

**DIAMOND BAR HIGH SCHOOL
STUDENT-ATHLETE & PARENT
HANDBOOK**



A GUIDE FOR A CHAMPIONSHIP PROGRAM

DIAMOND BAR BRAHMA ATHLETIC PROGRAM

Congratulations on your decision to join the DBHS athletic program! Since 1982, Brahma teams have excelled in both the athletic and academic arenas. You are joining a tradition of excellence that has been established by the many young men and women who have gone before you to create one of the best high school programs in the United States. They expect for you and your teammates to set high performance goals and always put a “**championship effort**” into all that you do.

Athletics is just one of many parts of the educational program at Diamond Bar High School. Remember, the reason students are in school is to learn and therefore academics will always come first! Always give a “**championship effort**” in the academic arena AND in the athletic arena!

THE VALUE OF CO-CURRICULAR ACTIVITIES RELATING TO FUTURE SUCCESS

Research indicates that students involved in co-curricular activities have a greater chance of success during adulthood. Many of the positive character traits required to be a successful participant in athletics are exactly those that will promote a successful life after high school.

Success

**Success is the way you walk the paths of life each and every day,
It's in the little things you do and in the things you say,
It's not in reaching heights or fame,
It's not in reaching goals that all men seek to claim.
Success is being big of heart, clean and broad of mind.
Success is being faithful to your Friends, and to the stranger, kind.
Success is in your teammates, your Family, and what they learn from
you,
Success is having character in everything you do.**

STUDENT-ATHLETE HANDBOOK

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BE PART OF BUILDING A GREAT TRADITION!

BE PART OF THE TRADITION!**DIAMOND BAR HIGH SCHOOL**

The Brahmas great tradition in athletics is well known in California and the United States. We invite you to be a part of the Brahma tradition. All Brahmas are encouraged to become true “student-athletes” by demonstrating a **CHAMPIONSHIP EFFORT** in the playing fields and in the classroom. **BE A MULTIPLE SPORT ATHLETE!** We recommend that student-athletes participate in 2 or 3 sports each year of high school. This is a great opportunity to develop your skills and learn how to compete against the best athletes from other high schools. **DO YOUR BEST!** Here is a list of the sports offered at Diamond Bar High School:

	<u>MEN’S SPORTS – VARSITY COACH</u>	<u>WOMENS’ SPORTS – VARSITY COACH</u>
FALL SPORTS SEASON (July to mid-November)	FOOTBALL – Kevin Argumosa (Varsity, JV, Frosh)	VOLLEYBALL – Katie Swetnam (Varsity, JV, F/S)
	CROSS COUNTRY – Malinalli Cook (Varsity, JV, F/S)	CROSS COUNTRY – Malinalli Cook (Varsity, JV, F/S)
	WATER POLO – Alex Matal (Varsity, JV)	TENNIS – Alexis Feix (Varsity, JV)
		Golf – Tony McCabe (Varsity, JV)
WINTER SPORTS SEASON (November to Mid-February)	BASKETBALL – Henry Frierson (Varsity, JV, Frosh)	BASKETBALL – Tony McCabe (Varsity, JV, F/S)
	SOCCER – Kemp Wells (Varsity, JV, F/S)	SOCCER – Matt Franco (Varsity, JV, F/S)
		WRESTLING – Les Schaefer (Varsity, JV, F/S)
		WATER POLO – Alex Matal (Varsity, JV)]
SPRING SPORTS SEASON (February to mid-May)	BADMINTON – Kemp Wells (Co-ed Varsity, JV)	BADMINTON – Kemp Wells (Co-ed Varsity, JV)
	BASEBALL – Jon Hurst (Varsity, JV, Frosh)	SOFT BALL – Kurt Davies (Varsity, JV)
	TRACK & FIELD – Malinalli Cooke (Varsity, JV, F/S)	TRACK & FIELD – Malinalli Cooke (Varsity, JV)
	SWIMMING – Darlys Ankeny (Varsity, JV)	SWIMMING – Darlys Ankeny (Varsity, JV)
	TENNIS – Carl Flint (Varsity, JV)	BOYS GOLF – Tony McCabe (Varsity, JV)

Diamond Bar competes in the Palomares League, one of the most competitive leagues in all of California. Other schools in the league are: Ayala, Bonita, Claremont, Diamond Bar, Glendora, and South Hills.

CHARACTER * LEADERSHIP * ATTITUDE * SCHOLARSHIP * SERVICE

GO BRAHMAS!

HOW TO PARTICIPATE IN BRAHMA ATHLETICS

Your decision to become a Brahma student-athlete is a privilege and an honor. Each person must complete the following requirements to be eligible to participate on any Brahma team:

1. Complete the "Athletic Participation Packet" **Return it to the DBHS Athletic Office.**
2. Have a physical examination by a medical doctor.
(Student-athletes must have a physical every school year.)
3. Be academically eligible. Each grading period, a student-athlete must pass a minimum of 4 classes and not drop below a 2.0 G.P.A. for two consecutive grading periods.
4. Be eligible under all CIF Rules and Regulations.
5. Understand and follow all school and team policies with regard to conduct, attitude and proper training habits. (See Brahma Code of Conduct of pages 7 & 8.)

Teamwork

"A successful team beats with one heart."

Doing What is RIGHT

"Would the child you once were be proud of the adult you have become?"

SPORT PARTICIPATION & COMMITMENT

The decision by a student-athlete and their family to participate in the Brahma sports program is a “**privilege**” and not a “right.” Every student attending Diamond Bar High School is encouraged to participate in athletics and other co-curricular activities.

The decision to participate also involved a commitment to do their best to become the best student-athlete they can possible by and to be a part of a team. To be successful, every member of the team must work together to make the whole greater than the sum of the parts. This commitment will be challenging and difficult at times but will help every participant to become a better person by being involved. All participants are expected to fulfill this commitment for the entire season.

