



ATHLETIC HANDBOOK

FOR COACHES, SCHOOL STAFF, PARENTS &
STUDENT-ATHLETES

SHADOW HILLS HIGH SCHOOL
DESERT EMPIRE LEAGUE

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INTRODUCTION

Shadow Hills High School has a history of academic and athletic success. We are excited and honored that you have decided to become a part of our athletic family. Our coaches and staff are anxious to begin working with you to teach you personal, short and long term athletic goals. The purpose of this handbook is to establish operating procedures for Shadow Hills High School Athletics. This handbook will provide the framework within which students, faculty, and staff can work together for the benefit of our interscholastic athletic programs. The rules and regulations governing the interscholastic athletic programs of SHHS are enforced by the California Interscholastic Federation Southern Section, Catholic Athletic Association, the California Interscholastic Federation-State Office, the Athletic Conference, and Shadow Hills High School.

MISSION STATEMENT

Shadow Hills High School is dedicated to the preparation of all student-athletes to be successful in life and in competition. Our focus is not only on the athletic ability of the student-athlete, but in the academic as well. The lessons taught on the field of competition directly carry over to life lessons. Hard work, being a good teammate, goal setting and giving your best effort and all characteristics that lead to success in life and success in athletics.

We teach success on and off the field!

Athletics – Are Inherently Educational. Athletic programs provide valuable lessons and skills for practical situations – like teamwork, fair play, and hard work. Through participation in athletic programs, students learn self-discipline, build self-confidence and develop skills to handle competitive situations. These are qualities students need if they are to become responsible adults, productive citizens and skilled professionals.

Athletics – Promote Health and Well-being. Mental and physical health is improved through activities. Self-concept, self-image, physical activity, and weight management are a few of these health benefits realized through athletic participation.

Athletics – Foster Success in Later Life. Participation in high school athletics and activities is often a predictor of later success – in college, a career and becoming a contributing healthy member of society.

"The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather in a lack of will."

– Vincent Lombardi

Message from the Director of Athletics, Michael Walsh,

“It is not the critic who counts: not the man who points out how the strong man stumbles or where the doer of deeds could have done better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly, who errs and comes up short again and again, because there is no effort without error or shortcoming, but who knows the great enthusiasms, the great devotions, who spends himself for a worthy cause; who, at the best, knows, in the end, the triumph of high achievement, and who, at the worst, if he fails, at least he fails while daring greatly, so that his place shall never be with those cold and timid souls who knew neither victory nor defeat.”

- Theodore Roosevelt 1858-1919



GO KNIGHTS!

INTERSCHOLASTIC SPORTS

Each year, Shadow Hills High School fields **50** interscholastic teams (including **22** varsity and **22** junior varsity teams) in **23** different sports. Almost **900** students in the 2018-2019 school year participated on these teams, and most of the freshmen and sophomores participate in interscholastic competition during all three seasons.

Fall Sports	Winter Sports	Spring Sports
Football	Boys Basketball	Baseball
Girls Volleyball	Girls Basketball	Softball
Boys/Girls Cross Country	Boys Soccer	Boys/Girls Track
Boys Water Polo	Girls Soccer	Boys/Girls Swimming
Girls Tennis	Boys Wrestling	Boys Tennis
Girls Golf	Girls Wrestling	Boys Water Polo
	Girls Water Polo	

LEAGUE COMPETITION

Shadow Hills High School teams are part of the California Interscholastic Federation Southern Conference (CIF-SS), made up of 570 member public and private high schools organized into 90 leagues. In the 2016-17 school year, Shadow Hills joined the Desert Valley League (DVL) which includes six other teams in the San Bernardino and Riverside County area. In the 2018-19 school year, Shadow Hills High School entered a new league – Desert Empire League (DEL). The league is considered to be strong academically and athletically. The DEL consists of: La Quinta High School, Palm Desert High School, Palm Springs High School, Rancho Mirage High School and Xavier Preparatory High School.



