be eligible for all athletic competition except varsity level competition in sports in which the student has competed in any level of interscholastic competition during the twelve calendar months preceding the date of such transfer. This policy may be waived in specific instances with the approval of the school principals of the sites involved and a representative from the Vista Unified School District. (Revised & updated September 2007, VUSD School Board Policy)
3. Participation in school athletics takes precedence over all other outside athletic activities. This includes club teams.
4. An athlete cannot be a member, a pledge, or attend meetings of a secret fraternity or secret club and still be eligible for a Vista Unified School District team.
5. No senior may participate at the junior varsity level.
6. Athletes will not be allowed to participate in practices or contests until the following is on file with the Athletic Department:
 - a. Statement signed by a practicing physician stating that on or after June 1 of the preceding year, the athlete has passed a physical examination.
 - b. Evidence of insurance coverage. Athletes must be covered by health/medical insurance. Insurance may be purchased through the Vista Unified School District for specific coverages.
 - c. Signed written parental consent to participate.
 - d. Signature packet in Athletic Handbook (includes the CIF Code of Ethics) signed and returned to coach.

7. Scholastic Requirement:
 - a. Student must pass at least 20 credits of work to be eligible (no probation).
 - b. Changes in athletic eligibility become effective the 4th school day following the due date for grades during each reporting period. The grades that will be counted for eligibility are six-week grades, 12-week grades and semester grades.
 - c. If students do not attain a 2.0 grade point average in the previous grading period, they will be ineligible to compete in any contest for the following grading period. Summer school grades may be computed to improve spring semester grades.
 - d. All CIF eligibility rules still apply.

VI. TRAINING RULES/ATHLETIC DISCIPLINE

- A) Prohibited acts listed below will be grounds for immediate dismissal from participation for the remainder of the season (Fall, Winter, Spring) or a minimum of four weeks which will carry over into the athlete's next season of sport while in the Vista Unified School District. These are in addition to district sanctions:
 1. Possessing, using, having consumed or being under the influence of alcohol, narcotics, dangerous drugs, other controlled substances or intoxicants of any kind, including anabolic steroids.
 2. Offering, arranging or negotiating to sell any drug paraphernalia as defined in Section 11014.5 of the Health and Safety Code.
 3. Transferring, selling, distributing, offering, arranging or negotiating to sell, or possessing quantities sufficient to suggest the intent to purvey, give or sell to other students substances which are, or purported to be, alcohol, narcotics of any kind.
 - a. In addition, the athlete will remain on probation for one calendar year from the date of the offense.
 - b. An additional incident involving alcohol or drugs, including anabolic steroids, within that year of probation, will result in a full year suspension.
- B) Any use of tobacco in any form during the season will result in a five-day suspension from athletics. These five days will carry over into the next season of sport if the incident occurs near the end of a season. A second offense will result in a one-month suspension.
- C) Athletes assigned to In-School Suspension will serve the same duration as any student.
- D) Athletes will not be allowed to compete or practice on days in which they have been home suspended.
- E) An athlete will not be allowed to participate on another team during the same season if he/she quits a team without permission from the Athletic Director.
- F) An athlete may compete in more than one sport in the same season (i.e., baseball, track
- G) Athletes are not allowed in the locker room unless a coach, or locker room supervisor is present.

VII. PRACTICE RULES

- A) Athletes are expected to be on time. Coaches will impose an appropriate penalty for tardiness or missed practice.
- B) If an athlete is absent from school, he/she must have one of his/her parents/guardians call and notify the coach or leave a message at the switchboard & coaches voice mail.

VIII. C.I.F. APPEALS

Students wishing to appeal CIF eligibility/disciplinary decisions should contact the Principal for information on specific procedures. Appeal procedures are outlined in the CIF Green Book.

