

SOBRATO HIGH SCHOOL

ATHLETIC DEPARTMENT STUDENT-ATHLETE PARENT/GUARDIAN HANDBOOK



GO BULLDOGS!

401 Burnett Avenue Morgan Hill, CA 95037

Phone: (408) 201-6200

Fax: (408) 201-6241

Principal: Theresa Sage (408) 201-6200

Assistant Principal: Mark Pierce (408) 201-6200

Athletic Director: Lawrence Crawford (408) 201-6240

Associated Student Body Advisor: Regan Stuart (408) 201-6225

Athletic Web Site: www.sobratoathletics.com

BVAL Web Site: www.bval.org

CCS Web Site: www.cifccs.org

Main School Web Site: www.sobrato.mhu.k12.ca.us

Letter to Parents

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, citizenship, caring, fairness and respect 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 of a student-athlete(s) at our school, your goals should include:

- **Realize that athletics are part of the educational experience, and the benefits of involvement go beyond the final score of a game;**
- **Encourage our students to perform their best, just as we would urge them on with their class work;**
- **Participate in positive cheers that encourage our student-athletes; and discouraging any cheers that would redirect that focus - including those that taunt and intimidate opponents, their fans and officials;**
- **Learn, understand, and respect the rules of the game, the officials who administer them and their decisions;**
- **Respect the task of our coaches face as teachers; and support them as they strive to educate our youth;**
- **Respect our opponents as student-athletes, and acknowledge them for striving to do their best; and**
- **Develop 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.

We look forward to serving you in the year ahead, and appreciate your continued support.

INTRODUCTION

Welcome to the Sobrato High School Athletic Program. This handbook is designed to help students and parents become familiar with our athletics program. It is the philosophy of the Athletic Department that participation in athletics is an integral part of the educational process. Athletics teaches us many “life lessons” such as dedication and commitment, self-discipline, teamwork, sportsmanship, dealing with success as well as overcoming adversity. These “life lessons” are the true value of high school athletics. Our coaches believe in this philosophy and see themselves as instrumental in its implementation. The fields and courts are used as a classroom where these “life lessons” can be taught in an environment where student motivation is high. Over the next years we will develop a competitive tradition by winning our share of league and section titles in many sports, yet we will never lose site of these values.

A wide variety of sports programs are offered at Sobrato as we field 42 teams in 22 different sports. Our program is accessible to any student that is interested. Participation in athletics is entirely voluntary and is a privilege, not a right. Since participation is voluntary, any student who desires to compete must be prepared to follow all of the rules and regulations governing athletics.

Sobrato High School is a member of Blossom Valley Athletic League (BVAL). The BVAL consists of twenty four schools divided into three leagues. The BVAL is a member of the Central Coast Section (CCS) of the California Interscholastic Federation (CIF). The CCS has 12 leagues with 140 schools and stretches from San Francisco in the north to King City in the south. The CIF has 10 sections covering California.

TO THE PARENTS AND GUARDIANS

This handbook is presented to you because your son or daughter has indicated a desire to participate in the Sobrato High School Athletic program and you have expressed a willingness to permit him/her to compete. Your family interest in this important component of our school program is gratifying. We believe that participation in athletics provides a wealth of opportunities and experiences which assist students in personal adjustments. 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.

The Sobrato Athletic program is concerned with the educational development of our young men and women through athletics and feel that a properly controlled, well organized athletic program can meet the needs for self-expression, social, mental, and physical growth. It is our intent to conduct a program that is educational in purpose and will enhance each student-athletes personal growth.

A student athlete who elects to compete in athletics at Sobrato High School is voluntarily making a choice of self-discipline. For this reason we place stress on the rules and regulations of good training habits. Failure to comply with the rules of training and conduct can mean exclusion from the team. This concept of self-discipline is tempered by our responsibility to recognize the rights of the individual within the objectives of the team. There is no place in high school athletics for students who are not willing to discipline their minds and bodies for rigorous competition. We are ultimately striving for excellence and do not want our athletes to compromise with mediocrity.

We are fortunate at Sobrato to have a tremendous coaching staff. It must be recognized that the coach has been hired to a leadership and decision making position. His/her responsibility is to the individual participant, the team as a whole, as well as Sobrato High School. As a result all coaches have been instructed to make the best decisions they can in light of their global responsibilities. As a parent you know these decisions are not often easy or liked by all parties. Please respect these difficult decisions and support our coaching staff. Sobrato High School also recognizes that parent/guardians have a vital interest in the welfare of their child. It is possible from time to time for disagreements between the coach and parent to occur. These disagreements may include differences over the coach's philosophy, methodology, or their child's role on the team, among others. Parents/guardian's are urged to make appointments to share their concerns with the coach first. In the event that an acceptable understanding cannot be secured, the parent/guardian should then contact the Athletic Director. If additional discussions are required the parent/guardian has the right to appeal decisions to the principal.

