

- E. Head coaches are responsible for letting the AD know when they wish to have their award presentations in advance so the AD can arrange the facilities.
- F. The AD must be made aware of what kind of award presentation or ceremony is going to be happening.

#### EVALUATION

- A. All coaches are to submit a self-evaluation at the end of each season to the AD. Obtain the form from the AD. (See Appendix A.) Every coach, paid or volunteer, shall be evaluated by the principal with input from the athletic director at the end of the season.

#### EXTRA-CURRICULUAR ELIGIBILITY AGREEMENT

- A. It is the responsibility of all coaches to know the rules and regulations of the athletic eligibility agreement.
- B. It is the responsibility of each coach to distribute and collect copies of the eligibility agreement at the beginning of the season and collect the bottom half where the student athlete and his/her parent(s) has signed the agreement.
- C. It is the responsibility of all coaches to report any team member's violation of the eligibility agreement to the AD. (Reference "Year Round Responsibility" Item G at beginning of this document.)
- D. It is the responsibility of the designated site administrator to make parent contact when an infraction of the eligibility agreement occurs. The parent must be notified of subsequent action that is to be taken.

#### HEALTH CARD AND ELIGIBILITY

- A. The health card or a copy of the health card must be carried with the coach at all times. This includes practices, scrimmages, games and tournaments, whether home or away.
- B. The health card authorizes the coach to arrange for any emergency medical care that is needed; it gives permission for a physician to diagnose and administer emergency care if the need arises.
- C. It is the coach's responsibility to know if the student is taking any kind of medication on a regular basis or if the student has any physical limitations. (See Guidelines for Athletes with Medical Conditions, Appendix B.)
- D. All assistant coaches, student assistants and chaperones must be aware of where the cards are kept.

- E. If private transportation is being used, each driver must have a copy of the health card for each athlete in his/her vehicle.
- F. NO athlete shall participate in any practice or competition without the health card in the coach's possession. Also, the coach needs to give the original to the AD prior to the first practice and retain a copy of each athlete's health card.

#### TRANSPORTATION REQUESTS

- A. Submit transportation Request Forms for your season prior to the beginning of the season to the AD.
  - 1. Departure times should be in accordance with the adopted guidelines found in the AD's office. Make a copy of it for your records.
  - 2. Submit a request for a change of departure time one week prior to the event whenever possible.
  - 3. When filling out your transportation request, put down your stop for food. Failure to do this may result in no stop.
  - 4. If you cannot figure out the time schedule for leaving and returning from a particular sporting event, please see the AD for assistance.

#### CRITERIA FOR ADVANCEMENT TO A HIGHER LEVEL OF COMPETITION

- A. In order to assure that the advancement of an athlete to a higher level of competition is in the best interest of the athlete, parent, coaches and team, the following guidelines will be observed in sequential order:
  - 1. The coach requesting the advancement will ask the athlete's present coach for his/her opinion on the change.
  - 2. The coach will review with the AD.
  - 3. The program head coach will discuss the change with the athlete. The program head coach will also make the parents aware of the possible change and ask for their approval.
  - 4. Any problems involved in the change should be directed to the AD.

#### NEWS MEDIA

- A. The news media is a vital element in the success of our athletic programs. It is essential that we, as coaches, do whatever possible to cooperate. This includes promptly calling in

scores, being available for interviews, returning calls from newspapers, television, or radio stations. It is our expectation that we will treat the press professionally at all times.

Here is a list of newspapers and TV/radio stations that cover us:

See page 14 – add *The Sierra Booster*

See page 15 for PARENT/GUARDIAN TRIP PERMISSION SLIP

See page 16 for STUDENT RELEASE FORM

See page 17 for Athletic Equipment Reference Card

See page 18 for Property Form for Lost Items

INSTRUCTION AR 6145.2(a)

### Interscholastic Athletic Regulation

#### I. Athletic Eligibility/Agreement Policy

In order to develop themselves as students and citizens, and so that they can fulfill their duties in the most appropriate fashion, students must discipline themselves both mentally and emotionally. This is especially true of Plumas Unified School District student-athletes, for athletic competition is more than contests between individuals representing different schools. **It is, as well, a means of learning a way of life which exemplifies the concepts of honesty, fair play, hard work, and dedication to standards of the highest caliber relative to personal and team conduct.** Moreover, it must be remembered that representing one's school in athletic competition is a privilege, and not a right.

The student-athlete is a representative of his/her family and his/her school. Therefore:

- A. In the classroom a student-athlete:
  - 1. meets the academic and citizenship standards of the school;
  - 2. shows respect for teachers and fellow students;
  - 3. maintains a good attendance record;
  - 4. makes arrangements for all assignments missed due to a contest.
- B. On the campus a student-athlete:
  - 1. helps to promote school spirit;
  - 2. sets a good example for others to follow;
  - 3. works for the improvement of the school;
  - 4. is respectful of personal and school property.
- C. At a contest a student-athlete:
  - 1. respects the rules and the decisions of the officials;
  - 2. is modest in victory and gracious in defeat;

3. controls one's temper at all times;
  4. knows that profanity and illegal tactics are sign of poor sportsmanship and may result in a technical foul or ejection;
  5. shows respect for visiting teams and their equipment.
- D. On trips a student-athlete:
1. conducts oneself in such a manner that he/she is a good representative of the community, the school, and the team;
  - helps take care of the team's equipment;
  - respects the regulations as well as the property of the host campus.

## II. Athletic Eligibility

- A. Student-athletes must meet C.I.F. league and Sierra-Plumas Joint unified School District eligibility requirements.
- B. Student-athletes must pass a physical examination given by a physician.
- C. Student-athletes must purchase C.I.F. insurance or show other evidence of coverage to replace C.I.F. insurance that affords the required coverage.
- D. Student-athletes may not compete on an outside (of school) team in the same sport during the season.
- E. In order to be eligible for participation in interscholastic athletics, students in grades six through twelve shall have earned a minimum of a 2.0 g.p.a. The g.p.a. and determination of eligibility shall be based upon quarter and semester grades. For purposes of this policy, quarter and semester grades are defined as follows: first quarter, first semester, third quarter, second semester. Determination of eligibility will be made upon student grades at these four grading periods. The second Sunday following the end of the quarter will be the date to determine eligibility. Students subject to this policy may receive no "F" grade during the defined grading period.
- F. Days of eligibility for determining length of suspension for extra/co-curricular activities are defined as practice/game days.