

ESPARTO UNIFIED SCHOOL DISTRICT

Department of Athletics

Esparto High School
TBD
 Principal
 787-3405

Jeff Lorensen
 Athletic Director
 787-3405 Ext.234

Esparto Middle School
Robert Verdugo
 Principal
 787-4151

Kevin Tracey
 Athletic Director
 787-4151 Ext. 419

Esparto High School

Fall Sports

Cheerleading
 Cross Country (Boys & Girls)
 Football
 Volleyball (Girls)

Winter Sports

Cheerleading
 Basketball (Boys & Girls)
 Wrestling (Boys & Girls)
 Soccer (Boys & Girls)

Spring Sports

Golf (Boys & Girls)
 Softball
 Baseball

Esparto Middle School

Fall Sports

Cross Country (Boys & Girls)
 Volleyball (Girls)

Winter Sports

Basketball (Boys & Girls)

Spring Sports

Softball
 Soccer (Boys & Girls)

What Is Expected Of You As An Athlete

- ❖ **Commitment to the sport.**
- ❖ **Positive attitude.**
- ❖ **Good citizenship both on and off campus.**
- ❖ **Good grades.**
- ❖ **Hard work and long hours in practice.**
- ❖ **Good Attendance**
- ❖ **If You are Interested**
- ❖ **Counsel with head coach.**
- ❖ **Complete all clearance materials and return to Athletic Director.**

Esparto High Coaches

Boys Sports

<i>Basketball</i>	Jeff Lorensen
<i>Cross Country</i>	Jeff Lorensen
<i>Football</i>	Rod Totton
<i>Golf</i>	Jeff Lorensen
<i>Soccer</i>	Matt Glavan

Girls Sports

<i>Basketball</i>	Bill Muller
<i>*Cheerleading</i>	Sue Kennerly
<i>Cross Country</i>	Jeff Lorensen
<i>Softball</i>	Mitch Roath
<i>Soccer</i>	Daniel Alvarez
<i>Volleyball</i>	Britney Younger

*Sport last through both Fall and Winter seasons.

Philosophy

The athletic program of Esparto Unified School District will be a dynamic integral part of the whole educational experience. At all times, the athletic program will be conducted in a way that is complimentary and supportive of the academic program. In addition, it will provide meaningful learning opportunities not otherwise offered in the school classroom curriculum. It will assist in developing habits, attitudes, and ideals necessary for the ethical competition and cooperation in our society. The balance between cooperation and competition are fostered by a well-conducted athletic program under competent leadership. Furthermore, the athletic program will provide our students with lifelong lessons for personal growth such as sportsmanship, teamwork, ethical behavior, perseverance, commitment, loyalty, self-discipline, pride, responsibility, and leadership skills.

Interscholastic athletics should be enjoyable with the purpose of benefiting students rather than the institution. Winning to the detriment of an athlete will not be a part of anyone's philosophy. A wide variety of wholesome activities will be available and tailored to the physical, mental, and emotional maturity level of the participants. The best possible staff and facilities available will be a concern to those in charge of programs servicing our youth. Students will be encouraged to explore a particular sport of his/her interest regardless of ability level.

Sportsmanship will be the top priority of interscholastic athletics. Commitment to fair play, integrity, and a genuine empathy for others must be taught and practiced if we are to make a difference. Athletics should assist in the development of fellowship and goodwill, and encourage the qualities of good citizenship. It plays an important role in developing a healthy self-image as well as a healthy body. Athletics also contribute to school/community spirit and pride.

Interscholastic athletics is a voluntary program. Thus, participation is a **privilege** and **not a right**. Along with that privilege comes the responsibility to conform to standards established for the high school athletic teams. This privilege may be revoked when the athlete fails or refuses to comply with the rules. In order to provide the greatest benefit to participants, Esparto High School will provide adult role models who exemplify the kind of behavior and leadership to be developed from the program.

The ultimate goal of interscholastic athletics should be to foster the value of participation without over-emphasizing the importance of winning and to improve positive citizenship traits among the program's participants. The program will constantly strive to develop well-rounded individuals capable of taking their place in society.

Sportsmanship

As the people out front, coaches and students have a unique opportunity to impact the future of athletics. Many of you are aware that in the past, CIF has reported violence associated with player vs. player, player vs. official, coach vs. coach, coach vs. official, spectator vs. spectator, spectator vs. official, etc. Thus, before it happens here, **we are asking each of you to make sportsmanship a personal goal**. No contest's outcome is worth an ugly incident due to some spur-of-the-moment action. We realize that in spite of all our efforts, an incident may occur. But, if we have not practiced sportsmanship, we must shoulder the blame of the action. We can create an environment that is conducive to a higher goal than a win-at-all-costs environment. If we are successful in this, we will have attained a more lasting mark than any championship could possibly bring.

Tradition

Being a member of an Esparto Unified School District athletic team comes with great traditions and responsibilities. A great athletic tradition is not built overnight; it takes the hard work of many people over many years. A student who elects to participate in athletics is voluntarily making a choice to commit to their team. Remember **that athletic participation is a privilege not a right.**

Esparto High School tradition has been to win with honor and lose with dignity. It will not be easy to contribute to such a great tradition. When an Esparto High School student/athlete wears our school's colors, Esparto High School expects that you not only understand our traditions, but also are willing to assume the responsibilities that go with them.

Respect

At the very core of citizenship is respect-----respect for self and respect for others.

Respect is the lifeblood of citizenship that provides motivation and a sense of responsibility. Without respect for self and others, there can be no citizenship, because the foundation of citizenship is built upon the desire to respect the rights and preferences of others.

Courtesy is a quality of respect. On the other hand, discourtesy, ridicule, and dishonor define disrespect.

Respect is often a difficult idea to portray to young students. So much of what they see on television or in the movies reflects in-your-face lack of respect that is the direct opposite of citizenship. Taunting, wild celebrations and a general lack of regard for the efforts of others have become a common denominator. Classic examples are at sporting events, movies, television, and other media spheres.

General Travel Rules and Expectations

Conduct and Behavior

As athletes, you are representing your team, school, community, parents, and most importantly - *yourself*. It is important to remember to behave respectfully and appropriately.