HOW TO PARTICIPATE IN KNIGHTS ATHLETICS

Your decision to become a Knight student-athlete is a privilege and an honor. Each person must complete the following requirements to be eligible to participate on any Knight team:

1. Complete the “Athletic Clearance Packet” on-line.
2. Have a physical examination by a medical doctor. Bring a copy of your physical to the athletic office. (Physical forms are available on-line but are not necessary. Your doctor may have their own form.) Physicals are valid for one calendar year. Student-athletes must have a physical every school year.
3. Athletes **may not** practice until all forms have been completed in their entirety and submitted to the Athletics Office. This enrollment packet contains emergency contact information, physical exam verification, and health insurance information as well as other required information.
4. Be academically eligible. Each grading period, a student-athlete must pass a minimum of 5 classes and not drop below a 2.0 G.P.A.
5. Be eligible under all CIF Rules and Regulations.
6. Understand and follow all school and team policies with regard to conduct, attitude and proper training habits. (See Knights Code of Conduct on pages 10 - 12)

“Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are.”

- John Wooden

ACADEMIC ELIGIBILITY

ATHLETIC POLICY

The Desert Sands Unified School District Board (BP 6145.2) supports the ideals of good sportsmanship, ethical conduct and fair play, and expects student-athletes, coaches, spectators and others to demonstrate these principles during all athletic competitions. In preparing for and participating in athletic competitions, students and staff shall abide by the core principles of trustworthiness, respect, responsibility, fairness, caring and citizenship, as adopted by the California Interscholastic Federation (CIF) in its publication "Pursuing Victory with Honor"

1. All students' grades will be checked at the time they are cleared for participation on a team or activity. The grades from the previous quarter will determine eligibility for the next quarter. This grade check is conducted by the Athletic Director and designated site vice principals. If a student is eligible at this time, no further grade check will be initiated for said student until the next school grading period (quarter).
2. All CIF eligibility requirements must be met for student-athletes.
3. Entering ninth graders' first quarter eligibility and probation will be based on eighth grade second semester/third trimester and summer school grades.
4. All students who have less than a "C" (2.0) average or have more than two "F" are put on probation for a quarter. For students on block scheduling, a quarter refers to a nine week period starting with the first day of school.
 - a. Coaches and extracurricular advisors will be notified of names of students who are placed on probation.
 - b. Students placed on probation will be told of their status and the probationary process as it affects them.
5. Schedule of eligibility checks for probationary students:
 - a. Eligibility will be checked every three weeks throughout that sport (season) or activity for those students on probation.
 - b. Grade forms will be issued by Friday at the end of the three week period. If school is not in session on the Friday in which a grade check is scheduled to fall, then the grade check will fall on the following Monday.
6. Eligibility grade check:
 - a. Probationary students must: on Friday at the end of the three week period, have their Eligibility Grade Check Forms completed by all their teachers.
 - b. Student Eligibility Grade Check Forms must be turned into the coach, athletic director, or the extracurricular advisors at the end of that (Friday) day.
 - c. If the student has a "C" average with no more than two "F" the athlete is eligible to remain on the team or participate in the affected activity.

7. Grade checks will be made during the four quarters of the school year.
8. The Code of Conduct applies to:
 - a. All students enrolled in grades 9-12.
 - b. All co-curricular activities
 - c. All extracurricular activities
9. The Code of Conduct applies to any major infraction. Major infractions are defined in Education Code 48900 (a-o), 48900.2, 48900.3, 48900.4 and 48900.7:
 - a. (1) Caused, attempted to cause, or threatened to cause physical injury to another person; or (2) Willfully used force or violence upon the person of another, except in self-defense.
 - b. Possessed, sold or otherwise-furnished any firearm, knife, explosive, or other dangerous object.
 - c. Possessed, used, sold or otherwise furnished, or been under the influence of any controlled substance, alcoholic beverage, or intoxicant of any kind.
 - d. Offered or arranged or negotiated to sell any controlled substance, alcoholic beverage, or intoxicant of any kind, and then sold, delivered, or otherwise furnished to any person another liquid, substance, or material and represented the liquid, substance, or material as a controlled substance, alcoholic beverage or intoxicant.
 - e. Committed robbery or extortion.
 - f. Caused or attempted to cause damage to school property or private property.
 - g. Stole or attempted to steal school property or private property.
 - h. Possessed or used tobacco or any product containing tobacco or nicotine products.
 - i. Committed an obscene act or engaged in habitual profanity or vulgarity.
 - j. Had unlawful possession of, offered, arranged, or negotiated to sell any drug paraphernalia.
 - k. Disrupted school activities or willfully defied the authority of school personnel.
 - l. Knowingly received stolen school property or private property.
 - m. Possessed an imitation firearm.
 - n. Committed or attempted to commit sexual assault or committed a sexual battery, as defined in the Penal Code.
 - o. Harassed, threatened, or intimidated a student who is a complaining witness or witness in a school disciplinary proceeding.