In certain special situations, a coach may allow a student-athlete to be released from his/her commitment to that sport with parent permission. **“Cutting” a sport is not an acceptable action by any participant at DBHS.** Difficult challenges are a part of adult life and learning how to deal with these challenges are a big part of the values of athletic participation. If a student-athlete quits a sport, they may not participate in another sport until that sport ends the regular season.

Come Ready to Play

Athletes are responsible for coming to practice every day on time, ready to listen and ready to learn. All participants should be physically and mentally prepared for the season. This includes training in the pre-season and taking care of your body and mind during the season.

Student-Athlete Concerns

If you have a concern about the team or your role on the team, it is important for you to arrange a time to meet with your coach to discuss the issue. Your coach will do his/her best to give an honest evaluation of your status. Many times this coach-to-athlete meeting can resolve issues or questions.

Team Selection

Many team sports must limit the size of their squad to provide time for proper instruction, safety concerns, and supervision. “Cutting” perspective student-athletes is a very difficult, “gut-wrenching” task that coaches must accept as a necessary to benefit the sport and the growth of the team as a whole.

Criteria for team selection is listed in handouts distributed at pre-season meetings and are reviewed numerous times. If a student-athlete is not selected one season this does not mean that he/she will never be selected for a team in that sport in future seasons.

There are many Brahmans who have taken on the challenge after not being selected and work hard to develop their mental and physical skills to eventually “make the team” the following year. In many cases, these young men and women have gone on to become major contributors to their team’s success.

If a student-athlete “tries out” for a team and is not selected, he/she is invited to participate in a sport during the same season that does not limit the number of participants (e.g., football).

Handling Adversity

“Take a setback and turn it into a comeback.” - Kyle Woods, Baylor Football Player

STUDENT-ATHLETE CONDUCT & BEHAVIOR

All Brahma student-athletes are expected to “do what is right.” As young adults, you have learned the difference between what is right and what is wrong from your parents, family, teachers and coaches. The BRAHMA CODE OF CONDUCT is designed to help student-athletes “SAY NO” when they are in difficult situations and must choose to make a correct decision.

Diamond Bar High School has enjoyed athletic success because of the tremendous “team spirit” within our athletic program. TEAM FIRST is the goal for all our players. Before you act, think of your teammates first and if your actions will have a positive effect on your team.

The following CODE OF CONDUCT has been established and all student-athletes should know the rules and consequences if they choose to violate this code.

BRAHMA CODE OF CONDUCT

PREAMBLE

Athletic participation can be one of the most significant formative experiences in a young person’s life. It gives a great deal of pleasure and builds friendships that can last for years. In our school, athletics is an integral part of the educational program. Athletics teaches fair play, sportsmanship, teamwork, perseverance and appreciation for improvement, desire to succeed and excel, self-discipline, responsibility, leadership and quick thinking.

Participation in interscholastic athletics is voluntary. It is a privilege, not a right and carries with it the responsibilities of courtesy and sportsmanship on the playing field, on the campus and in the community. Following this athletic code will aid you in building team morale, discipline and spirit. Therefore, you should take it upon yourself to become the very best athlete and team member possible, for you alone have the power to achieve or fail in these goals.

It is recommended that all coaches and athletes apply the standard of this code while participating in the athletic program at Diamond Bar High School.

I. CONDUCT

The conduct of an athlete is closely observed in many areas of life. It is important that one’s behavior be above reproach in the following areas:

On the Field: A high school athlete: maintains prompt and regular attendance; maintains his/her grades in accordance with CIF and school district rules; strives to become a good student and citizen; shows proper respect for faculty members and other students at all times; and when suspended from school, will not practice or participate until suspension is over.

On & Off Campus: A high school athlete: demonstrates a high standard of conduct, as it reflects not only on oneself, but one’s team, coach and school; maintains “good citizenship” by not being involved in any criminal activity; and does not participate in “vandalism” at any school.

On Athletic Trips: A high school athlete: demonstrates a high standard of conduct as a representative of the school, community, family and coach; respects the property of others; travels to and from athletic contests on district provided transportation; and can only be released to the parent by a coach with prior approval from the Athletic Director.

II. DRESSING AND GROOMING

Dress and grooming standard shall conform to Walnut Valley Unified School District regulations. Coaches may require that hair be restrained in an appropriate head covering and other grooming and dress standards that are more restrictive be implemented in order to insure compliance with necessary safety precautions.

III. PHYSICAL CONDITIONING AND TRAINING RULES

WVUSD student-athletes will refrain from the use of tobacco (in any form), alcohol and other illegal drugs. This includes the illegal use of non-prescribed steroids and/or other performance enhancing substances. Proper diet and adequate sleep are equally important to the physical conditioning of an athlete. Athletes should maintain “good citizenship” by not being involved in any criminal activity. Athletes should protect themselves and their team by abstaining from anything that would harm their health.

IV. ENFORCEMENT DUE TO VIOLATION OF RULES

- A. Non-adherence to the foregoing regulations will result in disciplinary action by the coaches, athletic director and administrators of the school.
- B. Violations of the letter or spirit of the Athletic Code will result in one or more of the following penalties when recommended by the coach and athletic director with approval by the principal:
 1. Placement on probation.
 2. Removal from one or more of the next scheduled contests.
 3. Enforcement of the [Brahma Code of Extra Curriculum Conduct](#).
 4. Referral for assessment and/or treatment of any alcohol/drug violation, and/or any criminal activity.
 5. Removal from the team.
 6. Forfeiture of letter, letterman’s jacket privileges or the like award.

BRAHMA CODE OF EXTRA CURRICULUM CONDUCT

Diamond Bar High School students who participate in athletics, student government, performing arts, and other extra-curricular activities are in the public eye and are highly visible on and off campus and represent Diamond Bar High School. Participation is a privilege that our staff is committed to providing for our students because of our strong belief in the importance of extra-curricular activities. It is important that students understand this responsibility and behave off campus as they would while on campus during regular school days. Students who participate in extra-curricular activities are expected to behave in a way that brings honor to their school, organization, family, and community they represent. Behaviors that do not meet expectations include (but are not limited to) involvement in the use of ANY controlled substance or a “look alike,” weapons, hazing, inappropriate use of social media, offensive conduct, or any behavior that is prohibited by law, school rules or district policies.