Appearance

You must be proud of your appearance. You are expected to dress neatly and keep well groomed. When traveling to other schools or activities, keep in mind you are a representative of Esparto High School.

Language

You will be expected to conduct yourself in a mature manner and use proper language on and off the playing field. Profanity will not be tolerated.

Attendance for Athletic Participation

An athlete must attend school for 50% of the regular school day to be eligible to participate in practice. An athlete must be in attendance the entire regular school day on the day of the event or prior to an event scheduled on a weekend or holiday to be eligible to participate. All absences must be cleared through the attendance clerk. ***Absence due to funerals, medical appointments, religious activities or serious family obligations on game days or prior to a contest scheduled on a weekend or holiday must be approved 24 hours in advance by the Athletic Director or an Administrator prior to participation.(note: student must still attend a minimum of 50% of the school day even with his approval.***

Transportation

Release to Parents/Guardians

Athletes must travel to and from all athletic events by means of school transportation. Parents who wish to pick their student up from an event must sign the student out with the coach. **Students are only allowed to leave with their parents or custodial guardians.**

Under extenuating circumstances, it is possible for an athlete to use other means of transportation providing the parent/guardian makes arrangements with the Athletic Director or Principal **prior to** the activity. (I.e. written request stating specifics and signed by parent/guardian.) **Under no circumstances is a student released to another student driving a vehicle.**

Meals

In some instances, the team may choose to stop for either a pre-game or post-game meal. Please be prepared by either having the appropriate meal money or bringing your own snacks/meal. Athletes are expected to stay together as a group.

Expected Return Time

In order to avoid parent/guardian concerns; please advise your parents/guardian of the approximate return time, along with where the bus will unload. Please have your parent/guardian either waiting for you at school or expecting a phone call from you upon return to school. The coach will let you have access to a phone. Also, stay in the well-lighted area near the front of the gymnasium. The coach is responsible for supervising athletes until parents arrive.

Proper Behavior on the Bus

... is established for the safety and well being of others. Please give transportation personnel undivided attention at all times, especially when addressing safety issues upon departure.

Valuables

Simple advice for valuables: **If you want to keep it - - don't bring it.**

Basic CIF Eligibility Rules

How to Protect Your Athletic Eligibility:

Your high school years will be highlighted by your participation in interscholastic athletics. These will prove to be some of the most enjoyable years of your young life. The CIF Sac-Joaquin Section has standards that you must meet in order to be eligible to compete at the high school level. You are urged to study these carefully.

Residential Eligibility:

A student has residential eligibility upon initial enrollment in:

- The ninth grade of any CIF high school or;
- Tenth grade of any CIF high school from ninth grade of a junior high school or;
- Any CIF school as a member of an approved foreign exchange program as outlined by By-law 212.

Note: Any student “recruited” or “encouraged to attend” a school by anyone connected directly or indirectly with that school will lose athletic eligibility at that school.

Changing Schools----Transfers

If a student transfers from another school to Esparto High School, they should contact the Athletic Director for eligibility questions. Students are not automatically eligible. For complete details, go to www.cifsjs.org under "Eligibility Requirements".

Age Limitations

No student, whose nineteenth birthday is attained prior to June 15, shall participate or practice on any team. A student whose 19th birthday is on June 14, or before is ineligible.

Scholastic Eligibility

A student is scholastically eligible if:

1. The student is currently enrolled in at least 20 semester units of work.
2. The student passed at least 20 semester units of work at the completion of the previous regular grading period.
3. The student is maintaining minimum progress toward meeting the high school graduation requirements as prescribed by the governing board.
4. The student has maintained during the previous grading period a minimum of a 2.0 grade point average on a 4.0 scale, in all enrolled courses.

Semesters of Attendance

A student who first enters the ninth grade of any school following the student's completion of the eighth grade in any school may be eligible for athletic competition during a maximum period of time that is not to exceed eight consecutive semesters following the initial enrollment in the ninth grade of any school and said eligibility must be used during the student's first eight consecutive semesters of enrollment at that school or any other school.

Competing Under a Name Other Than Your Own or Falsifying Your Address

Any student whose address or name has been falsified in order to achieve residential eligibility will be ineligible in all interscholastic athletic competition for a period of one year from the date the infraction is verified.

Undue Influence----Recruitment of Athletes

The use of undue influence by any person or persons to secure or retain a student or to secure or retain one or both parents, guardians or care giver of a student as residents may cause the student to be ineligible for high school athletics for a period of one year and shall jeopardize the standing of the high school in the California Interscholastic Federation.

Competition on an Outside Team

A student on a high school team becomes ineligible if the student competes in a contest on an "outside" team in the same sport, during the student's high school season of sport.

Student Participation-----Conduct Penalty

Student participation in athletic contests is a **privilege**. As a student athlete, you are expected to conduct yourself in an exemplary manner at all times. During participation in all CIF competition, a student who is ejected or disqualified from participating in the remainder of said contest will be ineligible for the team's next contest. *[In addition, any student who physically assaults a game or event official shall be banned from interscholastic athletics for the remainder of the student's interscholastic eligibility.]*

Esparto Unified School District Event Regulations

Spectators on Sidelines or Playing Arenas:

No spectators shall be permitted on the field or on the sidelines at any Mid Valley League, Sacramento Valley League or Esparto High School contest.

Specifically this bans:

- *Spectators/fans from forming tunnels for players to run through on the football field.*
- *Junior Varsity players from being on the field or sidelines during varsity football games.*
- *All unauthorized persons from the sidelines (examples - coaches' children, unauthorized school personnel, parents and unauthorized photographers).*

Artificial Noise Makers

The *Mid Valley League, Sacramento Valley League and Esparto High School* has adopted the policy banning noise makers (i.e. air horns, plastic horns, megaphones, whistles, bells, wooden blocks and musical instruments not authorized by the pep band).

Fights in Sports

The *Mid Valley League, Sacramento Valley League and Esparto High School* believes that the primary purpose for athletics is to promote good sportsmanship and declares its intent to do all within its power to guarantee that athletic contests are held in a sportsmanlike environment.