IX. EQUIPMENT AND UNIFORMS

- A) Athletes should treat all equipment as though it were their own personal property. They must NOT abuse it. They must NOT trade with another without first checking the equipment into the equipment person, and then have it reissued. Be sure the changes are made on the proper form.
- B) When players lose uniforms or equipment, they may not take part in any other sport until it is found and returned or paid for in full.
- C) Athletes are financially responsible for all equipment checked out to them. No athlete:
 - 1. Will be cleared from school until he/she is clear on equipment.
 - 2. Will receive credit on items turned in if they are not the items which had been checked out to him/her.
 - 3. Will receive any awards, trophies or letters until he/she is clear in all areas.
 - 4. Who is a senior, will receive a diploma until clearance has been established.
- D) Athletes will not share their team locker unless assigned to do so.
- E) All gear will be turned in after the last contest.
- F) Uniforms are not to be worn around school or after school except for game purposes to communicate team unity.

X. ATHLETIC AWARDS

To earn an athletic award, (letter, trophy, all-league. etc.) An athlete must finish the current season in good standing in terms of academic performance, citizenship, and sportsmanship.

XI. RISK OF INJURY

Participation in competitive athletics may result in severe injury, including paralysis or death. Changes in rules, improved conditioning program, better medical coverage and improvements in equipment have reduced these risks. **BUT IT IS IMPOSSIBLE TO TOTALLY ELIMINATE SUCH OCCURRENCES FROM ATHLETICS.**

Players can reduce the chance of injury by obeying all safety rules in their sport, reporting all physical problems to their coaches, following a proper conditioning program and inspecting their own equipment daily. **DAMAGED EQUIPMENT MUST BE REPLACED IMMEDIATELY. A SERIOUS ACCIDENT MAY STILL OCCUR EVEN IF ALL THESE REQUIREMENTS ARE MET AND EVEN IF THE ATHLETE IS USING EXCELLENT PROTECTIVE EQUIPMENT.**

XII. TRANSPORTATION

- A) All athletes will travel by way of school vehicle for all away games.
- B) Absolutely no student is allowed to drive himself/herself to any contest anywhere.
- C) Private cars driven by parents or coaches may be used in special situations. It must be cleared and have permission of the Principal or designee in charge of Athletics.
- D) If for some special reason an athlete's parent/guardian wish to take the athlete home after a contest instead of returning with the team, the parent/guardian and athlete must complete the following, one day in advance of the contest:
 - 1. Present note to coach for signature.
 - 2. Present signed note to Principal or designee.
 - 3. Receive pass to go with parent/guardian.
 - 4. Present pass to coach to be released (no pass, no permission).



CIF-San Diego Section
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ETHICS IN SPORTS (ATHLETE-PARENT/GUARDIAN/CAREGIVER) – 2011-12
(Revised 3/09)

I. POLICY STATEMENT

- It is the mission of the California Interscholastic Federation, San Diego Section (CIFSDS) to promote high standards of sportsmanlike and ethical behavior...
It is the intent of the section membership that poor sportsmanship, unethical behavior, and violence, in any form, will not be tolerated...
Coaches assume the responsibility to teach and demand high standards of conduct of their athletes both on the field of play and in everyday life...
It is the school principal's responsibility to enforce all CIFSDS rules and regulations...
Participation in interscholastic athletics and section playoffs is a privilege.
The CIFSDS Board of Managers requires that the following Code of Ethics be issued to and signed by each student-athlete, parent, coach, and officials' association. Penalties for failure to submit a signed Code of Ethics are:
1. Athlete Ineligibility for participation in CIF-San Diego Section athletics
2. Coach Restricted from coaching in CIF-San Diego Section contests
3. Officials Association Not approved to officiate in the CIF-San Diego Section
4. Parent Prohibition/Removal from attendance at CIF or CIFSDS event
Failure to abide by the standards of behavior as agreed will result in a penalty up to and including disqualification to participate.

