

Central Valley Christian High School

Department of Athletics

www.cvc.org

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Season	Sport - Varsity Coach
Fall	Cheerleading: Maddie Kuns Cross Country: Scott Kostelyk Football: Mason Hughes Girls Golf: Kurt Saltzman Girls Tennis: Chris Haworth Volleyball: Sarah Oskam
Winter	Boys Basketball: Mike Hackbarth Girls Basketball: Tamara Rice Boys Soccer: Red Swanson and Len Fakkema Girls Soccer: Jacob DeGroot
Spring	Baseball: Graham Harrison Boys Golf: Kurt Saltzman Softball: Cyndi Atherton Swimming: Cynthia Tiemersma Track and Field: Mike Bosma Boys Tennis: Mike Thomas

League Assignments for 2016-2017

Central Sequoia League

Central Valley Christian
 Dinuba
 Exeter
 Immanuel
 Kingsburg
 Selma

Philosophy

Cultivating responsible Christian Adults

- 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. Athletics should also contribute to school/community spirit and pride.
- The athletic program will constantly strive to develop well-rounded individuals, capable of being positive members of society and outstanding representatives of Jesus Christ.

Valuing academic excellence

- 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.
- The athletic program of Central Valley Christian High School will be an extension of the classroom. At all times, the athletic program will be conducted in a way that is complimentary and supportive of the academic program.

Connecting Biblical truth with everyday living

- The athletic program 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. A well-conducted athletic program under competent leadership fosters the balance between cooperation and competition.

Shaping Christ-like character

- The athletic program will provide students with lifelong lessons for personal growth such as sportsmanship, teamwork, empathy, ethical behavior, perseverance, commitment, respect, loyalty, self-discipline, pride, responsibility, and leadership skills.
- In order to provide the greatest benefit to participants, Central Valley Christian High School will provide adult role models who exemplify the kind of character and leadership to be developed from the program.

Core Covenants Central Valley Christian Athletics

Cultivating responsible Christian Adult
Connecting Biblical truth with everyday living

