



Tiger Athletics

Student & Parent Handbook
Fair Play Strength Scholarship Leadership
South Pasadena High School

2024 - 2025

South Pasadena High School
(626) 441-5820

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*** JV and Frosh/Soph coaches names not listed**

SPHS SPORTS TEAMS/LEVELS AND SEASONS

Fall Season **August - November**

Boys Cross Country - V/JV/FS
Boys Cross Country - V/JV
Girls Golf - V/JV
Football - V/FS
Girls Tennis - V/JV
Girls Volleyball - V/JV/FS
Boys Water Polo - V/JV

Winter Season **November - February**

Boys Basketball - V/JV/FS
Girls Basketball - V/JV/FS
Boys Soccer - V/JV
Girls Soccer - V/JV
Girls Water Polo - V/JV

Spring Season **February - May**

Baseball - V/JV/FS
Boys Golf - V/JV
Softball - V/JV
Boys Swim - V/JV
Girls Swim - V/JV
Boys Tennis - V/JV
Boys Track and Field - V/FS
Girls Track and Field - V/FS
Boys Volleyball - V/JV/FS
Badminton – V/JV

A LETTER TO OUR STUDENTS AND PARENTS

Student involvement in the classroom and other activities contributes to the important development of integrity, fairness and respect. These are lifetime values that are also taught through athletics as they are included in the principles of good sportsmanship. With them, the spirit of competition thrives, fueled by honest rivalry, courteous relations, and graceful acceptance of the results.

As an athlete and the parent of a student athlete at our school, your sportsmanship goals should include:

- Realizing that athletics are part of the educational experience and that the benefits of involvement go beyond the final score of the game.
- Encouraging our students to perform their best, just as we would with their class work.
- Participating in positive cheers that encourage our students and discouraging those that taunt or intimidate the opponents, their fans, the officials or coaches.
- Learning, understanding, and respecting the rules of the game, the officials who administer them and their decisions.
- Respecting the task our coaches face and supporting them as they strive to educate your student.
- Respecting our opponents as fellow students as they strive to do their best.
- Developing a sense of dignity under all circumstances.

Our goal is to have the best possible athletic and sportsmanship reputation. We want anyone who witnesses an athletic contest involving any of our teams to leave saying that not only was South Pasadena High School strongly competitive but the players, coaches, and parents were among the most respectful of any team we have played against. Win or lose, our athletic reputation is key to the overall image of our school, and fan actions in the stands or athlete actions on the fields or courts can make or break that reputation. We are confident that by abiding by these principles, the experience for both you and your fellow boosters of SPHS Athletics will be positive and rewarding no matter what sport or what level you are watching.

Join us in making our athletic events an enjoyable experience for everyone by:

- Showing respect for the opposing players, coaches, spectators and support groups.
- Being respectful of all officials' decisions.
- Gaining an understanding and appreciation for the rules of the contest.
- Recognizing and showing appreciation for an outstanding play by either team.
- Remembering that a ticket to a school athletic event is a privilege to observe the contest.

These and other expectations give us a roadmap for interscholastic athletics. The leadership role you take in sportsmanship will help influence your child, and our community, for years to come.

C.B Richards
Athletic Director

Mission

The South Pasadena High School Athletic Program, as part of a comprehensive high school, provides our students the opportunity to develop individual skills to a personal best and to learn teamwork. We offer a high-quality program where students gain self-discipline, trust in others, and the opportunity to represent their school. Within a competitive environment, students learn the life skills of fairplay, sportsmanship, and respect. Through dedication, passion, and hard work, they increase personal performance, and develop self-confidence and a winning attitude.

Beliefs

South Pasadena High School believes that:

- Athletes are students first and we are committed to their academic programs.
- Athletics are an important part of school and add to the development of the student.
- Athletes committed to the program will have the opportunity to participate as game conditions permit.
- Coaches will teach and model the concept of sportsmanship and athletes are expected to adhere to those concepts.
- Coaches teach skills, are patient with athletes, and treat them with respect and dignity.