All students who are a participant on a team or are part of another extra-curricular activity who violate a school policy or rule could be in violation of the Brahma Code. Violating this code will result in the student being suspended from their team, or organization for a period three weeks on the first offense. If the student is a member of more than one organization, their omission will be from all extra-curricular organizations during the period of suspension. Eligibility to participate will be restored at the end of the three weeks, but it must be understood that a three week suspension from that activity will cause adjustments to be made by the organization; therefore, this restoration of eligibility to participate does not necessarily ensure the place previously held in the organization or team in competitions, or performances within the organization. Subsequent offenses will result in further disciplinary action that may include removal from the organization or

team. Any other rules and regulations specific to the extra-curricular organization shall be seen as supplemental to the Brahma Code.

The above consequences for violation of the Brahma Code will be the MINIMUM consequences and additional consequences/penalties may be levied by the individual organizations or school administration.

Student acceptance and adherence to the Brahma Code will ensure that the student has a positive experience and that Diamond Bar High School will be a school that we can all be proud of and a school that is always represented in the most positive way possible.

Teamwork

"A team will out perform a group of individuals every time."

CIF ATHLETES' CODE OF ETHICS

IT IS THE DUTY OF ALL CONCERNED WITH HIGH SCHOOL ATHLETICS:

1. To emphasize the proper ideals of sportsmanship, ethical conduct, and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a happy relationship between visitors and hosts.
6. To respect the integrity and judgement of sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative, and good judgement by the players on a team.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.
10. To remember that an athletic contest is only a game-not a matter of life and death for player, coach, school, officials, fan, community, state, or nation.



LOCKER ROOM CONDUCT

These student-athletes at DBHS designed the rules for the locker room in 1992. These rules are posted on large signs in both men's and women's locker facilities.

Welcome to Diamond Bar High School

This locker room/rest room facility is for the use of DBHS students and their guests. Please do the following to keep this facility secure:

- Clean your area as you leave each day.
- Lock your locker; keep all valuable items secure.
- Do what is "right."
- Treat others who use this facility in the way in which you would like to be treated.

BRAHMA PRIDE

Thanks,
DBHS Students

INITIATIONS/HAZING

All Brahma student-athletes are expected to be leaders and "mentors" of your younger students. Lead by being a positive example to all those around you. Leave a positive "legacy" during your time here at Diamond Bar High School.

Initiation rituals or hazing of any Brahma student-athlete is **STRICTLY FORBIDDEN** and will not be tolerated! Any Brahma student who violates this rule will be subject to a "Brahma Code" violation and further discipline.

Setting an Example

"I want to be remembered as a winner - as a good example for young people."
George Brett, Baseball Great

Honesty and Class

"Class is being honest - both with others and with yourself. Class is treating others as you would like them to treat you."

Jack Nicklaus, Golf Great

Team Chemistry

"Much can be accomplished by teamwork when no one is concerned about who gets the credit."

John Wooden, Coach

TEAM LOCKERS

Student-athletes are assigned long team lockers whenever possible and their teams are in-season. Multi-sport athletes may be assigned a team locker for the entire school year, while single sport athletes may be moved out of their locker to create space for the next season of sport.

It is a PRIVILEGE to be assigned a team locker. A student-athlete that does not follow the rules listed below may forfeit his/her team locker. Student security and safety in the locker room facility are priorities of the Brahma athletic staff. Each student-athlete is responsible to help keep the locker room safe and secure.

Here is what is expected of you:

- No horseplay (injuries and/or bad feelings can result and hurt the entire team).
- Lock and recheck your locker each time you leave the locker room.
- DO NOT share lockers whenever possible or give out your combination to any other person.
- If you suspect that another person knows the combination to your lock, see your coach or the equipment person to get a new lock.
- DO NOT leave any items unsecured in an unlocked locker.
- Report any missing items to your coach immediately.

Goals

"Greatness cannot be achieved without DISCIPLINE."

Dedication

"I am only one, but I am one.
I cannot do everything, but I can do something.
That which I can do, I ought to do.
And that which I ought to do, I will do."
Grant Teaff, Coach

Goals

"Be a THINKER, and a DREAMER, but more important, be a DOER!"

TRAINING ROOM/INJURY REFERRAL PROCEDURE

Athletic Training Room Hours

- The athletic training room will be available to all in-season athletes from 12:45-2:45pm. Offseason athletes may be seen during non-peak hours (generally 12:45-1:45pm, 6-7pm) for evaluation only. Off-season evaluations are not guaranteed.
- The athletic training room will open at 12:45pm and remain open until 30 minutes after the last home game or varsity practice, (usually 7pm).
- From 12:45-2:45pm the primary focus will be on practice/game preparation (taping, heat, etc.).

The athletic training room is an equal access facility; athletes will be treated on a first-come first-served basis (except for emergencies). Exceptions:

- One athlete has a practice time earlier than another.
- Athletes preparing for games are given priority over practice athletes.
- Emergency situations will take precedence over all others.

If you are injured, notify your coach and our Athletic Trainer immediately. The earlier that an injury can be evaluated and treated, the faster it can improve. If an injury is serious, parents will be notified and the athlete may be referred to a sports medicine specialist or a physician (with parent permission). The potential for injury is inherent in any physical activity and is accepted by each athlete and their family when the decision is made to become a participant in the athletic program. Our goal is to keep every student-athlete in top physical condition throughout the entire season.

More detailed procedures and rules can be found [HERE](#).

ATHLETIC TRAINING ROOM RULES

1. No students (athletes or student trainers) will be allowed to be in the training room without adult supervision.
2. The athletic training room is a coed facility. Appropriate attire must be worn at all times.
3. All athletes must sign in before receiving treatment.
4. Female student trainers will enter and exit the training room from the girls' locker room ONLY! Male student trainers will enter and exit from the boy's locker room ONLY!

