

Bonita Athletic Department



18-19 COACHING GUIDE

**Almost everything you need to know in order
to survive!**

BONITA HIGH SCHOOL



ATHLETIC POLICIES AND PROCEDURES
2018-2019 Edition

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ATHLETIC PHILOSOPHY

BUSD ATHLETIC PHILOSOPHY

The Bonita Unified School District believes that an athletic program provides opportunity for students to acquire tools for lifelong personal growth and fulfillment of potential. The tools include self-discipline, ability to work as part of a team, perseverance, desire to play fair, and grace in winning and losing. Furthermore, lifelong participation in physical activities is valuable to physical and mental health and fitness.

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. Athletics is an integral part of the educational program.

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. It also carries with it the understanding that an athlete must stay out for his or her sport for the entire season. To quit before the season begins is understandable; however to quit after the season begins let down one's school and teammates. Not every student can make the team. Therefore, upon making the team, one must take it upon himself/herself to become the very best athlete and team member possible and maintain a mental attitude and physical condition that are a credit to one's school.

Every athlete participating in interscholastic athletics in the Bonita Unified School District is expected to know and adhere to the provisions of the Athletic Code. This is for students as well as coaches. Any situation not specifically covered in this code will be referred to the appropriate Athletic Director or Assistant Principal for review and action.

BONITA HIGH SCHOOL ATHLETIC PHILOSOPHY

Bonita High School believes that a dynamic program of student activities is vital to the educational development of the student.

The Bonita High School Athletic Program should provide a variety of experiences to enhance the development of positive student habits and attitudes that will prepare them for adult life



in a competitive society.

Athletics should function as an integral part of the total curriculum. It should offer opportunities for students to represent the school, community and their families. Athletics should assist in the development of positive relationships, leadership skills, sportsmanship, teamwork, competition and how to win and lose gracefully.

Participation is a privilege that carries with it responsibilities to the school, to the sport, to teammates, to the community and to the athletes themselves. Our primary mission is to serve the students of La Verne and to remain a community-based athletic program. We believe that we will win or lose based on the skills and hard-work of our athletes, the knowledge and teaching ability of our coaches, and the support of our community.

THE VALUE OF EDUCATION BASED ATHLETICS

WHY INTERSCHOLASTIC SPORTS

ENGAGE students, families, and communities is a shared experience with an emphasis on learning and personal growth.

PRESENT countless teachable moments where core ethical values such as caring, honesty, fairness, responsibility, and respect are developed.

CONNECT students to caring adults in their learning community who foster academic success and human development.

PROVIDE students with opportunities for moral, social, emotional and civic growth.

THE VALUE OF AN EDUCATION-BASED SPORTS CULTURE

Students engaged in athletic and activity programs perform better in the classroom.

Students engaged in athletics are less likely to use drugs, tobacco, or suffer health issues.

Students engaged in athletics have better attendance rates - lower absenteeism.

Students engaged in athletics have higher graduation rates.

Students engaged in athletics have higher SAT and ACT scores.

Students engaged in athletics have greater post-secondary opportunities.

BONITA HIGH SCHOOL - THE PROPER PERSPECTIVE

If our purpose is to prepare all children to be adults, then we must find some benefit for both the chosen and the cut, for both the winner and the loser. If our intent is to mirror life, then

we must recognize that losing in sports is far more common than winning and that there must therefore be something gained from failing as well as succeeding.

Try to win, we tell our players, because that is the point of the game. But winning cannot and should not be why we play.

We will never take competition out of games. Those that would yearn for that may as well ask people to stop breathing. Competing is human and is a great teaching tool. The problem is not wanting to win, but the obsession with winning. The problem is not seeking victory, but using victory as the only barometer for success.

Failure is a reality in sports and life. In sports you can practice as hard as you like and still fail. You can outwork everyone else and still lose to a team more physically gifted. While studying for a math test can all but guarantee success, a year of practicing how to field a ground ball can be undone by a rock or a bad hop.

And so the reward must be in the effort, and the goal must be the pursuit of excellence.

The player who is cut has not failed if she has done all that she could to make the team. The losing team has not failed if they can say that they could do to prepare, and they played hard.

As coaches, parents and fans, we must begin to reward and value the fight as much as the victory. We must reinforce it at every opportunity. We must teach our children not only how to win, but how to fail and then give them the freedom to do both. Because life is not always a smooth road nor is the playing field always equal; we must shouldn't try to pave every path and level every field.

We must be coaches of people as much as we are coaches of a game. Until then, we do both the game and those that play a disservice.

We will never take the sting out of failure. But we can gain some lessons from it. The lessons are ours to decide. (Quoted from article by Gil Arzola)



7 DEADLY SINS OF COACHING

1. **ASSUMING YOU'RE SAFE.** In these lean times budgets are being slashed and programs are being cut. Don't think you're insulated. Take actions to minimize your risk (raise money, strengthen your fan base, create multiple means of communicating with people associated with your program).
2. **DIY APPROACH.** You don't have to be the Bob Villa of your program to fix everything yourself. Learn to delegate. Choose three simple tasks that you can outsource to a student, parent or supporter.
3. **BELIEVING THAT BETTER TECHNIQUE WILL STRENGTHEN YOUR PROGRAM.** Head wrestling coach at the University of Minnesota J. Robinson said it best - "Wrestling will not survive based on how well we teach single-leg and double-leg takedowns - but on how well we market the sport." Learn to promote your sport and your program.

4. **LOOKING FOR INSTANT RESULTS.** Strengthening your program through marketing, fundraising and “fan raising” is a process, not an event. Just because you send a press release or email newsletter doesn’t mean you’re done. Just like building an athlete and building a program is a process.
5. **BELIEVING THAT A GOOD ATHLETE = GOOD COACH.** Don’t trust your hopes upon hiring the best athlete you can find to be an assistant coach. Find the best program administrator (think communication skills, organization skills, and action-oriented people).
6. **SEAT-OF-THE PANTS APPROACH.** Good businesses operate based upon replicable and profitable systems. So do good programs.



7. **DO THE TALKING.** Successful leaders are good listeners. Do more listening and



decision-making becomes informed and easier.

THE VALUE OF HIGH SCHOOL ATHLETICS

In the difficult economic times, it becomes even more challenging for our member schools to continue to provide quality athletic programs. School board members, school district administrators, principals, athletic directors, coaches, parents and community members are all faced with the same issue. How can we keep our athletic programs functioning at their highest levels while the resources to do so are shrinking? In trying to solve that problem, I would like to offer you some questions that can be asked of those in positions that control funding for athletic programs, in the hope that they might see the incredible value that high school sports programs deliver to our schools. Here are some of those questions...

1. Do you want a group of students who will consistently score higher than the average on State Tests? Find your student-athletes.
2. Do you want a group of students who will contribute to the health of your student body? Find your student athletes.
3. Do you want a group of students who are less likely to abuse drugs and alcohol? Find your student-athletes.



4. Do you want to see our young people learn about proper nutrition, while also understanding the benefits of exercise and how that helps them mature into fit adults? Find your student-athletes.



5. Do you want your campuses to express pride in their community? Give your student-athletes the chance to promote community pride and awareness.
6. Do you want a group of graduates who will contribute to fund raising events, and will contribute time and money to your programs? Find a group of former student-athletes.
7. Do you want leaders who will affirm the values of a high school education and extracurricular participation? Find a group of your former student-athletes.
8. Do you want parents who are willing to contribute to fund raisers, who will volunteer at your schools and add to your curricular efforts: Find your athletic boosters and parents.

Rob Wigod (CIF Commissioner)