Players & Parents
Please take the time to read through the handbook then sign and return the guidelines agreement on the last page.

J. Cody Clark
Athletic Director
Welcome to Patrick Henry HS Athletics

The choice to be a student-athlete and participate in the Patrick Henry High School Athletic Program has the opportunity to have a huge impact on your life as well as the student community here at Patrick Henry HS. I want to first thank you for making the decision and therefore the commitment to participate for your respective team. I want to encourage you to compete with incredible effort, a positive attitude and pride in everything that you do.

This handbook is designed to better inform both the athletes and the parents of the “Do’s and Don’ts” of Patrick Henry High School Athletics. Please read this handout completely as it is filled with information including the Six Pillars of Success, Purpose of High School Athletics, Code of Ethics, eligibility rules, absence policies, lettering requirements and much more.

Thank you for taking the first step toward an incredible experience. You have accepted the responsibility and recognition that comes with being a student-athlete. Enjoy every minute of this experience. Through hard work and a mindset to overcome challenges you will experience success. “As we march along together, let’s be brave and bold. All hail to Patrick Henry High School, hail to the green and gold!”

J. Cody Clark
Athletic Director
Our Philosophy

We believe a sound athletic philosophy is an integral part of the total educational experience, and should be centered on the CIF Victory with Honor Program, and Six Pillars of Character. (Respect, responsibility, trustworthiness, fairness, caring and citizenship).

We believe high school athletics create a positive and challenging experience that will assist in the physical, social, intellectual, and emotional well-being of every participating student-athlete.

We believe in the educational power of the growth mindset. The mindset empowers the student-athlete to see the benefit of taking risks and confronting challenge with the understanding that learning is achieved through momentary failure as much as success.

Patrick Henry High School student-athletes are expected to exemplify outstanding conduct, sportsmanship, and citizenship, which include abstaining from the use of tobacco, alcohol, drugs, and performance enhancing substances. While it is understood that winning is the reward of excellence, it is also emphasized that winning must be done with integrity and good sportsmanship.

The Athletics Department coaches and staff are proud of the traditions that have been established over the years. As Patrick Henry High School athletes, you are part of that rich tradition.
Student-Athlete & Parent Agreement

Patrick Henry High School

Mascot: Patriots  
Colors: Green, Gold and White  
Conference: San Diego City Conference

Address: 6702 Wandermere Dr.  
San Diego, CA 92120

Telephone: (619) 286-7700  
Fax: (619) 229-0370

Website: sandi.net/henry

Principal Elizabeth Gillingham  
Athletic Director J. Cody Clark  
Vice Principal Cynthia Bolton

Athletics

FALL SPORTS
Cross Country Field Hockey  
Girls Tennis Football  
Girls Volleyball Girls Golf  
Boy’s Water Polo

WINTER SPORTS
Boy’s Basketball Girl’s Basketball Roller Hockey  
Boy’s Soccer Girl’s Soccer  
Wrestling Girl’s Water Polo

SPRING SPORTS
Baseball Softball  
Boy’s Lacrosse Girl’s Lacrosse  
Boy’s Tennis Boy’s Volleyball  
Boy’s Golf Swimming  
Track & Field Badminton
Patrick Henry HS
Mission Statement

The Patrick Henry High School Athletic Program is committed to excellence in academics and athletics.

As teacher-coaches and student-athletes we understand that participation in the athletic program is a privilege. We gladly accept our responsibility to be role models, to exercise self-discipline, and to be hardworking, prepared, persevering, empathetic, courageous, fair, and self-sacrificing team players. We will give our best effort in all that we do for ourselves and for our team. We will lose with grace, win with honor, and strive through both to bring pride and respect to our school, our community, our sport, our teammates, our adversaries, and ourselves.

Athletic competition is an integral part of the high school experience. Athletics are uniquely positioned to foster student growth in values and ethics. The ideals of “Pursuing Victory with Honor,” provide the opportunity to dramatically influence the actions of student-athletes. Patrick Henry High School strives to strengthen the integrity of students and adults in our community by promoting the concepts of sportsmanship and quality academics. These priorities advance the highest principles of character—trustworthiness, respect, responsibility, fairness, caring, and good citizenship.

On our City's eastern border,
Midst the hills and the sky,
Home of our most Valiant Patriots,
Patrick Henry High.

In our many halls of learning,
On our fields of play,
Goals of excellence and honor,
Always lead the way.

As we march along together,
Let’s be brave and bold.
All hail to Patrick Henry High School,
Hail to the green and gold.
Student-Athlete & Parent Agreement

The Six Pillars of Character

TRUSTWORTHINESS: I am MY actions
I have the courage to own my actions, I make no excuses.