(Education Code 48900.2, 48900.3, 48900.4, 48900.7)

Code of Conduct consequences for violation of Education Code 48900 b, c., d., e., n., and o. shall be invoked automatically.

Code of Conduct consequences for violation of Education Code 48900 a., f., g., h., i., j., k., l., m., 48900.2, 48900.3, 48900.4 and 48900.7 may be invoked at administrative discretion, depending on the degree of severity of the violation.

10. Consequences for violations of Code of Conduct as noted above:
 - a. On the first violation of the Code of Conduct (grades 9-12), students will be removed from all co-curricular and extracurricular activities for 30 school days.

On the second and subsequent violation, students will be removed from all co-curricular and extracurricular activities for the remainder of the current semester and the following semester.

- b. Additionally, on first offense, ASB grade level officers (President, Vice President, Secretary, Treasurer, and all Commissioners) shall be removed from office for the remainder of the school year.
 - c. Students in co-curricular activities may remain in the class but may not represent the school in outside performances or competitions. (Teachers would be responsible to modify the curriculum to provide a successful educational experience.)
 - d. During their period of exclusion, students will be permitted to remain in clubs as members. Students may not, however, hold an office participate in competitions or performances that represent their school.
 - e. Students who are not involved in co-curricular or extracurricular activities will be ineligible to participate, as defined above for 30 school days.
 - f. Definition of school days: School days shall commence on the first student day of the fall semester and continue through the last student day of the spring semester. In addition, school days attended during summer school session are considered school days. Holidays, weekends, vacation periods, etc., do not count as school days. The counting of school days shall continue from fall to fall semester.
 - g. Students may participate in ASB election activities provided they are eligible to participate or to take office on the first day of the regular school year. Students may try out for pep provided they are eligible to participate the following year.
 - h. Students seeking to participate in sports will be permitted to try out when their suspension is complete in accordance with CIF rules and regulations.
11. Appeal Process: All decisions may be appealed based upon review of due process by presenting a formal letter to the school principal within 10 calendar days of receipt of notification of the decision to remove a student from or to designate a student ineligible for, any co-curricular or extracurricular activity. The principal will review the appeal and render a decision within five working days in writing. Students are ineligible to participate in extracurricular and co-curricular activities while an appeal is being processed.

ACADEMIC PROBATION

A student cannot be on probation for two consecutive quarters. A student will be declared ineligible for extracurricular activities if a second violation occurs. Eligibility will be determined the following quarter. If a student has a "C" average with no more than two "F", the athlete is eligible to participate in the extracurricular activity.

For example: A student is on probationary status during the first quarter of an extracurricular activity. The same student cannot be placed on probation in the second quarter, but instead will be ineligible to participate in second quarter extracurricular activities. The athlete may again, if necessary, be placed on probation for a third quarter.

The administration and athletic staff of the Shadow Hills High School consider athletics to be an integral part of the school's program of education which provides experience that will aid the physical,

mental, and emotional development of young men and women. The athletic program shall be so directed that the welfare of all students will be the guiding principle. The interscholastic athletic program in high school is designed to provide a positive educational experience which develops character, integrity and life skills for student-athletes.

TEAM SELECTION

Many team sports must limit the size of their squad to provide time for proper instruction, safety concerns, and supervision. Cutting perspective student-athletes is a very difficult, gut-wrenching task that coaches must accept as a necessity to benefit the sport and the growth of the team as a whole.

Criteria for team selection is listed in handouts distributed at pre-season meetings and are reviewed numerous times. If a student-athlete is not selected one season this does not mean that he/she will never be selected for a team in that sport in future seasons.

We encourage athletes who have been cut to take on the challenge to work hard to develop their mental and physical skills to eventually make the team the following year. In many cases, these young men and women will go on to become major contributors to their team's success.

If a student-athlete tries out for a team and is not selected, he/she is invited to participate in a sport during the same season that does not limit the number of participants (e.g., football, cross-country, wrestling and track).

