



SANTA ROSA ACADEMY

STUDENT

ATHLETICS HANDBOOK



Revised: May 12, 2026

A WELCOME MESSAGE FROM YOUR ATHLETIC DIRECTOR

Greetings Rangers,

Welcome to the new school year and another opportunity to participate in athletics. Every year is an incredible opportunity to be involved and participate in extra curricular activities such as sports while always remembering that athletics is a privilege. Furthermore, our goal in athletics is to give student athletes a positive experience, grow and develop, and have the opportunity to pursue athletic goals and ambitions. We are excited for your return this year and we hope that all sports, teams, coaches, participants, and SRA community members enjoy their upcoming season.

Thank you in advance for reviewing this handbook to best guide your understanding, expectations, and standards for this upcoming school year and athletic season(s). This athletic handbook is a resource for all families and participants involved in SRA athletics as it will be composed of important information that you will need to be aware of as you navigate the year as a student-athlete, parent, and/or spectator.

We are excited to continue our tradition of excellence, respect, and integrity as our character represents who we are as student athletes and as Santa Rosa Academy Athletics. All guidelines, policies, and procedures set forth in this handbook are to protect the overall health, function, and operation of all of SRA athletics and have been set in place for the betterment of the student athlete and/or athletic program.

We appreciate your continued support and look forward to another year of athletics!

GO RANGERS GO!!!

Sincerely,



Elzie Gatson
Athletic Director



MISSION STATEMENT

The SRA athletic program is committed to excellence in academics and athletics. We are dedicated to Pursuing Victory with Honor, adhering to the rules of competition and sportsmanship, and displaying SRA pride on and off the field of competition. Athletic competition is an integral part of the high school experience. SRA is uniquely positioned to foster student growth in values and ethics. SRA is a member of the Southern Section of the California Interscholastic Federation (CIF). CIF's operating principles of "Pursuing Victory with Honor" provide the opportunity to dramatically influence the actions of the athletic community. SRA strives to strengthen the integrity of student-athletes and adults by promoting the concepts of sportsmanship, honesty and quality academics. These priorities advance the highest principles of character – trustworthiness, respect, responsibility, fairness, caring and good citizenship.

PURPOSE

The purpose of athletics is to contribute to the overall educational experience of the balanced and total student. Concepts learned through athletics include teamwork, integrity, sportsmanship, restraint, persistence, leadership, self-esteem, discipline, and humility. Participation on an athletic team is a privilege that is extended to every student who is eligible under regulations set up by CIF, CIF-Southern Section (CIFSS), and Santa Rosa Academy (SRA). Every privilege includes responsibility. The conduct of a student-athlete is closely observed by many people. A student-athlete is a representative of the team, the school and the community. Therefore, it is important that each student-athlete be an individual of high moral integrity and class at all times and in all places. This extends into the classroom, beyond the playing field and within the community.

Student-athletes will be expected to adhere to the following code of behavior:

Each Student-Athlete strives to:

- At all times represent their school in a positive manner.
- Be on time, be enthusiastic, dependable, loyal, and cooperative.
- Be responsible and open to coaching.
- Be a team player and support their teammates.
- Abide by the general rules of discipline as established for you by the CIF, CIFSS, and SRA.
- Place academics first.
- Strive to improve.
- Demonstrate respect for teachers, coaches, and fellow athletes at all times.
- Maturely accept constructive criticism and take responsibility for his/her actions.
- Use appropriate language.

GOVERNING BODY

California Interscholastic Federation - Southern Section (CIF-SS)

The CIF-Southern Section is a voluntary association of public, private, and parochial high schools. The Board of Managers is the governing body. It is one of ten sections throughout the State of California. The Southern Section encourages and assists high school students, through participation in interscholastic athletics, to develop and strengthen values, attitudes, and skills that will promote their personal growth as individuals and as members of a diverse society. In addition, its purpose is to cultivate more cordial and friendly relations among schools through good standards of sportsmanship. The Southern Section administers and conducts varsity level championship playoffs in sports for the young men and women attending our member schools. The CIF-SS is committed to preparing young men and women for a better tomorrow and to working with educators, parents, and the community to establish and maintain excellent high school athletic programs. For more information, visit their website www.cifss.org.

ATHLETIC CLEARANCE

In order to be eligible to participate in ANY SRA athletic activity which includes tryouts, weight training, formal/informal practices, scrimmages, or competitions, every participant must have completed their athletic clearance profile each year that includes all required documentation and their annual physical that is up to date and valid.

Visit www.homecampus.com to create your profile and to upload all documentation as instructed.

Physical Examination

A physical examination form, certifying the student is fit to participate in athletics is required before a student-athlete is eligible to try-out, practice, or participate in any CIF competition. A medical doctor (MD), Doctor of Osteopathy (DO) or Physician Assistant (PA) must sign the form. Physicals are good for one school year. In addition, students must have insurance coverage.

Release Notes from Medical Professional

All student-athletes who have seen a doctor for a medical condition that has prevented them from participating are required to provide the coach and Athletic Office with a written medical release BEFORE the athlete is allowed to continue participation. Please note that the Athletic Department can delay student participation in practices and competitions beyond the date referenced by the physician based on the school code.

Medical Procedures

SRA has an on-staff certified athletic trainer to assist student-athletes during practice or contests. If a student-athlete suffers an injury during practice or contests, the onsite medical personnel will respond first. If the certified athletic trainer feels that a hospital visit is required, he will make every effort to relay that information to the parent(s) personally. If the certified athletic trainer is unavailable, the on-site coach will assess the extent of the injury and call the student-athlete's parents (non-serious injury) and 911 for emergency medical treatment.

ELIGIBILITY RULES AND PROCEDURES

All students who transfer (and are admitted) to SRA (i.e., do not begin their enrollment at SRA on their first day of the ninth grade) **MUST see the Athletic Director to determine eligibility.**

- Enrollment in SRA **DOES NOT** mean that the student is immediately eligible for Athletics according to CIF guidelines.
- Any student-athlete who did not start their 9th-grade year at SRA must speak with the Athletic Director before participating.

NOTE: Students cannot participate on any school team until all documentation and/or forms are signed and returned to the Athletic Office.

For many students, the high school years will be highlighted and enhanced by participation in our school's interscholastic athletic program. During this time, the CIF-SS standards must be met in order to be eligible to compete and participate. In addition, there may be school, district, and conference standards that apply. Parents and student-athletes are urged to study these standards carefully, and before making any decision involving athletic participation, to consult with the school administrator/Athletic Director.

Competing Under an Assumed Name or Providing False or Fraudulent Information

Any student who provides false information in order to achieve athletic eligibility will be ineligible in all interscholastic athletic competition for a period of up to 24 calendar months from the date the infraction is verified.

CIF-Residential Eligibility

A student-athlete has residential eligibility upon initial enrollment in:

The ninth grade of any CIF high school or a CIF junior high school under provisions of CIF Bylaw 302, OR The tenth grade of a CIF high school from ninth grade of a junior high school.

SRA-Residential Eligibility Students who are accepted for enrollment at their school of choice (SRA) in the ninth grade are considered eligible. A student-athlete must live with his/her parent, legal guardian, or caregiver to be eligible.

Process of being eligible to play in sport:

1. Fully enrolled in school you plan to attend full time
2. Completed all transfer documentation necessary to be enrolled in school
3. Any record or documentation further required by your school to finalize enrollment
4. Athletic Clearance
5. Athletic documentation for transfer, if needed

CHANGING SCHOOLS - TRANSFERS / TRANSFER REQUIREMENTS

Entering High School – 9th Grade

It is a family choice in deciding the school in which they chose to enroll their children. Athletic eligibility is first established when the student enters 9th grade, regardless of the member school. This is called Initial Residential Eligibility and specific details are listed in CIF Bylaw 206. Students entering 9th grade must meet all academic and citizenship requirements of the CIF and are subject to local school/board policies in order to participate in CIF high school athletics.

Classifications of Transfer Students

1. A valid change of residence student.
2. A transfer without a valid change of residence - Sit Out Period (First Transfer).
3. Non-Participation (Student-Athlete has not competed in that sport for the last 12 months at **ANY** level).
4. Limited Eligibility - Only eligible for JV due to number of transfers).

Regardless of the type of transfer, there will be paperwork (forms and documentation) that the student and his/her parents/legal guardians will have to complete for the new school (School "B") in order to request athletic eligibility. The new school (School "B") will communicate with the transfer student's previous school (School "A") and work with the parents to complete the necessary forms to ensure not only residential eligibility but also academic eligibility.

