



NAPA VALLEY
UNIFIED SCHOOL DISTRICT

**STUDENT-ATHLETE
AND
PARENT
HANDBOOK**

TABLE OF CONTENTS

<u>SECTION I: Philosophy, Guidelines and Protocols</u>	1-2
Philosophy of Student Athletics	
Communication	
Student-Athlete, Parent, Coach Support Guidelines	
Student-Athlete, Parent, Coach Communication Protocols	
Parent Support Guidelines	
<u>SECTION II: Athletic Guidelines</u>	3-5
Athletic Guidelines	
Residential Eligibility	
Tryout Procedures	
Eligibility at Team Tryouts	
Academic Eligibility	
Non-Discrimination (Board Policy 5145.3)	
Continuing Academic Eligibility	
Physical Examinations	
General Behavior	
School Attendance	
<u>SECTION III: General Rules</u>	6-7
Training Rules	
Androgenic/Anabolic Steroids	
Drugs, Alcohol & Performance Enhancing Drug	
Tobacco – Smoking And Chewing Policy	
Hazing / Bullying	
Social Media	
Travel	
<u>SECTION IV: Crisis Control</u>	8
Crisis Control Rationale	
Crisis Control Unrest Plans	
Crisis Control Consequences	
<u>SECTION V: Miscellaneous</u>	9-10
Equipment	
Leaving a Team	
Parent Meeting Schedule	
Multi-Sport Athlete	
<u>SECTION VI: Pursuing Victory with Honor</u>	11-12
CIF “Pursuing Victory with Honor”	

APPENDIX - APPROVED FORMS

- **Form #1** Agreement for Team Participation (Board Approved 12/1/11)
- **Form #2** Agreement for Parent Support
- **Form #3** NVUSD Sports Physical Form (Board Approved 12/1/11)
- **Form #4** NVUSD Emergency Consent to Treat Form (Board Approved 12/1/11)
- **Form #5** Concussion and Head Injury Information Sheet (Board Approved 3/1/15)
- **Form #6** Social Media Contract for Student-Athletes
- **Form #7** NVUSD Student Alternate Transportation Form (*Annual*)
- **Form #8** NVUSD Student Personal Automobile Use Form (*Annual*)
- **Form #9** NVUSD Volunteer Automobile Use Form (*Annual*)

SECTION I: PHILOSOPHY, GUIDELINES & PROTOCOLS

PHILOSOPHY OF STUDENT ATHLETICS

The Governing Board of the Napa Valley Unified School District recognizes that the athletic program enhances students' feelings of connectedness with the schools and helps to build a positive school climate. The athletic program also promotes the physical, social, and emotional well-being and character development of participating students. The district's athletic program is designed to meet student interests and abilities and is varied in scope to attract wide participation. The district encourages and supports student participation in the athletic program without compromising the integrity and purpose of the educational program. (BP 6145.2-Athletic Competition) The District recognizes that athletics is an important component of a student's complete educational development. As such, we believe that all students should have an opportunity to participate in some form of interscholastic athletics and that such participation should encourage positive scholastic and social growth and achievement. All participants and teams will represent the school and community in a positive manner. Student-Athletes will reflect the dedication and hard work that will be required to compete and be successful. Success will be measured by the knowledge that each participant gave his/her best effort and prepared for each contest to the best of his/her ability rather than the records achieved by teams or individuals. The District realizes that an effective interscholastic athletic program is the product of responsible cooperation between its four major components: each high school's parents, the student-athlete, coaching staff, site/district administration.

COMMUNICATION (In the event there is a concern)

In our continuing effort to establish and maintain clear lines of communication between the school Athletic Department Staff and the parents/guardians of our student-athletes, the coaching staff has establish a process for communication. ***Do not attempt to confront a coach before or after a contest or practice.*** Those can be emotional times for both the parent and the coach. Meetings of that nature, and at those times, do not promote positive communication or resolution. A 24 hour cool down period is expected by all associated with the athletic program. The following guidelines will help make the communication process a productive and positive experience.

STUDENT-ATHLETE, PARENT, COACH SUPPORT GUIDELINES

It is the intent of the school Athletic Department to provide an avenue for meaningful dialogue and positive communication between coaches, student-athletes and parents. Working together, we can and will accomplish many great things.