Excerpts from CIF/CCS Documentation and Bylaws regarding Spectator Behavior

Statement from the Commissioner of the Central Coast Section, CIF:

“The negative behavior of spectators is not only inappropriate, but takes the focus off of the outstanding efforts of the players on the field/court. These players have attended practice sessions faithfully, worked hard on and off season to stay in shape and become better skilled athletes. They and their teammates have made a commitment to the team and each other that requires daily sacrifices and demands constant vigilance and dedication to their sport as well as their academic success. Spectators who arrive to “watch” these student-athletes compete, have made little or no effort or sacrifice. They show up and when their behavior takes to focus off of the playing field that is inappropriate. The role of spectators should be to support and encourage the student-athletes who have dedicated themselves to their team, not on the spectators in the bleachers, who have come to watch. While parents do make sacrifices in order for their athlete to have the privilege of participating in high school sports, that does not earn them the right to become part of the competition by behaving in any manner that draws attention away from the players and the contest, putting that attention on themselves. This is about the kids and all spectator behavior must be guided by the strict expectations of enhancing and supporting in a positive manner, the students directly involved in the competition. All other behavior is inappropriate.”

Everyone involved in competition, including parents, spectators, associated study body leaders and all auxiliary groups, have a duty to honor the traditions of the sport and to treat other participants with respect. ~ ***California Interscholastic Federation***

Ann Sobrato High School Principal's Statement...

As a member school of the Central Coast Section of CIF, we are responsible for the insurance of a safe, orderly, and appropriate environment for our athletes, coaches, students, officials, and spectators. In addition, we are charged with holding accountable anyone who disrupts any event in any way. As everyone in attendance at any sporting event is defined by CIF as a participant, the standards of appropriate behavior are the same for all. It is the expectation of CIF, CCS, and Ann Sobrato High School that everyone in attendance will adhere to the standards of appropriate behavior. Failure to do so will lead to the removal from an event and subsequent restriction from attending any event from the same sport for the remainder of the current season.

TO THE STUDENT-ATHLETE

Being a member of Sobrato High School Athletic team is a fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athlete tradition is not built overnight; it takes the hard work of many people over many years. As a member of a Sobrato team you are laying the groundwork for many to come. Our athletes from Sobrato High School will be judged by your actions and deeds. As a member of Sobrato High School, I challenge you to contribute to this groundwork for a future tradition of this school.

It will not be easy to contribute to this legacy. When you wear the colors of the Sobrato Bulldogs, we assume that you not only understand the types of traditions that we want as a school, but understand the responsibilities that go with them. However, the contributions that you make should be satisfying to you, your family, school and community.

Responsibility to yourself: The most important of these responsibilities is to broaden and develop strength of character. You owe it to yourself to derive the greatest benefit from your high school experience. Your academic studies, your participation in other extra curricular activities as well as in athletics, prepare you for life as an adult. Work hard to fulfill your potential and be the best you can be,” **risk greatness**”.

Responsibility to our school: Another responsibility you assume as a team member is to our school. Sobrato High School cannot maintain its position as having an outstanding school unless you do your best in the activity in which you engage. By participating in athletics to the maximum of your ability, you are contributing to the reputation of the school. You assume a leadership role when you are on an athletic team. The student body and the community will know who you are. You are on a stage with a spotlight on you. The student body, the community and other communities judge our school by your conduct and attitude, both on and off of the field. Because of this leadership role, you can contribute significantly to school spirit and community pride. **Make Sobrato proud of you, our community proud of our school**, by your consistent demonstration of these ideals.

Responsibilities to others: As a team member you bear a responsibility to your coaches and teammates. You must aspire to live up to all the training rules, you must practice to the best of your ability everyday, and you must play the game with an “all out” effort. Doing so will develop self-respect and earn the respect of your coaches and teammates.

LEVELS OF COMPETITION

There will be champions declared in each sport at each level. Playoffs, CCS Championships, and All League selections are for sports only at the varsity level. The following is a philosophy for each level of competition.