All member schools are committed to enforcing a code of behavior that encourages good sportsmanship and provides for appropriate consequences for unsportsmanlike conduct. Therefore, the member schools agree to enforce the following:

1. Any student spectator who steps onto the court/playing field to start or join in a fight is to be automatically ejected from the playing facility. The members of *The Mid Valley League, Sacramento Valley League and Esparto High School* are expected to take disciplinary action on the next regular school day. Suspension from school and denial of future opportunities to participate as a spectator at athletic contests/games are but two penalties which should be imposed.
2. Any player ejected from an athletic contest for fighting shall be subject to any or all of the following disciplinary actions. This rule applies to a fight that may occur after the game before the teams have vacated the playing area.
 - Removal from the next regularly scheduled contest.
 - Suspension from school.
 - Removal from the team.
 - Removal from all athletic programs for a period of time to be determined by the school.
 - Other appropriate disciplinary action.
3. Any team or group of players that leaves the bench while a fight is in progress may cause the game to be forfeited. If either teams or groups of players from both teams leave the bench while a fight is in progress, a double forfeit may be imposed. This rule applies to a fight that may occur after the game has ended and before the teams have vacated the playing area.
4. Any individual athlete participating in a fight shall be subject to any or all of the following disciplinary actions. This rule applies to a fight that may occur after the game before the teams have vacated the playing area.
 - Immediate removal from the contest.
 - Removal from the next regularly scheduled contest.
 - Suspension from school.
 - Removal from the team.
 - Removal from all athletic programs for a period of time to be determined by the school.
 - Other appropriate disciplinary action.

General Rules

High school athletics shall be governed by the CIF Constitution and By-Laws (Blue Book), Northern Section Constitution and By-Laws, The *Mid Valley League*, *Sacramento Valley League* and the Esparto Unified School Code of Conduct-Extracurricular Eligibility Policy. Athletes shall be directly responsible to the head coach and his/her assistants. It is assumed that participation in a sport is a **privilege**.

Applicability

Prior to participation, a student/athlete must complete the proper athletic clearance procedures which include:

- Pre-Participation Physical Evaluation Form
(The following are included on this form)
 - ✓ Physical Exam
 - ✓ Emergency Medical Information Card
 - ✓ Parent Consent
- Proof of Insurance Form/Risk Warning Form
- Athletic Handbook Acknowledgment Form
(The following are included in this handbook)
 - ✓ Esparto Unified School District Code of Conduct - Extracurricular Eligibility Policy
 - ✓ CIF /EUSD Code of Ethics in Sports
 - ✓ Expectations of Athletes / Expectations of Parents
 - ✓ Notice of Anabolic Steroid use and other Performance Enhancing Drugs
 - ✓ CIF-EUSD Code of Conduct for Interscholastic Student-Athletes
 - ✓ Principles of Pursuing Victory with Honor
- Paid all Fines

Athletes shall follow all team rules set forth by the coach and the Esparto Unified School District Code of Conduct - Extracurricular Eligibility Policy.

Academic Eligibility Standards

In calculating Grade Point Average (GPA), CIF regulations state that an F must be factored as a "0" on a 4 point scale. GPA will be determined by dividing the total number of grade points by total number of courses (A=4, B=3, C=2, D=1, F=0)

1. Incoming Freshman

All entering freshman student/athletes from any junior high must have a 2.0 GPA on their last 8th grade report card with No F'S. Students entering Esparto High School with less than a 2.0 GPA may practice but will not be allowed to play until the first quarter grades are posted. If the GPA is below a 2.0, the student/athlete may be released from the team for the remainder of that season.

2. Returning Upper Classmen

All student/athletes must have a 2.0 GPA with **no "F's"** on the quarter report card or **"F's"** on the semester report card. Athletes who fall below the 2.0 GPA at any grade reporting period (every nine (9) weeks) will become ineligible to participate in any Interscholastic. As far as student ineligibility is concerned, the Athletic director will not accept any grade changes after the mid quarter progress reports are turned in by the Esparto High School staff. Athletes will not be eligible to participate until the next Declaration Day.

3. On track to graduate

All athletes must be on track to graduation.

4. Tryout

Student athletes may not participate in tryouts if their overall GPA is below a 2.0 or they have an F.

In accordance with our philosophy of athletics and our desire to see as many students participate in the athletic program as possible while at EHS. We encourage coaches to keep as many students as they can without unbalancing the integrity of their sport. Time, space, facilities, equipment, personal preference and other factors will place limitations of the most effective squad size for any particular sport. Choosing the members of the teams will be the sole responsibility of the coach. Prior to try-outs the coach shall provide the following information to all team candidates:

- Extent of try-out period
- Criteria used to select the team
- Number to be selected

When a team cut becomes a necessity, the process will include three important elements.

1. Try outs will be held during five (5) practice sessions, with the tryout schedule listed in advance.
2. Participated in one (1) intrasquad scrimmage
3. Informed personally by the coach whether or not they are on the team

Appearance

As a member of our team, we want to be proud of your appearance. Athletes are expected to dress neatly and keep well groomed. The coach may determine a dress code on the day of a contest.

Coaches Obligation

Coaches may set standards of behavior and expectations for their sport. Each coach shall furnish the participant with a copy of their team rules and expectations at the beginning of the season. These team rules must be approved in advance by the Athletic Director and Principal.

Conduct and Behavior

As athletes, you are representing your parents, school, community, and yourself. Proper conduct is expected at all times. (See Page (to be filled in on final copy) for Code of Conduct)

Dedication

An athlete must be willing to dedicate himself/herself to sports. The athlete should be aware that nothing worthwhile is accomplished without hard work and a sincere desire to succeed. He/she must also be willing to sacrifice his/her own ambitions for the good of the team.

Language

Anyone associated with athletics shall use language which is socially acceptable. Profanity or vulgar talk will not be tolerated on or off the playing field at any time.

