

DURHAM HIGH SCHOOL

ATHLETIC HANDBOOK

Be an Athlete of Character

Pursue Victory with Honor.

Respect teammates, coaches, officials and opponents at all times.

Invest in your future, your education comes first!

Demonstrate pride in your effort; accept defeat with dignity.

Excel on and off the field of play.

Parent/Guardian and Athlete Signature Page

I have read and understand this Student Code of Conduct for Athletic Participation and recognize that a violation of Durham Unified School District rules will result in the consequences as stated.

PLEASE SIGN AND RETURN TO SCHOOL

Print Name of Parent/Guardian

Signature of Parent/Guardian

Date

Print Name of Student

Signature of Student

Date

Student ID Number

Does your student have an IEP? Yes___ No___

**Have you ever attended another high school? Yes___ No___ If yes, what high school or high schools did you attend, what year(s), name of coach(es) and sport(s):

Durham High School

Student Athletic Handbook

2017-2018

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PHILOSOPHY OF INTERSCHOLASTIC ATHLETICS

The major objective of the Durham High School athletic program is to provide wholesome opportunities for students to develop favorable habits and attitudes through their experiences.

The leadership should be of the highest quality, so as to exemplify to the participants the desired type of individual to be developed from the Athletic Program. Measurement of the success of the leadership should not be in terms of the tangible evidence of the victory and defeat record, but in the intangible personality development.

The Athletic Program should always be in conformity with the general objectives of the school, and the athletic administration should be in line with the general policies of the institution. At no time should the program place the total education curriculum secondary in emphasis; the program should function as a part of the whole curriculum and should constantly strive for the development of a well-rounded individual, capable of taking his place in modern society.

INTRODUCTION

The four years in which you represent your high school in interscholastic competition under the auspices of the California Interscholastic Federation (CIF) and Durham High School (DHS) may be four of the most enjoyable years in your life. As you compete, you will have local and state rules and regulations you must follow in order that your interscholastic participation and competition can be a profitable educational experience.

The principal of DHS is responsible to certify the eligibility of all students representing the school in interscholastic athletics. The athletic director and principal have complete copies of all CIF, Section, and DHS eligibility rules.

Information contained in the handbook highlights the important features of the CIF bylaws regarding athletic eligibility and includes DHS athletic guidelines. You may lose your eligibility to represent DHS in interscholastic athletics if you violate these bylaws/guidelines. It is extremely important that you review the material contained in this pamphlet with your parents, so that you thoroughly understand the implications to you as an athlete at Durham High School. If you need assistance with respect to eligibility or any other questions regarding this handbook, contact your coach, athletic director, or principal.

CALIFORNIA INTERSCHOLASTIC FEDERATION

The DUSD Board maintains membership in the California Interscholastic Federation and requires that interscholastic athletic activities be conducted according to CIF rules, regulations and policies, except as the Board may direct otherwise.

VISION STATEMENT

Athletic competition is an integral part of the educational experience. CIF is uniquely positioned to foster student growth in values and ethics. The highest potential of sports is achieved when participants are committed to CIF's ideal of "Pursuing Victory with Honor" according to six core principles: (the "Six Pillars of Character_{sm}"). CIF strives to strengthen the integrity of students and adults across the state by promoting the concepts of sportsmanship, honesty and quality academics. These priorities advance the highest principles of character:

- Trustworthiness
- Respect
- Responsibility
- Fairness
- Caring
- Good Citizenship

MISSION STATEMENT

The CIF governs interscholastic athletics, promoting equity, quality, character and academic development.

- Equity: Equal opportunity without regard to race, gender and ethnicity within all aspects of the athletic program for students, personnel, schools and governance.
- Quality: Training, education and commitment of coaches, officials, administrators and parents to improve the quality of athletic programs.
- Character: Trustworthiness, respect, responsibility, fairness, caring and good citizenship.
- Academic Development: Commitment to encourage academic growth is a high priority.

CIF CODE OF CONDUCT FOR INTERSCHOLASTIC STUDENT-ATHLETES

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "Six Pillars of Character_{sm}"). This Code applies to all student-athletes involved in interscholastic sports in California.

TRUSTWORTHINESS

- Integrity - live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what's right even when it's unpopular or personally costly.
- Honesty - live and compete honorably; don't lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.
- Reliability - fulfill commitments; do what I say I will do; be on time to practices and games.