II. CODE OF ETHICS FOR STUDENT-ATHLETE, PARENT/GUARDIAN/CAREGIVER, COACH, CONTEST OFFICIAL

- A. Comply with the six pillars and 16 Principles of the Pursuing Victory with Honor program (on reverse side).
B. Be courteous at all times with school officials, opponents, game officials, and spectators.
C. Exercise self-control.
D. Know all rules of the contest, of CIF State, and the CIFSDS and agree to follow the rules.
E. Show respect for self, players, officials, coaches, and spectators.
F. Refrain from the use of foul and/or abusive language at all times.
G. Respect the integrity and judgment of game officials.
H. An athletic director, sports coach, school official or employee or booster club/sport group member may not provide any muscle-building nutritional supplements to student-athletes at any time.
I. Win with character; lose with dignity.

Accept consequences of conduct deemed inappropriate or in violation of rules.

I have read, understand, and accept the Policy Statement, Code of Ethics, The Pillars and Principles of Pursuing Victory with Honor, and the Violations, Minimum Penalties, and Appeal Process (on attached page) of the CIF-San Diego Section ETHICS IN SPORTS Policy. I agree to abide by this policy while participating and/or being a spectator at CIFSDS athletic events regardless of contest site or jurisdiction.

Signature – Athlete

Printed Name

Date

Signature – Parent/Guardian/Caregiver

Printed Name

Date



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ETHICS IN SPORTS (COACH) – 2011-12

(Revised 3/09)

II. POLICY STATEMENT

- It is the mission of the California Interscholastic Federation, San Diego Section (CIFSDS) to promote high standards of sportsmanlike and ethical behavior in and around athletic contests played under its sanction and, in life, in general. Citizenship, Integrity, and Fairness are embodied in that mission. CIF and CIFSDS contests must be safe, courteous, fair, controlled, and orderly for the benefit of all athletes, coaches, officials, and spectators, and behavior by all involved at all times should manifest the highest standards of conduct.
- It is the intent of the section membership that poor sportsmanship, unethical behavior, and violence, in any form, will not be tolerated in athletic contests or practices. In order to enforce this policy, the membership, through its Board of Managers, has established rules and regulations.
- **Coaches assume the responsibility to teach and demand high standards of conduct of their athletes both on the field of play and in everyday life, in season and out of season.**
- **Coaches are responsible to know and abide by the rules of sport, the CIFSDS, and CIF State rules, regulations, and policies and penalties for violation of these rules.**
- **Coaches agree to accept and abide by determination of the CIFSDS and to demand compliance by parents and athletes under their supervision with any penalties imposed.**
- **It is the coach’s responsibility to support the school principal’s responsibility to enforce all CIFSDS rules and regulations and to demand high standards of conduct from coaches, athletes, and spectators.**
- The CIFSDS Board of Managers requires that the following Code of Ethics be issued to and signed by each student-athlete, parent, coach, and officials’ association. Penalties for failure to submit a signed Code of Ethics are:

1. Athlete	Ineligibility for participation in CIF-San Diego Section athletics
2. Coach	Restricted from coaching in CIF-San Diego Section contests
3. Officials Association	Not approved to officiate in the CIF-San Diego Section
5. Parent	Prohibition/Removal from attendance at CIF or CIFSDS event
- **Failure to abide by the standards of behavior as agreed with result in a referral to school-site administration for discipline.**

II. CODE OF ETHICS FOR STUDENT-ATHLETE, PARENT/GUARDIAN/CAREGIVER, COACH, CONTEST OFFICIAL

- A. Comply with the six pillars and 16 Principles of the Pursuing Victory with Honor program (on reverse side).
- B. Be courteous at all times with school officials, opponents, game officials, and spectators.
- C. Exercise self-control.
- D. Know all rules of the contest, of CIF State, and the CIFSDS and agree to follow the rules.
- E. Show respect for self, players, officials, coaches, and spectators.
- F. Refrain from the use of foul and/or abusive language at all times.
- G. Respect the integrity and judgment of game officials.
- H. An athletic director, sports coach, school official or employee or booster club/sport group member may not provide any muscle-building nutritional supplements to student-athletes at any time. A school may only accept an advertisement, sponsor, or donation from a supplement manufacturer that offers only non-muscle building nutritional supplements. A school may not accept an advertisement sponsorship or donation from a distributor of a dietary supplement whose name appears on the label. Permissible non-muscle building nutritional supplements are identified according to the following classes: Carbohydrate/electrolyte drinks; energy bars, carbohydrate boosters, and vitamins and minerals. (Revised - Federated Council May 2007.)
- I. **Win with character; lose with dignity.**

Accept consequences of conduct deemed inappropriate or in violation of rules.