Lettering Policy

TBD

Quitting a Sport

Any student athlete who exits a sport (either by quitting or dismissal for violation of athletic team rules, athletic code of conduct or any EUSD policies) after final roster is set will be denied eligibility for the following season of sport. On occasion, however, an athlete may find it necessary to drop a sport for a valid reason. If this is the case, the following procedure must be followed:

1. Consult with immediate coach and then the head coach
2. Report situation to the Athletic Director and Principal
3. Athletic Director, Principal and Coach will meet on criteria and make a decision
4. Check in all equipment
5. Athletes not in agreement with the decision see appeal procedure.

Residential Eligibility

Any student who is planning to move, or has recently moved, or whose parent or guardians have moved, should refer to page (to be filled in on final copy) and notify the Athletic Director immediately for information regarding his/her eligibility status.

Respect

Athletes will show respect for all coaches, teachers, officials, spectators, school facilities, equipment and opponents at all times.

Responsibility for Equipment

Athletes shall assume responsibility for all athletic equipment issued to them and will be expected to pay for any lost, misplaced, stolen or abused equipment.

ESPARTO UNIFIED SCHOOL DISTRICT

Code of Conduct

Extracurricular Eligibility Policy

Parents: The Board of Trustees encourages all parents to assist us in administering this policy fairly and equitable for all students by mutually cooperating with school personnel during school conferences regarding alleged violations of this policy.

In order to develop themselves as students and citizens, and so that they can fulfill their duties in the most appropriate fashion, students must discipline themselves both mentally and emotionally. This is especially true of Esparto Unified School District students involved in extracurricular programs, for competition is more than contests between individuals representing different schools. It is, as well, a means to learning a way of life which exemplifies the concepts of honesty, fair play, hard work and dedication to standards of the highest caliber relative to personal and team conduct. Moreover, it must be remembered that representing one's school in an extracurricular activity is a privilege, and not a right.

1. The student/athlete is a representative of his/her family and his/her school. Therefore:

- A. In the classroom, a student involved in an extracurricular program:
 - 1. Meets the academic and citizenship standards of the school.
 - 2. Shows respect for teachers and fellow students.
 - 3. Maintains a good attendance record.
 - 4. Makes arrangements for all assignments missed due to a contest.
- B. On the campus, a student involved in an extracurricular program:
 - 1. Helps to promote school spirit.
 - 2. Sets a good example for others to follow.
 - 3. Works for the improvement of the school.
 - 4. Is respectful of personal and school property.
- C. At a contest, a student involved in an extracurricular program:
 - 1. Respects the rules and the decisions of the officials.
 - 2. Is modest in victory and gracious in defeat.
 - 3. Controls one's temper at all times.
 - 4. Knows that profanity and illegal tactics are signs of poor sportsmanship.
 - 5. Shows respect for visiting teams and their equipment.
- D. On trips, a student involved in an extracurricular program:
 - 1. Conducts oneself in such a manner that he/she is a good representative of the community, the school, and student body.
 - 2. Helps take care of school equipment.
 - 3. Respects the regulations as well as the property of the host school.

The programs, activities, and participants listed below shall be governed by this policy:

- ✓ All athletic programs - all athletes will abide by The *Mid Valley League*, *Sacramento Valley League*, *Esparto High School*, and CIF rules.
- ✓ Homecoming Court.
- ✓ Cheerleaders/Pep Squads/Song Leaders.
- ✓ Student Body and Class Officers.
- ✓ Club Officers (e.g. Speech Club, Spanish Club).
- ✓ Academic and Speech Contests.
- ✓ Field trips that result in a performance before an audience.
- ✓ Drama and music productions not related to classroom instruction.
- ✓ High School students serving in capacity of counselors for elementary activities.
- ✓ Other activities designated as extracurricular.

2. Eligibility

- A. A student must meet CIF, League, and Esparto Unified School District eligibility requirements.
- B. A student/athlete must pass a physical examination given by a physician.
- C. A student/athlete must purchase CIF insurance or show evidence of coverage to replace CIF insurance that affords the required coverage.
- D. A student/athlete may not compete on an outside (of school) team in the same sport during the season.
- E. In order to be eligible for competitive participation in interscholastic athletics against another school, students in grades nine through twelve shall have earned a minimum of a 2.0 grade point average with **no F's**.

An "A" is worth four (4) grade points, a "B" is worth three (3) grade points, a "C" is worth two (2), a "D" is worth one (1) grade points and an "F" will receive zero "0" grade points. **The grade point average will be determined by dividing the total number of grade points by the total number of courses.**

All student/athletes must have a 2.0 GPA with **no "F's"** on the quarter or on the semester report card. Athletes who fall below the 2.0 GPA or receive any F's at any grade reporting period (every nine (9) weeks) will become ineligible to participate in any interscholastic contest. Once the minimum standard is met, as shown during the next (9) week reporting period, the athlete will be allowed to participate in interscholastic. As far as student ineligibility is concerned, the Athletic director will not accept any grade changes after the mid quarter progress reports are turned in by Esparto Unified School District staff. Athletics will not be eligible to participate until the next Grading period has ended.

Grades earned in summer school or equivalent courses may be utilized to determine eligibility for the first quarter of the subsequent school year. (Board adopted 01/20/99)

3. Violations – Discipline

A. Class I Infractions – Academic Eligibility:

Failure to maintain academic standards, as stated in Section 2E, will result in the student being declared ineligible for competition and practice until the publication of grades at the close of the next grading period or until grades for the grading period average a minimum of a 2.0 grade point average (GPA) with no F's.

B. Class II Infractions – Behavioral:

A Class II Behavioral Infraction occurs when the student/athlete, while at school during a school activity or while going to or from school, commits any of the following acts which are prohibited by the California State Education Code or Esparto Unified School District Policy. Any of the following infractions can lead to the student suspension also.

1. Causes or attempts to cause physical injury to another person.
2. Possesses a dangerous object/weapon.
3. Commits or attempts to commit robbery/extortion.
4. Commits an obscene act or engages in profanity/vulgarity.
5. Disrupts school activities or otherwise defies the valid authority of school personnel.
6. Commits theft or receives stolen property.
7. Habitual truancy (student has been truant for 3 or more days).
8. Violation of league sportsmanship standards. The following behavior is unacceptable at all CIF high school contests:
 - a. Berating your opponent's school or mascot
 - b. Berating opposing players.
 - c. Obscene cheers or gestures.
 - d. Negative signs.
 - e. Noise makers
 - f. Complaining about officials' calls (verbal or gestures).

