



**SUMMERVILLE  
HIGH SCHOOL**

**STUDENT-ATHLETE / PARENT HANDBOOK**

**2016-17**

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## Message to Student-Athletes and Parents

Welcome to Summerville Athletics, Home of the Bears!!

We are very pleased that you have an interest in the interscholastic athletic program at Summerville Union High School District. It is our hope that the experiences will be positive as well as educational. **Participation in athletics is a privilege** and athletics can give the student the opportunity to learn leadership skills, it can foster self-confidence, self-discipline, organization, decision-making skills, and it encourages them to set goals. At Summerville High we believe a comprehensive athletic program is vital for the educational development of our students and that the core of the athletic experience should be in the development of **sportsmanship and character**. We proudly support the foundational principles of the California Interscholastic Federation's (CIF) "Pursuing Victory with Honor" and the "Six Pillars of Character".

Once students have been selected to represent Summerville High School as a student-athlete, there are often many questions which both the student-athlete and parent may have regarding our athletic department. In order to assist in making the athletic experience a positive one, this handbook, has been assembled to answer a variety of questions about our Athletic Program. We hope that this booklet will be of assistance, and we encourage you to use it as a reference throughout the year. If you have additional questions feel free to contact me.

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Athletic Office (209) 928-4228 ext 249 Fax (209) 928-1422

Mascot: Bears Colors: Black and Orange  
League Affiliation: Mother Lode League Section: Sac-Joaquin  
Web Address: <http://www.summbears.k12.ca.us/>

Athletic forms can be found on the ATHLETICS page

### **Fall Sports**

Cross Country (co-ed)  
Cheerleading  
Football  
Golf (girls)  
Volleyball (girls)

### **Winter Sports**

Basketball (boys)  
Basketball (girls)  
Soccer (boys)  
Soccer (girls)  
Wrestling

### **Spring Sports**

Baseball  
Golf (boys)  
Softball  
Tennis (co-ed)  
Track and Field (co-ed)

## PHILOSOPHY OF STUDENT ATHLETICS

Summerville Union High School District recognizes the importance of athletics as an integral component of a student's complete educational development. As such, we believe that all students should have an opportunity to participate in some form of interscholastic athletics and that such participation should encourage positive scholastic and social growth and achievement. All participants, teams and spectators will represent the school and community in a positive manner and will reflect the dedication and hard work that will be required to compete and be successful. The Summerville Union High School District Governing Board, Administrators and Coaches subscribe to the foundational principles of the CIF's "Pursuing Victory with Honor." As such, success will not be measured by records that are achieved by teams or individuals, but rather by the knowledge that each participant gave his/her best effort and prepared for each contest to the best of his/her ability. Summerville High School realizes that an effective interscholastic athletic program is the product of responsible cooperation between its four major components: the parents, the student-athlete, the coaching/teaching staff, and the district administration.

### COMMUNICATION

In our continuing effort to establish and maintain clear lines of communication between the Summerville Athletic Department Staff and the parents/guardians of our student-athletes, the Athletic Director has established a process for communication. We will post all schedules, forms and other communication on our web page in an attempt to better serve you and your student-athlete. In order to promote positive communication, Summerville athletic director and coaches will conduct an athlete/parent meeting at the beginning of each season in an effort to communicate the individual differences of each program. It is our hope that this meeting will be a vehicle for effective, open and appropriate communication between the coaches, players and parents. In order to bring resolution to any issues that may arise during the season, we have developed the following guidelines in an effort to help make the communication process a productive and positive experience.

### PARENT SUPPORT GUIDELINES

It is the intent of the Summerville Athletic Department to provide an avenue for meaningful dialogue and positive communication between coaches and parents.

1. Ask questions, obtain information or relay concerns in an appropriate manner and time.
2. **Encourage the student-athlete to first communicate with the coach.** He/she will then be able to discuss what the athlete is doing well and what needs work in order to improve.
3. Expect that coaches will only talk to a parent/guardian with regard to his/her own child.
4. If a resolution is not reached, the parent/guardian should then follow the next step in the protocol below to resolve the "issue".