STUDENT-ATHLETE, PARENT, COACH COMMUNICATION PROTOCOLS

The protocol when resolving an issue between student-athlete and coach is as follows;

- **First Step** > Student-athlete will make an appointment and meet with the coach;
- **Next Step** > Student-athlete and parent will make an appointment and meet with coach;
- **Third Step** > Student-athlete and parent will make an appointment to meet with coach and athletic director; and
- **Final Step** > Student-athlete and parent will make an appointment to meet with coach, athletic director, and administrator in charge of athletics.

PARENT SUPPORT GUIDELINES

- All meetings with coaches are to be made **BY SCHEDULING AN APPOINTMENT**. Coaches will make their work numbers and / or email addresses available to parents. Parents will refrain from calling coaches at their homes, unless absolutely necessary.
- The District will not allow spontaneous meetings between parents and coaches on the athletic fields, in the gyms, or locker rooms.
- Coaches **WILL NOT** discuss other student-athletes with parents.
- Parents/guardian/fan who shows misconduct at athletic events that warrant intervention by a school administrator at home or away events will be asked to leave. If a second offense occurs the parent/guardian/fan will be suspended from a game and must complete the online course - NFHS "Positive Sport Parenting" <https://nfhslearn.com/courses/18000>. On the third offense the parent/guardian/fan will be expelled from all school athletic events for the remainder of the school year and/or the following year.
- Parents who verbally abuse a coach may be subject to possible criminal charges.

SECTION II: ATHLETIC GUIDELINES

RESIDENTIAL ELIGIBILITY

District Inter-district Transfer Request: State law governing school districts requires that each district ensures the placement of students living within its residential borders first. Students on inter-district transfers can only be accepted on a “space available” basis and only after local students have been enrolled. For this reason, Napa Valley Unified School District *may not* be able to place inter-district transfer students until all resident students are placed. (NVUSD BP/AR 5117 – Inter-district Transfer) The California Interscholastic Federation Bylaws require that students who participate on a school team must be living with parents or legal guardians who reside within the school’s attendance boundaries. All exceptions to this rule require that special permission forms and letters of approval be on file before a student can be declared eligible. Any transfer student (except entering 9th graders) must obtain and fill out the necessary C.I.F. forms and receive C.I.F. clearance before he/she may participate in any contests. ***Inter-district Transfers do not guarantee athletic eligibility.*** Questions about residential eligibility should be directed to the Athletic Director.

State “Open Enrollment” Transfer Option: A California law called the “*Open Enrollment Act*” was enacted January 7, 2010. This law provides an opportunity for parents/guardians of students attending one of California’s 1,000 identified “Open Enrollment Schools” the option to enroll in a different school having a higher *Academic Performance Index (API)* within NVUSD. (See NVUSD BP/AR 5118 - Open Enrollment Act Transfer)

Note regarding athletic eligibility: A student admitted to a district school through the Open Enrollment process is be deemed to have fulfilled district residency requirements and meets the CIF requirement for athletic eligibility.

District Open Enrollment or Intra-district Transfer: State law requires school districts to adopt policies allowing District residents to apply for open enrollment or intra-district transfer to schools within the District but outside their resident attendance area. An open enrollment period is designated annually and any student may apply. Acceptance is based on established priorities (e.g. siblings, etc.) and a random unbiased lottery. (NVUSD BP 5116 - Open Enrollment and Intra-district Transfer and AR 5116.2 - Open Enrollment) Intra-district transfers are limited to specific reasons, including Serious Medical Condition of the Student, Hardship – Family and legitimate change of residence to remain at original school of residence. (NVUSD AR 5116.3)

CIF Bylaw 206.C.10 Athletically-Motivated Valid Change of Residence

If a student completes a valid change of residence as provided in Bylaw 206.C.(1-5), a student-athlete may not be eligible to participate at the varsity level if there is evidence the move was athletically motivated or the student enrolled in that school in whole or in part for athletic reasons (CIF Bylaw 200; 510.B.-E.) Because the penalty for allowing an ineligible athlete to participate is severe (forfeiture of all contests in which the athlete participated), any athlete living outside of their assigned school attendance boundaries’ must notify the athletic director of his/her residence at the beginning of the season, so that the athletic director can make sure all of the appropriate forms and approvals are on file. An athlete who is dishonest about his/her residence places an entire team in jeopardy. Any athlete known to be using a false address or otherwise not being honest about a residence should be immediately reported to the coach to avoid penalizing the entire team. If a student and his/her parents move out of the

attendance area, but the student remains in the school, the student must immediately report his/her change of residence to the appropriate administrator.

