

Half Moon Bay High School Athletics



Code of Conduct

HALF MOON BAY H.S.

Mascot: Cougar

Colors: Orange and Black

Address: Lewis Foster Dr.

Half Moon Bay, CA 94019

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Athletic Director: Justin Ferdinand (ferdinandj@cabrillo.k12.ca.us)

A.P. of Athletics: James Barnes (barnesj@cabrillo.k12.ca.us)

Principal: John Nazar (nazarj@cabrillo.k12.ca.us)

FALL SPORTS

(First practice is August 4, 2017)

Football

Volleyball

Cross Country

Cheer

Girls Tennis

Boys/Girls Water Polo

Surf Team

WINTER SPORTS

(First practice is October 30, 2017)

Boys/Girls Basketball

Boys/Girls Soccer

Wrestling

Dance

SPRING SPORTS

(First practice is January 29th, 2018)

Baseball

Boys Golf

Softball

Swimming

Track and Field

Gymnastics

Boys Tennis

Mission Statement

Half Moon Bay High School Athletics aspires to be an outstanding educational-athletic organization that provides a high quality experience to every student-athlete and a safe, welcoming environment for all. A high quality experience is one in which every student-athlete:

- Is coached using the principles of positive coaching and “pursuing victory with honor”.
- Feels like an important part of the team regardless of performance.
- Understands that being a Cougar Athlete is both a privilege and a responsibility.
- Learns “life lessons” that have value beyond the playing field.
- Learns the skills, tactics and strategies of the game and improves as a player.

We are committed to creating a positive culture in which coaches, parents, teachers/staff, fans, officials and athletes work together to achieve our mission.

TO ALL PARENTS/GUARDIANS & STUDENTS OF HALF MOON BAY HIGH SCHOOL:

It is our goal to provide a rewarding educational experience for your student. The Cabrillo Unified School District and HALF MOON BAY High School offer voluntary participation in a wide range of interscholastic athletic teams. Participation is a privilege, not a right; therefore we strongly adhere to requirements of academic eligibility and citizenship/behavior. Our coaches are supported in their professional freedom to make coaching choices and decisions that are sport specific. ***We strive to teach our student-athletes the concepts of team goals and school pride as opposed to individual honors and recognition.*** We also recognize your love and concern for your child. If there is a conflict in these objectives, we are here to resolve them. .

1. Eligibility

Students wishing to participate on an interscholastic team must meet the following eligibility criteria. These rules are the result of the combined effort of five different groups; CIF, CIF-CCS, PAL, CUSD/HMBHS and the NFHS (National Federation of High Schools).

1. A minimum of a 2.0 GPA maintained during the previous grading period (2nd semester, year prior for Fall season, 1st quarter for Winter season, and 1st semester for Spring season). Subsequent grading periods during a season will also be utilized to determine ongoing eligibility. Each grading period has posting date which those grades become effective on. After that date, NO changes/additions can be made to rosters, **except for teacher error**. Exception: 1st quarter freshmen are eligible until end of 1st quarter.
In the event of an “incomplete” grade mark: the student-athlete is ineligible to participate in any competitions until a letter grade is given, and a 2.0 GPA is determined by the A.D. and/or administration..
2. Must meet residential eligibility requirements. (more info: www.cifccs.org, under “Eligibility”)
Simple rule: When a student transfers schools (changes from School “A” to School “B”) regardless of the reason for the change, the new school (School “B”) must take steps to ensure the athletic eligibility of the student. Contact Athletic Director.
3. Completed online clearance process and physical from a licensed medical doctor turned into the Athletic Director prior to the beginning of a season

2. Academic Probation

If an athlete was academically ineligible at the beginning of the season due to grades from the previous grading period and becomes eligible at the next grading period, that athlete may be added to the team roster, at the discretion of the coach, but only under the following condition:

- 1) The athlete’s GPA at the previous grading period making him/her ineligible is 1.7 or higher, unless extenuating circumstances apply;

Any student who desires to have academic eligibility reinstated must formally make this request to his/her coach in a meeting with the Athletic Director. Students can participate in team activities which include practices and team meetings at the coach’s discretion, but cannot participate in interscholastic contests until being reinstated by the Athletic Director.

3. Sportsmanship

Being a good sportsman means showing respect to other competitors and everyone involved in the sport. A good player does not let his/her emotions take over, NO MATTER the circumstances.

Sportsmanship defined by CCS Policy: “A person who can take a loss or defeat without complaint or victory without gloating, and who treats his/her opponents with fairness, courtesy and respect.”