### STRATEGIES FOR PARENT AND STUDENT-ATHLETE COMMUNICATION WITH COACHES

1. Always communicate in a timely manner; well in advance with regard to athletes missing practices or games.
2. Remember that coaches are responsible for all decisions pertaining to playing time, player position, technical and team strategy/preparation, and team selection. It should be noted that coaches are NOT REQUIRED to discuss these topics with parents at any time.
3. To discuss "issues" other than those listed above, **SCHEDULE AN APPOINTMENT** to meet with the coach. Coaches will make their work numbers and/or emails available to parents. ***Do not attempt to confront a coach before or after a contest or practice.*** Meetings at those times do not promote positive communication or resolution.

4. The Summerville Athletic Department and its staff are willing to discuss concerns or problems that may arise, and we are willing to hear concerns. Please adhere to the order of the following protocol:
- **Student-athlete** and/or parent will make an appointment and meet with the coach to discuss concerns.
  - Student-athlete and/or parent will make an appointment to meet with coach and AD.
  - Student-athlete and parent will make an appointment to meet with coach, AD and principal.
5. There will be no establishment of parent groups, websites, athlete groups, etc. portraying themselves as representatives of SUHS District, without the written consent of the head coach, the athletic director, and the principal of Summerville High.

## **RESIDENTIAL ELIGIBILITY**

The California Interscholastic Federation requires that students who participate on a school team must be living with parents or legal guardians who reside within the school's attendance boundaries. All exceptions to this rule require that special permission forms and letters of approval be on file before a student can be declared eligible. Since transferring from one school to another may affect a student's athletic eligibility under the rules of the Sac-Joaquin Section (SJS) and the California Interscholastic Federation (CIF), **students must meet with the Athletic Director or Principal if they have transferred!** Any transfer student (except entering 9th graders) must obtain and fill out the necessary CIF forms and receive CIF clearance before he/she may participate in any contests. Because the penalty for allowing an ineligible athlete to participate is severe (forfeiture of all contests in which the athlete participated), an athlete who is dishonest about his/her residence places the entire team in jeopardy. Any athlete known to be using a false address or otherwise not being honest about a residence should be immediately reported to the coach/AD to avoid penalizing the entire team. If a student and his/her parents move out of the attendance area, but the student remains in the school, the student must immediately report the change of address to the Athletic Director. Inter-district transfers do not guarantee athletic eligibility. Questions about residential eligibility should be directed to the Athletic Director.

## **INSURANCE COVERAGE/RISK OF PARTICIPATION/RETURN TO ACTIVITY AFTER AN INJURY**

All student-athletes must have current insurance coverage and provide the policy/group number prior to participation in a sport. **Should the insurance coverage change, new information must be provided immediately to the Athletic Director.** Our district offers a school insurance program for those students who need to purchase individual insurance coverage on a yearly basis. Participation in interscholastic athletics can lead to possible injury to athletes. Although most injuries are minor in nature, it is possible that an injury could occur that is severe or could result in death. Summerville UHSD and its staff take every precaution to prevent such injuries, but the risk does exist. It is the policy of our athletic department to require a medical release clearance note from the physician for any injury that requires medical attention. Parents must request this document and submit it to the coach prior to the athlete's return to activity.

## **SUMMERVILLE HIGH ATHLETIC BOOSTER CLUB**

Our Athletic Booster Club supports all of our athletic teams at Summerville High School. The purpose of this parent booster group is to promote and provide programs and projects which will enable them to contribute additional funding to the athletic programs while enlisting strong community and parent support for athletics. **We strongly urge you to join our Summerville High Athletic Booster Club!!** You can attend our bi-monthly meetings as well as volunteer for the many opportunities that are available to help. Boosters' meetings are posted on the Athletics tab of our school web page. **For more information contact *the Boosters directly* at [bsummervillebears@yahoo.com](mailto:bsummervillebears@yahoo.com) or "like" them on Facebook – Summerville Bears Boosters.**

**IT'S FUN AND IT HELPS ALL OF OUR SPORTS TEAMS!!**

## ATHLETIC GUIDELINES

### ATHLETE RESPONSIBILITIES/PURPOSE

Participation in athletics is a privilege, not a right. The athlete must earn this privilege through dedication, desire and discipline. He/she must exercise the discipline it takes to model the "six pillars of character": **trustworthiness, respect, responsibility, fairness, caring and good citizenship**. The highest potential of sports is achieved when competition reflects **good sportsmanship** in order to achieve athletic excellence.