Pre-Enrollment Declaration

Any and all pre-enrollment contact of any kind with a student-athlete must be disclosed by the student- athlete parent(s), legal guardian(s), and/or caregiver(s).

- Pre-enrollment contacts must be disclosed to include dates and times contact was made.
- Private lessons must be disclosed if they are with one of the athletic coaching staff members or athlete on the current or former team.
- Coaches may not attend outside athletic events before the student-athlete is officially enrolled in the school.
- Persons associated with the school include but are not limited to current or former coaches, current or former athletes, parents of current or former student-athletes, booster club members, alumni, spouses or relatives of coaches, teachers and other employees of SRA.
- **NO COMMUNICATION IS ALLOWED TO PROSPECTIVE STUDENT-ATHLETES UNTIL THEY BECOME OFFICIALLY ENROLLED**
- **ALL TRANSFER STUDENT-ATHLETES NEED TO CONSULT WITH THE ATHLETIC DIRECTOR ONCE THEY BECOME OFFICIALLY ENROLLED AT SRA**

Undue Influence—Recruitment of Athletes

The use of undue influence by any person(s) to secure or retain a student or one or both parents/guardians of a student as residents may cause the student to be ineligible for high school athletics and shall jeopardize the standing of the high school in CIF competition and standings.

CIF BYLAW 202.B. PROHIBITS PROVIDING FALSE INFORMATION IN REGARD TO ANY ASPECT OF ELIGIBILITY. CIF BYLAW 510 (UNDUE INFLUENCE-RECRUITING) PROHIBITS ANY PERSON OR PERSONS TO SECURE, RETAIN OR INFLUENCE WHAT HIGH SCHOOL A HIGH SCHOOL STUDENT ATTENDS. IN BOTH CASES, THERE ARE SEVERE PENALTIES FOR BOTH THE STUDENT-ATHLETE AND THE SCHOOL. THE STUDENT-ATHLETE PENALTY COULD INCLUDE INELIGIBILITY FOR UP TO 24 MONTHS. PLEASE REPORT TO YOUR SCHOOL IF THIS IS TAKING PLACE.

SCHOLASTIC ELIGIBILITY

Academics

Academics are the number one priority for high school student-athletes. During the season, student-athletes should plan to do projects, homework, and studying outside of practice. Key lessons learned through participating in high school athletics are planning, prioritizing, and understanding one's time limitations. If there is an unavoidable conflict involving athletics and academics, **academics always take priority**. Consequences for missing practices, tournaments, or games may still result. Many times, traveling to an athletic competition means missing class. Student-athletes need to recognize demands that athletics can place on academic attendance and make appropriate choices.

Do not change a course schedule or drop a course without first consulting with the school principal, counselor, or athletic director to determine whether it will affect your athletic eligibility.

Please read this information carefully in order to make thoughtful, informed decisions.

To be scholastically eligible to participate, all of the following criteria must be met:

- Student-athletes may not practice or participate in games if they have an F at any time in any class.
- Course Enrollment - For each term, the student-athlete must be currently enrolled on campus in a minimum of 20 semester credits (4 courses) for letter grades at SRA.
- Attendance – The student-athlete must participate in classes (3/4 or more of the school day) on a game or practice day, or the student cannot participate in team activities. Athletes must maintain a 96% attendance rate in order to participate.
- Grades - At the completion of the previous regular grading period (school-wide distribution of A- F grades), the student-athlete must:
 - Have no failing grades.
 - Maintain a minimum of a 2.5 grade point average on a 4.0 scale (unweighted GPA) in all enrolled courses
 - Incomplete (I), Pass (P), and Withdraw (W) marks may not be used as grades for determining scholastic eligibility because there are no grade points assigned for these marks and they do not factor into GPA calculation.
 - When an Incomplete grade is cleared and a letter grade is posted for the grading period, the letter grade may be used in eligibility calculation. Incomplete marks can only be issued at final marking periods - semester reports at SRA.
 - An incomplete grade form must be filled out for each student who receives an "Incomplete"
- After each grading period, the athletic department determines a list of students who fall below a 2.5- grade point average and communicates to head coaches the ineligible student-athletes for that quarter.
- Maintain minimum progress toward meeting the high school graduation requirements as prescribed by the governing board of the school district
 - Pass/Fail Grading "The P grade shall not be calculated into the GPA or counted in determining athletic eligibility..." ; Grade Point Average; Incomplete - A student may receive an "Incomplete" in place of a grade only when circumstances beyond the control of the student prevent the student from completing a course. Such circumstances include:
 - Hospitalization
 - Prolonged illness
 - Other reasons approved by the principal

Incomplete Grades: A grade(s) of Incomplete shall not be considered a passing grade under the CIF Bylaw 205+ unless, by operation of a school grading policy, an Incomplete grade shall become a passing letter or (numeric) grade without further achievement or accomplishment by a student, at a certain time. When an Incomplete grade is issued which does not automatically become a passing grade, as indicated immediately above, such an Incomplete grade shall not satisfy the requirement of the CIF Bylaw 205+ until the academic deficiency which gave rise to the Incomplete grade has been satisfied and a passing grade has been substituted for the Incomplete grade. Upon such substitution, the substituted grade shall be considered in determining scholastic eligibility as established by evaluation of previous grading period grades and the substituted grade. A scholastically ineligible student may become immediately scholastically eligible upon such evaluation.

Loss of Eligibility

Any student-athlete who loses their eligibility because of grades forfeits all right to letters and awards that they may have otherwise been entitled to receive for that sport. A student-athlete becomes ineligible for CIF competition if they participate in any tryout for a professional team in any CIF approved sport.

Age Limitations

A student-athlete, whose 19th birthday is attained prior to June 15, shall not participate or practice on any team in the following school year. A student-athlete, whose 19th birthday is on or before June 14, is ineligible.

Summer School

Summer school grades may be included to improve G.P.A. earned in the final session of the regular school year. If a student repeats a spring semester course during summer school, the summer school grade can replace the previously earned grade. If a different course is taken during summer school, then the summer school course is an additional course and the grade for the summer school course will be factored into G.P.A. along with the other course grades from the previous semester. Courses taken outside of SRA must be accredited and any summer school transcripts must be received by the school site registrar for the grade to be included in the official G.P.A.

Semesters of Attendance

A student who first enters the ninth grade of any school following the student's completion of the eighth grade in any school may be eligible for athletic competition for a maximum period of time that is not to exceed eight consecutive semesters following the initial enrollment in the ninth grade. Any school eligibility must be used during the student's first eight consecutive semesters of enrollment at that school or any other school. A student may only participate in four (4) seasons of any sport.

Penalties for Competition by Ineligible Athletes

Student-athletes who compete for their school in CIF contests while ineligible due to violations of CIF or CIFSS rules will cause the following mandatory penalty:

- Team sports—Forfeiture of contest (s) plus any profit share of playoff profit to school.
- Individual sports— Forfeiture of points and awards earned by the ineligible athlete(s).

CLUBS/OUTSIDE TEAMS

Competition on an Outside Team

A student-athlete on a high school team becomes ineligible if the student practices or competes in a contest on an “outside” team in the same sport, during the student’s high school season of sport. This includes club teams. See CIF Rule 600. This also includes leagues, tournaments, charity games, all-star games, 3-3 tournaments, college classes, etc. Since participation in a non-school event of the same sport will render an athlete ineligible and force the forfeiture of any SRA contest, student-athletes must check with the Athletic Director if there is any doubt as to whether a competition is permissible according to CIF by-laws.

Conflicts with Outside Club Teams

Participation in our high school team athletics takes precedence over all other outside athletic activities. If conflict occurs, the high school event will come first. Student-athletes need to make sure their participation in outside club sports in no way negatively affects the team on which they are participating, or they may be asked to leave that team.

SRA practices and competition attendance is mandatory in order to participate in competitions. Other commitments will not change this requirement. Communicating missing practice does not excuse the absence from missing practice and students will still be held accountable as their coach directs.

Conflicts with Other Extra-Curricular Activities

An individual student who attempts to participate in too many extra-curricular activities will, undoubtedly, be in a position of conflict of obligations. The Athletic Department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities, and to that end, will attempt to schedule events in a manner so as to minimize conflicts. Student-athletes have a responsibility to do everything they can to avoid conflicts. This would include being cautious about committing to too many activities where conflicts are bound to happen. It also means notifying the staff members involved and communicating immediately when a conflict does arise. The student-athlete will be responsible for contacting those involved and developing a solution so that the student-athlete learns to prioritize should a conflict arise.