Thanks for your cooperation!

TRANSPORTATION RULES

The **goal** for all Brahma athletic bus trips is for the driver to say, “that was the best behaved group of student-athletes that he has ever had on the bus.” Poor attitude and improper conduct by a few Brahma teams and activity groups on bus trips can cause problems for all teams. **THESE ACTIONS ARE NOT APPROPRIATE OR ACCEPTABLE!** This can create a negative image of our program for all teams. Our WVUSD bus drivers currently request to be assigned to Brahma trips. Many of our drivers wear their DBHS hats and shirts and have become the loudest fans in the bleachers.

All Brahma student-athletes are responsible for their own behavior at all times. Your conduct reflects on your family, your team and our school. Here are the rules that each person must follow on all trips:

- Do what is right.
- Treat others the way in which you wish to be treated.
- Listen to and follow all instructions of your driver.
- Be prepared in case of an emergency situation Be respectful at all times.

If a situation occurs where a Brahma student-athlete does not follow the above rules, he/she will be suspended from the next away contest. Stiffer penalties will result if the violation of rules is repeated.

RIDING HOME WITH PARENTS

All Brahma student-athletes will ride to and return from all athletic contests on the team bus unless prior approval has been given by the athletic director (or in emergency situations as per coach discretion).

In some cases, it may be necessary for a student-athlete to be released after a contest to ride home with their parents due to an unavoidable situation or multiple activities scheduled on the same day. Advanced planning by the student-athlete and their parents is a **MUST!**

A written note must be given in person to the athletic director at least 24 hours in advance of the event by a parent/guardian. The athletic director will approve the request and forward a signed copy of the note to the coach for his/her records.

Student-athletes will only be released from a contest to their parent(s) (as per WVUSD policy) and not to any other relative or friend.

EMERGENCY SITUATIONS: If an emergency situation occurs (medical, family, etc.) where advanced permission was not possible, the coach will use their discretion and judgement. The student-athlete may only be released to their parent(s). Forgetting to get advance permission does not constitute an emergency.

Commitment

“Be a go-giver as well as a go-getter.”

Whitt Schultz, Author

DIAMOND BAR HIGH SCHOOL

TO: THE PARENTS OF _____

FROM: COACH _____

RE: **LIMITED DAY PASS FOR 6TH PERIOD ATHLETICS**

DATE: _____

Your student is participating in athletics and has been assigned a 6th period Physical Education class. Because of field and gym usage not all teams are able to practice 6th period during their Physical Education class. This means your student would be going home at 2:00 and returning at a later time for practice as determined by the coach. (At 2:00 pm your student must leave campus immediately or return to the lunch area to study.) This may or may not be applicable on game days as the athletes would be preparing for the game or riding the bus to the game site. The coach will communicate accordingly.

If you agree to this, please sign the form below and have your student return this release to their coach to receive a LIMITED DAY PASS.

This pass may be revoked if it is abused in any way.

Thank you for your cooperation in this matter.

ATHLETIC DEPARTMENT

PERMISSION FOR LIMITED DAY PASS

I understand that my student _____ grade _____
(Print Name Please)

will be leaving school at 2:00 pm and returning at a later time for practice as determined by the coach.

SPORT _____

PARENT SIGNATURE

DATE

FUND RAISING & BOOSTERS

It is the philosophy of all co-curricular programs at DBHS to limit fund raising projects so that our community is not saturated. This also allows our players and coaches more time to concentrate on their specific sports. However, raising funds to support athletic programs has become a “must” in today’s world. Funds raised go toward paying additional coaches not funded by the district as well as purchasing equipment for the specific sport.

The bottom line is that if booster groups did not raise funds for specific sports programs, these programs would not survive. Many schools in the Southern California area require a basic fee of between \$300 and \$600 for a student-athlete to participate in the program. This is still economical when compared to many of the fees that “club” or “select” teams require for participation. We ask that all participants and their families do their fair share to help raise funds. See the Varsity Head Coach if you have a problem situation or a question.

EQUIPMENT & FEES

At the conclusion of each season, student-athletes are required to return all school issued equipment/uniform and are responsible for paying for lost items. In addition, all fees must be paid in full. Any equipment and/or fees that have not been paid will result in a student-athlete being held out of performance events until this responsibility has been completed.

Effort

“Athletes, through laziness, can cheat themselves and their teammates.”

Reggie Morton, Author

Teamwork

“The main ingredient in stardom is the rest of the team.”

John Wooden, Coach

Teamwork

“We’re all in this together.”

Mike Candrea, University of Arizona Softball Coach

UNITED STUDENT BODY (USB)

The Brahma USB provides tremendous financial and spiritual support for all Brahma teams. USB funds purchase all trophies, awards, certificates as well as pay for a portion of transportation costs. Our USB has always supported the co-curricular activities at DBHS unconditionally. **Every Brahma student-athlete should purchase an USB CARD as a show of support for our loyal USB.** The money raised by our USB is returned to DBHS students in many ways throughout the school year.

CHEER TEAM

The Diamond Bar High School “Cheer Team” is responsible for supporting and cheering for all Brahma Teams! The time, hard work and commitment of all members of our cheer units equal that of our Brahma sport teams. On many occasions, Brahma Teams play in as many as six different sites and times in one day. It is impossible for our cheer team members to be at all events and still maintain solid academic standing.

As a Brahma student-athlete, you are asked to understand and support the role of our cheer team units. They are a big part of the success of our entire DBHS family.

THUNDERING HERD MARCHING BAND

The Thundering Herd Band is one of the best high school bands in the entire United States. This 250 plus member team spends countless hour preparing for their competitive season as well as attending many sporting events throughout the school year. We have the best band director in the nation in Mr. Steve Acciani. His loyal support for Brahma athletic teams is the key to success for all of our teams. As an athlete, you are expected to support our Brahma band at all times. We honor the Thundering Herd at football games as well as other athletic events. Our commercial band performs at many basketball contests. CIF rules limit the number of band members that may perform at basketball games.