(We do not speak inappropriately to other teams’ players, coaches and/or officials: Officials do not lose a game for a participant or a team. Profanity and vulgarity are unacceptable. Any form of racial slur or insult will be met with harsh consequences. Let our playing make the statement. We will remain composed at all times.) Winning is not our primary goal. Each player will be dedicated and give 100% effort in practice and in competitions. **If you can accomplish this, wins will follow.**

According to **Cabrillo Board Policy:** student-athletes, coaches, parents/guardians, spectators and others are expected to demonstrate good sportsmanship, ethical conduct, and fair play during all athletic competitions. They shall also abide by the core principles of trustworthiness, respect,

responsibility, fairness, good citizenship and the Codes of Conduct, as adopted by the California Interscholastic Federation (CIF) in its publication "Pursuing Victory with Honor".

Winning should not be achieved at the cost of integrity.

4. **Student Participation Conduct Penalty**

Student participation in athletic contests is an honor. Student-athletes are expected to conduct themselves in an exemplary manner at all times. During participation in all CIF competition, a student who is ejected or disqualified from that contest will be ineligible for at least the team's next contest.

Any player whose conduct merits ejection from a match by an official for fighting or assaultive behavior shall be disqualified from participating in the remainder of the match and will be ineligible for the team's next match. After the suspension from play, the student may only return after certification by the school principal that the student(s) has completed a conference with a school administrator and the proper form has been filled out. In addition, any student who physically assaults an official shall be banned from interscholastic athletics for the remainder of the student's interscholastic eligibility.

5. **Tryouts/ Playing time**

There are no guarantees for athletes to be included on a team regardless of his/her participation in the previous year. Every player is expected to try out every season. There is also no guarantee of playing time at the F/S, junior varsity, or varsity levels. (See Ryan Act: **"Athletic participation is a privilege, not a right"**.)

6. **Adding athletes to roster**

Coaches may not add athletes to their roster after the roster deadline which will be prior to first league contest. They also cannot be added after the grading period deadlines. This includes any athlete who, at the beginning of the season was ineligible due to grades and becomes academically eligible after the grade reporting period.

Overlapping Sports- In the event a team is still competing when another season begins, coaches are required to leave their rosters open for possible players that are unable to tryout because their previous season is not complete. For example, if a football player wishes to play basketball and basketball tryouts are during the football season, the basketball coach must give the football player an opportunity to try out for the basketball team after the completion of the football season. Please make sure that coaches are aware of this situation.

7. **Attendance: (Team and School)**

You are expected to be on time and attend all practices and team functions. Organize your priorities. (1-Family 2- School 3- Athletics) There is no reason to fall behind in school. If you cannot stay organized and on task, something will have to go, and it will be athletics. Also, missed practices during any week, excused or unexcused, may prevent you from participating in that week's contests.

- "Any player who would normally be eligible for participation on the day of a contest is required to attend four periods regardless of class schedule. Medical appointments are not considered excused absences for this purpose unless prior approval (three days) has been granted by A.D.
- Participation in Physical Education Classes- Any student enrolled in PE cannot participate in competitions and/or practices if they fail to participate in their PE class any given day. (No dress cuts, unexcused absences or medical excuses). All students are expected to run and participate completely, regardless if they have a competition that day." - HMB Athletic Policy
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8. **Behavior and Academics**

Your behavior on and off campus can and will affect your status on this team. Be smart. Think before you act and speak. **Your conduct is as important as your athletic skills.** This includes the classroom. Be on time, NEVER cut, participate in the class and show your teachers that you care about your academic success just as much as your athletic success. Academics are the number one priority for high school student-athletes. During the season, students should plan to do projects, homework, and studying outside of practice. Key lessons learned through participating in high school athletics are planning, prioritizing, and understanding one's time limitations. If there is an unavoidable conflict involving athletics and academics, **academics always take priority.** Consequences for missing practices, tournaments, or games may still result. Many times travel to an athletic competition means missing class. Students need to recognize demands that athletics can place on academic attendance and make appropriate choices. A student-athlete's off season behavior and attendance can affect his/her status on their team. You are expected to be respectful, hard working, punctual, and participate whether you are in season or not. The HMBHS Code of Conduct applies to student-athletes year round.

9. **Drugs/ Alcohol**

By CIF and the HMBHS signed Code of Conduct, students are prohibited from using any form of alcohol, tobacco, illegal drugs, steroids, and performance enhancing drugs while attending a school activity or event. These have no place in an athlete's life. Student-Athletes will be held to zero tolerance for drugs and alcohol. Anytime during the school year, **a student suspended for drugs or alcohol** (i.e.: drunk at school, a football game, prom, etc. = violation of HMBHS student policy code #48900). All individuals have the right to due process and can appeal this d

First Offense

- **3 Day suspension**
- **4 Counseling Sessions (2 Week Max) can't be started until 3 day suspension is concluded**
- **Removal from sports team until all steps above have been completed.**
Athletic Director must have a meeting with student-athlete and parents and receive documentation showing completion of step 2 and 3 above before student-athlete is reinstated to their team for participation.