Valuing academic excellence
Shaping Christ like character

	Commitment	Care (Empathy)	Collective Responsibility	Charitable (Selflessness)
What the Core Covenants look likes in our Christian Walk	<p>AD/Coach/Athlete/Parent: Spend time reading the Bible, devotions, prayer and fellowship with others on a daily basis</p> <p>Colossians 3:23-24 Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.</p>	<p>AD/Coach/Athlete/Parent: Showing their love for each other; Serving our family, classmates, coaches, opponents, and community; Praying for those in need in the CVC community</p> <p>1 Peter 3:8 Finally, all of you, have unity of mind, sympathy, brotherly love, a tender heart, and a humble mind.</p>	<p>AD/Coach//Athlete/Parent: Spending time in fellowship with our own community and the opposing team; Actively participate in chapels</p> <p>Ecclesiastes 4:12 Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.</p>	<p>AD/Coach/Athlete/Parent: Being a servant to our opponents, officials, and the community; Be active in church/school/team service projects</p> <p>Philippians 2:3-4 Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.</p>
What the Core Covenants looks like in the School	<p>AD: Greet coaches and athletes daily; honor program achievements Coach: Greet athletes daily; display athletes news and highlights Athlete: Be “INTO” class, not just “in class” Parent: Ensure athletes attendance and accountability to education</p>	<p>AD: Listens to concerns of teachers, coaches, athletes Coach: Take time before or after practice to ask athletes about their day/week Athlete: Encourage peers, don’t talk about others behind their backs Parent: Provide encouragement to coaches and athletes; Be in communication with teachers on athletes grades and behavior</p>	<p>AD: Works with administration, faculty and staff in scheduling facilities, transportation, and policies Coach: Work with faculty and staff in motivating students-athletes academics, behavior, and attitude Athlete: Involved in tutoring, ASB, IMPACT, PEP Club, plays/musicals or other school activities Parent: Work with guidance counselor, principal and faculty on athletes performance and attitude while at school</p>	<p>AD: Keep the campus and facilities clean; Provide academic opportunities to help improve athletes academically Coach: Attend school events outside of sports; plays, concerts, clubs... Athlete: Tutoring classmates who are struggling;; Clean up after yourself and others at lunch; Parent: Find time to keep your athlete accountable for their academics and provide support when needed.</p>
What the Core Covenants looks like in the Community	<p>AD: Attend school events, Active member of boosters and community outreach Coach: Attend Booster Club meeting, attend other sports’ competition Athlete: Attend and support local events Parent: Attend other sports’ competitions, not just son or daughter’s</p>	<p>AD: Set up community service projects for each season; Work with churches and families to support our hurting athletes Coach: Positive talk about athletes, coaches, and administration; Athlete: Greet students in grades below you; Parent: No negative talk about coaching/athletes to each other;</p>	<p>AD: Attend athletic program banquets; Positive promotion of CVC athletic programs Coach: Make team goals public; Hold camps for elementary and middle school students; Athlete: Positive talk when discussing program with outside members of the community at ALL times Parent: Positive talk about coaches and programs to members of the community at ALL times</p>	<p>AD: Attend athletic program fundraisers; Attend team service projects Coach: Be involved/attend school fundraisers/service projects; Athlete: Give back to those less fortunate in the community; Volunteer time with youth and feeder programs Parent: Help at events sponsored by boosters club, mothers club, or other organizations</p>
What the Core Covenants looks like in Practice/ Games	<p>AD: Attend practices/games for all sports, giving constructive criticism to athletes and coaches Coach: Attend all practices and have a detailed plan for all turnouts; Be prepared for arrival of athletes Athlete: On time, prepared; Know your role; do your part Parent: Drop and pick up athletes early and on time for practices; Display sportsmanship; cheer for all athletes; Schedule student to attend all practices/games</p>	<p>AD: Give encouragement to players after games and practices; Ask students about away games and overall health Coach: Have conversations with each member of your team frequently; Become a transformational coach, not just a transactional coach; Report injuries to AD in a timely manner Athlete: Give coaches and teammates your full attention; make eye contact when with coaches and teammates in conversations and huddles Parent: Provide encouragement for athletes and coaches after each game; Focus on positive instead of negative outcome from games</p>	<p>AD: Work with coaches, referees, athletes, and spectators in promoting a positive game day atmosphere Coach: Take responsibility instead of blaming athletes, referees, or other factors Athlete: Focus on making your teammates better in practice/games as well as your self; Focus more on the WE than the ME Parent: Cheer for our team on the field regardless if your athlete is in the game or not; Do no place blame on why athlete isn’t playing, instead encourage them to give their best effort</p>	<p>AD: Be willing to do behind the scenes work in preparing for contests(sweep the floor, cut the grass, drag the infield) Coach: Take care of facilities/field by picking up everything, sweeping the floor, etc.;; Athlete: Willing to clean up after practices/games, leaving the locker room cleaner than before getting there Parent: Help provide team meal before or after games; Work snack bar for home football, volleyball, or basketball games</p>

CVC GENERAL RULES

Appearance

Athletes are expected to dress neatly and keep well groomed. The coach may determine a dress code for the day of a contest. While representing Central Valley Christian High School take special care to present our school in a positive manner (no sports bras following games for girls, no shirts off for boys, etc.)

Athletic Physicals and Insurance

Each year all athletes must have a physical examination. A card signed by the physician and the athlete's parents/guardians must be on record with the athletic director. An athlete will not be allowed to participate without clearance from his or her doctor. This includes practices as well as games. Failure to adhere to this policy could result in contests being forfeited or athletes being suspended.

Students participating in interscholastic athletics must be covered by insurance. They are not covered by any school insurance policy. Most families have adequate coverage, however, if you do not, insurance can be purchased through the school. **Please note that a special policy is necessary to cover football. It is the responsibility of the parents or guardians to see that their child is adequately covered by insurance. OR Parents must sign a waiver stating that they do not have insurance and will not hold the school responsible for any injuries, etc. sustained during athletic competition or practice.**

Attendance at Practice and Games

The attendance policy requires that every student joining a school team attends all practice sessions and games and remains on the team once he or she has joined. The coach and the athletic director will enforce this policy.

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.**

Students will have two weeks to join a team once practice for that sport has begun. After a two week period students will not be allowed to join, unless there is a shortage of players for a particular sport. Athletes are expected to join a team once practice for that sport begins.