Termination of Participation by an Athlete

1. *Cut from a team because of lack of ability:* An athlete cut from a team may try-out for another sport immediately.
2. *Dropped from a team by mutual consent:* An athlete may terminate association with a team by approval of the coach prior to dropping the sport. The athlete is eligible to try-out for another sport subject to approval by the athletic director and the coach of the new sport.
3. *Quitting a sport:* An athlete who quits any sport without approval of the coach and athletic director will be suspended from participating in any athletic program until the next sport season.

"Sport teaches you to win honestly. Sport teaches you to lose with dignity. In a word, sport teaches you life."

- Ernest Hemingway

Shadow Hills High School
ATHLETIC CODE OF CONDUCT

STUDENT-ATHLETE CONDUCT & BEHAVIOR

All Knight student-athletes are expected to “do what is right.” As young adults, you have learned the difference between what is right and what is wrong from your parents, family, teachers and coaches. The Knights CODE OF CONDUCT is designed to help student-athletes “SAY NO” when they are in difficult situations and must choose to make THE RIGHT decision.

Shadow Hills High School will enjoy athletic success because of tremendous “team spirit” within our athletic programs. TEAM FIRST is the goal for all our players. Remember, everything you do not only affects you but those in your family, your team, your school, and your community.

It is not always easy to do what’s right, but it is always best to do what’s right.

The following CODE OF CONDUCT has been established and all student-athletes should know the rules and consequences if they choose to violate this code.

PREAMBLE

Athletic participation can be one of the most significant, formative experiences in a young person’s life. It gives a great deal of pleasure and builds friendships that can last for years. In our school, athletics is an integral part of the educational program. Athletics teaches fair play, sportsmanship, teamwork, perseverance and appreciation for improvement, desire to succeed and excel, self-discipline, responsibility, leadership, and quick thinking.

Participation in interscholastic athletics is voluntary. It is a privilege, not a right and carries with it the responsibilities of courtesy and sportsmanship on the playing field, on the campus and in the community. Following this athletic code will aid you in building team morale, discipline and spirit. Therefore, you should take it upon yourself to become the very best athlete and team member possible, for you alone have the power to achieve or fail in these goals.

1. CONDUCT

1.1. IN THE CLASSROOM: A Knight athlete:

1.1.1. Maintains prompt and regular attendance

1.1.2. Maintains grades in accordance with CIF and school district rules

1.1.3. Strives to become a good student and citizen

1.1.4. Shows proper respect for faculty members, adults, and other students at all times

1.1.5. When suspended from school, will not practice or participate until the suspension is complete.

1.2. ON THE FIELD: A Knight athlete:

- 1.2.1 Uses legal tactics; refrains from using profanity.
- 1.2.2. Is courteous and hospitable to visiting teams.
- 1.2.3. Respects the integrity and judgment of officials and accepts their decisions.
- 1.2.4. Is gracious in defeat and modest in victory and controls temper and maintains poise.

1.3. ON & OFF CAMPUS: A Knight athlete:

- 1.3.1. Demonstrates a high standard of conduct, as it reflects not only on oneself, but one's family, team, coach and school
- 1.3.2. Maintains "good citizenship" by not being involved in any criminal activity
- 1.3.3. Does not participate in "vandalism" at any school.

1.4. ON ATHLETIC TRIPS: A Knight athlete:

- 1.4.1. Demonstrates a high standard of conduct as a representative of the school, community, family and coach.
- 1.4.2. Respects the property of others; travels to and from athletic contests on district provided transportation;
- 1.4.3. Can only be released to the parent by a coach.

2. PHYSICAL CONDITIONING AND TRAINING RULES

3.1. SHHS student-athletes will refrain from the use of tobacco (in any form), alcohol and other illegal drugs. This includes the illegal use of non-prescribed steroids and/or other performance enhancing substances. Proper diet, hydration and adequate sleep are equally important to the physical conditioning of an athlete. Athletes should maintain good citizenship by not being involved in any criminal activity. Athletes should protect themselves and their team by abstaining from anything that would harm their health or that of others.

3. HAZING/BULLYING/INITIATIONS

- 4.1. Any form of hazing, initiation, right of passage, or bullying in any form will not be tolerated.
 - 4.1.1. Violations of Ed Code 48900 will be dealt with accordingly. Additional penalties involving athletics may be incurred and are explained below.