RESPECT: I am MY attitude toward others.
I treat others as I want to be treated.

RESPONSIBILITY: Everything is earned through MY effort.
I must earn what I want.

FAIRNESS: My character speaks for me.
I am humble because I always have room for growth as a player and as a person.

CARING: My achievements are a sum of the community.
I give to others because others have given to me.

CITIZENSHIP: This is MY community
My impact goes beyond myself, on and off the field.
Table of Contents

1. Purpose of High School Athletics (pg. 7)
2. Event Expectations (pg. 9)
3. Expectations & Grievance Process (pg. 11)
4. Athletic Clearance (pg. 12)
5. Athletic Clearance Online Help (pg. 13)
6. Parent Pledge of Conduct (pg. 17)
1 PURPOSE OF HIGH SCHOOL ATHLETICS

The purpose of athletics is to contribute to the overall educational experience of the balanced and total student. Competition in high school athletics is a privilege. Accompanying that privilege is the responsibility of the student to conform to standards established by the school teams and instituted by the NFHS, CIF, CIF-SDS, SDUSD, and school athletic conference.

Student-Athletes accept the responsibility of conducting themselves to a higher standard of expectations. Concepts learned through athletics include teamwork, integrity, sportsmanship, restraint, persistence, leadership, self-esteem, discipline, and humility. Student-athletes will be expected to adhere to the following code of behavior:

We expect that PHHS Athletes will strive to

- At all times represent their school in a positive manner.
- Excel academically as well as athletically
- Be on time, be enthusiastic, dependable, loyal, and cooperative.
- Be responsible and open to coaching.
- Be a team player.
- Abide by the general rules of discipline as established for you by the CIF, CIF San Diego Section, San Diego City Conference, and Patrick Henry High School.

Student-Athlete Responsibilities

- Represent your high school in a positive manner at all times.
- Maintain a G.P.A of 2.0 or above.
- Embody respect and responsibility in the classroom.
- Be on time.
- Be at all practices and games.
- 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 your coaches.
- Be respectful of yourself, your teammates, your coaches, your parents, the officials, and the fans at all times.
- Take care of all equipment, uniforms issued and return at the end of the season.
- Respect rules and policies.
Student-Athlete & Parent Agreement

Parent Responsibilities

• Help your student-athlete to understand that the team comes before the individual.
• 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.

Coaches’ Responsibilities

• Understand that academics are #1 priority.
• 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 athletes equally.
• Be professional in all actions and words.
• Create a positive environment for your team.
• Communicate your expectations of your athlete and team.
• Communicate with athletes as to their role on the team.
• Clearly communicate all NFHS, CIF, SDUSD, Conference, and team rules to athletes and parents.
• Return parent phone calls/emails in a timely manner.
• Explain vacation/absence policy
• Prepare a player contract for student athletes and parents.
Student-Athlete & Parent Agreement

2 EVENT EXPECTATIONS

Student-Athletes as well as parents and spectators are all representatives of Patrick Henry HS and are expected to provide positive support for our own athletes as well as respect toward athletes and spectators from opponents.

Event Behavior for Athletes, Coaches and Spectators

1. Losing as well as winning is part of the game. All 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 demonstrated by team members. Accept loss as something to grow by, setting individual goals, and moving forward.

2. Self-control and maturity are expected.

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 coach can talk to the 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.

Expectations of the Spectators

1. Refrain from the use of foul or abusive language.
2. Show respect for injured players regardless of team affiliation.
3. Encourage people around you to display good sportsmanship.
4. Applaud at the end of the contest for all participants as they shake hands with each other, regardless of the outcome.
5. Refrain from blaming the loss of a contest on the officials, the coaches, or the participants.
6. Leave with a positive attitude.
7. Spectators will abide by school rules regarding tobacco and alcohol. Smoking and alcohol are not allowed on campus.

Spectator removal from event by school – Return to Spectator Rule

Any spectator that is removed from an event for behavioral reasons, may be subject to a one or more game suspension from future events of that sport. After the suspension for that sport is served, the spectator may only return after certification, by a school administrator, that the spectator has completed a meeting with a school administrator. The appropriate form indicating the completion of the meeting must be filed with the Principal’s office prior to attending the next event. A second ejection from an event will cause suspension for the remainder of the season for all sports.
Rules for Fieldturf

- No Pets
- No paints, chalks or permanent markings on field surfaces
- Do not use tape to mark the surface
- Proper spikes must be used at all times
- No bikes, skateboards, blades or skates
- No food, drink, sunflower seeds or gum on filed surfaces
- No glass bottles, cigars, fireworks, or open flames
- Field is closed to all unsupervised non-school use - Violators will be cited for trespassing
3 **EXPECTATIONS AND GRIEVANCE PROCESS**

Both Parenting and Coaching are extremely challenging in today’s world. We must realize that coaches and parents should have the same goal, to see that each athlete has a positive experience and becomes a well-rounded individual.

