

Steele Canyon Charter High School



Athletic Handbook

Enrollment: 2200

Mascot: Cougars

Colors: Cardinal/Navy

Conference: Grossmont

Address: 12440 Campo Rd, Spring Valley CA 91978

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Principle/CEO: Don Hohimer dhohimer@schscougar.org

Athletic Director: Gary Stathas gstathas@schscougars.org

Athletic Administrator: Scott Parr sparr@schscougars.org

FALL SPORTS: Boys & Girls Cross Country / Boys Water Polo / Girls Tennis / Football /

Girls Volleyball / Girls Golf / Cheer

WINTER SPORTS: Boys & Girls Basketball / Girls & Boys Soccer /

Boys & Girls Wrestling / Girls Water Polo / Cheer

SPRING SPORTS: Baseball / Softball / Boys Tennis/ Boys Golf /

Track & Field / Swimming / Boys Volleyball

Steele Canyon High School Athletics Mission Statement and Values



Mission Statement

Our goal as an athletic department at Steele Canyon High School is to provide an overall positive learning environment that will motivate, inspire, and encourage student athletes to grow and achieve to their fullest potential both on and off the field of play. This will be achieved by several essential components. First, it is vital to safeguard the integrity of our program by advocating character education to all athletes. Second, we will endeavor to provide all student athletes with the knowledge and skill base to become competitive athletes at the high school level. Finally, we will strive to create an enjoyable experience for all players where they can have fun while acquiring a lifelong awareness and aptitude for their overall fitness and nutrition.

Values

As a CIF member school we have adopted the policy of Pursuing Victory with Honor. Essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and the six core principles: Trustworthiness, respect, responsibility, fairness, caring, and good citizenship. By adhering to and enforcing the CIF philosophy we strive to ensure the integrity of our individual student athletes and our program.

The athletic coaching staff at Steele Canyon High School will practice continuous education in order to achieve and maintain expert knowledge in their sport. Coaches will ensure that all student athletes are students first while at the same time have the opportunity to become competitive athletes in their sport. Coaches will learn to evaluate, teach, critique, and correct essential athletic skills.

Our ultimate goal will be to provide student athletes with a memorable and gratifying experience that they can cherish throughout their lifetimes.

The goals identified above will be the focus of the coaching team and athletic department at Steele Canyon High School. We will aspire to not only meet but also surpass these objectives and continue to hold ourselves to high standards.

Purpose of High School Athletics

The purpose of athletics is to contribute to the overall educational experience of the student. It is our belief that the concepts learned through athletics including teamwork, integrity, sportsmanship, restraint, persistence, leadership, self-esteem, discipline, and humility will benefit the student in the future. Student-athletes will be expected to adhere to the following code of behavior:

Athletes strive to:

- At all times represent their school in a positive way
- Be on time, enthusiastic, dependable, loyal, and cooperative.
- Be responsible and open to coaching.
- Abide by the general rules of discipline as established for you by the CIF, CIFSDS, and Steele Canyon Charter High School.

Athletes will always:

- Place academics first.
- Strive to improve.
- Be positive.
- Support their teammates.
- Attend tutorial and seek education assistance when required.
- Demonstrate respect for teachers, coaches, and fellow athletes at all times.
- Maturely accept constructive criticism.
- Take responsibility.
- Use appropriate language.

Student-Athletes Responsibilities

Competition in high school athletics is a privilege. Accompanying that privilege is the responsibility of the student to conform to standards established by the school teams and instituted by the NFHS, CIF, CIF-SDS, and the Grossmont Athletic Conference.

- Be on time.
- Be at all practices and games.
- Represent your high school in a positive manner at all times.
- Come prepared to be part of the team.
- Come prepared to do your best. This includes proper nutrition, sleep and care of injuries and illness.
- Be positive.
- If you don't understand something, ask.
- Be respectful of yourself, your teammates, your coaches, your parents, the officials, and the fans at all times.
- Maintain a G.P.A of 2.0 or above throughout your season of sport.
- Take care of all equipment, uniforms issued and returned at the end of the season.
- Respect rules and policies.