### ACADEMIC ELIGIBILITY FOR EXTRACURRICULAR ACTIVITIES

All students who wish to participate in an athletic activity in the Summerville Union High School District have the **responsibility** to meet and maintain the following requirement:

**Earn a GPA of 2.0 or better and have no more than 1 F or Incomplete for the grading period immediately prior to their participation (all incoming freshmen are considered eligible) and for each succeeding grading period during participation.**

Academic Eligibility is based on the officially posted grades following each grading period and all students shall become eligible/ineligible on the district-established eligibility dates (see eligibility dates on the school athletic calendar). Grades are posted one week after the grading period ends. It is the **responsibility** of the student to address any concerns regarding grades **PRIOR** to the posting of grades because once posted, these are the grades that will be used for determining academic eligibility. If a student is placed on the ineligible list, they will have the opportunity to become eligible after the end of the next grading period - on the **NEXT** established eligibility date. An **incomplete grade** shall be counted as an 'F' but may be changed once the academic deficiency, which gave rise to the 'Incomplete', has been satisfied and a letter grade has been submitted by the teacher and officially recorded. Upon the completion of the official grade change, the grade substituted for the incomplete grade shall be considered in determining scholastic eligibility and the student may become immediately eligible. T1-T2-S1-T4-T5-S2 (Summer school grades may replace S2 grades)

### ACADEMIC WAIVERS

An *Academic Waiver* is an opportunity for a student/athlete to practice even though they currently do not meet the established academic eligibility. **This is allowed at the discretion of the coach and Athletic Administration only.** If a student/athlete secures an "Academic Waiver" they will be allowed involvement in tryouts and team practices. However, there are several criteria that must be met to successfully secure an academic waiver.

1. Contract- Both the parent and student must sign a document indicating that they understand the **responsibility** that is expected in order to maintain involvement with the team.
2. Weekly Progress Reports- Student/athletes on an Academic Waiver must be **trustworthy** and turn in to their respective coach the "*Weekly Progress Report*" that emphasizes the student-athlete's attitude/**citizenship** as well as the completed work in each class.
3. Student-athletes on an Academic Waiver may **only practice** with the team and may **not** participate in (including pre-game activities), dress-out for, or travel to the athletic contest with the team.
4. All other forms of athletic clearance are required before any participation is allowed. (See below)

### ATHLETIC CLEARANCE

Every student-athlete who wants to participate in a sport has the **responsibility** to **annually** complete and have signed by a parent/guardian all forms in the Athletic Clearance Packet **after** May 1 of the previous school year. These packets are **valid from the date of verification by the Athletic Director, through the last day of the next school year or the last date of competition for that school year. Valid paperwork is required to participate in summer or preseason workouts!!** The Athletic Clearance Packet includes a Physical Clearance form and Health Screening form which

must be **signed by a MEDICAL PHYSICIAN (MD/DO)** who completes the medical examination report after May 1st each year. Low cost Athletic Physicals will be arranged by the Summerville Athletic Department and scheduled for mid-to late May each spring. The mandatory clearance forms include: a physical with doctor's signature verifying that student is fit to participate, verification of medical Insurance with policy/group number, parental permission to participate, emergency information card, voluntary activities participation form, concussion information sheet, Sudden Cardiac Arrest (SCA) information sheet, concussion baseline screening, illegal use/abuse of androgenic/anabolic steroids policy, and residential eligibility form. Completed clearance packets should be submitted to the Athletic Director **as soon as possible** so as not to delay participation.

## **FEES**

It is highly recommended that all student-athletes representing Summerville High be a member in good standing of the Associated Student Body (ASB). ASB stickers are available for purchase at the beginning of the school year. Once purchased, the ASB sticker will allow students to attend all athletic contests (except play-offs) FREE of charge as well as receive discounts to ASB dances and spirit wear sold by ASB. Most sports require some personal equipment to be purchased by the individual; shoes, padding, eye wear, hats and clubs/rackets are some examples. Some of our sports offer a "spirit pack" which is put together by the coaches and includes required gear for participation such as socks or hats, as well as optional team wear like team t-shirts. Fund-raisers may be arranged by the coach to help with some of these costs. No student shall be prohibited from participating because of inability to pay the fees for required items, however the student-athlete should participate in any fund-raising efforts to off-set the costs. See the Athletic Director promptly if you have concerns.