I have read, understand, and accept the Policy Statement, Code of Ethics, The Pillars and Principles of Pursuing Victory with Honor, and the Violations, Minimum Penalties, and Appeal Process (on attached page) of the CIF-San Diego Section **ETHICS IN SPORTS** Policy. I agree to abide by this policy while participating and/or being a spectator at CIFSDS athletic events regardless of contest site or jurisdiction.

Signature – Coach

Printed Name

Date

PURSuing VICTORY WITH HONOR

SIX PILLARS OF CHARACTER

TRUSTWORTHINESS

RESPECT

RESPONSIBILITY

FAIRNESS

CARING

GOOD CITIZENSHIP

SIXTEEN 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 pressure 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 student body leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect. Coaches have a 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 and CPR. 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 programs must actively prohibit the use of alcohol, tobacco, drugs, and performance-enhancing substances, as well as demand compliance with all laws and regulations, including those related to gambling and the use of drugs.
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 interference or influence of commercial interests. In addition, sports programs must be prudent, avoiding undue financial dependency on particular companies or sponsors.
16. The profession of coaching is a profession of teaching. In addition to teaching the mental and physical dimension 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.

VIOLATIONS, MINIMUM PENALTIES, AND APPEAL PROCESS

(Applicable to players and coaches from time of departure for contest until time of return.)

ACT

1. Behavior resulting in ejection of athlete or coach from contest

*MINIMUM PENALTIES**

EJECTION POLICY:

Any coach, team attendant, or spectator ejected by a contest official from any contest for any reason, at any level, is suspended indefinitely from participation, practice, or attending (site and sound) any sports contest, until the first of the following occurs: the ejected person serves the tentative penalty recommended by the commissioner; or a meeting is held among the school administration, coach, player, and custodial parent(s)/guardian(s) with CIFSDS staff member(s) to discuss and impose an appropriate penalty which is served before participation resumes.

Any player ejected by a contest official from any contest for any reason is suspended from participation in the next contest(s) until the tentative penalty recommended by the commissioner is served; or a meeting is held among the school administration, coach, player, and custodial parent(s)/guardian(s) with CIFSDS staff member(s) to discuss and impose an appropriate penalty which is served before participation resumes. **Players are permitted to practice with the team and attend contests, but not in game uniform, during the period of suspension. (Approved June 3, 2008, Board of Managers).** Meetings will be scheduled at a time to be announced. There is no appeal of the Commissioner's decision. Telephonic and electronic meetings are not permitted.

Additionally, any person ejected (coach, player, spectator) is required to attend a CIFSDS Ethics In Sports Sportsmanship Meeting, which will be held at a time to be announced. Failure to attend the sportsmanship meeting will result in immediate suspension of athletic eligibility or attendance (site and sound) at contests or practices until such time as the ejected person attends a Sportsmanship Meeting. (Approved June 7, 2005, Board of Managers).

2. Illegal participation in next contest by athlete ejected from previous contest.

Ineligibility for remainder of season for athlete. A written appeal may be made by the individual or school to the commissioner.

A coach, who permits participation by a player ejected from a previous contest, knowingly violates a CIF or San Diego Section rule, and penalty may include a sanction to the school, coach, or suspension of membership.

3. Second ejection of athlete or coach from any contest during one season.

Ineligibility of athlete for remainder of season or suspension of coach for remainder of season. A written appeal may be made by the school principal within two school days to the commissioner for reduction of penalty. Official to make report by the next school day to the commissioner.

4. When an athlete leaves the bench area or fielding position to begin a confrontation or leaves the bench area or fielding position to join an altercation.