FROSH / SOPH TEAMS

This level of athletes the player becomes accustomed to interscholastic practices and play. For many it is their first introduction to competitive sports, it's different than recreational in its demands and philosophy. It starts to become "competitive", not "funpetitive". At this level of play, the focus is development of basic skills, rules, strategies, team play as well as the importance of winning and losing gracefully. Our coaches will attempt to find meaningful playing time for all eligible athletes based on degree of effort, skill improvement, ability to compete and execution of skills at game speed demonstrated by the student/athlete in practice and during games.

JUNIOR VARSITY TEAMS

The Junior Varsity level is intended for those who display the potential to develop into varsity level performers. Freshmen will play at this level as well as sophomore and juniors. No seniors may participate at this level. This level of competition is the program where increased emphasis is placed on physical conditioning and refinement of fundamental skills, elements and strategies of team play, in addition to socio-emotional development. An attempt will be made to play all participants, but it is recognized that they may not play equally, both in individual games, and over the course of a season. Our coaches will attempt to find meaningful playing time for all eligible athletes based on degree of effort, skill improvement, ability to compete and execution of skills at game speed demonstrated by the student/athlete in practice and during games.

VARSITY

The varsity level of competition is the culmination of the high school athletic program. Team Play, sportsmanship, individual physical ability, motivation and mental attitude are very important aspects of competition at this level. Team size at the varsity level can be limited. The number of participants on any given team is a function of those needed to conduct an effective and meaningful practice and play the contest. It is vital that each team member have a role and is informed of its importance to the team. The number of roster positions is relative to the student's acceptance of their individual roles in pursuit of team goals. While contest participation over the course of a season is desirable, a specified amount of time at the varsity level is never guaranteed.

SPORTSMANSHIP

The top priority of Sobrato High School Athletic Department is to promote proper sportsmanship as it relates to student-athletes, coaches, parents/guardians, and spectators. Sportsmanship is an honorable quality that we all must take part in. The fundamentals of sportsmanship are:

1. Show respect to the opponent.
2. Show respect to the officials.
3. Know, understand, and appreciate the rules of competition.
4. Maintain self control.
5. Recognize and appreciate skill in performance regardless of affiliation.

The CCS sportsmanship policy states the following behavior as unacceptable at all CIF/CCS high school contests:

- Berating your opponent's school or mascot.
- Berating opposing players.
- Obscene cheers or gestures.
- Negative signs.
- Artificial noise makers.
- Complaining about officials' calls (verbally or with gestures).

Failure to abide by this policy could result in ejection from the event. It is BVAL policy that any player/coach ejected from a contest for unsportsmanlike behavior will sit out not only the remainder of that contest, but also the next contest as well. If the unsportsmanlike behavior results in an ejection from a CCS playoff contest the player/coach is gone from the remainder of the playoffs.

EQUIPMENT AND UNIFORMS

Student-athletes at Sobrato High School are proud to wear the school colors of the Bulldogs. Students are financially responsible for any equipment and/or uniforms issued to them beyond normal wear and tear during the season of sport. Equipment and uniforms are very expensive. Be sure and take care of all equipment properly and follow manufactures directions for cleaning uniforms. The student-athlete will replace any equipment or uniforms that are damaged or lost. All equipment shall be turned in the week following the last contest of a sport's season. Failure to do so will result in a fine slip and the student-athlete will not be allowed to compete in another sport until the equipment is returned or the fine has been satisfied.

ATHLETIC LOCKER ROOM

The athletic locker room is a place to prepare you for a practice or a game, it is not a hangout. Student-athletes are responsible for all of their belongings including valuables. Make sure your lock is locked when you leave the locker room. Never leave any personnel belongings unattended while in or out of the room. If you see someone who is not a student-athlete in the room, please inform your coach immediately. No cleats of any type are ever allowed to be worn in the locker room. No glass containers are allowed in the room.

BOOSTER CLUB

The Sobrato Athletic Booster Organization is a non-profit whose purpose is to promote, assist and support the athletic programs and activities at Sobrato High School. We are very fortunate to have a first class club to support your teams. The programs that we have at Sobrato would not be able to exist without the backing of the Boosters. Meetings are held once a month on the third Monday of the month in the library at 7:00 p.m. Each sport will have a volunteer representative who will have membership information for you. While membership is not required, it is strongly recommended.