Exceptions to the attendance policy are as follows:

1. Sickness
2. Family Emergency
3. Medical Appointments - Although doctor's appointments are an acceptable excused absence, it is strongly recommended that parents do not make appointments conflicting with scheduled games or practices.
4. Overlapping sports seasons - for example if football season continues an athlete is excused from soccer practice until football season ends.

Always notify the coach at the earliest possible time if you will be absent from a practice or from a game. If the coach cannot be reached, inform the athletic director. *Simply telling a friend is inadequate.*

Class Attendance

Students must attend at least five periods of the school day to be eligible to practice or play that day. Exceptions to this are doctor's appointments, family emergencies, and special situations approved by the principal or athletic director. Failure to follow this policy could result in your team forfeiting a contest or a suspension for the athlete.

If you have an unexcused absence (aka skipping a class period) on the day of an extracurricular event, you will miss out on the extra curricular event and a 6% grade reduction will be given in the class you missed. If this is found out after the event or competition, you will be removed from your next event. Additional punishments will be at the discretion of coaches and or advisors.

Coach's Obligation

Coach's may set standards of behavior and expectations for their sport which, **if violated**, may result in the participant being **suspended or dismissed** from the team for the remainder of the season. Each coach shall furnish the participant with a copy of his or her team rules and expectations at the beginning of the season. The Athletic Director must approve additional team rules in advance.

Language

Anyone associated with athletics shall use language which is acceptable in the classroom of a Christian school. Profanity, vulgar talk, or taking the Lord's name in vain will not be tolerated on or off the playing field at any time.

Lettering Policy

A varsity letter in many cases is earned through participation at the varsity level, however criteria for earning a letter may be different and will be outlined by the coach at the beginning of that season.

Team Managers, Statisticians, and Video personnel may earn a letter after two years of exemplary service.

Medical Advice and Parents

A coach cannot play a player if the athletic trainer states that it is unsafe. A parent cannot override a coach's decision whether it is a medical issue or otherwise. The athlete is under the care and supervision of the coach, the athletic department, and ultimately the school while involved in an athletic activity.

If a disagreement continues between parents and the trainer or an athlete and the trainer the athlete could get a second opinion and a signed release from a fully licensed medical doctor (MD) in order to not hold the school liable for any injuries that could occur as a result of the previous injury.

Quitting a Sport

1st Season Athletes – Any athlete who quits a team after the first official game **will not** be unable to participate in another sport for that season. If the athlete quits following the start of league play they **will not** be eligible to participate in the following sports season.

Returning athletes – Any athlete who quits a team after the first official game **will not** eligible to participate in another sport for that season and the sport season following.

Playoffs

The determination of which teams will enter into playoff competition will be the determination of the high school administration. The head coach will give input, but the final decision will rest with the administrative staff.

Social Networking

Athletes should utilize special care in what is posted on social websites while wearing any clothing that identifies them as athletes or students at Central Valley Christian High School. Inappropriate actions and pictures on these website may result in disciplinary actions.

Sportsmanship

As the people out front, coaches and students have a unique opportunity to impact the future of athletics. **It is absolutely vital for all of us involved with CVC Athletics to make sportsmanship a personal goal.** No contest's outcome is worth an ugly incident due to some spur-of-the-moment action. I 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.

Uniforms/Equipment

Athletes will be assigned a uniform at the beginning of the season. Each athlete is responsible for maintaining the condition of the uniform and returning it clean at the end of the season. **At the conclusion of each season, student-athletes are required to return all school issued equipment/uniforms and are responsible for paying for lost or damaged equipment and uniforms.** Any equipment that has not been returned will result in a student-athlete being held out of performance events until this responsibility has been completed.

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 must be signed out to a consenting adult with permission from the athlete's parent/guardian.

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 **prior to** the activity. (i.e. Filling out permission to drive form.) Only immediate family members are allowed to ride with student drivers if permission is given by their 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.

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.

Conduct and behavior

As athletes, you are representing your team, school, community, parents, and most importantly - *yourself*.