## **SCHOOL ATTENDANCE**

**Student-athletes must attend class.** Attending all classes is a high priority for all student-athletes: many athletic events require students to miss classes during the week making it very important for all student-athletes to establish good attendance patterns and communicate with their teachers about assignments to be done each day. It is expected that all student-athletes attend classes every day for **all** assigned periods. **In order to compete in a game or be allowed to practice on any given day, the student-athlete must attend a minimum of three out of their four full classes with the 1 period absence being excused.** If the one-period absence is not **excused by the parent or medical professional**, the student will not be allowed to participate. Student-athletes who are absent for more than one period for a medical appointment or extenuating circumstance may participate, if the absence is verified in writing by the doctor/dentist or with **prior** approval from the Principal. Attendance on the Friday preceding a Saturday competition will determine eligibility. **Students are expected to be in school the morning following a school related activity.** A student-athlete suspended on a given day is ineligible to participate. School related activities are considered excused and will not affect eligibility. Student-athletes in alternative educational settings are expected to meet all necessary attendance requirements of that program. Student-athletes in violation of any of these rules will not be allowed to participate for a minimum of one contest or practice; subject to review with head coach or athletic administration.

## **TRY-OUTS/PARTICIPATION**

Student-athletes must stay informed and be prepared.....It is your **responsibility** to know when try-outs will be held. Attend pre-season meetings and the varsity coach/program coordinator will provide you with the general information necessary to try-out for a sport. Specific dates, times, location, and expectations will be reviewed by the varsity coach at the pre-season meetings. The Athletic Department at Summerville High encourages all students to participate and exhibits **fairness** and **caring** when selecting teams. Many teams have a 'no-cut' policy. High school athletics is competitive, yet our philosophy is to keep as many students as possible on the freshman and junior

varsity levels without compromising the skill that is necessary to represent these programs. Contact the varsity coach if you have any questions or concerns.

**No students will be allowed to participate without complete clearance. No Exceptions!!**

## **TRAINING RULES**

As a part of "Pursuing Victory with Honor", all student-athletes who represent Summerville High are expected to demonstrate integrity and adhere to the established school rules as outlined in the Student-Athlete/Parent Handbook as well as the rules set forth by teachers in individual classrooms. Athletes are expected to conduct themselves, on and off the field, as **positive role-models who exemplify good character at all times**. Any action resulting from misconduct could affect the athlete's eligibility. Each coach will establish team rules which require the student-athlete's compliance. These should be distributed to team members at the beginning of the season and be on file in the Athletic Office during the season. It is imperative that the student-athletes adhere strictly to all safety rules, regulations and instructions. Coaches have the authority to suspend an athlete for failure to comply with rules and procedures or when safety concerns require such action.

**Athletic Probation:** Summerville student-athletes are expected to be **responsible citizens**. They are expected to meet academic standards and cooperate with teachers and other school officials. If not, these student-athletes may be placed on athletic probation (suspension and/or removal from the team) by the coach, athletic director or administrator. Grounds for athletic probation could include, but are not limited to, the following:

- excessive tardies and/or absences
- falling behind academically due to lack of sufficient work
- an athlete continually disrupting classrooms / impeding other students' ability to learn
- suspensions for disciplinary reasons
- district policy on social restrictions

**Transportation:** Student-athletes are expected to travel with the team to all away contests when school transportation is provided. Athletes should act in a **respectful** and **responsible** manner at all times while representing Summerville High School. With the coach's permission, and sign-out form completed, an athlete may be released to his/her parent to travel home from a contest. An athlete may also be released to another **responsible adult** to travel home if a signed '**Transportation Release**' is on file in the Summerville Athletics office and a copy is with the coach.

**Overnight Trips:** All student-athletes are expected to show exemplary behavior in order to participate in overnight trips. Coaches will discuss the Board policy governing overnight trips with students and parents **before** taking overnight trips.

**Officials:** Student-athletes are expected to treat officials with respect at all times. For the purpose of clarifying a rule, it is expected that no one except the appointed captain should speak to the official, and this should be done in a tone of respect. Any behavior contrary to the above is a direct reflection on the team, coaches, school and community, and **will not be tolerated**.