NO PRACTICE = NO PLAY

Use of Alcohol, Tobacco, and Illegal Drugs

By CIF and the SRA signed Code of Conduct, student-athletes are prohibited from using any form of alcohol, tobacco (including electronic cigarettes, vape pens or other tobacco-delivery devices), illegal drugs, steroids, and performance enhancing drugs while attending a school activity or event.

SRA offers students an opportunity to participate in extracurricular activities and athletics. Student participation on an athletic team and in extracurricular activities is a privilege that is extended to every eligible student. With every privilege comes responsibility.

It is the responsibility of every student to abide by the provisions of the District Discipline Guidelines as well as the Extracurricular Code of Conduct. A student-athlete who participates in athletics agrees to abide by the combined rules developed by CIF-Southern Section, Santa Rosa Academy, and specific sport rules and regulations.

SRA site administration may impose more restrictive guidelines with tobacco, drug and/or alcohol use involving school team members. The rules and guidelines may include, but are not limited to, infractions committed during non-school hours, infractions committed on non-school days, or infractions that do not result in disciplinary action from the school.

All team rules, regulations and consequences separate from the SRA Code of Conduct must be provided in the form of a written document to all student-athletes and parents. It is imperative that all coaches have each student-athlete and parent sign and return the team rules and consequences at the beginning of each season. Any student-athlete who does not have this document on file will not be cleared to participate.

Steroids

Student-athletes participating in interscholastic athletics are prohibited from using steroids and dietary supplements banned by the U.S. Anti-Doping Agency as well as the substance synephrine.

Before participating in interscholastic athletics, a student-athlete and his/her parent/guardian shall sign a statement that the student-athlete pledges not to use androgenic/anabolic steroids and dietary supplements banned by the U.S. Anti-Doping Agency and the substance, synephrine, unless the student has a written prescription from a licensed health care practitioner to treat a medical condition.

A student-athlete who is found to have violated the agreement or this policy shall be restricted from participating in athletics and shall be subject to disciplinary procedures including, but not limited to, suspension or expulsion in accordance with law, Board policy, and administrative regulation.

Student Participation Conduct Penalty

Students suspended from school for 2 consecutive days or longer, will be ineligible from all athletic activities. The term of the suspension shall be 30 calendar days. The 30-calendar-day suspension will go into effect on the first day of the school suspension. During this period, students are prohibited from participating in all athletics, team practices, team competition, athletic competition, school performances, rehearsals, etc. Try-outs will be permitted during this 30-day suspension. Violation of the SRA Discipline Guidelines may also result in the revoking of any awards for which the student might otherwise be eligible.

Student-athlete participation in athletic contests is an honor. Student-athletes are expected to conduct themselves in an exemplary manner at all times. During participation in all CIF competition, a student-athlete who is ejected or disqualified from participating in the remainder of a contest will be ineligible for at least the team's next contest pending a conference with either CIF commissioner. In addition, any student-athlete who physically assaults an official shall be banned from interscholastic athletics for the remainder of the student-athlete's interscholastic eligibility.

ATHLETIC AWARDS AND LETTERS

Letter awards are earned by participating on a varsity squad. In order for a student-athlete to letter, minimum standards and requirements must be met. Because of the differences in many sports, each coach will set his/her own award requirements. Student-athletes who quit their teams or are removed from the team by the coach at any time during the season will forfeit any awards they would have received.

Student Award Limitations

A high school student-athlete may not receive an athletic award for CIF high school competition of a combined total or more than one hundred dollars (\$100) in value, from all sources. The total athletic award may be two hundred fifty dollars (\$250) for league, section, or state championships. When a student-athlete participates in other than CIF competition in a CIF approved sport, at any time other than the high school season of sport, the student-athlete is governed by the award rules of the amateur governing body for that sport.

SEASON CEREMONIES AND AWARDS

Senior Recognition

The ceremony will occur before or after the last home game. The purpose is for the **team** to recognize and honor their seniors and, in no way, should be a distraction from the game. The coach must bring all ideas and gifts for this event to the athletic director for approval before any purchases. Any expenses purchased before approval will not be eligible for reimbursement and may not be allowed at the senior night ceremony. Any disregard for this, regardless of whether items are purchased through the team's account or donations from the parents, will cancel that team's senior night.

The senior night is a simple ceremony planned by the team, coach, or parents of younger teammates and should be attainable for all teams. The seniors' parents are not expected and are discouraged from having to participate in planning this event. This night **should not** reflect a banquet or end of season ceremony.

Awards

The Athletic Department presents five types of awards: Varsity Letter Awards, Ranger Award, Scholar Athlete Award, Senior Awards and Participation Certificates.

Varsity Letter Award

Each varsity head coach determines which athletes are to receive letters based on criteria including playing time, practice attendance, and exemplary attitude. Letters are available from the Athletics Tech. Regardless of how many individual sports a student has participated in, they should only receive ONE varsity letter for their career at SRA.

Scholar-Athlete Award

Scholar athlete determination and award is different from honor roll academically. Scholar athlete is an unweighted average GPA between your two grading periods that fall within your season.

Participation Certificates

These certificates are presented to all athletes who are active and consistent members of a particular team on any level.

End of Year Ceremony/Banquet

Every team will be permitted to hold an End of Year Ceremony. **Only** teams who win league will be permitted to have a banquet. All end of year ceremonies/banquets are at full discretion of the head coach and athletic director.

PRACTICE AND PARTICIPATION

Season of Sport Definition

In the CIFSS, the season of sport for an individual is that period of time when the student is first rostered as a student-athlete on a team, regardless of playing time in an interscholastic contest. To compete in an interscholastic contest or scrimmage in the CIF-SS, a student-athlete must be a rostered team member, and have five (5) practice sessions with the coach/team.

What is a Practice?

In the CIF-SS, practice is defined as organized, systematic exercise to become proficient in a sport. Activities include, but not limited to, skill drills, game situation drills, scrimmages and games, or any other directed or supervised instruction (including, but not limited to, study of game film, chalk talks, and strategy or planning sessions) by the school coach, a school representative, a school team representative, an outside team coach, or any individual associated with an outside team or club. **Practice Allowance (CIF Rule 506)** For the benefit of the physical and mental health of our student-athletes, all practices (as defined herein) under the auspices of the high school athletic program during the season of sport shall be conducted under the following conditions (See also CIF Bylaw 504.M.):

- A. All teams will be allowed no more than eighteen (18) hours of practice time per week and no more than four (4) hours in any single day.
 1. Multiple Practice Sessions:
 - a. Double day practices shall not be held on consecutive days.
 - b. Must include a minimum of three (3) hours rest between practices.
 2. Golf Only
 - a. In the sport of golf only, a team is allowed a maximum of two (2) days per week of 18- hole practice rounds. [Counts as four (4) hours]

- B. Any competition day would count as three (3) hours toward the allowable weekly and daily practice hours no matter the length of the contest(s). No practice may be held following the conclusion of any contest.
- C. Definition of Practice
 - 1. Any school team or individual activity organized by the coach that is intended to maintain or improve a student-athlete's skill proficiency in a sport; AND/OR
 - a. Any school team or individual activity that includes skill drills, game situation drills, inter- squad scrimmages or games, weight training, chalk talks, film review, meetings outside of school time (excluding parent meetings) that are implicitly/explicitly required by the coach; AND/OR
 - 2. Any other coach-directed or supervised school team or individual activity or instruction for a specific sport (private, small group or positional instruction, etc.) AND/OR
 - 3. Any other team or individual instruction for a specific sport organized or supervised by any team member, or anyone else associated with the high school athletic program, team or school; AND
 - 4. Outside organization activity (club, etc.), shall not be used to circumvent these Bylaws.
- D. Other mandatory activities (including, but not limited to study hall, tutorial sessions, team dinners), shall not be considered part of practice time. These activities must be approved by the principal. Activities that would be included herein are exclusive to any activity already covered in number C.(1)-(5) above.
- E. This Bylaw shall not supersede any School/District/Section policies that may be more restrictive.
- F. Penalties - Following the determination of a violation of CIF Bylaw 506, a loss of practice day(s) and/or other sanctions, for each practice session infraction, shall be imposed by the Section as deemed appropriate to the level, extent, and duration of the infraction(s).