Team Chemistry

"The best team doesn't win nearly as often as the team that gets along the best."

Dr. Rob Gilbert

Friends

"Count your life by smiles not tears. Count your age by friends not years."

Attitude

"It isn't the plays or the system that gets the job done, it's the quality of the players in the system."

Joe Paterno, Coach

Desire

"Games are usually won by the players with the greatest desire."

Paul "Bear" Bryant, Coach

NCAA ELIGIBILITY CENTER

Many college athletic programs are regulated by the National Collegiate Athletic Association (NCAA), an organization founded in 1906 that has established rules on eligibility, recruiting and financial aid. The NCAA has three membership divisions: Division I, Division II and Division III. Institutions are members of one or another division according to the size and scope of their athletic programs and whether they provide athletic scholarships.

If you are planning to enroll in college as a freshmen and you wish to participate in Division I or Division II athletics, you must be certified by the NCAA Eligibility Center. The Eligibility Center was established as a separate organization by the NCAA member institutions in January 1993. The Center ensures consistent interpretation of NCAA initial-eligibility requirements for all prospective student-athletes at all member institutions.

YOUR RESPONSIBILITY AS A PROSPECTIVE STUDENT ATHLETE

It is your responsibility to make sure the Eligibility Center has the documents it needs to certify you. These documents:

- ➔ **Your completed and signed Student Release Form and fee**
- ➔ **Your official transcript mailed directly from every high school you have attended**

- ➔ **Your ACT or SAT scores**
- ➔ **Foreign Student Application, if applicable**

WHEN TO START THE PROCESS

If you want to participate in Division I or Division II athletics, plan to start the certification process early – usually the end of your junior year in high school.

This publication is available free of charge from your high school counselor.

See Mr. Patterson and/or your counselor for more information

VARSITY LETTER INFORMATION

1. Only those athletes who have earned a varsity letter at the conclusion of their sport may wear the letter jacket of Diamond Bar High School. Letters for varsity sports may be purchased in the athlete office after the varsity coach has turned in his/her list of varsity letter recipients to the athletic office following the conclusion of their sport season. See Mrs. _____, our accounts person, to pay for your letter, and then bring your receipt to the Athletic Office. **A student-athlete must complete their sport season in good standing to be eligible to wear a Brahma Varsity Letter.**

Prices: \$10.00 with Activity Card
\$20.00 without Activity Card

2. Varsity letter recipients may purchase one letter only at the time they earn their first varsity letter. Athletes that letter in other sports will receive embroidered inserts for each sport. Sport insignia may be obtained **free of charge** from the athletic office after the varsity coach has turned in his/her letter winners at the end of the season. See Mrs. _____, our accounts person, to pay for the varsity letter.
3. **Scholar-Athlete Patches** are awarded to those athletes who have earned a varsity letter and have earned a minimum 3.0 GPA (**Patches cost \$5.00 with a USB card and \$ 10.00 without a USB card.**) Athletes may purchase one patch only and then are awarded Brahmats to be placed on the patch at no extra cost for each semester that they attain a 3.0 GPA. Patches and Brahmats may be obtained in the Athletic Office. See Mrs. _____ to purchase this patch.
4. **Tri-Sport Athlete Patches** are awarded, **free of charge**, to all athletes who letter in three varsity sports in the same year. These special, personalized patches are presented to seniors at the end of the school year awards ceremony and to underclass athletes at their sport ceremonies in the spring.
5. **The design and colors of the official Diamond Bar High School varsity letter jacket (men's and women's) may not be changed or altered in any way.** All letter winners are expected to follow the following guidelines when adding embroidery or additional items to jackets:
 - No gang slogans, insignias, or related items
 - Nothing derogatory toward other schools, ethnic groups or individuals
 - Only accomplishments already earned by the athlete may be added to the jacket
 - Only *varsity* level accomplishments are to be worn on the varsity letter jacket
6. It is the student-athletes option to choose where to purchase their jacket. See the athletic director for recommended, trustworthy merchants.

ATHLETIC AWARD INFORMATION

The following is a list of awards that Brahma student-athletes have the opportunity to earn during their varsity athletic careers. Our athletic staff hopes that this will help all Brahmas to set high goals and have the determination and desire to accomplish great things during their time here at Diamond Bar High School. Our main objective is team success and bringing positive recognition to our school and community. With team success, individual accomplishments are recognized.

DIAMOND BAR HIGH SCHOOL VARIETY ATHLETIC AWARDS

League Championship Patch

Each member of a varsity team that wins a Palomares League Championship receives this award to wear on their letterman's jacket. USB will present this patch to the athletic teams free of charge.

Varsity Letter

When a varsity athlete meets the criteria as listed by the head coach, he or she earns the right to wear a DBHS varsity letter and to purchase a varsity letter jacket. The criteria to earn a varsity letter may differ from sport to sport as determined by the head coach of the sport. At the conclusion of the season, head coaches send a list of letter winners to the athletic office. Being a member of a varsity team does not automatically qualify an athlete for a varsity letter. Letters may be purchased in the athletic office for \$9.00 with an activity card or \$18.00 without an activity card. Varsity letters are awarded after the sport season is over, not during the season.

Captain's Insignia

Varsity teams and head coaches sometimes designate captains for the season or portions of a season. These captains are eligible to wear a captain's "C" on their letter jackets. Inserts are available at no cost in the athletic office. At the conclusion of the season, head coaches send a list of captains to the athletic office.

Scholar-Athlete Patch

This award is presented to all varsity letter recipients who earn a minimum 3.0 GPA at the end of each semester. Patches are available in the athletic office for \$5.00 with a USB card and \$10.00 without a USB card. Athletes may purchase one patch and then are awarded Brahmas for this patch for each semester that they attain a minimum 3.0 GPA.

Tri-Sport Letterman Patch

This is one of the most prestigious awards at DBHS and is presented at the end of each school year at the annual DBHS Awards Night. To qualify for this patch an athlete must earn a varsity letter in three varsity sports during the school year. Tri-Sport Letterman Patches are presented at no cost to athletes.