School site administrator, or designees, may verify a student-athlete's residential eligibility by performing any of the following procedures: a phone call, a home visit, or any other appropriate measure to ensure verification consistent with NVUSD AR 5111.1 and AR 5116 District and attendance area residency verification procedures

TRYOUTS PROCEDURES:

CIF Bylaw 201.4.b states that eighth graders who have not graduated from the eighth grade may not participate in any athletic meetings, practices or competition of any kind at any high school.

The following is an outline of some of the basic guidelines/timelines that the NVUSD Athletic Departments follows prior to and at the start of a sport season. There are three sport seasons: fall, winter and spring.

Because of the unique nature of each individual sport, this outline may include or exclude some items that the coaching staff does or does not use.

1. Pre-season sign-up meetings: One to three months prior to the start of the season
 - a. Fall, winter, and spring seasons begin according to the C.I.F. calendar
2. Pre-season conditioning: Four to six weeks prior to the start of the season
3. Necessary forms and paperwork handed out / turn in to Athletics
4. Mandatory Student / Parent Meeting
5. Eligibility: Refer to Academic Eligibility.
6. Try-outs:
 - a. Cuts may be made following each of the three day tryout sessions.
 - b. Head Coaches will make the decision in determining the final roster.
 - c. Student- Athletes may make an appointment with the Head Coach to obtain feedback as to why they did not make the team.

ELIGIBILITY AT TEAM TRYOUTS:

- **Fall Sports** – The minimum 2.0 Grade Point Average is determined by the previous “End of Term” grading period.
- **Winter Sports** – The minimum 2.0 Grade Point Average is determined by “Fall Progress Report #2” grading period.
- **Spring Sports** – The minimum 2.0 Grade Point Average is determined by the previous “End of First Semester” grading period.

ACADEMIC ELIGIBILITY:

All student-athletes who wish to participate in an athletic activity in any of the District's High School must meet the following requirements:

1. Have earned a 2.0 GPA for the grading period prior to their participation and for each succeeding grading period during participation.
2. Meet standards of satisfactory citizenship.
3. Have a satisfactory attendance record as defined by Board Policy
4. Passed 20 credits the semester prior to their season of sport.

Student- athletes who do not maintain these requirements and are dismissed from a team will not be eligible for postseason honors or recognition (Certificates, Letters, etc.)

NON-DISCRIMINATION

All students have access to athletic opportunities regardless of race, color, ancestry, national origin, nationality, ethnicity, ethnic group identification, age, religion, marital or parental status, physical or mental disability, sex, sexual orientation, gender, gender identity, or gender expression; the perception of one or more of such characteristics; or association with a person or group with one or more of these actual or perceived characteristics. (NVUSD BP/AR - Athletic Competition and BP/AR 5145.3 - Nondiscrimination/Harassment)

CONTINUING ACADEMIC ELIGIBILITY

All students who wish to continue to participate in athletics may remain eligible if: On any grade of record the student has maintained a minimum academic 2.0 GPA and pass 20 semester credits.

PHYSICAL EXAMS

Athletes must have a yearly physical from a qualified physician (MD) who completes the medical examination report. In order to be accepted for athletics, the physical must be completed ***after*** May 1 of the school year in which the athlete plans to compete. **Completed papers should be given to the athletic director/athletic support staff.**

GENERAL BEHAVIOR

Student-athletes must comply with all rules and regulations as specified by California Education Code, California Penal Code, and NVUSD Board Policies, CIF Bylaws, and the CIF/NVUSD Code of Conduct.

In addition:

1. Profanity, unsportsmanlike conduct, and disrespect to any person or institution will not be tolerated.
2. Athletes accept responsibility for their behavior both on and off the field or at school. Examples of inappropriate behavior include, but are not limited to:
 - a. An athlete's language and behavior should not embarrass himself/herself, the team, the school, the district, or the community.
 - b. Defiant behavior toward any coach, school official, or game official.
 - c. Profanity, throwing of equipment or any similar display.
 - d. Misuse of social media at all times as defined by the NVUSD Social Media Guidelines for Students.

Violation of any of the above behavior guidelines may result in one or more of the following sanctions: suspension or dismissal from the team.

SCHOOL ATTENDANCE

Attending all classes is a high priority for all student-athletes: many athletic events require students to miss classes during the week making it very important for all student-athletes to establish good attendance patterns and communicate with their teachers about assignments to be done. Students must attend 60% (minimum) of the school day, excluding lunch, in order to participate in practice or competition that day. Subject to the discretion of the athletic director.