Missing Practices

Athletic teams will usually practice weekdays, Monday through Friday. Some teams will also hold Saturday practices off campus. A student-athlete should always consult his/her coach before missing practice and leaving campus. Missing practice or a game without good reason will be dealt with according to each coach's individual rules and this athletic handbook. Communication with your coach prior to missing is expected but will still not excuse the missed practice as it relates to playing time during competitions. **VACATIONS DURING SEASON WILL NOT BE EXCUSED AND ARE REQUESTED TO BE AVOIDED AS THIS COULD ALSO AFFECT PLAYING TIME IN COMPETITIONS DUE TO THE ABSENCE FROM PRACTICE.**

BE PRESENT, BE ACCOUNTABLE, BE COMMITTED

Closed Practices

Practice sessions are closed to parents/siblings/spectators. Often, the presence of parents puts undue pressure on student-athletes and serves as a distraction to the coaching process. There is no supervision for siblings during practice. Siblings must go home at the end of the regular school day if they are not attending a school sponsored after school event. There are no Saturday or Sunday practice sessions.

Minimum Participation by a Student-Athlete

In individual sports, a student-athlete must have participated for their school of enrollment in more than one-half (1/2) of the CIF-SS permissible maximum individual points of the sport in order to participate in the CIFSS championship tournament in the sports of cross country, boys and girls golf, wrestling, and track and field. League and conference may have additional requirements.

Removal from a Team

A student-athlete who is removed from a team/sport in season due to disciplinary/academic reasons will not be allowed to participate or practice in another sport until the end of the regular season of the team from which they were dropped. In addition, all awards, letters, and certificates are forfeited.

High school programs strive to provide a variety of experiences to aid in the development of favorable habits and attitudes in student-athletes. We strive to prepare student-athletes for a successful life in our society. We have identified three areas that we would like all of our student- athletes to learn and appreciate:

- Responsibility/commitment/communication
- Learning to be a contributing member of a team
- Work ethic

Each student-athlete, coach, parent, and referee has a part to play for these program goals to be accomplished. By establishing an understanding of each other's roles, we are better able to accept the actions of others and provide a greater benefit to our student-athletes.

Quitting a Team

To emphasize the importance and great degree of commitment asked of the SRA athlete, **any student-athlete who quits a team after being selected for that team may not join any other SRA team until the conclusion of that school year.** This rule may be waived at the sole discretion of the athletic administration.

PE Credit for Athletic Participation

SRA student-athletes in grades 10, 11 and 12 who successfully complete a full season of a school- sponsored CIF interscholastic athletic program and are enrolled in 4th period athletics will be eligible to earn 5 credits of high school P.E. . Only 5 credits may be earned per season.

Participation in Multiple Sports

The SRA athletic department promotes multi-sport participation and encourages as well as supports our two and three sport student-athletes for different seasons.

Only One Sport Per Season

SRA student-athletes will only be allowed to participate in one sport per season at SRA to ensure commitment, dedication, and compliance to the team, team contracts, and handbook.

EXPECTATIONS AND RESPONSIBILITIES

Student-Athlete Responsibilities

- Understand that academics are the first priority.
- Competition in high school athletics is a privilege, not a right. Accompanying that privilege is the responsibility of the student-athlete to conform to standards established by the school teams and instituted by the NFHS, CIF, CIF-SS, SRA, and school athletic department.
- Be on time.
- Be at all practices and games.
- Represent your high school in a positive manner at all times.
- Come prepared to be a part of the team.
- Come prepared to do your best. This includes proper nutrition, sleep and care of injuries and illness.
- Be positive.
- If you don't understand something, ask.
- Be respectful of yourself, your teammates, your coaches, your parents, the officials, and the fans at all times.
- Maintain a G.P.A of 2.5 or above throughout your season of sport, with no failing grades.
- Take care of all equipment, uniforms issued and return them at the end of the season.
- Respect rules and policies.
- Remember, your level of effort and attitude define you . . . Not your win/loss record!

Parent Responsibilities

- Understand that academics are the first priority.
- Attend seasonal sport night to learn about your student-athlete's team and meet the coaches.
- Help your student-athlete to understand that the team comes before the individual.
- All sporting events are to be alcohol, tobacco and drug free.
- Schedule appointments, vacations, and college visits outside of school, tournaments, practice, or game time.
- Encourage your student-athlete to know and understand game rules as well as team rules.
- 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.
- Encourage your student-athlete to communicate appropriately and respectfully with the coach.
- Pay admission fees when appropriate.
- Any events hosted by parents where students are present need to be alcohol, tobacco and drug free.
- During home games, only student-athletes and their team are allowed on the field, in the dugout, or on the court.
- Animals are not permitted on school grounds.

Coach Responsibilities

- Understand that academics are the first priority.
- Be alert to your student-athlete's academic performances.
- Provide schedules for practices, tournaments, and games.
- Communicate changes in season schedule in a timely manner.
- Be on time.
- Come prepared for all practices and games.
- Encourage all student-athletes to do their best.
- Apply all school and team rules to all student-athletes equally.

- Be professional in all actions and words.
- Create a positive environment for our team.
- Communicate your expectations of your student-athlete and team.
- Communicate with individual student-athletes as to their role on the team.
- Clearly communicate all NFHS, CIF, SRA, League, and team rules to student-athletes and parents.
- Return parent phone calls/emails in a timely manner.
- Communicate with parents as soon as possible regarding any injuries to a student-athlete in the absence of an athletic trainer.
- Explain vacation/absence policy.
- Allow student-athletes time away from practice to make-up tests due to athletic competition or to attend tutoring.

In-Season Team /Parent Meetings

Each Varsity Head Coach will organize a team meeting at the beginning of the season to review specific information with the parents of team members. Parents of those players selected are **required to attend** this important informational meeting. The purpose of these meetings is to facilitate effective, open, and appropriate communication between the coach, players, and parents.

Expectations and Grievances

Both parenting and coaching are extremely challenging in today's world. We must realize that at the core, coaches and parents have the same goal—to see that each young person has a positive experience and becomes a well-rounded individual. Together we can best help our student-athletes reach their potential. It is very difficult to accept your student-athlete not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all student-athletes involved.

Expectations of Spectators:

- Applaud at the end of the contest for all performances of all participants, as they shake hands with each other, regardless of the contest outcome.
- Show concern for injured players regardless of team affiliation.
- Encourage people around you to display only sportsmanlike conduct.
- Refrain from blaming the loss of the contest on officials, coaches, or participants. Leave with a positive attitude.

Communication you can expect from your student-athlete's coach:

- Philosophy of the coach.
- Expectation of individual student-athletes and team.
- Location, dates, and times of all practices and games.
- NFHS, CIF, League, SRA and school rules.
- Modes of transportation.

Communication that coaches can expect from parents:

- Non-confrontational situations.
- Appropriate concerns can be expressed directly to the coaches outside of practice, games, or the playing field.
- Specific questions about philosophy or expectations of their child.
- Notification of any absences prior to practices or games.
- A phone call to set up an appointment to discuss a concern.

Appropriate to discuss:

- Treatment of your child (mentally or physically).
- Ways to help your child improve.
- Concerns about your child's behavior/academic problems.

Inappropriate to discuss:

- Playing time
- Coaching
- Team strategy
- Play calling or substitutions
- Another student-athlete

24 Hour Rule

If the concern or complaint regarding a coach arises out of a particular game situation or specific incident, a "24-hour cooling off period" will be required before any meeting will be held. This requirement will help ensure the meeting is more productive and help avoid emotional responses that might otherwise occur. A parent should simply inform the coach by email or phone that they wish to set up a meeting, and no further discussion should take place at that time between the coach and the parent. If the incident in question occurs on a Friday, the meeting shall be scheduled on the next school day, agreeable to all parties.

Steps For Resolution:

The following process must be followed by parents to address issues or concerns regarding the team or a student-athlete:

1. First, a parent must contact the coach to schedule a meeting.
2. NEVER approach a coach on the field after a practice or game.
3. If issues are unresolved after meeting with the coach, a parent should schedule an appointment with the Athletic Director.
4. If issues are unresolved after meeting with the Athletic Director, a parent should schedule an appointment with the Principal.

The process for parents to address issues or concerns must be followed in the sequence outlined above. For example, the Athletic Director will NOT meet with a parent unless the parent has already met with the coach.

Event Behavior

1. Losing as well as winning is part of the game. All student-athletes, coaches and fans should be gracious in defeat and modest in victory. Good sportsmanship is expected by all persons at all times. Discipline from coaches and the school will result if unsportsmanlike behavior is shown by team members. Accept loss as something to grow by, setting individual goals, and moving forward.
2. Self-control and maturity are expected. Fits of temper or clowning when things fail to go as the student-athlete desires or when team members are substituted out by the coach is not acceptable.
3. Game officials ensure that participating teams will compete fairly and safely. REMEMBER: Officials do not lose a game for a participant or a team.
4. It is tradition and a rule that no one except the appointed team captain talk to the designated officials. The players' bench should be enthusiastic, but mannerly, at all times during a contest. No derogatory remarks should be made to or about the officials or to the opposing team.