California Interscholastic Federation (CIF)

www.cifss.org

CIF Code of Ethics

Athletics is an integral part of the school's total educational program. All school activities, curricular and extracurricular, 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.

CIF Eligibility Rules and Regulations

The athletic program at South Pasadena High School is governed by the California Interscholastic Federation (C.I.F.). The following criteria must be met to meet eligibility requirements:

CIF Eligibility-Minimum Requirements

- The student is currently enrolled in at least 4 classes on campus (20 semester periods).
- The student was passing in the equivalent of at least 4 classes at the completion of the most recent last regular grading period.
- The student is maintaining minimum progress toward meeting the high school graduation requirements as prescribed by the governing board.
- The student has maintained during the previous grading period a minimum 2.0 grade point average on a 4.0 scale in all enrolled courses. Other criteria that determine CIF eligibility:
- No student, whose 19th birthday is attained prior to June 15th, shall participate or practice on any team for the following school year. A student whose 19th birthday is on June 14th or before is ineligible.
- A student must be an amateur and must not have:
 1. Competed for cash or merchandise, unless the merchandise is engraved or designated as an award.
 2. Competed for a personal prize of any sort over \$250 in season or \$500 post-season.
- A student must be an undergraduate in high school.
- A student must have attended high school for not more than eight semesters after completing the eighth grade.
- No student may play on a Varsity football team until they are fifteen years of age. (A signed parent/head coach CIF consent agreement is required before a 14-year-old can participate with Varsity Football)
- A student must not compete on any outside team in the same sport during the school season of any sport.
- A student must not have been a member or pledge of a high school fraternity at any time.
- All C.I.F. eligibility rules apply in all games, including practice games.

Any student knowingly or unknowingly playing as an ineligible player will cause the forfeiture of all contests in which the ineligible player participated and may cause the school to be suspended from all competition under jurisdiction of the C.I.F. until such time as they are reinstated.

South Pasadena High School Athletic Code of Conduct

Participation in athletic activities at South Pasadena High School is a privilege and high standards of conduct are expected from all students participating in these programs.

Athletics have a positive effect on the development of constructive attitudes for citizenship and life skills and are an integral part of a school's total educational program. Sports is an area in which a participant has a distinct opportunity to learn desirable qualities, among which are fair play, good sportsmanship, respect for rules and authority, respect for others, respect for one's own health and physical well-being, development of leadership, group pride, teamwork, self-discipline, and self-sacrifice, to name just a few.

The SPHS student body and community respects and admires its student-athletes. Accordingly, in order to participate in athletics and represent the school, a student-athlete is expected to hold themselves as a model example of conduct, sportsmanship, and mental and physical training. Being an example includes avoiding the use of tobacco, alcohol and unlawful, illicit drugs and other controlled substances. A student-athlete who uses such substances is a danger to themselves, their teammates, and their opponents, something that carries consequences beyond the playing field.

As an athlete at SPHS, you understand the following consequences for use or possession of alcohol, drug, tobacco, and vapes as well as hazing and other forms of harassment and abuse:

1. Alcohol and drug use or possession:

Upon a first offense, a student found in possession of or under the influence of alcohol, drugs, or any other controlled substance will be suspended from school for a period of 3-5 days. Additionally, the student will be suspended from athletic competition for a minimum of two interscholastic contests or two weeks, whichever involves the greatest number of contests.

A second offense, in addition to school discipline, will cause the student to be removed from the team for the remainder of the season.

A third offense, in addition to school discipline, will lead to removal from all SPHS athletic programs for the remainder of the student's high school experience and possible recommendation for expulsion.

2. Tobacco/vape use or possession:

Athletes will not have in their possession nor use tobacco products (e.g., cigarettes, chewing tobacco, electronic cigarettes, vapes, etc.). If found in possession or found using any of the above, it will result in a conference with their assistant principal, a telephone call to parents and/or guardian, and a suspension from the athletic program for the next scheduled athletic contest as well as possible school discipline.