Parent Responsibilities

- Help your student-athlete to understand that the team comes before the individual.
- Schedule appointments, vacations, and college visits outside of school, tournaments, practice, or game time.
- Encourage your student-athlete to know and understand games rules as well as team rules.
- Help your student-athlete to come prepared to do his/her best by encouraging them to be physically and mentally prepared. This includes proper nutrition, sleep, and care of injuries.

- Encourage your student-athlete to communicate appropriately and respectfully with the coach.
- Pay admission fees when appropriate

If parents want to discuss an issue with a coach, the parent must call and make an appointment. If the parent is not satisfied after speaking with the coach, he/she should schedule an appointment with the Athletic Director or Assistant Principal in charge of Athletics. It is inappropriate to address a concern with a coach on the day of a game, match, or meet.

Coaches' Responsibilities

- Understand that academics are #1 priority.
- Provide schedules for practices, tournaments, and games.
- Communicate changes in season schedule in a timely manner.
- Be on time.
- Come prepared for all practices and games.
- Encourage all student-athletes to do their best.
- Apply all school and team rules to all athletes equally.
- Report violations of the Steele Canyon behavior code to the Assistant Principal in charge of athletics.
- Be professional in all actions and words.
- Create a positive environment for our teams.
- Communicate your expectations to your athletes and team.
- Communicate with individual athletes as to their role on the team.
- Clearly communicate all NFSH, CIF, GUHSD, Conference, and team rules to athletes and parents.
- Return parent phone calls/emails in a timely manner.
- Explain vacation/absent policy
- Conduct a banquet at the end of the season to honor the student-athletes

Communication you can expect from your athlete's coach:

- Coaching philosophy.
- Expectation of individual athletes and team.
- Dates, times and locations of all practices and games.
- NFHS, CIF, Conference, GUHSD, and school rules.
- Information regarding transportation to and from all games.

Communication that coaches can expect from parents:

- Non-confrontational discussion
- Appropriate concerns can be expressed directly to the coach by appointment.
- Specific questions about philosophy or expectations of their child.
- Notification of any absences prior to practices or games.
- A phone call to set up an appointment to discuss a concern.

Appropriate to discuss:

- Treatment of your child (mentally or physically).
- Ways to help your child improve.
- Concerns about your child's behavior/academic problems.

Inappropriate to discuss:

- Playing time.
- Coaching strategy.

- Another athlete.

Steps for resolution:

1. First contact the coach.
2. Contact the Athletic Director.
3. Contact the Assistant Principal in charge of athletics.

Please know that any anonymous communication will be disregarded.

Athletic Clearance

Before a student-athlete can begin practicing with their team, they need to be cleared through the finance office. Updated clearance procedures can be found at the Steele Canyon website (www.schscougars.org). Scroll over the "Activities" tab and click on "Athletics." Please direct questions about clearance to the Steele Canyon Finance Office

CIF Ethics in Sports Policy

- Be courteous at all times (with school officials, opponents, game officials and fans).
- Exercise self-control.
- Be familiar with all rules of the contest.
- Show respect to players, officials, and other coaches.
- Refrain from the use of foul and abusive language.
- Respect the integrity and judgment of game officials.
- Refrain from the use of illegal and nonprescription drugs, anabolic steroids or any substance to increase physical development of performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States or the American Medical Association.
- Win with character, lose with dignity.
- Pursue Victory with Honor.

Academics

Academics are the number one priority for high school student-athlete. Key lessons learned through participating in high school athletics are planning, prioritizing, and understanding one's time limitations. If there is an unavoidable conflict involving athletics and academics, academics always has priority.

Academic Eligibility

A student is academically eligible if:

1. The student is currently enrolled in at least 12 quarter units of work, **and**
2. Maintains a minimum 2.0 unweighted GPA **and**
3. The student has no "U" grades in conduct.