**Alcohol, Drugs or Tobacco Use:** It is the responsibility of the student-athlete to refrain from possession or use of alcohol, drugs (including the illegal use of androgenic/anabolic steroids) or tobacco per school-wide discipline policy. Failure to do so may result in consequences such as enrollment in a student assistance program and/or a 90 day suspension from all activities as specified by the Student Discipline Regulations.

**Student-Athlete Use of Social Networking Sites:** Summerville UHSD respects the right of student-athletes to use social media and networking sites, as well as personal websites and blogs, but it is important that athlete's personal use of these sites does not damage the school's reputation, its employees, or its students or their families. Athletes should exercise **care** and **responsibility** in setting appropriate boundaries between their personal and public on-line behavior, understanding that what is private in the digital world often has the possibility of becoming public, even without their knowledge or consent. We strongly encourage all students to carefully review the privacy settings on any social media and networking sites they use and exercise **care** and good judgment when posting content and information on such sites.

\*A **responsible** student-athlete should not make statements that would violate any of the school's policies, including its policies concerning illegal substance use, discrimination or harassment.

\*The student-athlete must uphold the school's value of **respect** for the individual and avoid making defamatory statements about any school, its employees, its students, or their families.

If the School believes that an athlete's activity on a social networking site, blog, or personal website may violate the School's policies, the School may request that the athlete cease such activity. Depending on the severity of the incident, the student-athlete may be subject to disciplinary action.

**Leaving, quitting or being removed from a team:** Any student-athlete that makes the decision to leave the team will make an appointment with the coach to notify him/her of their decision, and hand in any school issued equipment. If the athlete quits after two weeks or more, or an athlete is removed for disciplinary reasons, he/she will not be allowed to participate on another team until the entire season of the sport dropped by the athlete is completed. In special circumstances, it shall be the prerogative of the coach of the in-season sport to release the athlete to another sport if there is mutual agreement by both coaches. If the student-athlete quits or is removed from a team for any reason, all awards are forfeited.

**Awards:** Athletic awards are given in recognition of outstanding achievement and service to the team. Student-athletes will receive, at the coaches' recommendations, an athletic letter at the completion of his/her first JV/Varsity year. Inserts will be given after the athlete has received a letter and each time the athlete letters. After participation in 10 seasons, the athlete will earn a 3-D letter.

**Athletes who earn a letter in all 3 seasons of sport in one school year and also 12 seasons during their high school career will receive special recognition.** All varsity student-athletes who earn a 3.7 or higher GPA will receive an All-Academic award from the Mother Lode League. Plaques are given to athletes at the discretion of the coaches. **All awards for athletes shall be held until all equipment/uniforms are returned and all athletic bills have been paid.**

**School equipment:** Student-athletes are financially responsible for all equipment/uniforms checked out. Do not abuse equipment/uniforms and always keep them secured. Each coach will give a deadline date for school issued equipment to be turned in. If equipment/uniforms are not returned or are returned in non-usable condition, the student-athlete will be charged for the replacement of this equipment. **Student-athletes will not be issued uniforms for their next sport until the equipment/uniforms are returned and any bills are cleared.**

**IT IS A PRIVILEGE TO WEAR THE BLACK AND ORANGE OF SUMMERVILLE HIGH SCHOOL.**

We understand that our programs are rich in tradition. However, we will have **NO** part in any incidents of hazing, initiation, harassment, disorderly conduct toward, intimidation of, bullying of, or discriminating against any other student, parent, or coach from Summerville High School, or any of our opponents. Failure to follow this policy may result in disciplinary action.

**SUMMERVILLE ATHLETIC PROGRAM ADOPTS  
THE STATE CIF "PURSUING VICTORY WITH HONOR"**



**SPORTSMANSHIP**

*In order to promote fairness in competition, the following 16 Principles of "Pursuing Victory with Honor" have been adopted by the Summerville Athletic Program. Athletes of this school will be required to comply with the rules of each sport and to ensure that fairness in competition is not limited by their actions in any way.*