4. ENFORCEMENT DUE TO VIOLATION OF RULES

- 5.1. Non adherence to the regulations herein may result in disciplinary action by the coaches, athletic director and administrators of the school.
- 5.2. Violations of the letter or spirit of the Athletic Code may result in one or more of the following penalties when recommended by the coach, athletic director, or school administration:
 - 5.2.1. Placement on probation.

5.2.2. Removal from one or more of the next scheduled contests.

5.2.3. Referral for assessment and/or treatment of any alcohol/drug violation, and/or any criminal activity.

5.2.4. Removal from the team.

5.2.5. Potential loss of team and post-season awards.

CIF: Principles of Pursuing Victory with Honor

The essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."

It's the duty of School Boards, superintendents, school administrators, parents and school sports leadership - including coaches, athletic administrators, program directors and game officials - to promote sportsmanship and foster good character by teaching, enforcing, advocating and modeling these "six pillars of character."

1. To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical and ethical development of student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible.
2. Participation in school sports programs is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules and they must conduct themselves, on and off the field, as positive role models who exemplify good character.
3. School Boards, superintendents, school administrators, parents and school sports leadership shall establish standards for participation by adopting and enforcing codes of conduct for coaches, athletes, parents and spectators.
4. All participants in high school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.
5. The importance of character, ethics and sportsmanship should be emphasized in all communications directed to student-athletes and their parents.
6. Everyone involved in competition including parents, spectators, associated study body leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect. Coaches have a special responsibility to model respectful behavior and the duty to demand that their student-athletes refrain from disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent trash-talking, taunting and inappropriate celebrations.

SPORTSMANSHIP STATEMENT

The key words involved in sportsmanship are mutual respect, self-control and integrity. Athletes are expected to compete with enthusiasm and desire, within the letter and spirit of the rules. The way participants and spectators behave should be marked by mutual respect. In both victory and defeat, sportsmanship is measured by the ability to control emotions and accept the outcome with poise. If friendly competition cannot be achieved within this framework, then the educational value of athletics will be seriously undermined.

Fans, both students and adults are important and an integral part of every athletic contest. They serve to authenticate the positive values learned through athletics and to support the personal efforts and success of individual players. Occasionally, fan behavior can harm an athletic event. The following is to provide clarity about inappropriate behavior and their consequences. In order to reduce potential conflict among groups at athletic events, it is appropriate to sit on the home side or the Knights designated seating area.

SOCIAL MEDIA EXPECTATIONS

Social media can be a useful tool to communicate with teammates, fans, friends, coaches and more. Social media can also be dangerous if you are not careful. Every picture, link, quote, tweet, status, or post that you or your friends put online is forever part of your digital footprint. You never know when that will come back to hurt your reputation during the recruiting process, a new job, or other important areas of your life.

Recognizing the above:

- I take responsibility for my online profile, including my posts and any photos, videos or other recordings posted by others in which I appear.
- I will not degrade my opponents before, during, or after games.
- I will post only positive things about my teammates, coaches, opponents, and officials.
- I will use social media to purposely promote abilities, team, community, and social values.
- I will consider "Is this the me I want you to see?" before I post anything online.
- I will ignore any negative comments about me and will not retaliate.
- If I see a teammate post something potentially negative online, I will have a conversation with that teammate. If I do not feel comfortable doing so, I will talk to the team captain or a coach.
- I am aware that I represent my sport(s), school, team, family and community at all times, and will do so in a positive manner.

FORM OF ADDRESS

All Knight-Athletes are required to use appropriate forms of address when speaking with an adult. For example, "Coach", Mr., Miss, or Mrs.

"Respect yourself and others will respect you."

– Confucius

TEAM LOCKERS

Student-athletes are assigned long team lockers whenever possible and their teams are in-season. Multi-sport athletes may be assigned a team locker for the entire school year, while single sport athletes may be moved out of their team locker to create space for the next season of sport.

It is a PRIVILEGE to be assigned a team locker! A student-athlete that does not follow the rules listed below may forfeit the athlete's team locker. Student security and safety in the locker room facility are priorities of the Knight athletic staff. Each student-athlete is responsible to help keep the locker room safe and secure.

- Lock and recheck your locker each time you leave the locker room.
- No horseplay (injuries and/or bad feelings can result and hurt the entire team.)
- DO NOT SHARE LOCKERS! Period. Don't do it!
- Do not give out your combination to any other person.
- If you suspect that another person knows the combination to your lock, see your coach or the equipment person to get a new lock.
- Do not leave any items unsecured in an unlocked locker.
- Report any missing items to your coach immediately.