INFORMATION FOR PARENTS

Parent/Coach Relationship & Communication

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

Communication You Can Expect From Your Coach

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

Communication Coaches Can Expect From Parents

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

Benefits and Challenges of Athletic Participation

As your student-athletes become involved in the athletic teams at Central Valley Christian High School, they will experience some of the most rewarding moments of their lives. It is also important to understand that there will also be times when things do not go the way your student wishes. This is the time when your student should set-up a time to talk to his/her coach. This type of communication will help give both the coach and the athlete a better understanding of each others ideas and goals. This is also a part of a young person's growth into being an adult.

Appropriate Concerns to Discuss with Coaches

It is very difficult to accept that your student-athlete may not play as much as you may have hoped. Our coaches are experienced, professional educators. They use their experience and expertise to coach young men and women and are required to make judgment decisions based upon evaluation of practice performance and what they believe to be in the best interest of all those involved in their program. As you read the items below, certain topics can and should be discussed with your student-athlete's coach. **We ask that any concerns be brought to the coach's attention 24 hours after any contest has been held.**

1. Ways to help your student-athlete improve and potentially earn more playing time.
2. Concerns about your student-athlete's behavior and/or academic progress.

Issues NOT Appropriate to Discuss with Coaches

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

1. Playing time in a previous game
2. Team Strategy
3. Play calling/game strategy
4. Other student-athletes

Complaint Or Problem Procedures (As outlined in the Student Handbook)

During the course of the year, occasional misunderstandings or problems arise between a teacher and student, teacher and parents, parent and school, or any one of several possible areas. This is often the result of a lack of communication between those involved.

1. All questions, problems, or complaints should first be brought directly to the teacher or coach before anyone else is involved. Please contact them through telephone voice mail, email, or front office. Do not go to a teacher's classroom during the school day without permission.
2. If the situation is not cleared up at this level through direct contact, it should then be brought to the appropriate department head for academic matters and from there to the principal if needed. Athletic matters should be brought to the attention of the athletic director and from there to the principal if needed.
3. If the problem is still not solved at this level (i.e. with the principal as mediator), it should then be presented in writing to the superintendent.
4. Finally, but only when all of the above three steps have been taken, does the problem find its way to the Board of Directors through written appeal. The appealing party must submit their concern in writing to the chairman of the Education Committee. The appeal will be heard at the next Education Committee meeting. From there the matter may be appealed to the School Board. If so it will then be placed on the agenda of the entire Board of Directors at its regular monthly meeting. The Board of Directors is the final level of appeal.

Parents agree to follow these steps and to attempt a positive resolution to problems and disagreements within the school community. Activities to be avoided at all times include gossiping, rumor mongering, and spreading of hearsay reports. The good reputations of other persons and of the school are to be protected and promoted.

Central Valley Christian High School

Athletic Code of Conduct

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 CVCHS students involved in athletic programs, for competition is more than contests between individuals representing different schools. It is, also, 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 athletic activity is a privilege, and not a right.

1. The student/athlete is a representative of his/her family and his/her school. But more importantly is a representative of his or her Lord and Savior, Jesus Christ.

Therefore:

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

2. Eligibility

- A. A student must meet CIF, League, and CVCHS 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. (Club sport athletes should check with their coach or Athletic Director for exceptions allowed).
- E. CVCHS Extra-Curricular Eligibility Policy

Note: It is a privilege to be able to participate in extra-curricular activities CVCHS. Each student's first responsibility though is to fulfill his or her academic requirements.