**Communication you can expect from your athlete’s coach:**

- Philosophy of the coach.
- Team and individual player expectations (Player Contract)
- Location, dates, and times of all practices and games.
- Adherence to CIF, Conference, and school rules.

**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.
- Eligibility
- Work Ethic

**Inappropriate to discuss**

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

**Steps for resolution**

1. Player speaks directly to the head coach
2. Player speaks with head coach and Athletic Director
3. Parent may talk to the head coach (by appointment)
4. Parent may contact the Athletic Director (by appointment)
5. Parent may contact the Vice Principal for Athletics (by appointment)
6. Parent may contact the Principal (by appointment)
4 **ATHLETIC CLEARANCE**

Obtain an Athletic Participation Packet prior to the start of the season of sport. This packet must be completed annually. The Athletic Participation Packet must be completed annually and can be completed any time after June 6 for the following school year. The packet includes:

- Emergency Card
- Parent Permission
- Residential/Eligibility Verification
- Student-Athlete Agreement
- San Diego Unified School District Hazing Policy
- San Diego Unified School District Alcohol/Tobacco Policy
- Procedure for Concerns
- Ethics in Sports Policy
- CIF Victory with Honor Principles/Six Pillars of Character
- Ejection Policy
- Medical History Form
- Pre-Participation Physical Exam Form **Physicals must be completed by a M.D. One physical per year is required.**
- Insurance Verification
- Concussion Protocol
- Physical Form (To be completed annually, any time after June 6)

**CIF Ethics in Sports Policy (To be signed by parent/guardian and student-athlete)**

- 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.
- Refrain from the use of illegal and nonprescription 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.
- Pursue Victory with Honor
ATHLETIC CLEARANCE

Quick steps for parents/students using the online athletic clearance process.

Online Athletic Clearance

2. Watch quick tutorial video
3. **Register.** Parents/Guardians register with first and last name, a valid email username and password. You will be asked to type in a provided code to verify you are human. If this step is skipped your account will not activate.
4. **Login**
5. Select "**Start Clearance Here!**" to start the process.
6. Choose the School Year in which the student plans to participate. *Example: Football in Sept 2016 would be the 2016-2017 School Year.* Choose the School at which the student attends and will compete for.
7. Choose Sport
8. Complete all required fields for Student Information, Medical History, Parent/Guardian Information and Signature Forms.
9. Once you reach the **Confirmation Message** you have completed the process. Please review and print the confirmation page.
10. All of this data will be electronically filed with your school’s athletic department for **review.** When the student has been **cleared for participation,** an email notification will be sent.

Online Athletic Clearance FAQ

**Multiple Sports**

Once you complete a clearance for one sport, most of the information you have entered will be retained in the system. To register for an additional sport, select Clearances at the top and then Start Clearance Here! After entering the year, school and additional sport, most of your information will auto fill.

**Physicals**

The physical form your school uses can be downloaded on Step #1 or under Student Info at the bottom of the page. PHHS will only accept the physical online (done by uploading the completed form on Step #1) as well as turning in a hard copy to the Athletic Department.
5 **ATHLETIC PROGRAMS-ISSUES & INFORMATION**

1. Alcohol, Drugs, and Illegal Dietary Supplements
2. Booster Clubs
3. Clearance Packets
4. Coaching Requirements
5. Team Selection & Cuts
6. Dedication/Commitment
7. Early Release from Class
8. Eligibility
9. Equipment and Uniforms
10. Fundraising
11. Hazing
12. Injuries
13. Leaving a Sport
14. Lettering Requirements
15. Non-Contact Period
16. Off-Season Workouts
17. Transportation
Alcohol, Drugs and Illegal Dietary Supplements

The Governing Board of the San Diego Unified School District is committed to its legal and moral responsibilities in safeguarding the health, character, citizenship and personality development of students. Refer to the Student Handbook and Behavior Code for information regarding Suspension/Expulsion. Students involved in possession, use, sale, furnishing, or if found under the influence of any drugs or alcohol should expect to be removed from the team for at least the remainder of the season.

Booster Clubs

The Booster Club’s purpose is to support the program by conducting fundraisers so that they might honor the needs and requests of the program. Booster Clubs should be run under the direction of the Head Coach and all finances should be run through the school trust or team’s ASB account.