3. Hazing, Sexual Harassment, Bullying, and Verbal Abuse

Athletes will not participate nor be a part of any type of verbal and/or non-verbal hazing, intimidation, or taunting directed at another student or teammate. South Pasadena Unified School District strictly prohibits sexual harassment towards any student.

Athletes found in violation of this policy will face school disciplinary action which may include suspension from school, suspension from all athletic/extracurricular programs, possible expulsion, and/or legal action.

4. Termination from a Team

Suspension from an athletic program for non-medical reasons or being dropped from a team for violating rules, poor grades, poor attendance, etc. will result in the coach/advisor notifying parents/guardians, counselor, and the administrator of athletics. Athletes will be withdrawn from the program at the end of the quarter or end of the semester and enrolled in another class for the remainder of the semester unless the administrator determines otherwise. Quitting a team for non-medical reasons or being dropped from a team program before the end of the season or term may affect the student's grade.

Non-Discrimination Policy

In accordance with the South Pasadena Unified District School and CIF, the SPHS Athletic Department does not discriminate on the basis of race, religion, sex, national origin or sexual orientation in its athletic programs and related activities, in the employment of personnel or in the selection of athletes.

7th Period Athletics Scheduling Information

All student athletes are enrolled in seventh period athletics while their sport is in season. Athletes on teams not coached by SPHS teachers will be dismissed after fifth/sixth period every day following their season, although their schedule will still reflect enrollment in the athletics class.

If students are going to play another sport the following season, they will be transferred into that sport's seventh period class once the roster has been submitted to the counseling office.

Teams coached by an SPHS teacher will be required to report to their seventh period class throughout the school year.

Participation in the SPHS Athletic Program

South Pasadena High School requires that the following conditions be met before a student may participate in athletics:

- Pass a physical examination.
- Maintain a 2.0 grade average, good citizenship, and good attendance.
- Obtain adequate insurance and parent's consent.
- Properly complete "hospital consent" and "transportation" forms.
- Complete "informed risk" (consent) form.
- Payment of Transportation Fee or secure a Fee Waiver.

South Pasadena High School Eligibility Rules and Regulations

- Students must have above a 2.0 GPA to compete
- Eligibility will be determined every 10-week grading period (Q1, S1, Q3, S2)
- A 10-week probation period will be granted if the student had above a 2.0 in the previous grading period.
- If a student is still below a 2.0 after 10 weeks, they are ineligible for the next grading period
- A student cannot be on probation for the start of a grading period if they were below a 2.0 for the previous grading period

Citizenship: All members of South Pasadena High School athletic teams are expected to maintain satisfactory conduct both on and off the athletic field. Any action by an athlete that would be a detriment to the reputation of the athletic program at South Pasadena High School or the school itself could result in the loss of eligibility status at any time during the school year. Ineligibility and future reinstatement will be handled on an individual basis by the Assistant Principal, Athletic Director, and the coach(es) involved.

Attendance: Unsatisfactory attendance, which will be determined by the Assistant Principal and Athletic Director, may also be considered a cause for a student being declared ineligible at any time during the school year. These cases will be treated on an individual basis and arrangements will be made with the coach to determine eligibility in the future. Participation by an individual student declared ineligible will result in the forfeit of all contests in which the ineligible student has participated.

Notification of ineligibility and probationary status is a formality. Students and parents are expected to know a student's eligibility status based on their grade reports regardless of their notification.

Team Participation Requirements

In addition to meeting the C.I.F. and South Pasadena High School eligibility requirements, there are other requirements necessary in order to remain on an athletic team. To participate in any athletic contest on any given day in which South Pasadena High School is competing, a student must be in attendance at school on that same day for a minimum of 4 class periods, or they cannot participate. Exceptions and variations:

- Unless previously excused by the administration (examples: death or illness in the family which requires staying home, school holidays and Saturdays)
- Minimum day: They must be in regular attendance for a minimum of 1 class period, excluding 7th period, on the day in which the contest is held.
- Any day in which a student attends school they are expected to be at team practice for the entire season whether they dress or not, unless excused by their coach.
- Students who are not able to participate in physical education classes during any one day cannot practice with their team after school that day, but are expected to attend practice and observe.
- A student may be dropped from a team roster for one or all of the following reasons:
 - Failure to maintain eligibility.
 - Temporary suspension due to any minor infraction of rules and training regulations of either coaches or school.
 - Permanent suspension due to major infractions of rules and regulations of either the coaches or school.