- i. All incoming 9th graders and other students new to CVCHS will automatically be placed on probation for their first grading period. At the end of the grading period if they have a GPA below 2.0 or 2 F's they will be ineligible for the next grading period.
 - ii. If a student's GPA drops below a 2.0 or they have 2 F's during any other quarter (excluding the first quarter for new students and incoming 9th graders) they will be placed on academic probation for one grading period. Once a student has been on probation if their GPA remains below a 2.0 or they have 2 F's they will become automatically ineligible at the end of the grading period. Students will be allowed only one quarter of probation for their four years of high school.
 - iii. Only classes taken at CVCHS will count towards eligibility (ie no college classes, home school classes, or online classes). Students may take summer school classes to raise a „D“ or „F“ to improve their academic GPA, but these classes will not improve eligibility. Nor will students be able to take classes during the school year to improve eligibility. Students should understand that their first responsibility is to work diligently during each quarter to maintain their eligibility status rather than rely on make-up courses.
 - iv. Students must take a minimum of five classes at CVCHS and be on target for graduation to be eligible for extra-curricular activities.
 - v. According to CIF Guidelines, students must be making progress toward graduation in order to participate on an athletic team. Progress towards graduation is defined as having successfully completed:
 1. 55 credits by the end of Grade 9
 2. 120 credits by the end of Grade 10
 3. 185 credits by the end of Grade 11
- F. Days of eligibility for determining length of suspension from athletic activities are defined as school days excluding vacation, weekends, and legal holidays.
- G. A student's suspension will not begin until they are active in a season of sport. Just because it is the "off-season" doesn't mean that they won't face discipline.
- H. A student who is an underclassman and faces disciplinary consequences could see their suspension carry over to the next year and their next season.
- I. A student will lose eligibility for the remainder of the school year following his or her third fault in the school's discipline system.
- J. A student suspended from school for violations of the CVCHS Student Handbook will consequently be suspended from athletics by using the following ratio: 1 school day = 1 week of competition or practice. For example:
1 day suspension from school = 1 week suspension from athletics
3 day suspension from school = 3 week suspension from athletics

This policy includes in-school suspensions and off-campus suspensions.

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 until the publication of grades at the close of the next grading period.

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 Central Valley Christian High School

1. Causes or attempts to cause physical injury to another person.
2. Commits an obscene act or engages in profanity/vulgarity.
3. Disrupts school activities or otherwise defies the valid authority of school personnel.
4. Commits theft or receives stolen property.
5. Possession of tobacco, including chewing tobacco.
6. Possession of drug paraphernalia.
7. 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).

C. Class II – Disciplinary Actions

- i. **First Offense:** The student/athlete may be suspended from competition/participation for 5 to 30 school days; the athlete may participate in practice at the discretion of the coach and principal.
- ii. **Second Offense:** The student/athlete will be suspended from competition/participation for 10 to 60 school days. 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.

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.

D. 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, reported by a parent or guardian, or otherwise proven by investigation.

1. Possesses a dangerous object/weapon.
2. Commits or attempts to commit robbery/extortion.
3. Possession or use of alcohol
4. Possession or use of controlled substances (drugs) including steroids, other than those which are medically prescribed.

E. Class III Disciplinary Actions:

- i. **First Offense:** The student will be suspended from competition for the remainder of the season along with 45 school days of total competition, or for 30 school days plus 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.
- ii. **Second and Subsequent Offenses:** The student/athlete will be suspended from competition/participation for the remainder of the season along with 75 school days of total competition, or 45 school days plus completion of a drug and alcohol assessment, with ongoing involvement in activities recommended by the assessment.
- iii. The recommendations 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.
- iv. **Self-Disclosure:** Leniency may be given to students who voluntarily disclose substance abuse dependency to school personnel/parents and who involve themselves in an assessment and treatment program. The recommendations of the assessor will be shared with the principal in order that he/she may monitor adherence to the program.

Other Consideration

A. Failure to Participate

If a student/athlete fails to participate without justifiable cause, is released from a team because of disciplinary issues, or drops out of a sport after the team's **first two weeks of practice**, the student /athlete **will not** be allowed to participate in any other sport until the season of the dropped sport is completed.

B. 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

C. 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.

D. 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.

E. 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.

F. 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.

G. Administrative Obligation

When, in the opinion of the Principal, a student/athlete's conduct, both in or outside school, is deemed to be a detriment to the school, poses a danger to students, or is a threat to disrupting the educational process, the Principal may, at his/her discretion, suspend/remove the student from participation in any extracurricular program.

H. Appeals

The school Principal is charged with the interpretation and enforcement of this policy. Should a student, a parent, or guardian wish to appeal decisions of the principal, they enjoy the right to bring this matter to the attention of the Superintendent for resolution. Should the matter remain unresolved to the satisfaction of all concerned, appeal may be made to the School Board.

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

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

Respect — treat all people with respect all the time and require the same of other student-athletes.

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.

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.

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

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.