Ejection from the contest for those designated by the official, ineligibility for the next contest, probation for remainder of season. Those players involved are later identified, ineligible for next contest and probation for remainder of season. A written appeal may be made by the individual(s) or school to the commissioner. Official to make report by the next school day to the commissioner.

A similar infraction of this act by the same athlete(s) during the same season will result in termination of the season for the athlete(s) concerned. A written appeal may be made by the school principal to the Commissioner.

5. When more than two athletes leave the bench area or fielding position to begin a confrontation or leave the bench area or fielding position to join an altercation.

Contest will be stopped by officials and coaches. Ejection from the contest for those athlete(s) designated by the officials. The team(s) that left the bench area must forfeit the contest, record a loss, and the team(s) and player(s) placed on probation for the remainder of the season. A written appeal may be made by the school(s) principal to the commissioner. A second infraction will result in cessation of the season for the team(s) and/or athlete(s). A written appeal may be made by the school(s) principal to the commissioner. Official to make report by the next school day to the commissioner.

If the act occurs in the CIF-San Diego Finals, and both teams are charged with a forfeit, there will be no champion. A written appeal may be made by school(s) principal to the commissioner. Official to make report by the next school day to commissioner.

6. Other acts committed by individuals or teams or acts committed at end of season.

Commissioner, as authorized by Green Book, to determine and implement penalties up to and including career suspension for individuals and following year penalties for teams.

7. Use of an ineligible player in a contest.

If a team uses an ineligible player in a contest(s), the contest(s) shall be forfeited. The number of forfeited contest(s) exceeds the maximum permitted in accordance with the CIFSDS Forfeit Policy (see Green Book) the team shall be excluded from CIFSDS playoffs.

If an ineligible individual is permitted to participate in an individual sport, that individual is excluded from playoffs, and the school is subject to penalties for a willful violation of a rule.

*Commissioner, as authorized by Green Book, may determine and implement additional penalties up to and including career suspension for individuals and following year penalties for teams.

Vista Unified School District
Description of Expectations for the Freshman, Junior Varsity, and Varsity Levels

- **Regardless of the level, each year every player must demonstrate the skills needed to be a member of the athletic program for which he/she is trying out. No player is guaranteed a position in the present year simply because he or she was a part of the program the previous year.**

Freshman Sports

The purpose of the freshman level is to do the following:

- Develop and refine basic skills and learn the rules of the sport.
- Determine the students' continued involvement in the sport.
- Provide opportunities for playing time at coaches' discretion.

The freshman team will consist of ninth-graders who have demonstrated intellectual skills, proper attitude, physical skills and sport-specific skills that indicate a potential to be varsity players. The numbers of players may vary from season to season.

Junior Varsity Sports

The purpose of the junior varsity level is to do the following:

- Further develop skills of the athlete.
- Increase the intensity of competition.
- Prepare the athlete for the varsity level.
- Place more emphasis on winning.
- Provide opportunities for playing time at coaches' discretion.

The junior varsity team will consist of primarily sophomores, but freshmen who have demonstrated the ability to start as jayvee players may also be members of the team. The jayvee players must exhibit the requisite intellectual skills, proper attitude, physical skills and sport-specific skills that indicate a potential to be a varsity performer over the next two years. A junior who shows the potential to be a varsity starter or a key contributor as a senior or who is a part-time varsity player may play jayvee.

Varsity Sports

The purpose of the varsity level is to do the following:

- Develop skills and physical conditioning of the athlete to his or her full potential.
- Provide athletes with the opportunities to learn to set goals, strive to achieve them and serve as role models for younger athletes.
- The focus of the program is to win, and with that said, communication will be given by the coach during the preseason to the athlete to determine their role on the team.
- The varsity team will consist of primarily juniors and seniors, but freshmen and sophomores who have demonstrated the ability to be starters or key contributors also may be members of the team. Juniors must show the potential to be varsity players over the next two years to be members of the team. The varsity players must show the mental skills, proper attitude, physical skills and sport-specific skills to be starters or essential contributors to the success of the team. It is the athlete's responsibility, not the coaches', to convey to parents on-going team information throughout the season.