No student will be suspended from any athletic team without the approval of the Athletic Director. Any student who has been permanently suspended from a team or quits a team of their own accord before the season of sport for that team is completed may not play or practice for another sport until the team from which they quit or were suspended has completely finished its season.

Transportation Policy

Students participating in athletics must pay a \$125 Transportation Fee for every sport they play. Fee waivers are available in the case of economic hardship; please contact the Athletic Director for more information on how to obtain a waiver. For reasons of liability, all athletes must ride the bus to and from away games at all times. The use of private transportation will be granted on special occasions only if a written parent request is approved by the Athletic Director on each occasion 24 hours prior to the contest.

Athletic Insurance and Injuries

Athletics can play an important role in an athlete's development; however, there is a risk of injury, even serious injury, while participating in athletics. In the event an injury occurs, the athlete must contact the coach and/or trainer immediately for reasonable care to be given. The use of proper techniques and equipment is also essential. It is required that all athletes have medical insurance while participating in school sports.

The school does provide information for parents to purchase additional insurance coverage that will provide some coverage for injuries occurring during school athletics. Parents should contact the Athletics Office for additional information about this insurance plan.

Sportsmanship

sports'man ship' (n.) the practice of playing fair, of taking loss or defeat without complaint or victory without gloating, and treating opponents with fairness, generosity, courtesy, etc.

For Coaches:

Coaches bear the greatest burden of responsibility for sportsmanship. Their influence upon the attitudes and behavior of the players, the student body, and the community is unequaled. Coaches must always set a good example for others to follow. They must publicly display respect for officials, opposing players and all spectators before, during, and after a game. Coaches must control their players and ensure that their players respect their opponent, spectators and the officials.

For Players:

Players must treat opponents and spectators with the respect that is due them as guests and fellow athletes. They must exercise self-control at all times, accepting decisions without complaint and abiding by them. Players must respect the officials' judgment and interpretation of the rules and never argue or make gestures indicating dislike for a decision. Players must let their "play" speak for itself and avoid demeaning speech at all times.

For Students/Parents/Spectators:

All spectators, whether students or parents, must respect the fact that athletics is an extension of the classroom and, therefore, an environment for learning. Spectators should respect cheerleaders, the authority and decisions of all school officials, as well as game officials. Spectators show good sportsmanship by being positive and exhibiting respect for officials and the opponents.

Protocol for Disorderly Spectators

Disorderly spectators may be removed at any point in a game for any behavior that violates any school code or interferes with gameplay, school officials, sports officials, or another spectator. Disorderly students from SPHS will be removed after a warning and face possible disciplinary action; students from visiting schools will be removed after a warning as well as have their home school contacted.

The steps for disorderly adults are as follows:

Step 1: Coach notifies Athletic Director of incident.

Step 2: Coach and Athletic Director meet to decide how to move forward with the incident.

Step 3: Coach and Athletic Director meet with the adult. The Athletics Student/Parent handbook will be discussed and future rules and boundaries will be set.

Step 4: An email will be sent to the adult documenting the conversation and consequences.

SPHS Booster Club

The South Pasadena High School Booster Club is dedicated to the physical, emotional, and financial support of all South Pasadena High School athletic teams. Families of athletes are expected to join the South Pasadena High School Tiger Booster Club. Tiger Boosters provides funding and administrative support to make sports and schoolwide activities possible at the high school as well as provide all SPHS student athletes with the finest equipment and facilities available.

Booster Club members work in conjunction with the Athletic Director and the Principal to assure that team needs are met to promote the highest level of athletic competition. Bingo as well as individual contributions make it possible for the Booster Club to supplement the many financial needs of all SPHS athletic teams.