Class II – Disciplinary Actions

1. **First Offense:** The student/athlete will be suspended from contest participation for 10 to 25% prior to reinstatement; the student must conference with the coach and school principal regarding eligibility. Participation in practice shall be at the discretion of the coach and principal.

Second Offense: The student/athlete will be suspended from contest participation for 25-50% prior to reinstatement, the student must conference with the coach, Athletic Director and school principal regarding eligibility. Participation in practice shall be at the discretion of the coach and principal.

3. Third offense: Is removal from all extra curricular activity for one calendar year.

3. The principal may, at his/her discretion, reduce the disciplinary action specified for **Class II infractions** below the maximum level when the student, during the course of an investigation into his/her violation of this policy, displays cooperation, honesty, and a positive attitude, as viewed by the Principal.

C. Class III Infractions – Substance Abuse (Drugs/Alcohol):

A Class III Infraction occurs when commission of either of the following violation of Education Code Section 48900 (c) and (d) **at any time during the school year, at school or in the community**, when observed by school officials or otherwise proven by investigation. All incidents shall be thoroughly investigated and a decision rendered by the site administrator within (5) days of the incident being reported. .

1. Possession or use of alcohol
2. Possession or use of controlled substances (drugs) including steroids, other than those which are medically prescribed.
3. Possession of tobacco, including chewing tobacco.
4. Possession of drug paraphernalia.

Class III Disciplinary Actions:

1. **First Offense:** The student will be suspended from contest participation for 25-50%, plus a completion of drug/alcohol assessment with ongoing involvement in the activities recommended by the assessment. Recommendation of the assessor will be shared with the principal in order that he/she may monitor adherence to the program. The student may participate in practice at the discretion of the coach and Principal.
2. **Second Offenses not within the same season:** The student/athlete will be suspended from contest participation for 50%-75% days plus completion of a drug and alcohol assessment, with ongoing involvement in activities recommended by the assessment. The recommendations of the assessor will be shared with the principal in order that he/she may monitor adherence to the program. Drug Counseling will be made available to the student

SECOND offense within the same season or third offense within a school year:

Is removal from all extracurricular activity for one calendar year.

3. **Self-Disclosure:** Students who voluntarily disclose substance abuse dependency to school personnel/parents and who involve themselves in an assessment and treatment program will not be penalized under this policy. The recommendations of the assessor will be shared with the principal in order that he/she may monitor adherence to the program.

4. **Other Considerations**

- A. **Attendance**

1. A student/athlete **must** attend school for the **50% of the regular school day** to be eligible to practice.
2. A student/athlete **must** be in attendance for the **full day of a contest** to be eligible to participate.
3. A student/athlete must be in attendance a **full day** the last regular school day prior to a contest scheduled on a weekend or holiday to be eligible to participate.
 1. All absences must be cleared through the attendance clerk.
 2. ***Absence due to funerals, medical appointments, religious activities or serious family obligations on game days or prior to a contest scheduled on a weekend or holiday must be approved 24 hours in advance by the Athletic Director or an Administrator prior to practice or participation. (Note: student must still attend a minimum of 50% of the school day even with his approval.)***

- B. **Failure to Participate**

If a student/athlete fails to participate without justifiable cause or drops out of a sport after the team's **first league contest**, the student /athlete **will not** be allowed to participate in any other sport until the season of the dropped sport is completed.

- C. **Transportation**

Athletes must travel to and from all athletic events by means of school transportation. Parents who wish to pick their student up from an event must sign the student out with the coach. **Students are only allowed to leave with their parents or custodial guardians.**

Under extenuating circumstances, it is possible for an athlete to use other means of transportation providing the parent/guardian makes arrangements with the Athletic Director or Principal **prior to** the activity. (I.e. written request stating specifics and signed by parent/guardian.) **Under no circumstances is a student released to another student driving a vehicle.**

D. Equipment

School equipment checked out to a student/athlete becomes the responsibility of that person. The student/athlete is expected to maintain the equipment in a clean condition and utilize it only for the sport issued. Damage to equipment as a result of unauthorized use, or loss of such equipment, will become the financial obligation of the student/athlete. When players lose uniforms or equipment, they may not take part in any other sport until said uniform and/or equipment is found and returned or paid in full. Students may not wear school owned activity equipment and uniforms except at practices, activities, and games representing Esparto Unified School District.

4. Other Considerations (Cont.)

E. Extracurricular Standing

Students/athletes who are not members of the team at the close of the season will forfeit team awards and all league honors. (Season is defined as that period of time which includes all scheduled games, post-season contests and awards banquets.)

F. Travel/Uniform During Suspension

Students suspended from competition may be required to travel with the team only if they do not miss classes to do so, and the coach requires such travel. During home games, students suspended from competition may, at the discretion of the coach, be required to sit with the team, but not in uniform.

G. Duration

This eligibility policy shall remain in force for the academic year in which a student/athlete is involved in interscholastic competition. Should insufficient school days remain in a given academic year to satisfy the disciplinary aspects of this policy, the remaining days required will be carried over into the next season of sport, as defined by the CIF.

H. Jurisdiction

This eligibility policy shall govern the actions of students/athletes, both on and off campus, and traveling to and from school and school activities, during the academic year.

I. Verification of Infractions

The Principal will conduct a reasonable investigation of alleged violations by the student/athlete and make appropriate determinations relative to continued eligibility in terms of this policy.

J. Practice

Missing scheduled practices, performances, or games without approved medical reasons, or having made prior arrangements with the person in charge is prohibited. **Students having three (3) unexcused absences from practice may be suspended from the activity.**

K. Appeals

The student-athlete may appeal disciplinary actions that are handed down to them to the executive committee. The executive committee shall be made up of district site administrator, a school counselor and a neutral coach. Parents and students will be notified of the appeals process anytime any action is taken for violation of the code of conduct. The appeal will require the following.