Sideline Safety

Athletic Directors and Coaches are required to limit the number of people allowed on the sidelines due to concerns about possible injury to spectators standing on the sidelines.

- All sideline spectators must remain at a safe distance from the playing field.
- To ensure the maximum safety for all involved, no more people than are absolutely necessary are allowed on the sidelines at any time.

CIF Ethics in Sports Policy

Be courteous at all times with school officials, opponents, game officials and fans.

- Exercise self-control.
- Be familiar with all rules of the contest.
- Show respect to players, officials, and other coaches.
- Refrain from the use of foul and abusive language.
- Respect the integrity and judgment of the game officials.
- Do not use illegal and non-prescription drugs, anabolic steroids or any substance to increase physical development of performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States or the American Medical Association.
- Win with character. Lose with dignity.

CIF Ejection Policy

Any coach, player, 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 any SRA sports contest, until a meeting is scheduled between the school administration, coach, player, and custodial parent(s)/guardian(s) with CIFSS staff member(s). 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 CIFSS 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 at SRA contests or practices until such time as the ejected person attends a Sportsmanship Meeting.

* Spectator Guidelines CIF STATE Bylaw 503. M. and Article 22.C.(1)(2)(3)(4)

If a spectator is ejected from a contest, it is the responsibility of the school to ensure that person does not attend that team's next contest. If the same spectator is ejected a second time, it is the responsibility of the school to ensure that person does not attend any of the remaining contests for that season.

Early Release from Class

It is the responsibility of student-athletes to communicate with their teachers before they depart because of an athletic contest.

- Student-athletes with an early release time should remind their teacher of this before class on the day of the event.
- Student-athletes are responsible for any and all work and tests missed due to an early release.
- Student-athletes will not be permitted to leave class prior to a release time.
- Early release times are posted on the athletics calendar.
- It is a privilege to leave school early to participate in athletics.
- It is a teacher's choice to release a student-athlete.
- Students must report to the athletics gate to be signed out for early release.

Transportation

SRA is a small school and transportation to most athletic events will require the students to provide their own transportation to and from the event.

- Students must travel with a parent or guardian or other adult listed on the students emergency contact form.
- Students with a valid drivers license may drive themselves with parent written permission provided to the athletic department.
- Parents may attend a Parent Volunteer meeting to become a volunteer driver for athletes, but may not drive student-athletes until they have completed the process.

All student-athletes are required to travel to and from team road games/matches on school-provided buses when buses are provided for games, unless directed otherwise. Students must follow the rules dictated in the SRA Discipline Policy and in the Athletic Handbook for Students, Parents & Supporters apply while riding the bus. Students agree that if they break the rules while riding the bus, they are subject to disciplinary action.

The following rules apply:

- Students will not shout, use unacceptable language, or speak rudely to any individual while on the bus.
- Students must remain in their seat at all times and will not move from their position until they get off the bus, unless advised to do so by the driver.
- Students will not stick their hands or arms outside the windows.
- Students will not litter or throw objects inside the bus or out of the bus windows.
- Students will not vandalize the bus.
- Smoking and/or the use or possession of any illegal substances is strictly forbidden.
- Fighting of any kind is not tolerated.
- Creating or participating in any type of disturbance on the bus will not be tolerated.
- Students must follow all directions given by the bus driver.

Equipment and Uniforms

- A. Uniforms are loaned to student-athletes by the school and must be returned at the end of the athlete's season of sports in *good condition within one week of the last competition.
- B. When players lose uniforms or equipment, they may not take part in any other sport until it is returned or paid in full.
- C. Student-athletes are financially responsible for all uniforms and equipment issued to them.
- D. Graduation privileges may be withheld for failure to return team uniforms, equipment, or pay for such items.

***Good condition** = usable for the next sports season. Uniforms should not have tears, rips, holes, or discoloration from improper washing (wash all uniforms in cold water and hang dry).

Fundraising

All on-campus fundraising must be done through approved SRA teams. The law expressly forbids fundraising for outside organizations or individual profit. Violators will be disciplined. Only fundraising activities with SRA approval are allowed. If a student violates these terms, the items will be confiscated, and the parents will be notified.

Hazing

Hazing in any form, including initiation which is degrading, is strictly forbidden by California State Law. No student shall conspire to engage in hazing, participate in hazing or commit any act that causes or is likely to cause bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm to any fellow student or other person. Persons violating this policy shall be subject to SRA discipline, misdemeanor penalties and forfeiture or entitlements.

Bullying / Cyberbullying

No individual or group shall, through physical, written, verbal, or other means, harass, sexually harass, threaten, intimidate, retaliate, cyberbully, cause bodily injury to, or commit hate violence against any student or school personnel.

Cyberbullying includes the creation or transmission of harassing communications, direct threats, or other harmful texts, sounds, or images on the Internet, social media, or other technologies using a telephone, computer, or any wireless communication device. Cyberbullying also includes breaking into another person's electronic account and assuming that person's identity in order to damage that person's reputation.

SRA Athletics Progressive Discipline Policy

All SRA Athletes are expected to CIF Code of Conduct as well as school and specific team rules. Failure to do so may result in the following phases of discipline:

- 1st Offense – Warning – verbal communication between player and coach
- 2nd Offense – Parental contact – possible loss of playing time
- 3rd Offense – Meeting between player, parent and coach – possible suspension from team
- 4th Offense – Meeting with parents, player, coach, and Athletic Director – possible dismissal from the team.
- Exceptional Circumstances – some offenses may be serious enough to warrant skipping some of the steps above. In these situations, a parent may reserve the right to dispute the discipline with the Athletic Director serving as an arbiter.

CA & CIF-SS REQUIREMENTS FOR RETURN TO PLAY AND STARTING PARTICIPATION

Concussions

Student-athletes who are suspected of sustaining a concussion will not be allowed to return to play/activity until the student-athlete has been evaluated by a currently licensed medical doctor trained in the evaluation and management of concussions and receives written clearance which includes the CIF Return to Learn (RTL) & CIF Return to Play (RTP) form to return to play/activity from that licensed practitioner.

SRA insists that all decisions be made in the best interest of the student-athlete and that when any doubt exists as to the health of the student-athlete, they sit out.

Under which circumstances may the student-athlete return play/activity? Who is authorized to clear/approve the return to play/activity?

1. Student-athlete returns CIF Return to Learn (RTL) and CIF Return to Play (RTP) form completed & signed by a currently licensed medical doctor trained in the evaluation and management of concussions, and
2. Student-athlete is free of signs and symptoms, as determined collectively by student- athlete's physician, the Athletic Trainer, and the coach, and
3. Student-athlete has been asymptomatic for 48 hours and back to full academic activity prior to beginning a gradual return to play (RTP) plan.

For further information regarding head injury/concussion management, please refer to the Centers for Disease Control's website: http://www.cdc.gov/concussion/headsup/high_school.html CIF Concussion Information: <https://cifstate.org/sports-medicine/concussions/index>

(NOTE: REPORT ANY HEAD INJURY, WHETHER SEVERE OR MILD, TO YOUR DIRECT COACH IMMEDIATELY FOLLOWING THE INJURY.)

Acclimation Requirement

Acclimation Period - CIF (California Interscholastic Federation) SS (Southern Section) Acclimatization is a mandatory, specific amount of days, pre-season, 4-step plan to help athletes adapt to heat, reducing illness risk.

Heat Index - Wetbulb Reading - CA Requirement

California requires the use of Wet Bulb Globe Temperature (WBGT) for high school sports (CIF) and Heat Index/Temperature monitoring for indoor workplaces (Cal/OSHA) to manage heat risks. Schools must follow 3-tier WBGT, with actions like mandatory breaks or cancellation at high WBGT.

Athlete Pre-Participation Registration and Consent

All Athletes are required to complete an eligibility packet. We are now handling all Athletic Clearance Packets online. Please use the link offered on our school homepage: <https://www.homecampus.com/>. A copy of the forms are provided on the following pages. These forms are signed on line and do not need to be signed and returned. A sports physical is also required for athletic clearance for all athletes participating in sports.



10932 Pine Street
Los Alamitos, California 90720

Code of Ethics – Athletes

DO NOT SEND TO CIF SOUTHERN SECTION

A copy of this form must be kept on file in the athletic director's office at the local high school.

Athletics is an integral part of the school's total educational program. All school activities, curricular and extra-curricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its students. It is within this context that the following Code of Ethics is presented.