Rio Hondo League

South Pasadena is a member of the Rio Hondo League of the CIF Southern Section.

Rio Hondo League Schools:

1. Blair HS (Vikings) Green/Yellow
1201 S Marengo Ave, Pasadena, CA 91106
2. La Canada HS (Spartans) Cardinal/Gold
4463 Oak Grove Dr, La Cañada Flintridge, CA 91011
3. Monrovia HS (Wildcats) Lt. White/Green
845 W Colorado Blvd, Monrovia, CA 91016
4. San Marino HS (Titans) White/Royal Blue
2701 Huntington Dr, San Marino, CA 91108
5. South Pasadena (Tigers) Black/Orange
1401 Fremont Ave, South Pasadena, CA 91030
6. Temple City HS (Bighorns) Green/Gold
9501 Lemon Ave, Temple City, CA 91780

Athletic Letters

The following guidelines will be followed in awarding an athletic letter:

1. The athlete must meet the minimum requirements of participation for his/her sport; AND
2. The athlete must be a member of the varsity team for the complete duration of the season; AND
3. The athlete must compete in varsity team competition; AND
4. The coach must recommend the athlete.
5. No letter or award will be given to an athlete who has been formally expelled or who withdrew from the team.

Awarding of an SPHS Life Pass

A Life Pass allows an athlete to be admitted to any South Pasadena High School athletic contest (excluding CIF games) held at SPHS free of charge. The requirements to earn a Life Pass are as follows:

1. The athlete must have earned four Varsity letters in the same sport (three if Football); or
2. Have earned a total of seven Varsity letters in any combination of different sports.

South Pasadena High School Athletic Department Complaint Procedures

This complaint procedure is intended to:

- Encourage problem solving between the people most directly involved.
- Resolve problems in a timely fashion.
- Assist in communication about the problem and the desired solution. When necessary an interpreter will be provided if possible.
- Provide an orderly process.

Step 1 (required before proceeding to Step 2)

Meet with the coach. This person is in the best position to address a concern and has the most information about it. Coaches should be contacted directly about: tryouts, including not making it onto a team, playing time issues, position issues, rules and regulations specific to that sport, etc. The only exception to this step is if you believe the coach may have broken the law, or the concern is extremely sensitive. If that is the case, you should direct the concern to the Athletic Director. If you are still not satisfied after talking to the coach:

Step 2 (required before proceeding to Step 3)

Meet with the Athletic Director. The Athletic Director will speak with the coach involved, and any other people who may have useful information in an attempt to help in resolving the issue informally. This should be done in a timely fashion, but may still take 1-2 weeks, depending on the nature of the concern. If the investigation of your concern will take longer than two weeks, the Athletic Director will explain that to you. We encourage meetings at this level with the coach, parent, student, and the Athletic Director to resolve concerns. If you are still not satisfied after meeting with the coach and Athletic Director:

Step 3 (required before proceeding to Step 4)

Meet with the Assistant Principal who oversees SPHS Athletics. At this meeting a decision can be made to either overrule or modify the coaches decision or action or to not. At this meeting the coach or Athletic Director may be present depending upon the nature of the issue being brought forward. That decision will be made clear prior to the meeting.

Step 4

If you are still not satisfied, then you may file a written complaint with the Principal of South Pasadena High School. After receiving a complaint, the principal will investigate. A copy of the written complaint will be provided to the coach or other involved parties as appropriate. The investigation will be done in as timely a way as possible. The Principal will either overrule or modify the coach's decision or action or not. The decision will be communicated to the complainant. From that point forward any further appeals can be directed to the South Pasadena Unified School District.

Helpful Links for Athletes and their Parents

[Welcome – Athletics – South Pasadena High School](#)

[Athletic Calendar and Results](#)

[Athletic Participation & Registration](#)

[Exer Sports & Schools](#)

Exer Pasadena S Lake Ave
600 S. Lake Ave Suite 105
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