- The written appeal must be presented to the athletic director within five days of the initial ruling.
- The student shall have the privilege of representation even though it is not a legal process.
- The appeals committee shall render a decision within five days, in writing, to the student and his/her parent or guardian.

Expectations of Athletes

Participation

1. Athletics is **voluntary**. Participation is not required for graduation and thus, being on a sports team is a **privilege** which must be earned and **not a right**.
2. With that **privilege** come **responsibilities** to maintain the established standards of conduct of this district as defined in the Activity Code, Code of Ethics, and the CIF Code of Ethics both on and off the field.

Athletics as a Part of the Educational Program

1. Athletics are just one of many parts of the education program that is provided students. The reason students are in school is to learn and therefore **academics will always come first**.
2. Maintaining academic eligibility is the **student's responsibility**, not that of coaches or teachers.
3. Eligibility can also be lost because of poor attendance or citizenship.
4. **Participating** in athletics and being on a team may mean **sacrifices**. The commitment an athlete makes to his/her team and coach requires that **choices** be made and **priorities** kept.

Being a Part of the Team

1. Athletes learn many skills to play their chosen sport but the **most important** skill that must be learned is **teamwork**.
2. To be successful, every member of the team must work together to make the whole greater than the sum of the parts.

Coming Ready to Play

1. Athletes should come to **practice on time**, ready to **listen** and ready to **learn**.
2. Athletes should be prepared physically and mentally for the season. This includes training in the preseason and taking care of your body and mind during the season.

Conduct On and Off the Field

1. **On the field:** Athletes are respectful towards their teammates, coaches, opponents, fans, and officials. They play by all the rules of the game at all the times.
2. **On campus:** Athletes set an example of good citizenship. They help promote school spirit and they should strive to be positive leaders in school activities.
3. **In the classroom:** Athletes show respect for teachers and fellow students.

4. **At all times:** Athletes represent their team, school and community. Athletes should be conscious of their appearance and manners at all times.

Sportsmanship

1. Athletics mean more than competition between individuals or teams representing different schools. It is a means of learning the lessons of life.
2. Winning and losing are a part of competition and should be done with modesty in victory and graciousness in defeat.

Expectation of Parents

Keeping Athletics in Perspective

1. Emphasize that **academics** always come first.
2. Assist the student to structure time wisely so that athletics do not interfere with academics.
3. Use athletics as a way to teach our children how to react and interact with other people during tense situations. Help your athlete understand that athletic ability varies with body maturity and that **effort** is just as important as natural ability.

Supporting your Student Athlete

1. Encourage participation by both girls and boys. Allow the student to select the sport based on his/her perceived ability and likes. Provide a pressure free environment regarding scholarship expectations.
2. Be supportive of your athlete: see that his/her medical needs are met; see that he/she has proper equipment; attend as many of your child's contests as possible.
3. Stress the importance of the complete athlete, both mental and physical preparation.
4. Do not emphasize "quitting" as the best way to solve problems, but rather perseverance.

Supporting the Program

1. Be supportive of the coaching staff. Go to all meetings requested by coaches. Being on a successful team is important to your athlete. Support the coaches' preparation plan. Talk to your athlete frequently about how things are going with his/her sport. Make arrangements to talk to the coaches privately and early about perceived problems.
2. During the season, take into consideration practice and games when planning family events.
3. Understand the needs of the particular sports. Some take more equipment, some take more time and others may call for some form of year-round preparation.
4. Support the district policy of no profanity, alcohol, illegal drugs, tobacco, steroids or Performance-enhancing drugs.
5. Model positive behavior towards everyone involved in the event as described in the Code of Ethics.

NCAA Initial – Eligibility Clearinghouse Information

P.O. Box 4043, Iowa City, IA 52243-4043

Phone: (877) 262-1492 / FAX: (319) 337-1556

www.ncaaclearinghouse.net

Expectations of Coaches

Role Modeling

1. Because coaches' lives are open to public scrutiny, coaches should use good judgment in conducting their private and public lives.
2. Because impressionable youths many times imitate the actions of their coaches, these coaches should model exemplary behavior on and off the field, and encourage their athletes to do the same.
3. Coaches should instill in their athletes that they are all representing not only their school, but also their families and community as well.

Professionalism

1. Coaches' behavior on and off the field should exemplify leadership, composure, discipline and integrity.
2. Coaches should allow every student a fair and equal opportunity to try out for the team without prejudice based on prior experiences.
3. Coaches should use caution and common sense in any physical contact with their athletes.
4. Coaches should not exert undue influence on athletes either to play one sport at the expense of another or to play on a club team.

Communication with Athletes

1. Coaches should communicate in a positive manner even when correcting or criticizing an athlete.
2. Coaches should emphasize team loyalty and effort, stressing the value of each individual's contribution toward the success of the team.
3. Coaches should assist students in setting realistic goals, then achieving them, one at a time.
4. Coaches should help each athlete achieve his/her own personal best.

Communication with Parents

1. Coaches should have a meeting prior to the season to inform parents, orally and in writing, of practice hours and the schedule of games and tournaments.
2. They should discuss with parents the various roles they might play in assisting in their student's success.
3. Coaches should be open and available to discuss a student's progress with his/her parent.

Teaching Skills and Conditioning

1. Coaches should be knowledgeable of and well trained in the teaching of skills of the sport.
2. Coaches should physically condition their athletes before each season and teach techniques that enhance an athlete's safety as well as that of an opponent.
3. Coaches should stress the necessity of athletes to be in their best physical condition as a responsibility to themselves as well as to their team.

Priorities of Life

1. Coaches should remember that athletics are only part of a student's life and must be kept in a realistic balance with the demands of academics and one's family.
2. Coaches should teach the athletes to win with a sense of accomplishment and with humility and to lose without excuses.

Creating a Successful Environment

1. Coaches should prepare themselves as students of the game.
2. Coaches should be positive and enthusiastic. Coaches should develop a program that will attract students to the sport. Coaches should make the sport competitively fun.