Eligibility Dates

Quarter 1 Progress Report	September 24, 2014
Quarter 1 Final	October 29, 2014
Quarter 2 Progress Report	November 26, 2014
Quarter 2 Final	January 7, 2015
Quarter 3 Progress Report	February 18, 2015
Quarter 3 Final	March 24, 2015
Quarter 4 Progress Report	May 12, 2015
Quarter 4 Final	August 6, 2015

Eligibility Appeals/Probation

9th grade students are allowed one appeal per school year to regain eligibility. 10th, 11th, and 12th grade students are not allowed an appeal for grade point average. Students receiving a conduct grade of "U" in any one grading period will be afforded one appeal each year to regain eligibility. Students receiving two "U's" are not eligible for probation. Any student-athlete wishing to apply for a probationary period must see the Assistance Principal of Athletics to initiate this process.

Grade Changes

If an athlete's grade is in the process of being changed by a teacher after the grades have been posted and the athlete is ineligible due to existing grades, eligibility will not be granted unless the grade change is due to "teacher error."

Summer School

Summer school credits will count toward addressing scholastic and conduct deficiencies incurred in the preceding quarter grading period. Grades received in a summer course of equal or superior level to that of a previous course shall replace the previous grade for purposes of determining academic eligibility. New courses will not replace previous course work and any grade received will be averaged with all course grades from the previous quarter. Scholastic and conduct marks received in summer school shall not unfavorably impact eligibility.

Attendance

Student-athletes are required to attend all periods of their school day in order to be eligible to practice or play in a schedule match, game, or contest unless excused by their parent/guardian. Students who are excessively truant and or tardy to their classes may be suspended or removed from the team by the coach or administration.

Early Release from Class

It is the responsibility of the athletes to communicate with their teachers before they depart because of an athletic contest. Athletes with an early release time should remind their teachers of this before class on the day of the event. Students are responsible for any and all work and tests missed due to an early release. Students will not be permitted to leave class prior to a release time. It is an athlete's choice and privilege to leave school early to participate in athletics and to maintain at least a 2.0 GPA. It is a teacher's choice to release a student.

Insurance

All students participating on athletic teams must carry adequate insurance coverage as required by the Education Code, Section 32220, ET. SEQ. If a student does not have insurance, we have an optional student insurance plan available at a minimal cost. When a student is injured and is covered by the school plan, the student is to pick up a claim form from the Finance Office. This form must be completed by the student's parents and presented to the doctor or hospital. The school merely acts as a medium in supplying the insurance and assumes no liability, either for the injury or for subsequent negotiations with the company.

Reporting an Injury

It is the responsibility of the student-athlete to inform the coach if they sustain an injury.

Bus Riding Policy

Riding the bus to and from off-site sporting events is an important part of team bonding and is mandatory for all student-athletes. Under special circumstances, a request to not ride the bus can be approved through the Assistant Principals office and must be received 48 hours in advance. Failure to follow the transportation guidelines may result in disciplinary action from your coach or athletic director.

Competition On An Outside Team

A student on a high school team becomes ineligible if the student competes or participates in any way, including practice, on an "outside" team in the same sport, during the student's high school season of sport.

Conflicts with Outside Club Teams

Participation in our high school team athletics takes precedence over all other outside athletics activities. If conflict occurs, the high school event will come first. Athletes need to make sure their participation in outside club sports in no way negatively affects the team on which they are participating, or they may be asked to leave that team.

Conflicts That Prohibit Full Participation

An individual student who attempts to participate in too many extra-curricular activities will, undoubtedly, be in a position of conflict of obligation. The Athletic Department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities, and to that end, will attempt to schedule events in a manner so as to minimize conflicts. Students have a responsibility to do everything they can do to avoid conflicts. This would include being cautious about committing to too many activities where conflict are bound to happen. It also means notifying the staff members involved and communicate immediately when a conflict does arise. When conflicts do arise, the student-athlete will be responsible for contacting those involved and developing a solution so that the student learns to prioritize.

Equipment and Uniforms

- A. Uniforms and equipment are loaned (unless purchased in a spirit pack) to student-athletes by the school and must be returned at the end of the athlete's season of sport.
- B. When players lose uniforms or equipment, they may not take part in another sport until it is returned or fine paid in full.
- C. Athletes are financially responsible for all uniforms and equipment issued to them
- D. Graduation privileges may be withheld for failure to return team uniforms, equipment, or pay for such items.
- E. The equipment room is off limits to all student-athletes

Missing Practices

Athletic teams will usually practice on all weekdays, (some teams will also hold Saturday practices). An athlete should always consult his/her coach before missing practice and leaving campus. Missing practice or a game without a good reason will be dealt with according to each coach's individual rules (Illness or a family emergency would be a good reason for missing a practice or a game). In any circumstance, however, it is expected that the coach will be notified in advance. Communication with coaches should be a priority.