As an athlete, I understand that it is my responsibility to:

1. Place academic achievement as the highest priority.
2. Show respect for teammates, opponents, officials and coaches.
3. Respect the integrity and judgment of game officials.
4. Exhibit fair play, sportsmanship and proper conduct on and off the playing field.
5. Maintain a high level of safety awareness.
6. Refrain from the use of profanity, vulgarity and other offensive language and gestures.
7. Adhere to the established rules and standards of the game to be played.
8. Respect all equipment and use it safely and appropriately.
9. Refrain from the use of alcohol, tobacco, illegal and non-prescriptive drugs, anabolic steroids or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States or American Medical Association.
10. Know and follow all state, section and school athletic rules and regulations as they pertain to eligibility and sports participation.
11. Win with character, lose with dignity.

As a condition of membership in the CIF, all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parents, legal guardian/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition (Article 503.1).

By signing below, both the participating student athlete and the parents, legal guardian/caregiver hereby agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition. We recognize that under CIF Bylaw 202, there could be penalties for false or fraudulent information. We also understand that the _____ (school/school district name) policy regarding the use of illegal drugs will be enforced for any violations of these rules.

Printed Name of Student Athlete

Signature of Student Athlete

Date

Signature of Parent/Caregiver

Date

Revised 6/17

Student Signature:

Parent Signature:



CIF Concussion Information Sheet

Why am I getting this information sheet?

You are receiving this information sheet about concussions because of California state law AB 25 (effective January 1, 2012), now Education Code § 49475:

1. *The law requires a student-athlete who may have a concussion during a practice or game to be removed from the activity for the remainder of the day.*
2. *Any student-athlete removed for this reason must receive a written note from a physician trained in the management of concussion before returning to practice.*
3. *Before a student-athlete can start the season and begin practice in a sport, a concussion information sheet must be signed and returned to the school by the student-athlete and the parent or guardian.*

[Every 2 years all coaches are required to receive training about concussions (AB 1451), sudden cardiac arrest (AB 1639), and heat illness (AB 2500), and certification in First Aid training, CPR, and AEDs (life-saving electrical devices that can be used during CPR)].

What is a concussion and how would I recognize one?

A concussion is a kind of brain injury. It can be caused by a bump or hit to the head, or by a blow to another part of the body with the force that shakes the head. Concussions can appear in any sport, and can look differently in each person.

Most concussions get better with rest and over 90% of athletes fully recover. However, all concussions should be considered serious. If not recognized and managed the right way, they may result in problems including brain damage and even death.

Most concussions occur without being knocked out. Signs and symptoms of concussion (see back of this page) may show up right after the injury or can take hours to appear. If your child reports any symptoms of concussion or if you notice some symptoms and signs, seek medical evaluation from your team's athletic trainer and a physician trained in the evaluation and management of concussion. If your child is vomiting, has a severe headache, or is having difficulty staying awake or answering simple questions, call 911 for immediate transport to the emergency department of your local hospital.

On the CIF website is a **Graded Concussion Symptom Checklist**. If your child fills this out after having had a concussion, it helps the physician, athletic trainer or coach understand how they are feeling and hopefully will show improvement over time. You may have your child fill out the checklist at the start of the season even before a concussion has occurred so that we can understand if some symptoms such as headache might be a part of their everyday life. We call this a "baseline" so that we know what symptoms are normal and common for your child. Keep a copy for your records, and turn in the original. If a concussion occurs, your child can fill out this checklist again. This Graded Symptom Checklist provides a list of symptoms to compare over time to follow your child's recovery from the concussion.

What can happen if my child keeps playing with concussion symptoms or returns too soon after getting a concussion?

Athletes with the signs and symptoms of concussion should be removed from play immediately. There is NO same day return to play for a youth with a suspected concussion. Youth athletes may take more time to recover from concussion and are more prone to long-term serious problems from a concussion.

Even though a traditional brain scan (e.g., MRI or CT) may be "normal", the brain has still been injured. Animal and human research studies show that a second blow before the brain has recovered can result in serious damage to the brain. If your athlete suffers another concussion before completely recovering from the first one, this can lead to prolonged recovery (weeks to months), or even to severe brain swelling (Second Impact Syndrome) with devastating consequences.

There is an increasing concern that head impact exposure and recurrent concussions may contribute to long-term neurological problems. One goal of concussion education is to prevent a too early return to play so that serious brain damage can be prevented.

Signs observed by teammates, parents and coaches include:

- | | |
|--|---|
| <ul style="list-style-type: none">• Looks dizzy• Looks spaced out• Confused about plays• Forgets plays• Is unsure of game, score, or opponent• Moves clumsily or awkwardly• Answers questions slowly | <ul style="list-style-type: none">• Slurred speech• Shows a change in personality or way of acting• Can't recall events before or after the injury• Seizures or "has a fit"• Any change in typical behavior or personality• Passes out |
|--|---|

Symptoms may include one or more of the following:

- | | |
|--|--|
| <ul style="list-style-type: none">• Headaches• "Pressure in head"• Nausea or throws up• Neck pain• Has trouble standing or walking• Blurred, double, or fuzzy vision• Bothered by light or noise• Feeling sluggish or slowed down• Feeling foggy or groggy• Drowsiness• Change in sleep patterns | <ul style="list-style-type: none">• Loss of memory• "Don't feel right"• Tired or low energy• Sadness• Nervousness or feeling on edge• Irritability• More emotional• Confused• Concentration or memory problems• Repeating the same question/comment |
|--|--|

What is Return to Learn?

Following a concussion, students may have difficulties with short- and long-term memory, concentration and organization. They may require rest while recovering from injury (e.g., limit texting, video games, loud movies, or reading), and may also need to limit school attendance for a few days. As they return to school, the schedule might need to start with a few classes or a half-day. If recovery from a concussion is taking longer than expected, they may also benefit from a reduced class schedule and/or limited homework; a formal school assessment may also be necessary. Your school or physician can help suggest and make these changes. Students should complete the Return to Learn guidelines, successfully returning to a full school day and normal academic activities, before returning to play (unless your physician makes other recommendations). Go to the CIF website (cifstate.org) for more information on Return to Learn.

How is Return to Play (RTP) determined?

Concussion symptoms should be completely gone before **returning to competition**. A RTP progression is a gradual, step-wise increase in physical effort, sports-specific activities and then finally unrestricted activities. If symptoms worsen with activity, the progression should be stopped. If there are no symptoms the next day, exercise can be restarted at the previous stage.

RTP after concussion should occur only with medical clearance from a physician trained in the evaluation and management of concussions, and a step-wise progression program monitored by an athletic trainer, coach, or other identified school administrator. Please see cifstate.org for a graduated return to play plan. [AB 2127, a California state law effective 1/1/15, states that return to play (i.e., full competition) must be **no sooner** than 7 days after the concussion diagnosis has been made by a physician.]

Final Thoughts for Parents and Guardians:

It is well known that students will often not talk about signs of concussions, which is why this information sheet is so important to review with them. Teach your child to tell the coaching staff if they experience such symptoms, or if they suspect that a teammate has had a concussion. You should also feel comfortable talking to the coaches or athletic trainer about possible concussion signs and symptoms that you may be seeing in your child.

References:

- American Medical Society for Sports Medicine position statement: concussion in sport (2013)
- Consensus statement on concussion in sport: the 4th International Conference on Concussion in Sport held in Berlin, October 2016
- <https://www.cdc.gov/traumaticbraininjury/PediatricmTBIGuideline.html>
- <https://www.cdc.gov/headsup/youthsports/index.html>

CIFSTATE.ORG

Revised 02/2019 CIF

Student Signature: _____

Parent Signature: _____

Fact Sheet for Parents & Student Athletes



This sheet has information to help protect your student athlete from Sudden Cardiac Arrest

Why do heart conditions that put student athletes at risk go undetected?

While a student athlete may display no warning signs of a heart condition, studies do show that symptoms are typically present but go unrecognized, unreported, missed or misdiagnosed.

- Symptoms can be misinterpreted as typical in active student athletes
- Fainting is often mistakenly attributed to stress, heat, or lack of food or water
- Student athletes experiencing symptoms regularly don't recognize them as unusual – it's their normal
- Symptoms are not shared with an adult because student athletes are embarrassed they can't keep up
- Student athletes mistakenly think they're out of shape and just need to train harder
- Students (or their parents) don't want to jeopardize playing time
- Students ignore symptoms thinking they'll just go away
- Adults assume students are OK and just "check the box" on health forms without asking them
- Medical practitioners and parents alike often miss warning signs
- Families don't know or don't report heart health history or warning signs to their medical practitioner
- Well-child exams and sports physicals do not check for conditions that can put student athletes at risk
- Stethoscopes are not a comprehensive diagnostic test for heart conditions

Protect Your Student's Heart

Educate yourself about sudden cardiac arrest, talk with your student about warning signs, and create a culture of prevention in your school sports program.