SECTION III: GENERAL RULES

TRAINING RULES

For health and safety reasons, students should understand that the NVUSD believes that the use of tobacco, alcohol, drugs, and performance enhancing drugs and supplements is not acceptable for high school athletes. Any violation of these training rules may also result in school disciplinary action according to NVUSD Board Policies and California Education Code. (NVUSD BP/AR 5144-5144.4 - Suspension and Expulsion)

The following information concerning tobacco, alcohol, drug, and performance enhancing drug and supplement use is the policy adopted by the Napa Valley Unified School District. It is a policy designed to be supportive and helpful to students/athletes, not just punitive. Students and parents must realize that it is their responsibility to follow this cumulative policy, and repeated offenses during the season or at offseason team activities will result in progressive consequences.

ANDROGENIC/ANABOLIC STEROIDS The use of androgenic/anabolic steroids or dietary supplements including synephrine to expedite the physical development and to enhance the performance level of Athletes presents a serious health hazard to student athletes. (NVUSD BP 5131.63 - Steroids) The student shall not use androgenic/anabolic steroids without the written permission of a fully licensed physician, as recognized by the American Medical Association, to treat a medical condition. The student's violation of District policy regarding steroids or dietary supplements shall result in discipline against the student, including, but not limited to, restriction from athletics, suspension or expulsion from school.

USE OF ALCOHOLIC BEVERAGES OR DRUG USE Any student that is suspended from school for the use/possession/sale/purchase of alcohol or drugs while at school or any school activity during his/her season will automatically be suspended from the sport in which s/he is currently participating. Further the student will not be able to participate in any other sport during the duration of the season for which s/he was suspended. (NVUSD BP/AR 5131.6 - Tobacco, Alcohol and other Drugs)

TOBACCO – SMOKING (E-cigarettes) CHEWING POLICY

Any student who is suspended from school for the use of tobacco, or possesses tobacco in any form while at school or any school activity during the season will suffer the following consequences.

- ***1st OFFENSE:*** The student-athlete will be ineligible to participate in any interscholastic contests for **two** weeks from the date of the infraction. In addition he/she must agree to a parent, coach, student conference. With the coach's permission, the student-athlete may continue to practice with the team. The student/athlete may also incur sanctions per NVUSD Board policy.
- ***2nd OFFENSE:*** The student-athlete will be ineligible to participate in any interscholastic contests for **four** weeks from the date of the infraction. In addition, he/she must successfully complete a tobacco abuse program that is approved by the athletic director. With the coach's permission the student-athlete may continue to practice with the team. The student/athlete may also incur sanctions per NVUSD Board policy.
- ***3rd OFFENSE:*** The student-athlete is ineligible for **one** calendar year. The student/athlete may also incur sanctions per NVUSD Board policy.

HAZING / BULLYING

Any form of hazing, bullying, initiation, or rites of passage will not be tolerated. Violations will be addressed according to NVUSD student behavior expectations. (NVUSD BP 5131.2 - Bullying and

BP/AR 5144 - Suspension and Expulsion) Additional penalties may be enforced by the athletic program/team.

SOCIAL MEDIA

Social Media Guidelines for Students

If a student-athlete's online profile and/or its comments violate Napa Valley Unified School District's social media guidelines as adopted by the governing Board or Superintendent in a published policy, the student athlete may be subject to discipline as may be warranted based on the severity of the offense, the harm to another party, and/or the number of violations that exist. Possible consequences may have school and/or athletic consequences.

Examples of possible athletic consequences may include:

- May be removed from a practice.
- The student athlete may be suspended from 1 contest, parent contacted, and administrative referral.
- The student athlete may be suspended from 2 contests, parent, student, coach meeting, and an administrative referral.
- The student athlete may be removed from the team, parent, student, coach, athletic director meeting and an administrative referral.
- Other school disciplinary actions may also apply.

Social Media Guidelines for Coaches

The use of social media by all coaches should be restricted to supplying information about meetings, practice times, and other team or school related information. It is also the responsibility of the all coaches to model and develop moral intelligence on the cyber-field. Demonstrating and reminding student-athletes there is such a thing as cyber-integrity, cyber-responsibility, and cyber-respect. All coaches will follow the same guidelines as adopted by the governing Board or Superintendent in a published policy and will sign an agreement as part of their contract.

TRAVEL

The district provides transportation to selected away contests.

