



Player/Parent Athletic Information Packet

Welcome to Thousand Oaks High School Athletics for the 2020-2021 school year. We hope that the following information will answer many of your questions and assist you and your student-athlete through the athletic process. If you have any further questions, please do not hesitate to call our athletic office at 805-495-7491 x1020 and it will be our pleasure to assist you.

- 1) Physicals – The entire physical packet needs to be completed online by going to athleticclearance.com and setting up an account to download the physical and complete the package. This needs to be done prior to tryouts or the first day of practice, whichever comes first.
- 2) Eligibility – All student-athletes must maintain a 2.0 GPA at the grading period in order to achieve and maintain athletic eligibility. The grading period for initial eligibility for all fall sports are the previous final spring semester grades. Summer school grades may be used to replace or used in addition to determine eligibility. The 10 week quarter grades are used for eligibility for any continuing fall athlete and for initial eligibility for all winter sport athletes. The 20 week semester grades are used for eligibility for any continuing winter athlete and for initial eligibility for all spring sport athletes. The 30 week quarter grades are used for eligibility for any continuing spring athlete. All students are eligible to request a one-time only academic probation period if they are below a 2.0 GPA for a grading period. Academic petitions can be obtained from the Athletic Director or Athletic Coordinator and then processed for consideration by the academic probation committee.
- 3) Code and Contract – Participation in co-curricular activities is a privilege, not a basic right of all students. The school has the authority to revoke this privilege. Certain rules have been established for all students who become involved in the co-curricular program. The Co-Curricular Code and Contract (part of the physical packet) sets forth these expectations. A violation of the Co-curricular Code and Contract results in a year-long suspension from all athletic competition and extra-curricular activities. All students who violate the Co-Curricular Code and Contract are eligible to request a one-time only reduction of the year-long suspension. The Athletic Director will contact both the athlete and parents and inform them of the procedures for this appeal.

- 4) Attendance – Participants must attend at least 4 classes during the school day of the co-curricular event, which can include the 7th period athletic period. Any exception must have prior approval from the Principal or the Athletic Director.
- 5) 7th Period Waiver – Not all practices begin during the Athletic 7th period. Permission slips (waivers) that allow your student-athlete to leave campus after 6th period and return after school hours to their practice or game will be distributed by the head coach prior to the first practice.
- 6) Transportation - In order to preserve safety and team camaraderie, CVUSD students are required to travel on buses, vans, or other transportation provided by the District to designated school sponsored activities, practices, and/or games/events. Your continued support in this effort is very much appreciated. Transportation forms are available in the athletic or activities office. You may pay by check or cash at the athletic office or you may pay online at the TOHS website. Go to the home page of the TOHS website and click on the student store, then athletics and then transportation.

If a bus is scheduled to leave during school hours all dismissal times are posted in the daily bulletin and are announced during 5th period. Most dismissal times are 15 minutes from bus departures. Once dismissed, get to the bus ASAP. If you need to get to your home immediately after your event and you have permission from the coach, you need to write a note to the athletic department clearly stating that you as the parent will be driving your son or daughter to or from the event. **This note must be received at least 24 hours in advance** so that it can be signed by the Athletic Director and be given to the coach by the athlete. Student transportation permission slips and Personal vehicle use forms are available in the athletic office and online at the Athletic Section (Athletic forms) on the TOHS website, if needed.

- 7) Concussions – We are very proud of our coaches, staff and administration who are trained to deal with concussions. I have attached the CIF Bylaw/ State Law regarding concussion protocols. If your athlete is suspected of a concussion during practice or a game they will be removed from play. You and the Athletic Director will both be contacted by the coach. We suggest that you take your

athlete **immediately** to a physician to determine if they have sustained a concussion. If the physician determines that your athlete has suffered a concussion, your athlete **may not return to play no less than 7 full days from the time of diagnosis**. We will notify their counselor and all of their teachers so that they can be placed on the return to learn protocols and we will also inform our athletic trainer, who will instruct your athlete through our return to play protocols. We will work with you and your athlete and provide all the necessary information during their recovery. Once an MD or DO has cleared your athlete, we will administer the concussion baseline test if they are in a contact or collision sport and fully clear them upon meeting their baseline. They will then return to normal academic and physical expectations.

- 8) Parent/Coach Communication - At Thousand Oaks High School, we believe that a student participating in athletics provides a healthy avenue to further develop their character, work ethic and ability to work with others. To that end, the role of our coaches is very important to your child's experience at TOHS. By establishing an understanding of both parents and coaches we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's team. Please reach out to the athletic office if you have any concerns about the communication process of your student-athletes program.

- 9) Pre-Season Meeting – We encourage all parents and student-athletes to attend your sports pre-season meeting, it may be the most important meeting you attend all year. Each coach, sport and season is different and the information provided at these meetings is important and can better assist you and your athlete through the athletic process.

At Thousand Oaks High School, it is our goal to enhance the health and development of our young people through co-curricular activities. The true champion is the one who treats an opponent with respect, positively prepares himself or herself, plays by the rules and supports sportsmanship at all times. Thank you for your interest in and supporting these activities at our school. Good Luck and GO LANCERS!