TRAINING ROOM - INJURY REFERRAL PROCEDURE

The training room is located in the gymnasium building with access available for both boys and girls. Our Certified Athletic Trainer is in charge of this facility. The training room is for the treatment and rehabilitation of injuries. All taping and support wraps for injured athletes will also involve a rehabilitation program designed by the trainer. Student-athletes will not play or practice when under the care of the trainer without permission to do so from the trainer. Athletes, with the help of their coaches and the trainer, must make a plan to be taped or treated on a regular basis.

If you are injured, notify your coach and the Athletic Trainer immediately. The earlier that an injury can be evaluated and treated, the faster it can improve. If an injury is serious, parents will be notified and the athlete may be referred to a sports medicine specialist or a physician (with parent permission). The potential for injury is inherent in any physical activity and is accepted by each athlete and their family when the decision is made to become a participant in the athletic program. The goal is to keep every student-athlete in top physical condition throughout the entire season.

Training Room

The training room is only for athletes who need medical attention. The rules established by the school must be followed. **This is not a room where student-athletes hang out.** Any student who does, will be asked to leave. Students should never be unsupervised.

Guidelines for Hot Weather

Precautions for hot weather athletics: Coaches should make sure all athletes are taking in fluids. The main problem associated with exercising in hot weather is water loss through sweating. A coach should allow “water as needed” this is SHHS policy to replace water loss. The athlete should be allowed water anytime he or she feels the need. The old idea that water should be withheld from athletes during workouts has no scientific foundation. The important safeguard to the health of the athlete is the replacement of water. Cool water is preferable.

Heat Related Medical Emergencies

Heat Exhaustion:

Heat exhaustion is one of the heat-related syndromes that range in severity from mild heat cramps to heat exhaustion to potentially life threatening heatstroke. Signs and symptoms of heat exhaustion often begin suddenly, sometimes after exercise, heavy perspiration, and inadequate fluid intake. Signs and symptoms – Resemble those of shock and may include:

1. Feeling faint
2. Nausea
3. Heavy sweating
4. Ashen appearance
5. Rapid, weak heartbeat
6. Low blood pressure
7. Cool, moist skin
8. Low-grade fever First Aid/Treatment:
 - a. Get the person out of the sun and into a shady or air conditioned location.
 - b. Lay the person down and elevate the legs and feet slightly.
 - c. Loosen or remove the person’s clothing.
 - d. Have the person drink cool water (not iced) or sports drink containing electrolytes.
 - e. Cool the person by spraying or sponging him/her with cool water and fanning.
 - f. Monitor the person carefully. Heat exhaustion can quickly become heatstroke.
 - g. If fever greater than 102° F, fainting, confusion, or seizures occur, dial 911 or call for emergency medical assistance.

Heatstroke:

Heatstroke is a life threatening medical emergency. What makes heatstroke much more severe and potentially life-threatening is that the body’s normal mechanisms for dealing with heat stress, such as sweating and temperature control, are lost.

Signs and symptoms:

The main sign of heatstroke is a markedly elevated body temperature – generally greater than 104° F changes in mental status ranging from personality changes to confusion to coma.

Skin may be hot and dry, although in heatstroke caused by exertion, the skin is usually moist.

Other signs and symptoms may include:

1. Rapid heartbeat
2. Rapid and shallow breathing
3. Elevated or lowered blood pressure
4. Cessation of sweating
5. Irritability, confusion or unconsciousness
6. Fainting, which may be the first sign in older adults

MRSA

MRSA (Methicillin-Resistant Staphylococcus Aureus) is a type of staph infection that is resistant to many common antibiotics and, in cases where treatment is needed, can be very difficult to treat. Staph bacteria are one of the most common causes of skin infections in the United States. Most of these skin infections are minor (such as pimples and boils) and can be treated without antibiotics, but occasionally serious infections require treatment. In the last few years, there have been a number of cases where these bacteria have spread among members of sports teams. Recently, this issue is making headlines as MRSA can have serious and deadly ramifications if not dealt with immediately. Signs and Symptoms:

It is common for athletes to have pimples, cuts and abrasions on their skin. Coaches must be aware of the signs and symptoms that their student-athletes may exhibit. If you notice any of the following symptoms please notify your school Principal, Athletic Director and the District's School Nurse immediately if:

1. Unusual or increasing pain and/or warmth
2. The presence of pus or a pustule
3. Induration (hardness)
4. Increasing swelling, size or redness of the wound
5. Red streaks around the wound
6. Fever and/or chills (flu-like symptoms)

Preventing MRSA

Precautions that coaches should take for preventing the spread of MRSA:

Insist that your athletes shower with soap as soon as possible after practices and competitions. If MRSA bacteria are present on your skin, you can wash them away before they have a chance to cause infection. Ensure that athletes do not share equipment, clothing, towels and other personal items. Implement a NO SHARING rule if you have not done so already. Whether your athletic department launders practice and game uniforms or athletes do it themselves, implement a policy that uniforms (practice and game) get washed after EACH use. Ensure that all wounds, cuts and abrasions are covered to help prevent infection, especially during practice and competition. Equipment MUST be stored in clean, dry areas. Do not store equipment in dark, moist, warm environments (lockers) as these are perfect places for bacteria growth. Clean and disinfect daily surfaces that are touched on a regular basis. This includes benches, training room tables, weight room equipment and benches. Wrestling mats MUST be thoroughly and properly cleaned after each and every use.

TRANSPORTATION RULES

Knight athletes are expected to conduct themselves with the utmost integrity on all trips. Athletes are expected to be courteous and to help the bus drivers whenever possible. At no time are athletes allowed to act in a way which will reflect poorly on Shadow Hills High School.

All Knight student-athletes are responsible for their own behavior at all times. Your conduct reflects on your family, your team and our school. Conduct which reflects poorly on SHHS will result in immediate consequences which may include parents being required to pick up their students, suspension from further trips, or dismissal from the team.

RIDING HOME WITH PARENTS

All Knight student-athletes will ride to and return from all athletic contests on the team bus unless prior approval has been given by the athletic director (or in emergency situations as per coach discretion).

In some cases, it may be necessary for a student-athlete to be released after a contest to ride home with their parents due to an unavoidable situation or multiple activities scheduled on the same day. Advanced planning by the student-athlete and their parents is a **MUST!** Students/ Parents must communicate with their coach and the athletic director to make plans for such a release in advance.

Athletes may only be released to their parent(s). Parents may not give permission to have their students driven home by another adult.

EMERGENCY SITUATIONS: If an emergency situation occurs (medical, family, etc.) where advanced permission was not possible, the coach will use their discretion and judgment. The student-athlete may only be released to their parent(s). Forgetting to get advance permission does not constitute an emergency.

FUND RAISING & BOOSTERS

We encourage all parents to become involved with these organizations in any way possible. It is the philosophy of all co-curricular programs at SHHS to monitor fund raising projects so that our community is not saturated. This also allows our players and coaches more time to concentrate on their specific sports. However, raising funds to support athletic programs is necessary to enhance the athletic experience for all participants.

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.**

As your student-athletes become involved in the athletic teams at Shadow Hills High School, they will experience some of the most rewarding and challenging experiences of their young lives. Not everything will go according to plan for your athlete. It is not a matter of whether or not an issue will arise, but when, and most importantly how the issue will be dealt with.

This is the time when your student should set-up a time to talk to the athlete's coach. It is extremely important that your child approaches the coach to set up such a meeting. This type of communication will help give both the coach and the athlete a better understanding of expectations of all involved. This is also a crucial part of a young person's growth into adulthood.

What To Do If You Have a Concern

1. Have your student-athlete meet with his/her coach to discuss an issue. On most occasions, this coach-to-athlete meeting can resolve issues or questions. As stated earlier, this is an integral part of our young men and women learning to grow as adults.
2. Call or email the coach directly and set up a possible meeting to discuss your issues. Remember, the desired outcome is to resolve the issue, not to inflame it.
3. Please DO NOT attempt to talk to a coach before or after a contest or practice. Our coaches are responsible for supervision and safety of their athletes. In addition, these can be emotional times for both the parents and the coach. Meetings of this nature do not promote resolution and will not be tolerated at any time.

If a Next Step is Necessary

Call or email SHHS and set-up an appointment with the Athletic Director, Michael Walsh, and the coach to discuss the situation. At this meeting, issues of concern will be discussed and an appropriate plan of action developed.