- The essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and six core principles: **trustworthiness, respect, responsibility, fairness, caring and good citizenship.** The highest potential of sports is achieved when competition reflects these "Six Pillars of Character."
- It's the duty of school boards, superintendents, school administrators, parents and school sports leadership - including coaches, athletic administrators, program directors and game officials - to promote sportsmanship and foster good character by teaching, enforcing, advocating and modeling these "six pillars of character."
- To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical and ethical development of student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible.
- Participation in school sports programs is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules, and they must conduct themselves, on and off the field, as positive role models who exemplify good character.
- School boards, superintendents, school administrators, parents and school sports leadership shall establish standards for participation by adopting and enforcing codes of conduct for coaches, athletes, parents and spectators.
- All participants in high school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.
- The importance of character, ethics and sportsmanship should be emphasized in all communications directed to student-athletes and their parents.
- School boards, superintendents, school administrators, parents and school sports leadership must ensure that the first priority of their student-athletes is a serious commitment to getting an education and developing the academic skills and character to succeed.
- School boards, superintendents, principals, school administrators and everyone involved at any level of governance in the CIF must maintain ultimate responsibility for the quality and integrity of CIF programs. Such individuals must assure that education and character development responsibilities are not compromised to achieve sports performance goals and that the academic, social, emotional, physical and ethical well-being of student-athletes is always placed above desires and pressures to win.
- All employees of member schools must be directly involved and committed to the academic success of student-athletes and the character-building goals of the school.
- Everyone involved in competition, including parents, spectators, associated student body leaders and all auxiliary groups, have a duty to honor the traditions of the sport and to treat other participants with respect. Coaches have a special responsibility to model respectful behavior and the duty to demand that their student-athletes refrain from disrespectful conduct, including verbal abuse of opponents and officials, profane or belligerent trash-talking, taunting and inappropriate celebrations.
- School boards, superintendents and school administrators of CIF member schools must ensure that coaches, whether paid or voluntary, are competent to coach. Training or experience may determine minimal competence. These competencies include basic knowledge of: 1) The character building aspects of sports, including techniques and methods of teaching and reinforcing the core values comprising sportsmanship and good character; 2) The physical capabilities and

limitations of the age group coached as well as the first aid; 3) Coaching principles and the rules and strategies of the sport.

- Because of the powerful potential of sports as a vehicle for positive personal growth, a broad spectrum of school sports experiences should be made available to all of our diverse communities.
  - To safeguard the health of athletes and the integrity of the sport, school sports program must actively prohibit the use of alcohol, tobacco, drugs and performance enhancing substances, as well as demand compliance with all laws and regulations, including those related to gambling and the use of drugs.
  - Schools that offer athletic programs must safeguard the integrity of their programs. Commercial relationships should be continually monitored to ensure against inappropriate exploitation of the school's name or reputation. There should be no undue influence of commercial interests. In addition, sports programs must be prudent, avoiding undue dependency on particular companies or sponsors.
  - The profession of coaching is a profession of teaching. Along with the mental and physical dimensions of their sport, coaches, through words and example, must also strive to build the character of their athletes by teaching them to be trustworthy, respectful, responsible, fair, caring and good citizens.
- **Any person who is unable to comply with these standards must understand that his/her opportunity for participation may be limited or removed.**

# SUMMERVILLE ATHLETIC PROGRAM ADOPTS THE STATE CIF "PURSUING VICTORY WITH HONOR"



## CODE OF CONDUCT FOR INTERSCHOLASTIC STUDENT-ATHLETES

*Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. This Code applies to all student-athletes involved in interscholastic sports in California. I understand that, in order to participate in high school athletics, I must act in accord with the following:*

### TRUSTWORTHINESS

1. *Trustworthiness* –be worthy of trust in all I do.
  - *Integrity* – live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what's right even when it's unpopular or personally costly.
  - *Honesty* – live and compete honorably; don't lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.
  - *Reliability*-fulfill commitments; do what I say I will do; be on time to practices and games.
  - *Loyalty*-be loyal to my school and team; put the team above personal glory.

### RESPECT

2. *Respect* –treat all people with respect all the time and require the same of other student-athletes.
3. *Class* – live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; give fallen opponents help, compliment extraordinary performance, show sincere respect in pre- and post-game rituals.
4. *Disrespectful Conduct* –don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or *racial* nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
5. *Respect Officials* –treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic event.