Tri-Sport Athlete Award Certificate

This certificate is presented to those student-athletes who participate in three sports during the school year at any level of competition (Varsity, JV, Frosh/Soph, or Frosh).

Three Year Varsity Letterman Award

This award is presented to those seniors who have earned varsity letters in the same sport for a minimum of three years. The award is a Lifetime Pass to all Brahma home athletic events for the student-athlete and a guest.

Hall of Fame Award

This special award is presented to a senior athlete who as deemed by the head coach and coaching staff, has brought special recognition to their sport through their attitude, effort, and performance. Hall of Fame Award

recipients receive a Lifetime Pass to all Brahma home athletic events for the student-athlete and a guest. Recipients' names are placed on the perpetual plaque located in the administration building.

Master of Sports Certificate

A special certificate is presented to all senior student-athletes who have participated in the same sport for four years of high school. All award recipients earn the right to wear a silver honor cord at graduation ceremonies in May. Cords may be purchased in the USB office.

Individual Honors Per Sport

It is the Brahma Way to promote team ahead of individuals always. Each team will recognize one member with the BRAHMA CLASS AWARD at the conclusion of each season. This award is presented to the student-athlete who represented the team in all phases of competition, practice, academics, and community.

Senior Athlete of the Year Award

An outstanding female and male athlete will receive this award at the conclusion of the school year at DBHS Awards Night. The athlete must be a senior, must have competed in at least two sports and consideration is given to academic accomplishments and personal integrity in addition to other criteria.

Senior Scholar Athlete of the Year Award

This award goes to an outstanding female and male athlete at the conclusion of the school year at DBHS Awards Night. The athlete must be a senior, have a grade point average of 3.5 (minimum), must have competed in at least two sports and be an outstanding citizen on campus and in the community in addition to other criteria.

All League & Academic All League Photos

In early May of each year, every student-athlete that has earned all Palomares League recognition for their performance and/or named Academic All Palomares League is invited to be in a special photograph honoring each group. An invitation will be sent to every eligible student-athlete indicating the date and time of this event.

Retired Number Banners

In very special cases, a Brahma student-athlete will be honored by having their number retired and a banner in their name raised in the gym. The criteria for this prestigious award are the student-athlete's performance in the athletic arena as well as outstanding citizenship, leadership and attitude during their four years as a Brahma. Minimum performance criteria are: multiple years All-CIF Team or CIF Individual Champion, or CIF Player-of-the-Year, or All-American recognition. Outstanding citizenship and sportsmanship are also important qualities that a student-athlete must demonstrate to be considered a recipient of this award.

PALOMARES LEAGUE HONORS

All-League

At the conclusion of each sport season, coaches in the Palomares League meet and name an All League Team in every sport. Athletes are nominated by their coach and are voted to this team by other coaches in the league. A coach may not vote for his own players. Usually, the higher a team finishes in league standings, the more all league selections it receives. Individual sports have performance criteria (placing first or second in the league tournament) that determine an all league team. A first team and second team selections are announced to the local media following this meeting. First team members are awarded a patch in recognition of their outstanding performance during the season. Second team selections receive an All-League Certificate.

League Player of the Year

At the conclusion of each sport season, coaches in the Palomares League meet and nominate those student-athletes who have demonstrated superior performance during the league season. The Palomares League "Player

of the Year” is announced to the media at the same time that all league teams are released. The Player of the Year receives a patch in recognition of their outstanding contributions to their team’s success during the season.

Academic All-League

A special certificate is presented to all varsity athletes who have played in league competition and have attained a 3.5 GPA based upon the previous semesters’ grades.

CIF AWARDS

CIF Southern Section Championship

This is the most prestigious award for a team or individual performer to attain. To win this award, the championship team has qualified for the playoffs and has been undefeated in each round of playoffs. (All members of the championship team receive a team trophy to be displayed at their school, and each member of the team receives a CIF Championship patch for their lettermen jackets.) Individual event champions receive a championship medal for their jackets.

State Championship

The following sports have a championship tournament: Cross Country, Volleyball, Basketball, Wrestling, Track, and Golf. To qualify for this level of competition, a team or individual athlete must have won their respective CIF-SS Championships or finished as the runner-up.

CIF-Southern Section Runner-up

A team or individual that finishes the CIF-SS playoff tournament in second place receives a team award for their school. Each member receives a medal in recognition of their accomplishments in reaching the CIF-SS Championship.

CIF Playoff Participant

Teams and individuals may qualify for the CIF-SS Playoffs (usually the top three teams in league) at the conclusion of the Palomares League season. All participants receive a CIF-SS Certificate and earn the right to compete for the CIF-SS Championship.

All CIF-SS Team

Special recognition is given to outstanding athletes in team sports in the CIF-SS. At the conclusion of the CIF-SS playoffs, a special committee made up of local sports media and selected CIF representatives select an All CIF-SS first, second and third team. Just as in all league selections, the better the team, the better the chance more All CIF selections will come from that school. These teams are announced to the media and certificates are sent to each athlete’s school for them and their coach.

CIF Player of the Year

This award is selected by a special committee made up of local sports media and selected CIF representatives. The recipient of this award is deemed to be the most outstanding player in his or her sport in the CIF Southern Section. This award is usually presented to an athlete who is a member of the CIF championship team or runner-up.

CIF-SS Scholar-Athlete of the Year Nominee

Each school in the CIF Southern Section may nominate a male and a female student-athlete who has excelled in the classroom and in the athletic arena during the school year. Winners are selected by the CIF Southern Section and announced to the media at the conclusion of the school year. Minimal criteria for this award are 3.5 GPA during 10-12 grades, varsity letter winner and active involvement in extra-curricular activities.

State Scholar-Athlete of the Year Nominee

A male and a female student athlete may be nominated from each high school in California. The state CIF selects winners for this award. Minimal criteria for this award are: 3.5 GPA; two year varsity letter winner; superior athletic accomplishment; demonstration of good citizenship and personal integrity, letters of recommendation from coach, athletic director, counselor and principal; and to write a brief essay.