PARENT-FAMILY SPORTSMANSHIP EXPECTATIONS

Shadow Hills High School recognizes the parents as the primary educators of their children. Therefore, parents will be asked to share in the athletic educational experience. We would like to "pursue victory with honor" together. We need the parents and family members to be solid role models at all athletic contests, practices and any related athletic activities. This is important for your athletes and the other student-athletes in the school to observe. Please join us in exhibiting proper sportsmanship keeping in mind the following expectations:

1. Accept ALL decisions of officials. No booing or heckling! Never confront an official at any time.
2. Adhere to all sportsmanship guidelines set forth in the Shadow Hills High School Student-Parent Guide, the Desert Empire League Constitution, the Shadow Hills High School Athletic Department Handbook and the California Interscholastic Federation (CIF SS) bluebook.
3. Applaud at the end of the contest for all performances of all participants, as they shake hands with each other, regardless of the contest outcome.
4. Applaud during the introduction of players, coaches and officials.
5. Assist cheerleaders by only giving positive school yells. Do not indulge in name-calling or use disrespectful, derogatory yells or chants. Support your athletes and our team. .
6. Do not coach or give direction during any contest or practice. This undermines the objectives of the coaches and embarrasses your student-athlete. Furthermore, please continue to support your coaches when you are away from school as well.
7. Do not come to any athletic contest / practice under the influence of alcohol and/or drugs. Furthermore, do not ever consume alcohol and / or drugs on the campus premises. Note: this is a horrible example for your student-athlete and will only lead to embarrassment and frustration, as well as being ejected from the contest.
8. Do not make negative or critical comments towards other kids or their family members on the team at any time. Only positive comments and encouragement will be tolerated.
9. Do not use any sort of noisemakers at any time. Do not distract participants from either team by yelling out / making distracting noises, etc when they have the ball or when they are shooting free-throws.
10. Encourage people around you to display proper sportsmanlike conduct.
11. NEVER approach coaches with issues and / or complaints after contests or on days of contests, especially when you are upset. Call the coach and make an appointment for another day. This will always produce a better outcome. Remember, playing time, game scheme and player positioning are NOT valid points of contention.
12. NEVER approach other student-athletes and try to coach them up, tell them what they did wrong or tell them what they should be doing. This is the job of our coaches. Positive

reinforcement and support is all that you should be giving your own student-athlete and other student-athletes on the team.

13. Refrain from making negative or critical remarks on all social media outlets when it comes to the student-athletes, their families, our opponents and all employees of Shadow Hills High School.
14. Respect and follow through on all financial obligations to the athletic program. This includes all program costs, including but not limited to travel costs, spirit pack fees, fundraising requirements and game admissions. Student-athletes that leave a team for any reason (quit, move, grades, etc) are still bound by all required financial obligations.
15. Refrain from blaming the loss of contest on officials, coaches, or participants. Leave with a positive attitude.
16. Refrain from displays of anger or use of profanity before, during or after games and practices.
17. Refrain from responding to opposing teams spectators' negative comments. "They started it by saying negative things towards us and our athletes!" This will not help the situation. It will only elevate the animosity.
18. Show appreciation and encouragement for coaches, officials and student-athletes from both teams, especially after lost contests.
19. Show concern for injured players regardless of team affiliation.
20. Treat competition as a game, not a war. We all want to win, but not at the cost of negative behavior.
21. When approached by a faculty member and/or administrator, please listen to their needs and be cooperative. Do not become confrontational or non-cooperative.

If any of these expectations are not met at any time, you may be banned from future athletic events and your athlete may jeopardize his status on his athletic team

Shadow Hills Athletics Program

The main goal of a competitive athletic program is to put the most talented members of the team in competition. Starting positions and playing time are not guaranteed to seniors making the team, or anyone else for that matter. Each member of the team is very valuable to the team's overall progress. Some members may play a great deal of the time in a contest while others may not see what a parent would consider "significant" playing time.

Each student-athlete should have personal improvement as one of the student-athlete. By being a member of a team, regardless of time spent in actual competition, a person can learn many valuable lessons. Among them are: citizenship, sportsmanship, appreciating good play by an opponent, working together to meet team goals, responsibility, commitment to team and school, loyalty, placing team above self, learning to accept instruction and criticism, respect for others, winning and losing with dignity, self-control, and being responsible for one's own actions.

We sincerely hope this helps you to understand the goals and philosophies of the competitive athletic program at SHHS.