1. Bus departure times are determined by a collaborative effort between site Athletic Department & NVUSD Transportation Department.
2. At the coach's discretion, students may be signed off the return bus by their parents/guardians.
3. At the discretion of the Principal or designee; prior to leaving for the game, students may be signed off the return bus by an approved adult driver that has been cleared by the NVUSD Transportation Department and has a permission slip with prior approval signed by the parent.
4. All athletes will dress in an appropriate manner for bus trips. Coaches will establish requirements for proper attire.
5. Students are expected to conduct themselves in a mature, responsible manner. Profanity and inappropriate behavior will not be tolerated.
6. Students are expected to follow all rules set forth by the bus driver and/or coach, to be courteous and respectful at all times.

Students are required to travel on school transportation. Under special circumstances, with Principal or designee and coach prior approval, students may be transported to the event by their parent/guardian or other designated adult drivers cleared by the NVUSD transportation Department.

SECTION IV: CRISIS CONTROL

CRISIS CONTROL RATIONALE

According to CIF Bylaw 503.3 any player ejected or any player who leaves the confines of the bench or team area during a fight that may break out or has broken out shall be disqualified from participating in the remainder of the game and will be ineligible for the team's next contest. This bylaw also applies to a fight that may occur after the game before the teams have vacated the playing area.

With regard to CIF Bylaw 503.3, NVUSD Code of Conduct and California Education Code it is imperative that a "Crisis Control Plan" be developed to manage the behavior of all athletes in these situations.

CRISIS CONTROL UNREST PLANS

If a physical altercation should occur on the playing field/court during a contest, the following action will take place:

- All athletes in the sideline/bench area will remain there, and all athletes on the field/court are to move immediately to the sideline/bench area.
- All parents/guardians, fans, etc. are to remain in the stands or in the sideline/bench area if there are no stands.
- No unsportsmanlike words or actions are to come from members of any NVUSD athletes in contests.
- Coaches will periodically rehearse how to behave if a conflict should occur in a contest.

CRISIS CONTROL CONSEQUENCES

Student-athletes, performers or competitors involved in a fight, while in uniform and/or at a performance/competition will have the following consequences:

- **1st OFFENSE:** The game/performance where incident occurred and the next game/performance suspension/school suspension.
- **2nd OFFENSE:** Complete removal from the team and school suspension.

Each situation will be evaluated on an individual basis by the administration. Input will be provided by the appropriate coach or advisor. When available video will be viewed.

SECTION V: MISCELLANEOUS

EQUIPMENT

The Napa Valley Unified School District provides a great deal of money to maintain and purchase proper equipment. Equipment is to be handled properly for safety and financial reasons and also to teach students responsibility.

1. All equipment will be inventoried, numbered, and checked out by coaches.
2. Students are responsible for the security of their equipment and uniforms. In some cases, particularly with game uniforms, the replacement fee may be higher than the original purchase price because special processing and printing may be required to duplicate the uniform.
3. Students are expected to turn in the same piece(s) of equipment checked out to them.
4. Equipment should be returned in the same condition as it was received. Equipment and uniforms should be cleaned before being returned. Students are expected to make arrangements to have torn or ripped clothing repaired prior to turning it into the coach.
5. All equipment must be returned within one week of the last contest.
6. No awards (letters, trophies, etc.), grades or transcripts will be issued until all equipment is returned and/or paid for by the student-athlete.
7. Students must return or pay for all equipment before they can practice or participate in another sport. In unusual circumstances when a significant amount of money is owed, arrangements for repayment can be made with the coach and the administrator in charge of athletics.
8. Students who leave a team prior to the end of the season must turn in their equipment and uniform within one week.
9. Personal athletic equipment purchased by the athlete/athletes' family (non-school) must meet all CIF, NFHS, and NVUSD requirements for safety. **Any alteration of equipment is not allowed.**

LEAVING A TEAM

Students are encouraged to try a variety of sports and students may leave a team prior to the first contest, excluding scrimmages, without penalty, by personally notifying the Head Varsity Coach that they no longer wish to participate. After this "try-out" period, students may leave a team under the following conditions:

1. It is the student's responsibility to notify the Head Varsity coach that he/she no longer wishes to participate after the first contest. The coach may request that the student explain the reason(s) for leaving the team. If the coach and student agree that the student can leave the team, the student may leave without penalty. If there is no agreement, the student may not begin practicing another sport until the season (including play-offs if applicable) has ended. This includes any off-season programs.
2. If a student-athlete is dismissed from a team, the student may not begin practicing another sport until the season (including play-offs if applicable) has ended. This includes any off-season programs.
3. If a student communicates with a coach, but no agreement can be reached, the student may appeal to the athletic director.