- Know the warning signs
- Document your family's heart health history as some conditions can be inherited
- If symptoms/risk factors present, ask your doctor for follow-up heart/genetic testing
- Don't just "check the box" on health history forms—ask your student how they feel
- Take a cardiac risk assessment with your student each season
- Encourage student to speak up if any of the symptoms are present
- Check in with your coach to see if they've noticed any warning signs
- Active students should be shaping up, not breaking down
- As a parent on the sidelines, know the cardiac chain of survival
- Be sure your school and sports organizations comply with state law to have administrators, coaches and officials trained to respond to a cardiac emergency
- Help fund an onsite AED

What happens if my student has warning signs or risk factors?

- State law requires student athletes who faint or exhibit other cardio-related symptoms to be re-cleared to play by a licensed medical practitioner.
- Ask your health care provider for diagnostic or genetic testing to rule out a possible heart condition.

Electrocardiograms (ECG or EKG) record the electrical activity of the heart. ECGs have been shown to detect a majority of heart conditions more effectively than physical and health history alone. Echocardiograms (ECHO) capture a live picture of the heart.

- Your student should be seen by a health care provider who is experienced in evaluating cardiovascular (heart) conditions.
- Follow your providers instructions for recommended activity limitations until testing is complete.

What if my student is diagnosed with a heart condition that puts them at risk?

There are many precautionary steps that can be taken to prevent the onset of SCA including activity modifications, medication, surgical treatments, or implanting a pacemaker and/or implantable cardioverter defibrillator (ICD). Your practitioner should discuss the treatment options with you and any recommended activity modifications while undergoing treatment. In many cases, the abnormality can be corrected and students can return to normal activity.

What is Sudden Cardiac Arrest? Sudden Cardiac Arrest (SCA) is a life-threatening emergency that occurs when the heart suddenly stops beating. It strikes people of all ages who may seem to be healthy, even children and teens. When SCA happens, the person collapses and doesn't respond or breathe normally. They may gasp or shake as if having a seizure, but their heart has stopped. SCA leads to death in minutes if the person does not get help right away. Survival depends on people nearby calling 911, starting CPR, and using an automated external defibrillator (AED) as soon as possible.

What CAUSES SCA?

SCA occurs because of a malfunction in the heart's electrical system or structure. The malfunction is caused by an abnormality the person is born with, and may have inherited, or a condition that develops as young hearts grow. A virus in the heart or a hard blow to the chest can also cause a malfunction that can lead to SCA.

How COMMON is SCA?

As a leading cause of death in the U.S., most people are surprised to learn that SCA is also the #1 killer of student athletes and the leading cause of death on school campuses. Studies show that 1 in 300 youth has an undetected heart condition that puts them at risk.

Factors That Increase the Risk of SCA

- ✓ Family history of known heart abnormalities or sudden death before age 50
- ✓ Specific family history of Long QT Syndrome, Brugada Syndrome, Hypertrophic Cardiomyopathy, or Arrhythmogenic Right Ventricular Dysplasia (ARVD)
- ✓ Family members with known unexplained fainting, seizures, drowning or near drowning or car accidents
- ✓ Family members with known structural heart abnormality, repaired or unrepaired
- ✓ Use of drugs, such as cocaine, inhalants, "recreational" drugs, excessive energy drinks, diet pills or performance-enhancing supplements

Cardiac Chain of Survival

Their life depends on your quick action!
CPR can triple the chance of survival.

Start immediately and use the onsite AED.



CALL



PUSH



SHOCK

KeepTheirHeartInTheGame.org

FAINTING IS THE #1 SYMPTOM OF A HEART CONDITION

RECOGNIZE THE WARNING SIGNS & RISK FACTORS

Ask Your Coach and Consult Your Doctor if These Conditions are Present in Your Student

Potential Indicators That SCA May Occur

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

Fact Sheet for Parents & Student Athletes



This sheet has information to help protect your student athlete from Sudden Cardiac Arrest

To learn more, go to **KeepTheirHeartInTheGame.org**

Get free tools to help create a culture of prevention at home, in school, on the field and at the doctor's office.

Discuss the warning signs of a possible heart condition with your student athlete and have each person sign below.

Detach this section below and return to your school.

Keep the fact sheet to use at your students' games and practices to help protect them from Sudden Cardiac Arrest.

I learned about warning signs and talked with my parent or coach about what to do if I have any symptoms.

STUDENT ATHLETE NAME PRINTED

STUDENT ATHLETE SIGNATURE

DATE

I have read this fact sheet on sudden cardiac arrest prevention with my student athlete and talked about what to do if they experience any warning signs, and what to do should we witness a cardiac arrest.

PARENT OR LEGAL GUARDIAN PRINTED

PARENT OR LEGAL GUARDIAN SIGNATURE

DATE

While missing a game may be inconvenient, it would be a tragedy to lose a student athlete because warning signs were unrecognized or because sports communities were not prepared to respond to a cardiac emergency.

Keep Their Heart In the Game!



Student Signature:

Parent Signature:

PRESCRIPTION OPIOIDS: WHAT YOU NEED TO KNOW

Prescription opioids can be used to help relieve moderate-to-severe pain and are often prescribed following a surgery or injury, or for certain health conditions. These medications can be an important part of treatment but also come with serious risks. It is important to work with your health care provider to make sure you are getting the safest, most effective care.

WHAT ARE THE RISKS AND SIDE EFFECTS OF OPIOID USE?

Prescription opioids carry serious risks of addiction and overdose, especially with prolonged use. An opioid overdose, often marked by slowed breathing, can cause sudden death. The use of prescription opioids can have a number of side effects as well, even when taken as directed:

- Tolerance—meaning you might need to take more of a medication for the same pain relief
- Physical dependence—meaning you have symptoms of withdrawal when a medication is stopped
- Increased sensitivity to pain
- Constipation
- Nausea, vomiting, and dry mouth
- Sleepiness and dizziness
- Confusion
- Depression
- Low levels of testosterone that can result in lower sex drive, energy, and strength
- Itching and sweating

As many as
1 in 4
PEOPLE*



receiving prescription opioids long term in a primary care setting struggles with addiction.

* Findings from one study

RISKS ARE GREATER WITH:

- History of drug misuse, substance use disorder, or overdose
- Mental health conditions (such as depression or anxiety)
- Sleep apnea
- Older age (65 years or older)
- Pregnancy

Avoid alcohol while taking prescription opioids. Also, unless specifically advised by your health care provider, medications to avoid include:

- Benzodiazepines (such as Xanax or Valium)
- Muscle relaxants (such as Soma or Flexeril)
- Hypnotics (such as Ambien or Lunesta)
- Other prescription opioids



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention



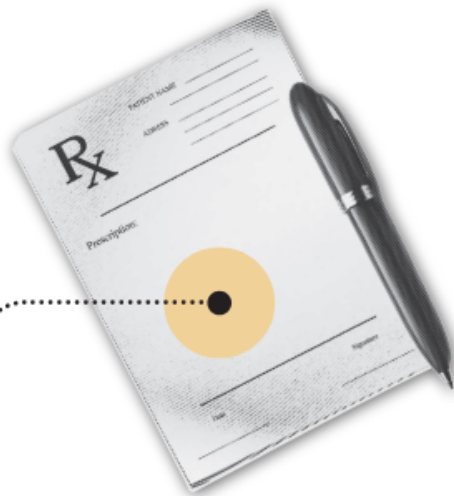
American Hospital
Association®

CS264107C May 9, 2016

KNOW YOUR OPTIONS

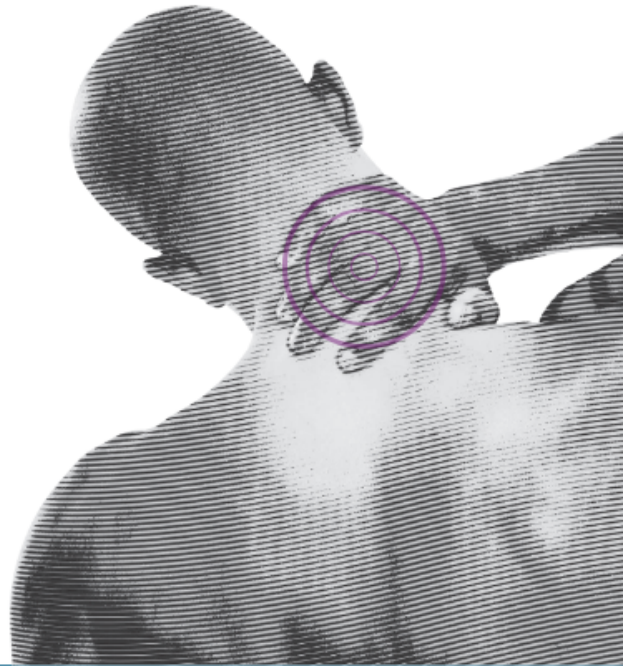
Talk to your health care provider about ways to manage your pain that don't involve prescription opioids. Some of these options **may actually work better** and have fewer risks and side effects. Options may include:

- ❑ Pain relievers such as acetaminophen, ibuprofen, and naproxen
- ❑ Some medications that are also used for depression or seizures
- ❑ Physical therapy and exercise
- ❑ Cognitive behavioral therapy, a psychological, goal-directed approach, in which patients learn how to modify physical, behavioral, and emotional triggers of pain and stress.