TRANSPORTATION

Student-athletes will take school provided transportation to and from athletic contest when provided. In instances where transportation is not provided, student-athletes will ride with an adult or by themselves. All drivers must have completed the student/adult Driver Registration Form (available from the athletic web site or your coach). NO STUDENT-ATHLETE MAY DRIVE ANOTHER STUDENT-ATHLETE to or from an athletic sponsored trip. If a student-athlete returns from an event with someone other than school provided transportation, a signed note from his/her parent/guardian must be given to the coach prior to leaving school for the trip. A student-athlete may lose his/her driving privilege for inappropriate behavior. A fee will be charged for a bus or parent car transportation. This fee will be discussed at the parent meeting and checks made out to Sobrato High School can be turned into your coach. There is a no refund policy on the amount once it is set at the parent meeting.

FUNDRAISING/ FEES

Due to financial constraints most teams will participate in some kind of fundraising event(s) during the course of the year. Student-athletes are encouraged to take part in all fundraising endeavors. Some sports may charge a fee for consumable goods (jerseys, caps, socks etc...). Student-athletes will keep any equipment paid for by these fees. If a student-athlete has a financial hardship he/she can see their coach about fundraising in lieu of the fee. Another option to pay the fee is to set up a payment schedule with the coach. Fees and fundraisers will be discussed by the coach at the parent meeting.

PLAYING A SINGLE SPORT

When you are a member of a Bulldog athletic squad you have made a commitment to the team and the coach for the entire season. Playing two sports at one time is very taxing, not only on your body, but also on your academics. It is the recommendation of this school that you choose only one sport to play at a time, and to try various sports during the entire year.

DRUGS, ALCOHOL and STEROIDS

For student-athletes to reach their full potential they must avoid the use of non-prescription drugs, steroids and alcohol. Besides being illegal, the use of these items will have a detrimental effect on both your academic success and your mental and physical athletic performance. The following consequences will occur for all student-athletes using illegal drugs:

First offense: Student-athlete will enroll in a drug/alcohol counseling program (DASAP). **No participation in athletics for six weeks.**

Second offense: Automatic move for expulsion from school. **No participation in athletics.**

Any student-athlete who has a problem with controlled substances and wants to seek assistance or advice from their coach can do so without fear of a six week suspension from athletics. If you feel that you have a problem with drugs or alcohol, please seek help early. The possession or use of tobacco products (chew, cigarettes etc...) is also forbidden and can result in suspension from school.

SUSPENSION FROM SCHOOL

Student-athletes at Sobrato High School are respected role models and should avoid activities that would involve suspension from school. Student-athletes are treated the same way as other students when it comes to school rules. Student-athletes who are suspended from school are also suspended from their athletic team for the duration of the suspension. The student-athlete cannot attend practice, competition or other team functions while on suspension. It is the coach's discretion on any other consequences the student-athlete may face because of the suspension.

BUS AND PRE/POST GAME BEHAVIOR

Student-athletes are expected to behave themselves appropriately at all times when riding to and from a contest and while at an opposing school. No trash will be left behind at the conclusion of the contest/trip. Make sure to gather all equipment and personal belongings before leaving the school or exiting the bus.

Any damaged caused by the student-athletes at the contest or in the bus will be paid for by those involved. Said student-athlete(s) will be subject to dismissal from the team and school discipline.

PHYSICAL WELL BEING OF ATHLETES

Sobrato High School does not want to have any athlete who is injured or impaired participating in practice or games. If a student-athlete has been referred to a physician or has gone to see one on his/her own, they will not be allowed to participate until a physician clears that student-athlete in writing, and he/she has been cleared by our athletic trainer. If during the course of a game or practice, the athlete trainer, EMT, or physician deems an athlete unfit to continue, then that player will not be allowed to continue. Coaches, players and parents cannot overrule a decision made by the people listed above. Student-athletes visiting the training room prior to practice or a game should only stay as long as is needed to treat his/her injuries. Cleats, of any kind, and food are not allowed in the training room. The training room is not a hangout, or a place to fool around with your friends. Get treated and get out.

RELEASE FROM CLASS

Certain sports will require the student-athlete to miss all or part of their classes for some contests. School sponsored athletic contest are considered an excused absence from for the duration of time designated by the Athletic Director. It is the responsibility of the student-athlete to see their teacher the day before missing the class (es), to find out the missing assignments for that day. The student-athlete is responsible to make up any assignments, tests, or activities missed in a timely manner.

ATHLETIC BLOCK POLICY

The Sobrato Block “S” and all other sport related emblems will be given to the student-athlete when he/she earns them. Any subsequent items, personal lettering or replacing of emblems for a jacket will be charged to the student-athlete. The criteria for earning Block “S” are the following:

Block “S”	You must meet one of the following criteria to earn a block. 1) Be a member of three JV teams, 2) or be a member of a varsity team.
White Star	You must re-earn your block. See above. (Varsity only)
Emblems	Earned after completion of first season of sport at any level.
Student Athlete	Earned by maintaining a 3.5 GPA at the last <u>semester</u> grading period and playing a sport at the same time.
Three Sport Athlete	Earned by playing three <u>varsity</u> sports in one school year.