Handling Adversity

"Sometimes adversity can work in your favor. Instead of feeling sorry for yourself and using it as an excuse, accept the situation and try to make the most of it. That's how a team develops resilience and character."

Team Chemistry

"Team spirit is a competitive advantage."

INFORMATION FOR PARENTS

Parent/Coach Relationship & Communication

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to our children. As parents, when your children become involved in our program, you have the right to understanding the expectation that are placed on your child. This begins with clear communication from your student-athlete's coach. **Participation in high school athletics is a privilege and not a right.**

Communication You Can Expect From Your Coach

1. Philosophy of the Coach
2. Expectations the coach has for your student as well as all of the players on the squad.
3. Locations and times of practices and contests.
4. Team requirements, e.g.: fees, special equipment, off-season expectations.
5. Procedure to follow should your student be injured during participation.
6. Discipline that results in the denial of your child's participation.
7. The availability of the coach to speak with your student if they have a problem.

Communication Coaches Can Expect From Parents

1. Concerns expressed directly, at the appropriate times, to the coach.
2. Notification of any schedule conflicts which involve absence from practices or contests well in advance.
3. Your support for the program that your student has chosen to participate in and positive encouragement for all involved.

Benefits and Challenges of Athletic Participation

As your student-athletes become involved in the athletic teams at Diamond Bar High School, they will experience some of the most rewarding moments of their lives. It is also important to understand that there will also be times when things do not go the way your student wishes.

This is the time when your student should set-up a time to talk to his/her coach. This type of communication will help give both the coach and the athlete a better understanding of each other's ideas and goals. This is also a part of a young person's growth into being a successful adult.

Appropriate Concerns to Discuss with Coaches

It is very difficult to accept that your student-athlete may not play as much as you may have hoped. Our coaches are experienced, professional educators. They use their experience and expertise to coach young men and women and are required to make judgement decisions based upon evaluation of practice performance and what they believe to be in the best interest of all those involved in their program. As you read the items below, certain topics can and should be discussed with your student-athlete's coach.

1. Suggested ways to help your student-athlete improve.
2. Concerns about your student-athlete's behavior and/or academic progress.

Issues NOT Appropriate to Discuss with Coaches

The following issues are left to the discretion of the coach:

1. Playing Time
2. Team Strategy
3. Play calling/game strategy
4. Other student-athletes

What To Do If You Have a Concern – Here is the Procedure

1. Have your student-athlete meet with his/her coach to discuss an issue. On most occasions, this coach-to-athlete meeting can resolve issues or questions. As stated earlier, this is part of our young men and women learning to grow as adults.
2. Call or email the coach directly to schedule a parent-coach meeting with your child. The school telephone number is 909-594-1405. Leave your name, telephone number, and a short message and the coach will return your call.
3. Please **DO NOT** attempt to talk to a coach before or after a contest or practice. Our coaches are responsible for supervision and safety of their athletes. In addition, these can be emotional times for both the parents and the coach. Meetings of this nature do not promote resolution.

If a Next Step is Necessary

What can a parent do if the coach-athlete meeting (Step 1) AND the parent-coach-athlete meeting (Step 2) did not provide resolution:

Call DBHS and set-up an appointment with the Athletic Director, Albert Lim, and the coach to discuss the situation. At this meeting, issues of concern will be discussed and an appropriate plan of action developed.

If They Had To Do It All Over Again

In an article in *Scholastic Coach* magazine, 94 former professional athletes were asked the question:

“If you could live your life over again, what would you do differently to prepare yourself to be an athlete?”

Their replies divided into eight categories of advice, as follows:

1. **Get a great education.**
2. **Participate in a “strength and conditioning” program.**
3. **Dedicate yourself to the sport you play during the season.**
4. **Develop fundamental skills.**
5. **Have a strong faith.**
6. **Play a variety of sports.**
7. **Get proper nutrition.**
8. **Keep sports in perspective.**

Some of the great athletes polled in this article were: Phil Rizzuto, NY Yankee Hall-of-Fame Player, Todd Christensen, NFL Tight End for the Oakland Raiders, Brooks Robinson, Baltimore Oriole Hall-of-Fame Third Baseman, Bill Sharman, NBA Hall-of-Fame Player and Coach, Mike Singletary, Chicago Bear Middle Linebacker, Roy Campanella, Dodger Hall-of-Fame Catcher, Bernie Kosar, NFL Quarterback, Leonard Marshall, NFL All-Pro with NY Giants, Andre Tippett, NFL Player, and Don Sutton, Major League Hall-of-Famer.

Team Selection – A Letter to Parents and Student-Athletes

Dear Parent/Guardian and Student-Athlete:

Over the past few years it has come to our attention that parents and students have some serious misconceptions regarding the high school competitive athletic program. Please take a few moments to read this letter. Hopefully, this will help you understand how a competitive program is conducted and what comprises our expectations and philosophy.

In each program, a coach and/or coaches are hired by the school district to be responsible for team selection. Criteria for selection are established by the head coach with input from the entire coaching staff. This may be a subjective process. Team selection, practices and decisions regarding game situations are the responsibility of the coaching staff.

This Diamond Bar High School athletic program is highly competitive. In certain sports, we are not able to place every child who wishes to participate on a team. While this is not our desire, this is a reality. The most difficult task facing our coaches is to let great young men and women know that they were not selected for a team.

Please be sure when your child tries out for a team, both you and they understand there is a very real possibility they may not be selected. If selected, both you and your child should be prepared to accept placement at any level, i.e. freshman, junior varsity, or varsity. It is disturbing to have a student try out for a team and then quit when they are not placed where they think they should be. By doing this, they have taken away someone else's opportunity to be on a team. **At DBHS, quitting a sport is not accepted. When a student-athlete chooses to participate in a sport, their commitment lasts for the entire season.**

Normally, during the tryout period, coaches have a limited amount of time to make team selections. They do the best they can in keeping the most talented athletes, filling positions for play, and placing athletes on the proper team. Coaches are under a good deal of pressure to assemble the most competitive team possible. Any one of us might selected different athletes for the team. We believe it is the coaches' responsibility to select the team with whom they will work for the entire season.