California Interscholastic Federation
Northern Section
Esparto Unified School District
Ethics in Sports

Policy Statement

Esparto High School, as a member of the Sac-Joaquin Section, California Interscholastic Federation, is committed to the exhibition of sportsmanlike and ethical behaviors in and around all athletic events. All contests must be safe, controlled, fair, courteous and orderly for all athletes and fans.

It is the intent of Esparto High School and CIF that violence in any form not be tolerated. In order to enforce this policy, EHS has adopted rules and regulations which set forth the manner of enforcement of this policy and the penalties incurred when violation of the policy occurs.

Esparto High School, in accordance with Northern Section CIF, as recommended by the State CIF Federated Council, require that the following Code of Ethics be issued to each athlete each year and will require signing by student athletes, parent/guardian and coaches each year prior to participation.

Code of Ethics

It is the duty of all concerned with high school athletics:

- To emphasize the proper ideas of sportsmanship, ethical conduct and fair play.
- To eliminate all possibilities which tend to destroy the best values of the game.
- To stress the values derived from playing the game fairly.
- To show cordial courtesy to visiting teams and officials.
- To establish a happy relationship between visitors and hosts.
- To respect integrity and judgment of sports officials.
- To achieve a thorough understanding and acceptance of rules of the game and the standards of eligibility.
- To encourage leadership, use of initiative, and good judgment by the players on a team.
- To recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well being of the individual players.
- 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.

Principles of Pursuing Victory with Honor

The Operating Beliefs and Principles of the California Interscholastic Federation

At its' best, athletic competition can hold intrinsic values for our society. It is a symbol of a great ideal: pursuing victory with honor. The love of sports is deeply embedded in our nation's consciousness. The value of millions of participants and spectators are directly and dramatically influenced by the values and actions conveyed by organized sports. In the belief that the impact of sports can and should enhance the character and uplift the ethics of our students across the state, we have established a framework of principles and a set of common values that must be adopted and practiced widely.

On November 5, 1999 nearly 50 interscholastic sports and educational leaders representing California's 1263 high schools voted as part of the CIF Federated Council, to unanimously adopt and endorse "Pursuing Victory With Honor" as operating beliefs and principles of the California Interscholastic Federation (CIF). "Pursuing Victory With Honor" is the result of a conference convened May 12-14, 1999 in Scottsdale, Arizona by the Josephson Institute of Ethics, CHARACTER COUNTS! Coalition and the United States Olympic Committee.

1. 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."
2. 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."
3. 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.
4. Participation in school sports programs is a 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.
5. 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.
6. 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.
7. The importance of character, ethics and sportsmanship should be emphasized in all communications directed to student-athletes and their parents.
8. School Boards, superintendents, school administrators, parents and school sports leadership must ensure that the first priority of their student-athlete is a serious commitment to getting an education and developing the academic skills and character to succeed.
9. 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.
10. 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.

11. 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 social responsibility to model respectful behavior and the duty to demand that their student-athlete refrain from disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent trash-talking, taunting and inappropriate celebrations.
12. 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 first aid; 3) Coaching principles and the rules and strategies of the sport.
13. 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.
14. To safeguard the health of athletes and the integrity of the sport, school sports programs 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.
15. 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 interference or influence of commercial interests. In addition, sports programs must be prudent, avoiding undue financial dependency on particular companies or sponsors.
16. The profession of coaching is a profession of teaching the mental and physical and 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.

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CIF - Esparto High School 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 (the "Six Pillars of Character"). 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. Suspension or termination of the participation privilege is within the sole discretion of the school administration.
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 myself or others.
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 competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

ESPARTO UNIFIED SCHOOL DISTRICT Notice of Student use of Anabolic Steroids or Other Performance Enhancing Drugs

EUSD Board Policy 5131.63 prohibits the use of androgenic / anabolic steroids or any dietary supplement banned by the U.S. Anti-Doping Agency as well as the substance synephrine, without a written prescription from a licensed health care practitioner to treat a medical condition. Student use of alcohol, marijuana, and/or any other drug remains a concern and has been addressed on other school policies and the code of conduct.

Identification

- ❖ Any student suspected of using or having used anabolic steroids or a performance-enhancing drug is to be reported to the administration. Teachers, coaches or other school officials are expected to report any known users and/or names of any students suspected of use.
- ❖ An investigation will be conducted by the administration and/or coaching staff to determine whether or not there is reasonable suspicion that the individual in question may be currently using or has used a performance enhancing drug. Conferences and interviews will be scheduled as deemed necessary and parents will be notified if there is evidence of a potential problem or if questions remain unanswered.

Reasonable Suspicion or Admitted Use

As determined by the school administration, if there is reasonable suspicion that the individual in question may be using, or has used anabolic steroids or any other performance enhancing drug:

- ❑ The student will be removed from the athletic program as per stated in the Extracurricular Eligibility Policy.
- ❑ The student may be asked to participate in a voluntary drug test, at his or her own expense, in order to continue athletic participation. If a student tests positive, then the student must test, at their own expense, negative on a second voluntary drug test prior to participation in any other Esparto High School athletic program.

Grievance Procedure

The grievance process is intended to be a process whereby concerns of alleged unfair treatment of athletes can be addressed in a timely manner. It is our belief that a quick and honest discussion between all parties will result in the positive resolution of concerns and an improvement of the atmosphere for both athletes and coaches. The lists below of legitimate and non-legitimate grievances are intended to be guidelines, not an all-inclusive. Parents and students are asked to try and resolve all issues with the coach first. If a solution is not reached the parents and students are encouraged to contact the Athletic Director, then the principal and as a last resort the Superintendent if the concerns are not resolved.

Legitimate grievances:

1. Failure to provide due process in disciplinary action.
2. Failure to provide a fair opportunity to compete to make the team (cut-off).
3. Mistreatment of athletes: *Putting students down or foul, inappropriate language*
4. Any violation of an adopted code: ethics, conduct, expectations

Non-legitimate grievances:

1. Athlete not given enough playing time.
2. Athlete not playing the right position.
3. Strategies used by the coach.
4. Win/loss record of the team or coach.

It is the intent that problems be resolved before coming to the formal grievance process. When a problem or concern develops between a student/parent and the coach and a meeting or discussion has been held but resolution was not achieved, the following procedure and time line should be followed.