Clearance Process

All students playing a sport at Patrick Henry High School must complete two things. The first is a physical form that you can download from the PHHS website. That form can be completed by your doctor or by a doctor from one of our school offered physical dates. The second thing is an online submission. Available on the PHHS website, the forms are completed and submitted electronically. Once complete, the system will print a confirmation and consent page. The parent and athlete will sign the document and then turn in copies of both the consent and the physical.

Coaching Requirements

Head Coaches are hired by a group of interviewers after the position has been advertised. Every attempt is made to hire the most qualified coach. Assistant and JV Coaches are hired by the Head Coach under the supervision of the Athletic Administration. All coaches must register at the district office where they are fingerprinted, TB tested, First Aid/CPR Trained, and must complete a coaching course offered by the NFHS. Head Coaches are required to attend Pre and Post Season Conference meetings.

Team Selection & Cuts

Patrick Henry HS encourages any student with a desire to compete to go out for a sport. While our coaches want to include as many students as possible, they will only take as many students as they can accommodate. Each coach will determine their own specifications and will conduct the tryout to select the most capable student for their particular team. THE COACH MAKES THE FINAL DECISION ON WHO WILL PARTICIPATE ON THEIR TEAM.
Student-Athlete & Parent Agreement

**Dedication/Commitment**

The student athlete must be willing to dedicate himself/herself to sports. Accomplishments come from hard work and a sincere desire to succeed. The athlete must work out of season as well as during the season to get better. He/She must be willing to sacrifice his/her own desires for the good of the team. Conflicts between activities are difficult on all groups. Please communicate with your coaches well in advance of the events. Learn to Prioritize.

***ONCE AN ATHLETE PARTICIPATES IN A PHHS MATCH/GAME THEY CANNOT PLAY IN ANOTHER OUTSIDE LEAGUE IN THE SAME SPORT UNTIL THE HIGH SCHOOL SEASON HAS COMPLETED. TEAM WILL BE REQUIRED TO FORFEIT ALL GAMES THE INELIGIBLE PLAYER PARTICIPATED IN.***

**Early Release from Class**

It is the responsibility of the Coach to communicate with the Athletic Director about early release of student/athletes from class for an athletic contest. Coaches will have to notify the Athletic Director 48 hours prior to the day of the contest. Students are responsible for all work and tests missed due to an early release. Students will not be permitted to leave class prior to a release time. It is an athlete’s choice and privilege to leave school early to participate in an athletic contest. It is a teacher’s choice to release a student.

**Eligibility**

Students Must:

1. Be enrolled in at least 4.5 (5 credit) classes
2. Maintain at least a 2.0 GPA on a 4.0 scale (un-weighted)
3. Have no more than one “U” in conduct

**Equipment and Uniforms**

Athletes shall assume responsibility for all equipment issued to them and are expected to pay for any abused or lost items. Fines will be issued and no equipment for future sports will be issued until equipment is turned in, or fine is paid.

**Fund Raisers**

Teams may fund raise during various times throughout the year. This is done to supplement money distributed by the ASB and can be used to purchase equipment, hire additional coaches, enter tournaments, and other needs as requested. Fundraisers must be approved by the school by use of a Master Calendar Request and Fund Raiser Analysis Form. Funds raised by students must be placed in the school’s trust account.
Hazing
Hazing is a direct violation of school, district, state rules and may result in an athlete’s removal from the team. School disciplinary action may also be required. Violations include physical, verbal, and/or emotional varieties.

Injuries
Coaches make every attempt to provide a safe environment to prevent injuries. An athletic trainer is available for consultation when on campus. Coaches are First Aid/CPR trained and have the emergency cards with them or have them available to them online. If an injury occurs, a coach should fill out an Accident Report Form within 24 hours. Forms are available in the Nurse’s Office.

Leaving a Sport
A student cut from one sport may want to try-out for a second sport during the same season and are encouraged to do so. Students should contact the second coach immediately as teams are formed quickly. A student that leaves a sport on their own after making the team will not be allowed to play another sport until that season is over.

Lettering Requirements
Varsity Letters are given at coach’s discretion. Students should finish the season on Varsity, must have participated (as a player or spectator) in a minimum of 50% of Varsity Events (Practices and Games), and must finish the season in good standing (Conduct and Eligibility). Letters should be participation based and not achievement based.

Non-Contact Period: July 16-31, 2017
CIF requires a two-week window of time for families to receive a break from High School Sports. This no contact period is set by the AD/Head Coach of each sport and may be different for each sport. The no contact period will be between the last day of school and the first day of school.