Second Offense

- **Four Day suspension**
- **6 sessions of counseling (2 max a week) can't be started until 4 day suspension is concluded**
- **Removal from sports team for the current season (example: Fall). Student Athlete can earn back their 2nd (winter) and 3rd (spring) season by completing the steps outlined above.**
Athletic Director must have a meeting with student-athlete and parents and receive documentation showing completion of step 2 and 3 above before student-athlete is reinstated to their team for participation

All individuals have the right to due process and can appeal this decision. This suspension would be appealed to the Half Moon Bay High School principal, then to the Cabrillo Unified School District Superintendent and finally to the Governing Board.

For Third and Fourth offenses, please refer to the Half Moon Bay High School Student Handbook for explanation. Offenses accumulate throughout a student athlete's career at school.

10. Quitting the team/ Removal from team

Any player who quits a team after the first scheduled contest will not be able to compete in any other sport that season, nor will he/she be able to participate in any sport in any capacity the following season until the current season is over. For example, if a volleyball player quits after the first game of the volleyball season, she cannot then choose to run cross country, nor may she participate in basketball until the conclusion of the volleyball season. On occasion, an in-season athlete may find it necessary to drop out of a sport. If this is the case, the following procedure is suggested.

1. Talk with your coach.
2. Report the situation to the Athletic Director.
3. Return all equipment and uniforms issued to you.

Athletes who quit their teams or are removed from the team by the coach at any time during the season will forfeit any awards they would have received.

11. Competition on an Outside Team and Club Participation

A student on a high school team becomes ineligible if the student practices or competes in a contest on an “outside” team in the same sport, during the student’s high school season of sport. This includes club teams. Participation in our high school team athletics takes precedence over all other outside athletic activities. If conflict occurs, the high school event will come first.

12. Locker Room Procedures

This is your locker room; take care of it and keep it clean! No cleats should ever be worn in the locker room. There should be NO horseplay. Students may not be in the locker room without a certified coach supervising. Any theft or vandalizing will be prosecuted to the full extent.

13. Equipment (Care and Maintenance)

Athletes are financially responsible for uniforms and equipment issued to them and must pay for items not turned in at the end of the season. Athletes failing to return school-issued equipment will not be permitted to receive equipment, awards, or participate in another sport until all equipment debts are satisfied. All equipment is to be turned in to the person who collects equipment no later than seven (7) school days after the end of the season.

14. Hazing

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

15. Injuries/Sickness

All Injuries and health issues need to be reported to a coach as promptly as possible. Coaches cannot determine how **YOU** feel. If you tell a coach you are hurt/ injured, they will remove you from play. If you hand your coach a doctor’s note stating you can no longer participate due to injury, then the doctor must also clear you to return to activity with a note. IF you have been diagnosed by a licensed medical doctor as suffering a concussion, you will sit out a **MINIMUM** of 7 days from the date of diagnosis. You must be cleared by a medical doctor before returning to practice or competition.

16. Parents/ Guardians

Thank you for supporting your son’s/ daughter’s commitment to their team. It is our hope that we can all work together and avoid any undermining of one another; and focus rather on positive experiences for our athletes.

Here at Half Moon Bay High School we “**We Honor the Game**”. We cheer and support our Cougars; win or lose! We do NOT “boo” or disrespect our opponents, their fans or the officials. Cougar fans know that winning should not be achieved at the cost of integrity. (See #2 Sportsmanship Section)

Parent Responsibilities

- >Understand that academics are #1 priority.
- >Attend seasonal sport night to learn about your student’s team and meet the coaches.
- >Help your student-athlete to understand that the team comes before the individual.
- >All sporting events are to be alcohol and substance free.
- >Schedule appointments, vacations, and college visits outside of school, tournaments, practice, or game time.
- >Encourage your student-athlete to know and understand game rules as well as team rules.
- >Help your student-athlete to come prepared to do his/her best by encouraging them to be physically and mentally prepared. This includes proper nutrition, sleep, and care of injuries.
- >Encourage your student-athlete to communicate appropriately and respectfully with the coach.
- >Pay admission fees when appropriate.
- >Any events hosted by parents where students are present need to be alcohol and substance free.

17. **Communication that coaches can expect from parents:**

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

Appropriate to discuss:

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

Inappropriate to discuss:

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

Steps for resolution:

1. First contact the coach to set up a meeting.
2. Schedule appointment with the Athletic Director.
3. Schedule appointment with the Assistant Principal in charge of athletics.

“I have read and understand the Half Moon Bay High School Student-Athlete’s “Code of Conduct.”

Player’s name: (print): _____

Player’s signature: _____

Parent/Guardian signature: _____

Date: _____