Be Informed!

Make sure you know the name of your medication, how much and how often to take it, and its potential risks & side effects.



IF YOU ARE PRESCRIBED OPIOIDS FOR PAIN:

- ❑ Never take opioids in greater amounts or more often than prescribed.
- ❑ Follow up with your primary health care provider within ____ days.
 - Work together to create a plan on how to manage your pain.
 - Talk about ways to help manage your pain that don't involve prescription opioids.
 - Talk about any and all concerns and side effects.
- ❑ Help prevent misuse and abuse.
 - Never sell or share prescription opioids.
 - Never use another person's prescription opioids.
- ❑ Store prescription opioids in a secure place and out of reach of others (this may include visitors, children, friends, and family).
- ❑ Safely dispose of unused prescription opioids: Find your community drug take-back program or your pharmacy mail-back program, or flush them down the toilet, following guidance from the Food and Drug Administration (www.fda.gov/Drugs/ResourcesForYou).
- ❑ Visit www.cdc.gov/drugoverdose to learn about the risks of opioid abuse and overdose.
- ❑ If you believe you may be struggling with addiction, tell your health care provider and ask for guidance or call SAMHSA's National Helpline at 1-800-662-HELP.

Student Signature: _____

LEARN MORE | www.cdc.gov/drugoverdose/prescribing/guideline.html

Parent Signature: _____



Parent/Student CIF Heat Illness Information Sheet



WHY AM I GETTING THIS INFORMATION SHEET?

You are receiving this information sheet about Heat Illness because of California state law AB 2800 (effective January 1, 2019), now Education Code § 35179 and CIF Bylaws 22.B.(9) and 503.K (Approved Federated Council January 31, 2019):

1. *CIF rules require a student athlete, who has been removed from practice or play after displaying signs and symptoms associated with heat illness, must receive a written note from a licensed health care provider before returning to practice.*
2. *Before an athlete can start the season and begin practice in a sport, a Heat Illness information sheet must be signed and returned to the school by the athlete and the parent or guardian.*

Every 2 years all coaches are required to receive separate trainings about concussions (AB 1451), sudden cardiac arrest (AB 1639), and heat illness (AB 2800), as well as certification in First Aid training, CPR, and AEDs (life-saving electrical devices that can be used during CPR).

WHAT IS HEAT ILLNESS AND HOW WOULD I RECOGNIZE IT?

Intense and prolonged exercise, hot and humid weather and dehydration can seriously compromise athlete performance and increase the risk of exertional heat injury. Exercise produces heat within the body and when performed on a hot or humid day with additional barriers to heat loss, such as padding and equipment, the athlete's core body temperature can become dangerously high. If left untreated, this elevation of core body temperature can cause organ systems to shut down in the body.

Young athletes should be pre-screened at their pre-participation physical evaluation for heat illness risk factors including medication/supplement use, cardiac disease, history of sickle cell trait, febrile or gastrointestinal illness, obesity, and previous heat injury. Athletes with non-modifiable risk factors should be closely supervised during strenuous activities in a hot or humid climate.

Sweating is one way the body tries to reduce an elevated core temperature. Once sweat (salt and water) leaves the body, it must be replaced. Water is the best hydration replacement, but for those athletes exercising for long periods of time where electrolytes may be lost, commercial sports drinks with electrolytes are available. Energy drinks that contain caffeine or other "natural" stimulants are not adequate or appropriate hydration for athletes and can even be dangerous by causing abnormal heart rhythms.

PREVENTION There are several ways to try to prevent heat illness:

ADEQUATE HYDRATION

Arrive well-hydrated at practices, games and in between exercise sessions. Urine appears clear or light yellow (like lemonade) in well-hydrated individuals and dark (like apple juice) in dehydrated individuals. Water/sports drinks should be readily available and served chilled in containers that allow adequate volumes of fluid to be ingested. Water breaks should occur at least every 15-20 minutes and should be long enough to allow athletes to ingest adequate fluid volumes (4-8 ounces).

GRADUAL ACCLIMATIZATION

Intensity and duration of exercise should be gradually increased over a period of 7-14 days to give athletes time to build fitness levels and become accustomed to practicing in the heat. Protective equipment should be introduced in phases (start with helmet, progress to helmet and shoulder pads, and finally fully equipped).

ADDITIONAL PREVENTION MEASURES

Wear light-colored, light-weight synthetic clothing, when possible, to aid heat loss. Allow for adequate rest breaks in the shade if available. Avoid drinks containing stimulants such as ephedrine or high doses of caffeine. Be ready to alter practice or game plans in extreme environmental conditions. Eat a well-balanced diet which aids in replacing lost electrolytes.

A **FREE** online course "Heat Illness Prevention" is available through the CIF and NFHS at <https://nfhslearn.com/courses/61140/heat-illness-prevention>.



Parent/Student CIF Heat Illness Information Sheet



HEAT EXHAUSTION

Inability to continue exercise due to heat-induced symptoms. Occurs with an elevated core body temperature between 97 and 104 degrees Fahrenheit.

- Dizziness, lightheadedness, weakness
- Headache
- Nausea
- Diarrhea, urge to defecate
- Pallor, chills
- Profuse sweating
- Cool, clammy skin
- Hyperventilation
- Decreased urine output

TREATMENT OF HEAT EXHAUSTION

Stop exercise, move player to a cool place, remove excess clothing, give fluids if conscious, COOL BODY: fans, cold water, ice towels, ice bath or ice packs. Fluid replacement should occur as soon as possible. The Emergency Medical System (EMS) should be activated if recovery is not rapid. When in doubt, CALL 911. Athletes with heat exhaustion should be assessed by a physician as soon as possible in all cases.

HEAT STROKE

Dysfunction or shutdown of body systems due to elevated body temperature which cannot be controlled. This occurs with a core body temperature greater than 107 degrees Fahrenheit. ***Signs observed by teammates, parents, and coaches include:***

- Dizziness
- Drowsiness, loss of consciousness
- Seizures
- Staggering, disorientation
- Behavioral/cognitive changes (confusion, irritability, aggressiveness, hysteria, emotional instability)
- Weakness
- Hot and wet or dry skin
- Rapid heartbeat, low blood pressure
- Hyperventilation
- Vomiting, diarrhea

TREATMENT OF HEAT STROKE

This is a MEDICAL EMERGENCY. Death may result if not treated properly and rapidly.

Stop exercise, Call 911, remove from heat, remove clothing, immerse athlete in cold water for aggressive, rapid cooling (if immersion is not possible, cool the athlete as described for heat exhaustion), monitor vital signs until paramedics arrive.

FINAL THOUGHTS FOR PARENTS AND GUARDIANS

Heat stress should be considered when planning and preparing for any sports activity. Summer and fall sports are conducted in very hot and humid weather across regions of California. While exertional heat illness can affect any athlete, the incidence is consistently highest among football athletes due to additional protective equipment which hinders heat dissipation. Several heatstroke deaths continue to occur in high school sports each season in the United States. Heatstroke deaths are preventable, if the proper precautions are taken.

You should also feel comfortable talking to the coaches or athletic trainer about preventative measures and potential signs and symptoms of heat illness that you may be seeing in your child.

I acknowledge that I have received and read the CIF Heat Illness Information Sheet.

Student-Athlete Name
Printed

Student-Athlete
Signature

Date

Parent or Legal Guardian Name
Printed

Parent or Legal Guardian
Signature

Date

Player/Parent Handbook Agreement

I have received and read the Santa Rosa Academy Student Athlete Handbook, including all attachments, and I agree to abide by the guidelines described therein.

Date: _____

Sport(s): _____

Player Name: _____

Player Signature: _____

Parent Name: _____

Parent Signature: _____

Must be turned in to your coach.



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