Blocks and patches for those who qualify will be available at your end of season get together. Those items will then be in the Athletic Directors office for you to pick up. Any delay in picking them up may be cause for a non issue by boosters. Both male and female student athletes are encouraged to show their colors and awards with a jacket or a sweater.

COLLEGE ATHLETICS

It is estimated that over 6.5 million student-athletes participate in high school athletics each year. Of that 6.5 million, less than 2 percent of those moved on to the next level of competition. Student-athletes must be aware of the dedication and talent level needed to compete at the collegiate level. Student-athletes who are interested in competing athletically at the collegiate level should meet with their counselor as early as possible to discuss NCAA requirements for participation. Student-athletes planning to enroll as college freshmen who want to participate in Division I or Division II athletics must be certified by the NCAA Initial-Eligibility Clearinghouse. Division III schools do not require students to be certified. To begin the certification process, a student must obtain a NCAA Clearinghouse Form from the counseling department. The student must send this form, as well as the required fee, to the Clearinghouse (recommended after the completion of sophomore year). Once requested, an official student transcript will be mailed from the counseling office. In addition, when registering for the SAT or the ACT, the student must request that scores be sent to the Clearinghouse. To be certified by the Clearinghouse, a student must:

- 1) Graduate from high school
- 2) Earn a grade point average (GPA) of at least 2.00 (on a 4.0 scale) in a CORE curriculum of at least 13 academic courses completed during grades 9 – 12. Only courses that meet the NCAA requirements of a core course will be considered.
- 3) Earn a sum of sub scores of at least 68 on the ACT or a combined score of at least 820 on the re-centered SAT.

Students and parent seeking answers regarding initial-eligibility may call 1-800-638-3731 or go to the NCAA Web site: www.ncaa.org . Community college is another option for student-athletes who want to continue their athletic pursuits. There are several community colleges in our area that offer top notch athletic programs. There is no financial aid granted in California Community College system, nor are there eligibility requirements for athletes entering.

ELIGIBILITY REQUIREMENTS

All participation in interscholastic athletics is voluntary and therefore a privilege, not a right. Student-athletes who do not meet the eligibility requirements may not participate in any team function (games meetings or practices etc...) for the duration of the grading period. Student-athletes are declared ineligible or re-eligible until the Monday after the computer print out is issued (approximately one week after the end of the grading period). All students must meet the following eligibility requirements to participate in interscholastic athletics at Sobrato High School.

1. Complete the Athletic Participation form. The form requires the following for completion:
 - A. Emergency medical information
 - B. Parent consent
 - C. Proof of medical insurance
 - D. Physical exam (once per calendar year)

This form is obtainable from the athletic web site, front office, ASB or your coach.

2. No student-athlete whose 19th birthday is attained prior to June 15th shall participate or practice on any team in the following school year.
3. Be an amateur.
4. Be an undergraduate in high school.
5. Have attended high school not more than eight consecutive semesters after completing 8th grade.
6. Scholastically during the previous quarter/semester:
 - A. Maintain a 2.0 grade point average or better on all school work.
 - B. Meet minimum progress toward graduation. The following minimum units must be completed:

Beginning of semester #	Minimum # of credits required
3	50
4	75
5	100
6	130
7	160
8	190

7. Have met the residence requirements.
8. Have not competed on any outside team in the same sport during the school season of that sport.
9. Not been expelled from any high school during the past school year.
10. Purchase an Associated Student Body (ASB) card, and clear all fines.

Student-athletes who want to compete in the fall season of their 9th grade year must be eligible in the last grading period of their 8th grade year. If you started ninth grade at a school other than Sobrato High School, you must complete transfer paper work before being eligible to play games. Summer school classes must be of like type to make up deficient grades to become eligible. Check with your counselor to verify class substitutions. There is no probation period for student-athletes during grade 9 – 12.

FOR MORE INFORMATION ON DRUGS AND STERIODS

www.taylorhooten.org/

www.mayoclinic.com/

www.ohsu.edu/hpsm

www.kidshealth.org/parent/nutrition_fitness/steriods.html

www.aap.org/family/steriods.html

www.nida.nia.gov/reaserchreports/steroids/anabolicsteriods.html