Our experience in athletics reveals there are many "select or traveling teams" sponsored by many different organizations. Participation on a "select or traveling team" does not guarantee any player a spot on a high school team. While we believe players can gain valuable experience outside of the school athletic program, neither parents nor students should count on this type of participation to "guarantee" a spot on a high school team.

The main goal of a competitive athletic program is to put the most competitive TEAM and not the most talented players. Starting positions and playing time are not guaranteed to seniors making the team, or anyone else for that matter. Each member of the team is very valuable to the team's overall progress. Some members may play a great deal of the time in a contest while others may not see what a parent would consider "significant" playing time. Each student-athlete should have personal improvement as one of his/her goals.

By being a member of a team, regardless of time spent in actual competition, a person can learn many valuable lessons. Among them are the following: citizenship, sportsmanship, appreciating good play by an opponent, working together to meet team goals, responsibility and commitment to team and school, loyalty, placing team above self, learning to accept instruction and criticism, respect for others, winning and losing with dignity, self-control, and being responsible for one's own actions.

We sincerely hope this helps you to understand the goals and philosophies of the competitive athletic program at DBHS.

GO BRAHMAS!

COLLEGES AND SCHOLARSHIPS

Recent studies have shown that the percentage of young men and women being offered a NCAA Division I full scholarship is **0.08%**! In other words, it is easier to become a National Merit Scholar Finalist than to receive an athletic “full ride” scholarship. It is very important to understand that high school coaches **ARE NOT** responsible for getting student-athletes college scholarships. However, high school coaches do work very hard to make sure that the high school student-athlete maximizes his/her potential in both the athletic and academic arenas.

Parents can help improve the odds of their student participating in sports at the collegiate level by:

- Learn about the different divisions and the types of scholarships and grant opportunities available.
- Determine if your student really wants to play at the collegiate level.
- Have a realistic evaluation of what level your student can participate in at the collegiate level. (Remember, there are over 25,000 high schools in the nation.)
- Remind your student to enjoy their high school sports experience.

Here are a few suggestions to help parents learn about participation in athletics at the collegiate level:

Develop Your Recruiting Game Plan

(taken from *RECRUITING REALITIES* by Jack Renkens)

- **Evaluate your talent/skill level honestly**
- **Respond to Questionnaires**
 - **Your coach as sent in names of prospective players**
- **Introduce yourself to college coaches**
- **Develop a list of questions for coaches**
- **Call College Coaches**
- **Create a Game/Skill tape (send on request ONLY!)**
- **Arrange unofficial college visits**
- **Take the SAT or ACT (multiple times)**
- **Register with the NCAA Clearinghouse**
- **Get a copy of the *NCAA Guide for the College Bound Student-Athlete***
 - This booklet can be [downloaded from the NCAA website](#) or call 800-638-3731 to receive a free copy.

Ten Things Students Can Do To Help Themselves

(taken from *Winning an Athletic Scholarship* by Dennis K. Reischl)

1. **Take care of academics.**
2. **Coordinate with your high school coach.**
3. **Attend camps and clinics.**
4. **Build your strength and endurance.**
5. **Conduct yourself well on and off the field.**
6. **Consider using a recruiting service.**
7. **Develop video tapes to showcase your abilities (requested only).**
8. **Show interest (in prospective schools).**
9. **Make time to visit.**

10. Actively evaluate prospective schools.

Being a supportive Parent

(Taken from Coach Herb Meyer, El Camino HS, CIF San Diego Section)

1. Be positive with your child.
2. Don't offer excuses for your child if they are not playing.
3. Don't "put down" the coaches – be supportive in front of your children.
4. Encourage your child to follow the team rules.
5. Insist on good grades!
6. Don't develop envy toward other players because you don't like their parents.
7. Don't be a know-it-all.
8. Insist on your child's respect for team rules, game officials, and sportsmanship.
9. Encourage your child to improve their self-image by believing in themselves.
10. Encourage your child to play "for the love of the game."

Work to Develop Positive Sports Parenting

(by George Selleck, Sports Psychologist)

- Use sports to reinforce family values.
- Teach children to cope with frustration.
- Teach children to make good choices about tobacco, drugs and alcohol.
- Build character.
- Teach children to respect themselves and others.
- Communicate effectively with the coach.

A "CODE OF CONDUCT" for Parents

(By Dr. Laura Finch, Western Illinois University)

- Remain in the spectator area during competition.
- Do NOT yell instructions or criticisms to the players.
- Make no derogatory comments to players, other parents or fans; officials, or administrators.
- Do NOT interfere with your child's coach.
- Be willing to let the coach be responsible for your child during the duration of the contest.
- Provide unconditional love, acceptance and emotional support regardless of the games' outcome.



Conduct At Athletic Events

Thank you for attending today's event. We hope that you enjoy the contest! In order to provide a pleasant and safe environment for all spectators and participants, all participating schools' staff and students ask that all fans do the following:

- REMEMBER that this is a high school athletic event. All participants (players, coaches, officials, and fans) are involved in this phase of education of our student-athletes. All involved should display proper sportsmanship and play by the rules of the game because *it's the right thing to do!*
- Do not coach from the bleachers, it embarrasses you, your child and those seated near you.
- Support your team by being a positive representative of your family and your school.
 - Cheer for good play
 - Refrain from intimidating or harassing players, coaches, officials, or other fans.
 - Use proper language at all times.
 - Remain in assigned seating areas – spectators are not allowed in the playing area.
 - Follow safety rules and CIF regulations.

Admission to this event is a privilege and not a license to display insensitive or offensive behavior.

Coaches, program administrators, sport officials, and athletes themselves have a right to demand that spectators conform to acceptable standards of behavior.

Enjoy the event by being a FAN, not a fanatic!!