### RESPONSIBILITY

6. *Importance of Education* –be a student first and commit to getting the best education I can. Be honest with myself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.
7. *Role-Modeling* –Remember, participation in sports is a privilege, not a right and that I am expected to represent my school, coach and teammates with honor, on and off the field. Consistently exhibit good character and conduct yourself as a positive role model.
8. *Self-Control* –exercise self-control; don't fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.
9. *Healthy Lifestyle*-safeguard your health; don't use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.
10. *Integrity of the Game* - protect the integrity of the game; don't gamble. Play the game according to the rules.

### FAIRNESS

11. *Be Fair* -live up to high standards of fair play; be open-minded; always be willing to listen and learn.

### CARING

12. *Concern for Others*-demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to others or myself.
13. *Teammates*-help promote the well being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

### CITIZENSHIP

14. *Play by the Rules*-maintain a thorough knowledge of and abide by all applicable game and competition rules.
15. *Spirit of Rules*-honor the spirit and the letter of rules; avoid temptations to gain a competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

**SUMMERVILLE ATHLETIC PROGRAM ADOPTS  
THE STATE CIF "PURSUING VICTORY WITH HONOR"**



**CODE OF CONDUCT FOR PARENTS/GUARDIANS**

The role of the parent in the education of a student is vital. The support shown in the home is often manifested in the ability of the student to accept the opportunities presented at school and in life.

There is a value system-established in the home, nurtured in the school - that young people are developing. Their involvement in classroom and other activities contributes to that development. **Trustworthiness, respect, responsibility, fairness, caring and citizenship** are lifetime values taught through athletics. These are the principles of good sportsmanship and character. With them, the spirit of competition thrives, fueled by honest rivalry, courteous relations and graceful acceptance of the results.

As a parent/guardian of a student-athlete at our school, your goals should include:

- Promoting a healthy lifestyle that does not include the use of performance enhancing drugs or supplements;
- Realizing that athletics are part of the educational experience, and the benefits of involvement go beyond the final score of game;
- Encourage our students to perform their best, just as we would urge them on with their class work;
- Participating in positive cheers that encourage our student-athletes; discourage any cheers that would redirect that focus - including those that taunt and intimidate opponents, their fans and officials;
- Learning, understanding, and respecting the rules of the game, the officials who administer them and their decisions;
- Respecting the task that our coaches face as teachers; and support them as they strive to educate our youth;
- Respecting our opponents as student-athletes, and acknowledge them for striving to do their best; and
- Developing a sense of dignity and civility under all circumstances.

You can have a major influence on your student's attitude about academics and athletics. The leadership role you take will help influence your child, and our community, for years to come.

- **Violation of the above code of conduct could result in one or more of the following consequences: a warning, removal from the venue, suspension, or further discipline to be determined by the administration. (per P.C. 602.1, 653g, and P.C. 6476).**

## Our Commitment to Sportsmanship & "Pursuing Victory with Honor"



The Summerville Union High School District is dedicated to promoting true sportsmanship and "Pursuing Victory with Honor" in all of its contests and interactions between players, coaches, and fans. We endorse the CIF's position that "Pursuing Victory with Honor" means a constant focus on **sportsmanship, character building and ethics**, on instilling **trustworthiness, respect, responsibility, fairness, caring, and good citizenship** in all our student-athletes, and expecting that those same qualities be constantly modeled by our coaches and fans. We believe that the highest potential of sports is achieved when competition reflects these pillars of character.

To create a true culture of "Pursuing Victory with Honor" all members of the sports community must play their roles.

**Administrators & the Athletic Director** have ultimate responsibility for promoting sportsmanship and *Pursuing Victory with Honor*. They should:

- Emphasize the importance of character, ethics, and sportsmanship in all communications to coaches, parents, and student-athletes.
- Implement an evaluation process for head coaches that include specific attention to the promotion of sportsmanship and character development in student-athletes.
- Meet with fans that behave inappropriately and help educate them regarding proper behaviors; sanction fans if necessary.
- Always exemplify the spirit of "Pursuing Victory with Honor" in order to be a role-model for the school community.