At the request of the student/parent, a meeting shall be held involving the student/parent, coach and the athletic director. This meeting should take place within five working days of the statement that a problem exists which requires intervention. It is hoped that an acceptable solution will be agreed upon. Whether or not agreement is reached, an outcome of the meeting should be the clarification of:

1. The nature of the problem - what part of which code was violated.
2. Reason(s) for the problem.
3. Prior communication that has taken place, from either or both parties.

4. Efforts that have been made to correct the situation.
5. Acceptable solutions for or exception of each party.

If the problem is resolved to everyone's satisfaction, a written statement of the conference should be generated by the athletic director and kept on file.

If the problem is not resolved, and the student/parent decides to pursue the grievance process, a written summary of the student/parent concern and a summary of the conference are to be submitted by the athletic director and the student/parent to the site principal for further consideration.

The principal/designee shall conduct a meeting as soon as possible, but no later than seven working days from the receipt of the grievance, with the student/parent, coach, athletic director, and other personnel deemed necessary. Whatever the determination of the principal, a written summary of the conference will be developed by the principal and filed for future reference or action.

If agreement is reached and the problem is resolved, no further action is necessary.

If the problem is not resolved to the student/parent's satisfaction, a written appeal shall be submitted, no later than five school days after the decision of the principal, to the Superintendent. Upon receipt of the appeal, the Superintendent will hold a meeting with the grievance committee made up of a district site administrator, a school counselor and a neutral coach. If the appeal decision is not satisfactory to the student/parent, the appeal will be forwarded to the Superintendent.

As a school district, we welcome calls and/or conferences with parents and community members at large who have concerns about our policies or practices. It is imperative that we know when and what concerns students and parents have. Adjustments/changes in our policies or regulations will, to some degree, reflect the concerns expressed. However, grievances and appeals about our athletic policy and regulations must be based on violations of section(s) of the adopted codes of conduct, expectations, or ethics.

Directions to League Schools

Driving Directions

Williams High School, 222 11th St., Williams, CA:

North on 505/I-5 to exit 577 turn left, (west), on E Street/CA 20 Business, turn right at 11th street. Williams High School is on the left. (222 11th St.)

Los Molinos High School, 7900 Sherwood Blvd., Los Molinos, CA:

North on 505/I-5 to exit 636, turn right, (east), on Gyle Rd toward Tehama/Los Molinos, turn right, at Co Route A-11/Gyle Rd, turn right at C St./Tehama Ave, continue on Aramayo Way to, CA-99 turn right, (south), at CA-99 S/Railroad Ave toward Chico, take 1st left on Grant St, take next left onto Sherwood Blvd. Los Molinos High School is on the right. (7900 Sherwood Blvd.)

Hamilton High School, 620 Canal St., Hamilton City, CA:

North on 505/I-5 to exit 619, turn right, (east), on CA-32 toward Orland/Chico, turn right at CA-32 E/Newville Rd, turn right at CA-45 S/Canal St. Hamilton High School is on the left. (620 Canal St.)

Biggs High School, 3046 Second St. Biggs, CA:

North on 505 to exit 28, (east), to Co. Rd. 14, through Zamora, due east over railroad tracks, (road becomes Co. Rd. 13), turn left onto 113 to Co. Rd. 102/Hwy. 113, turn left, (north), through Knight's Landing to Hwy 99, turn left (north), through Yuba City to Biggs, turn left at B St., (west), take 2nd right onto Second Street. Biggs High School is on the right. (3046 Second St.)

Quincy High School, 6 Quincy Junction Rd., Quincy, CA:

State Route 16, east, to I-5, south, to I-80, east, toward Reno, I-80 to Truckee to State Route 89, turn left, north on St Rd 89 toward Sierraville, turn left at CA-49S/CA-89N/S. toward Quincy/Downeyville, bear right to stay on State Route 89 north, which becomes 89/70 to Quincy, turn right at Quincy Junction Rd. Quincy High School is on the right. (6 Quincy Junction Rd.)

Portola High School, 155 Sixth Ave., Portola, CA:

State Route 16, east, to I-5, south, to I-80, east, toward Reno, I-80 to Truckee to State Route 89, turn left, north on St Rd 89 toward Sierraville, turn left at CA-49S/CA-89N/S Lincoln/W Main St. toward Quincy/Downeyville, bear right to stay on State Route 89 N, turn right at A15/Portola McLears Rd, turn right at Colorado St., which turns left and becomes 6th Ave. (155 Sixth Ave.).

East Nicolaus High School, 2454 Nicolaus Ave., East Nicolaus, CA:

State Route 16, east, to I-5, south, to Ca-70/99N exit toward Yuba City/Marysville, slight right at CA-70 N/El Centro Blvd, (signs for CA-70/Marysville/Oroville), turn right at Nicolaus Ave., East Nicolaus High School is on the left. (2454 Nicolaus Ave.)

ACADEMIC GUIDELINES FOR THE ATHLETE:

- Take summer school classes to repeat a failed course or earn credits towards graduation. Classes are often taken during summer school in order to provide extra time during the school year.
- Do not repeat a class in which you have received a C or better. Do consider repeating a class in which you've received a "F". It is best to eliminate poor grades from your transcript.
- When choosing classes, consider your own academic goals, the requirements of the colleges you are interested in attending and the NCAA requirements. Take classes that will fulfill all these requirements.
- Take advantage of Homework Club tutoring.
- Always ask your teacher for help. Let him/her know you are interested in improving your grades. (Few teachers, if any, will ignore a truly interested student.)
- Take advantage of classes that teach study skills. These are often offered at community colleges or through the high school counseling program.
- Take courses that prepare you for the SAT or ACT tests. Ask your advisor to direct you to these workshops. Look for classes in the community college catalogue.
- Take practice SAT or ACT tests that are offered.
- Talk to your counselor about repeating the SAT or ACT if you receive a low score the first time.
- **You need to take the initiative in your own academic process. Use every resource available.**

Ask for help when you need it.

Show up for your classes.

Do your homework.

Develop good study habits.

DRAFT