PARENT MEETING SCHEDULE

The Napa Valley School District holds an all sports preseason meeting at each high school for the purpose of involving families and the schools in creating partnerships to support the athletic program and student-athletes. Through such involvement and partnership, the opportunity for optimal growth and development of students is enhanced. Preseason meetings provide a forum for students and their parents, school activities staff and other adult leaders to openly discuss a variety of issues, such as sportsmanship, school policy, risk of injury/ failure to warn and healthy lifestyles, including the use of tobacco, alcohol and other drugs. These meetings represent an extraordinary opportunity to foster a dialogue among students, their parents and school staff—a dialogue that lays the groundwork for real collaboration towards healthier high school students and strong schools and communities.

1. Parents will sign in and must attend one time per year.
2. Dates will be independently determined by each school.
3. A make-up meeting will be scheduled will be independently determined by each school for each season of sport.
4. The student- athlete will not be eligible to play in any official contests until the parent has attended a mandatory sport night / team meeting.

MULTI-SPORT ATHLETES

The multiple-sport athlete is a key component to all high school athletic programs. In order for Napa Valley Unified School District athletic programs to be as successful as possible, we need the best athletes competing in a variety of sports. Our coaches understand that talented athletes bring fantastic skills, a competitive spirit and a drive to success. Therefore we have set standards to allow our student athletes the ability to focus on their season and have the most positive experience as multi-sport athletes as possible. Student athletes are expected to only commit to the season currently in session. Off season coaches may not expect student athletes to participate in any skill or conditioning sessions when playing another interscholastic sport that is in-season. During the off season, student athletes should never miss a competition (passing league over basketball skills session or a basketball summer league game over a baseball hitting session). When a conflict arises, the closest season of sport should take precedent. Communication between the student athlete and coaches is most important.

SECTION VI: “PURSUING VICTORY WITH HONOR”

CIF/NVUSD CODE OF CONDUCT

CODE OF CONDUCT FOR PARENTS/GUARDIANS

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

There is a value system—established in the home, nurtured in the school – that young people are developing. Their involvement in classroom and other activities contributes to that development. Trustworthiness, 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/guardian of a student-athlete at our school, your goals should include:

1. Promote a healthy lifestyle that does not include the use of performance enhancing drugs or supplements;
2. Realize that athletics are part of the educational experience, and the benefits of involvement go beyond the final score of a game;
3. Encourage our students to perform their best, just as we would urge them on with their class work;
4. Participate in positive cheers that encourage our student-athletes; discourage any cheers that would redirect that focus – including those that taunt and intimidate opponents, their fans and officials;
5. Learn, understand, and respect the rules of the game, the officials who administer them and their decisions;
6. Respect the task that our coaches face as teachers; and support them as they strive to educate our youth;
7. Respect our opponents as student-athletes, and acknowledge them for striving to do their best; and
8. 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.

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

CODE OF CONDUCT FOR INTERSCHOLASTIC STUDENT-ATHLETES

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

TRUSTWORTHINESS

1. Trustworthiness – be worthy of trust in all I do.
 - a. 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.
 - b. Honesty – live and compete honorably; don’t lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.
 - c. Reliability – fulfill commitments; do what I say I will do; be on time to practices and games.
 - d. Loyalty – be loyal to my school and team; put the team above personal glory.

RESPECT

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

RESPONSIBILITY

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

FAIRNESS

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

CARING

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

CITIZENSHIP

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

Suspension or termination of the participation privilege is within the sole discretion of the school administration.

APPENDIX

ATHLETIC ELIGIBILITY FORMS (MANDATORY)

Every student who wants to participate in a sport must complete and have signed by a parent/guardian the following forms:

- NVUSD Agreement for Team Participation (Board Adopted 12/1/11)
- NVUSD Agreement for Parent Support (Task Force Proposed 9/15/15)
- NVUSD Sports Physical Exam Form (health history) (Board Adopted 12/1/11)
- NVUSD Insurance / Consent to Treat (Board Adopted 12/1/11)
- NVUSD Concussion / Head Injury Information Sheet (Board Adopted 3/1/15)
- NVUSD Social Media Contract (Task Force Proposed 9/15/15)
- NVUSD Student Alternate Transportation Form
- Student Personal Automobile Use Form
- Volunteer Personal Automobile Use Form