Off-Season Workouts
CIF does not permit school teams to work out as school teams during the off-season. Many opportunities are made available for athletes to sharpen their skills, develop their strength and maintain conditioning through AAU, and other clubs or agencies. Out of Season teams are not sponsored groups of Patrick Henry HS. Participation in any of these programs will not be a factor in making the team in the following year.

Transportation
Athletes will ride on a school provided bus to and from contests, when provided. In some cases, students may ride with parent.
Patrick Henry High School Patriots Athletics
Parent Pledge of Conduct

As a member of a Patrick Henry HS Patriots athletic team your student is part of a unique group. Our annual goal with Patriots athletics is to earn a reputation as one of the finest programs in San Diego County. This reputation is grown not only from a rich tradition of success by our student athletes on the field but also from the unyielding support of our school administrators, the special talents and dedication of our coaches, and the undying support and commitment of our parents.

The SDUSD Athletic Philosophy and Regulations and California Interscholastic Federation (CIF) Athlete’s Code of Ethics promote academic achievement, character, integrity, positive attitude, sportsmanship, honor and respect as tenets that guide our student-athletes not only on the field of competition but also in the classroom and the community. In addition, the Patrick Henry High School Athletic Department has published and distributes to each athlete and family Student-Athlete, Parent and Coach Communications describing the orderly and respectful lines of communication that are expected between coaches, players and parents.

As a parent or guardian of a Patriots athlete, you are welcomed and encouraged to participate and support your child and their team. All parents are encouraged to participate at games and are expected to act in a manner that is consistent with the SDUSD Athletic Philosophy and Regulations, the CIF Athlete’s Code of Ethics and, the Athletics Department’s Student-Athlete, Parent and Coach Communications.

PARENT PLEDGE
In support of Patrick Henry HS Patriots Athletics, I therefore pledge my commitment to the program and to my student, to be responsible for my words and actions while attending games and program functions, and to ensure that my personal behavior comports with the tenets of fairness, good sportsmanship and respect.
I will not engage in, or encourage anyone else to engage in, unsportsmanlike conduct with any player, coach, parent, participant, official or any other attendee.
I will not engage in, or encourage anyone else to engage in, any behavior that would endanger the health, safety or well-being of any player, coach, parent, participant, official or any other attendee.
I will not use drugs or alcohol, or permit my child to use drugs or alcohol, while attending a Patrick Henry HS athletic event.
I will not engage in, or encourage anyone else to engage in, the use of profanity.
I will treat, and I will encourage my child to treat, any player, coach, parent, participant, official or any other attendee with respect regardless of race, creed, color, national origin, gender, sexual orientation or ability.
Student-Athlete & Parent Agreement

I will not engage in, nor will I encourage anyone else to engage in, verbal or physical threats or abuse aimed at any player, coach, parent, participant, official or any other attendee.
I will not initiate, nor will I encourage anyone else to initiate, a fight or scuffle with any player, coach, parent, participant, official or any other attendee.
I will abide by the communications guidelines established in Student-Athlete, Parent and Coach Communications as distributed by the Patrick Henry High School Athletic Department, and as listed below.
I will not attempt to meet with a Patriots coach prior to, during, or within 24 hours following a game or during practice.
I recognize that it is my child’s responsibility to bring their concerns to the coaching staff and that I will not attempt to discuss a concern with a Patriots coach until my child and the coach have had an opportunity to discuss the issue.

I will not discuss or attempt to discuss the following with a Patriots coach:
A. Playing time
B. Playing position
C. Team strategy
D. Play calling
E. Other student athletes

I will not attempt to coach my child or other players from the stands.
I will not be vocal in a negative way about the play of another parent’s child.

I hereby agree that if I fail to comport my conduct to the foregoing while attending or participating in a Patrick Henry High School athletic event, I will be subject to progressive disciplinary action, including but not limited to the following in any order or combination:
1. Verbal warning issued by a game official or school official.
2. Written warning issued by school official.
3. Suspension or immediate ejection from a game issued by a game official or school official who is authorized to issue such suspension.
4. Continued suspensions from games or events as warranted and legally enforceable to the extent of the law.

Every parent is strongly encouraged to sign this pledge. Whether or not you choose to sign, the standards of conduct expressed in this document apply to all parents and spectators attending Patriots athletic games, practices, and related team events. Your signature below indicates your public commitment to positively support the Patrick Henry High School Athletics Program.

__________________________  ____________________  _____________
Parent/Guardian Name                  Signature                        Date

__________________________  ____________________  _____________
Parent/Guardian Name                  Signature                        Date

This document and its content are fully supported by San Diego Unified School District.