Removal from the Team

An athlete who is removed from a team/sport in season due to discipline/academic reasons will not be allowed to participate or practice in another sport until the end of regular season of the team from which he/she was dropped. In addition, all awards, letters, and certificates will be forfeited.

Dropping or Transferring Sports

On occasion, an in-session athlete may find it necessary to drop out of a sport. If this is the case, the following procedure is suggested.

1. Talk with your coach.
2. Return all equipment and uniforms issued to you.
3. Student-athletes must have the consent of both coaches if transferring sports during the season.

Athletic Lettering Policy

The requirements for earning an athletic letter vary from sport to sport.

Academic Lettering Policy

In order to receive an Academic letter in athletics from Steele Canyon High School the student-athlete must meet the following standards.

1. The student must be an eligible athlete at Steele Canyon High School
2. The student-athlete must have a minimum 3.5 weighted GPA during the designated quarter for that sport.

Fall Sports

Must have a 3.5 weighted GPA or higher at the end of quarter one.

Winter Sports

Must have a 3.5 weighted GPA or higher at the end of quarter two.

Spring Sports

Must have a 3.5 weighted GPA or higher at the end of quarter three.

3. The student must have purchased an ASB card for the school year in which they are receiving their academic letter.

ASB Card

ASB directly funds the athletic programs. All students are encouraged to purchase an ASB sticker to receive discounts on school activities and awards that are paid for by ASB. The cost of an ASB card is \$25 and is nonrefundable. ASB cards can be purchased in the Finance Office

CIF-San Diego Section

The CIF-San Diego Section is a voluntary association of public, private, and parochial high schools. The Board of Managers is the governing body. The members of the Board are public school superintendents and private school representatives of 97 member high schools and 135,000 students. It is often sections throughout the State of California.

The San Diego Section encourages and assists high school students, through participations in interscholastic athletics, to develop and strengthen values, attitudes, and skills that will promote their personal growth as individuals and as members of a diverse society. In addition, its purpose is to cultivate more friendly relations among schools through good standards of sportsmanship. The San Diego Section administers and conducts varsity level championship playoffs in 26 sports for the young men and women for a better tomorrow and working with educators, parents, and the community to establish and maintain excellent high school athletic programs. For more information, visit their website www.cifsd.org.

National Collegiate Athletic Association

All student-athletes expecting to play NCAA Division I & II athletics must meet freshman eligibility standards established by the NCAA Initial-Eligibility Clearinghouse.

Playing in college can be a very rewarding experience. It can also be a very challenging one where the students involved must be extremely responsible and pro-active in gathering the information they need to try out and practice. In order to play athletics in college, especially a Division I or II school, the student-athlete will need to fill out a core class worksheet and register with the NCAA Clearinghouse online @ www.NCAA.clearinghouse.net.

Qualifier

To practice, complete, and receive an athletic scholarship as a freshman, the requirements are:

- Satisfy high school graduation requirements.
- Complete 16 core courses.
- Achieve a core-course grade point average and ACT or SAT test scores as described in the index.

NOTE: Grade point average and ACT/SAT scores vary according to the NCAA core GPA index.

NCAA Athletics Scholarship Information

Seminars are held throughout the country for student-athletes and their parents to explain the procedure for obtaining an athletic scholarship. The NCAA Guide for the College-Bound Student-Athlete is available online @ www.NCAA.org. If you have any questions, see your counselor or athletic director.

NCAA Initial-Eligibility Clearinghouse
 P.O. Box 4044
 Iowa City, IA 52243-4044
 (319) 337-1492 (customer service)
 (319) 339-3003 (24-hour voice response)
 Questions or comments? Academics@ncaa.org
www.ncaa.clearinghouse.net

The Steele Canyon Athletic Team

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