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.**

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.

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.

Integrity of the Game — protect the integrity of the game; don't gamble. Play the game according to the rules.



FAIRNESS

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

CARING

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.

Teammates — help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

CITIZENSHIP

Play by the Rules — maintain a thorough knowledge of and abide by all applicable game and competition rules.

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.

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 Central 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:

1. The ninth grade of any CIF high school or;
2. Tenth grade of any CIF high school from ninth grade of a junior high school or;
3. 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

A student may have transfer eligibility provided the student is compelled to move from any school to a CIF school due to a bona fide change of residence from one school attendance area to the attendance area of the new school by the parent(s), legal guardian(s) or care giver with whom the student was living when the student established residential eligibility at the prior school or;

Changing Schools----Hardships

If you change schools and your parent(s), legal guardian(s), or care giver do not move to the attendance area of your new school, you could have restricted eligibility for one year unless you qualify for a hardship. **[A hardship is defined as a unforeseeable, unavoidable or uncorrectable act, condition, or event, which causes the imposition of a severe and non-athletic burden upon the student or his/her family.]** The three considerations for hardship are: **financial, medical** and **family** circumstances.

Note: Always check with your school principal and athletic director before you change schools to determine whether it will affect your eligibility.

Age Limitations

No student whose nineteenth birthday is attained prior to June 15 (prior to his/her senior year), 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 which is the equivalent of 4 classes.
2. The student is maintaining minimum progress toward meeting the high school graduation requirements as prescribed by the governing board.
 - a. A student must have 55 credits after grade 9, 120 credits after grade 10, 175 credits after grade 11
3. The student passed (at least a "C" grade) at least 20 semester units of work at the completion of the previous regular grading period.
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. (see policy on Academic Probation below)

Academic Probation – This policy is specific to CVCHS

1. All incoming 9th graders will automatically be placed on probation for the first grading period. At the end of the first grading period if they have a GPA below 2.0 or 2 F's they will be ineligible for the next grading period.
2. If a student's GPA drop below a 2.0 or they have 2 F's during any other quarter (excluding the first quarter for incoming 9th graders) they will be placed on academic probation for one grading period. Once a student has been on probation if their GPA remains below a 2.0 or they have 2 F's they will become automatically ineligible at the end of the grading period. Students will be allowed only one quarter of probation in their four years of high school.

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. For example: a student-athlete cannot participate in club volleyball tournaments during CVC's volleyball season but can compete once the school's season has ended.

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. An appeal process is possible but should only be utilized in extreme or special circumstances. *[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.]*

CIF General Rules

High school athletics shall be governed by the CIF Constitution and By-Laws (Blue Book), Central Section Constitution and By-Laws, East Sierra League Constitution and By-Laws and the Central Valley Christian High School Athletic Code of Conduct. Athletes shall be directly responsible to the head coach and his/her assistants. It is assumed that participation in a sport is a **privilege**. The following are general responsibilities of the athlete.

Applicability

1. Prior to participation, a student/athlete must complete the proper athletic clearance procedures which include:
 - Pre-Participation Athletic Clearance Form
(The following are included on these forms)
 - Physical Exam/Student health Questionnaire
 - Emergency Medical Information Card
 - Parent Consent
 - Risk Warning
 - Performance Enhancing Substance Policy
 - Athletic Handbook Acknowledgment Form
(The following are included in the handbook)
 - CVCHS Athletic Code of Conduct
 - CIF-CVCHS Code of Conduct for Interscholastic Student-Athletes
 - CIF Ethics in Sports statement
 - Paid all Fines
2. Athletes shall follow all team rules set forth by the coach and the CVCHS Athletic Code of Conduct

Academic Eligibility Standards

In calculating Grade Point Average (GPA), CIF regulations state that an Incomplete 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.

CVCHS Extra-Curricular Eligibility Policy

Note: It is a privilege to be able to participate in extra-curricular activities at CVCHS. Each students' first responsibility though is to fulfill their academic requirements.