**Coaches** play the most significant and visible role in promoting true sportsmanship. On the field or in the gym, their behavior and the nature of their interactions with players, officials, and fans sets a definitive tone and determines whether or not sportsmanship will thrive. The Head Varsity Coach has program-wide responsibility and must ensure that all coaches and players within their program maintain the proper tone for support of true sportsmanship. Coaches should:

- Teach and reward sportsmanship and character development and discipline players who behave inappropriately.
- Manage the game in a way that is respectful to the officials as well as the opponent's players, and coaches.
- Teach & drill players on what to do in case of an incident.
- In post-game comments or interview, compliment your opponent's effort.
- Always exemplify the spirit of "Pursuing Victory with Honor" in order to be an appropriate role-model.

**Student-Athletes** are at the heart of a culture of sportsmanship. The whole structure of high school sports competition is designed to provide deep learning and growth experiences for our students.

Student-Athletes should:

- Do the little things that communicate respect for the opponent: help them off the ground when they fall, help them retrieve equipment (a ball out of bounds), acknowledge when they've made a good play, etc.
- Assist officials when possible; remain positive and respectful regardless of the official's call.
- Be gracious in victory and accept defeat with dignity. Do what's right even when it is difficult.
- Always exemplify the spirit of "Pursuing Victory with Honor" in order to be a role-model for those watching.

**Fans** are frequently parents & family members who are deeply invested in the character formation and moral well-being of our players. All sporting events are more vivid, intense, and memorable when fans are present and play their role. Fans should:

- Cheer for your entire team, not simply for your own athlete. Cheer your team's good plays and celebrate improvements. Acknowledge the efforts and successes of your opponent.
- Respect the referees and coaches. Recognize that any public demonstration of contempt or outrage directed against them only hurts your student-athlete, our team, and our school.
- Support our team and coaching staff whether we win or lose; help young athletes put defeat in perspective and continue to enjoy competition no matter what the outcome.
- Always exemplify the spirit of "Pursuing Victory with Honor" in order to be a role-model to our student-athletes.

All members of the sports community are responsible for policing themselves and monitoring their own allegiance to the principles of **Pursuing Victory with Honor**. Let us all take responsibility for ensuring that a culture of sportsmanship and character are maintained at every athletic event in which Summerville Union High School District is involved.



## **HOME OF THE BEARS**

Pursue Victory with Honor

**SPORTSMANSHIP is an EXPECTATION.**

**Let the players PLAY.**

**Let the Coaches COACH.**

**Let the Officials OFFICIATE.**

**Let the Fans be POSITIVE.**

# TEN COMMANDMENTS OF **POSITIVE** SPORT PARENTING

1. **Be positive and supportive** with your student-athlete; acknowledge that they are accomplishing great things just by being a part of the Summerville team.
2. **Encourage** the student-athlete to work hard and be the best he/she can be. Don't offer excuses for the athlete if he/she is not playing. Just be supportive!
3. Remember the coach represents the "Authority", the "Parent", the "Teacher", etc. If you are constantly criticizing the coach, your student-athlete will learn to not respect any authority. Our goal is to together help our student-athletes develop into **solid citizens**.
4. **Encourage** your student-athlete to follow all of the team rules. **All** players must follow the rules pertaining to curfew, drinking, drugs, smoking, promptness, schoolwork/attendance, responsibility, etc. All rules have been set up to help the student-athletes to grow and mature.
5. **Insist that the student-athlete works to the best of their ability academically**. Check to assure that your athlete is spending time on homework and working in the classroom. Eliminate the use of the car, phone, television, socializing, etc. if need be, and hold your student-athlete accountable.
6. Allow your student-athlete to enjoy the athletic experience. **Let the kids play!!** Support the team, not just your teen. Don't live your life vicariously through your son/daughter.
7. The coaches work with the players for many hours; they know what each athlete is capable of and the effort that is shown during practice. Coaches know their athletes' strengths and weaknesses. **Respect** that! As a fan, you are entitled to cheer loudly and **encourage** all participants but don't become belligerent or arrogant towards players, coaches and officials. **Appreciate** the time and effort coaches are giving to your student.
8. Insist on your student-athlete's **respect** for team rules, school rules, officials and sportsmanship. Your athlete is an ambassador for his/her family, team, school, and community.
9. **Encourage** your student-athlete to improve self-image by believing in himself/herself. Self-confidence and self-esteem are most important in developing successful young people.
10. **Encourage** your student-athlete to play for the love of the game. Good things happen to the unselfish and hard working athlete.

GO BEARS!!