1. All incoming 9th graders and other students new to CVCHS will automatically be placed on probation for their first grading period. At the end of the grading period if they have a GPA below 2.0 or 2 F's they will be ineligible for the next grading period.
2. If a student's GPA drops below a 2.0 or they have 2 F's during any

other quarter (excluding the first quarter for new students and incoming 9th graders) they will be placed on academic probation for one grading period. Once a student has been on probation if their GPA remains below a 2.0 or they have 2 F's they will become automatically ineligible at the end of the grading period. Students will be allowed only one quarter of probation for their four years of high school.

3. Only classes taken at CVCHS will count towards eligibility (ie no college classes, home school classes, or online classes). Students may take summer school classes to raise a „D“ or „F“ to improve their academic GPA, but these classes will not improve eligibility. Nor will students be able to take classes during the school year to improve eligibility. Students should understand that their first responsibility is to work diligently during each quarter to maintain their eligibility status rather than rely on make-up courses.

4. Students must take a minimum of five classes at CVCHS and be on target for graduation to be eligible for extra-curricular activities.

5. According to CIF Guidelines, students must be making progress toward graduation in order to participate on an athletic team. Progress towards graduation is defined as having successfully completed:

- a. 55 credits by the end of Grade 9
- b. 120 credits by the end of Grade 10
- c. 185 credits by the end of Grade 11

Incomplete Appeals

Incomplete appeals that are pending completion enable the student/athlete to practice, but not play.

Tryouts

Student athletes may participate in tryouts even if their overall GPA is below a 2.0. Once final cuts are made and rosters are posted, all student athletes must have the 2.0 GPA. Coaches may generate a “reserve list” pending minimum academic eligibility standards for those picked for the final roster.

Directions to Central Sequoia League Schools

Coalinga High School "Horned Toads" (559) 935-7520
750 Van Ness Street, Coalinga, 93210

Take 198 West (you will pass I-5) and head into Coalinga. Turn right on Van Ness Street.
Approximate travel time: 1 hour, ten minutes

Dinuba High School "Emperors" (559) 595-7220
340 East Kern Street, Dinuba, 93618

Head north on Plaza Drive (Road 80). Turn right onto Tulare Street, right onto "M" Street, and left onto Kern Street. Approximate travel time: 20-25 minutes

Exeter High School "Monarchs" (559) 592-2127
505 Rocky Hill Drive, Exeter, 93221

Take 198 East. Turn right on "65" towards Exeter. Once you reach town the school is on your left. Approximate travel time: 15 minutes

Immanuel High School "Eagles" (559) 638-2529
1128 South Reed, Reedley, 93654

Head North on Plaza Drive (Road 80). Turn left on to West El Monte Way in Dinuba. Turn right onto Road 52. Road 52 turns into Reed. The school is on the right.

** Please note that football and soccer are played at Reedley High School and softball is played at Immanuel Elementary School. Approximate travel time: 30-35 minutes

Kingsburg High School "Vikings" (559) 897-5156
1900 18th Ave., Kingsburg, 93631

Take 198 West to 99 North. Head north until the Mendocino Ave./18th Ave. Exit. Turn right. The school is on the corner of 18th Ave. and Sierra Street.

Approximate travel time: 20-25 minutes

Selma High School "Bears" (559) 898-6550
3125 Wright Street, Selma, 93662

Take 198 West to 99 North. Head north until the Floral Ave. exit – turn right. Turn left onto Wright Street.

Approximate travel time: 25-30 minutes

****PLEASE COMPLETE THIS FORM AND RETURN TO THE MAIN OFFICE****



Student/Parent Handbook for Athletics Signature Page

I have read the Central Valley Christian School Handbook for Athletics, and I understand what is expected of me as a student-athlete. I agree to follow all policies in this handbook, and I promise to always represent my school in a positive manner. I understand that any violation of this handbook will result in consequences.

Additionally, I have read the Central Valley Christian School Athletic Code of Conduct. I understand that any violation of the Code can and will result in suspension from athletics. I also understand that this Code is in effect 24 hours a day, 7 days a week, 12 months a year, both inside and outside of school and/or school related activities.

Student Name (Print): _____ Grade: _____

Student Signature: _____ Date: _____

Parent/Guardian Name (Print): _____

Parent/Guardian Signature: _____ Date: _____

*Please be sure to sign and return the inherent risk waiver and the sports medicine consent and acknowledgement forms as well