- Loyalty - be loyal to my school and team put the team above personal glory.

RESPECT

- Respect - treat all people with respect at the time and require the same of other student-athletes.
- Class - live and play with class be a good sport be gracious in victory and accept defeat with dignity; give fallen opponents help, compliment extraordinary performance, show sincere respect in pre and post-game rituals.
- Disrespectful Conduct - don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
- Respect Officials - treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic event.

RESPONSIBILITY

- Importance of Education - be a student first and commit to getting the best education I can. Be honest with myself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.
- Role-Modeling - remember, participation in sports is a privilege, not a right and that I am expected to represent my school, coach and teammates with honor, on and off the field. Consistently exhibit good character and conduct myself as a positive role model.
- Self-Control - exercise self-control; don't fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.
- Healthy Lifestyle - safeguard your health; don't use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.
- Integrity of the Game - protect the integrity of the game; don't gamble. Play the game according to the rules.

FAIRNESS

- Play by the rules - live up to high standards of fair play; be open-minded; don't blame others always be willing to listen and learn. Treat all people fairly.

CARING

- Concern for Others - demonstrate concern for others never intentionally injure any player or engage in reckless behavior that might cause injury to myself or others.
- Teammates - help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

CITIZENSHIP

- Play by the Rules - maintain a thorough knowledge of and abide by all applicable game and competition rules.
- Spirit of Rules - honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

16 PRINCIPLES OF “PURSUING VICTORY WITH HONOR”

The CIF Operating Principles are 16 principles of “Pursuing Victory With Honor” as follows:

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. School Boards, superintendents, school administrators, parents and school sports leadership must ensure that the first priority of their student-athletes is a serious commitment to getting an education and developing the academic skills and character to succeed.
7. School Boards, superintendents, principals, school administrators and everyone involved at any level of governance in the CIF must maintain ultimate responsibility for the quality and integrity of CIF programs. Such individuals must assure that education and character development responsibilities are not compromised to achieve sports performance goals and that the academic, social, emotional, physical and ethical well-being of student-athletes is always placed above desires and pressured to win.
8. All employees of member schools must be directly involved and committed to the academic success of student-athletes and the character-building goals of the school.
9. 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.
10. School Boards, superintendents, and school administrators of CIF-member schools must ensure that coaches, whether paid or voluntary, are competent to coach. Training or experience may determine minimal competence. These competencies include basic knowledge of:
 11. The character building aspects of sports, including techniques and methods of teaching and reinforcing the core values comprising sportsmanship and good character.
 12. The physical capabilities, coaching principles and the rules and strategies of the sport, limitations of the age group coached as well as first aid.
13. Because of the powerful potential of sports as a vehicle for positive personal growth, a broad spectrum of school sports experiences should be made available to all of our diverse communities.
14. To safeguard the health of athletes and the integrity of the sport, school sports program must actively prohibit the use of alcohol, tobacco, drugs and performance-enhancing substances, as well as a demand compliance with all laws and regulations, including those related to gambling and the use of drugs.
15. Schools that offer athletic programs must safeguard the integrity of their programs. Commercial relationships should be continually monitored to ensure against inappropriate exploitation of the school’s name or reputation. There should be no undue influence of commercial interests. In addition, sports programs must be prudent, avoiding undue dependency on particular companies or sponsors.
16. The profession of coaching is a profession of teaching. In addition to teaching the mental and physical dimensions of their sport, coaches, through words and example, must also strive to build the character of their athletes by teaching them to be trustworthy, respectful, responsible, fair, caring and good citizens.

“Pursuing Victory With Honor” and the “Six Pillars of Character” are service marks of the CHARACTER COUNTS! Coalition, a project of the Josephson Institute of Ethics. For more information on promoting character education and good sportsmanship, visit www.charactercounts.com.

SPORTSMANSHIP:

DUSD and CIFNS have adopted the **16 Principles of “Pursuing Victory with Honor”**. The District desires the best experience for all our student athletes. Coaches, players and fans are expected to and held accountable for representing their school with dignity and class. **Anyone (athlete, student or adult) not conducting themselves in a positive manner may be ejected from an event and/or suspended from future events. A Durham parent or adult ejected from a game will need to complete NFHS sportsmanship course prior to attending the next contest.**

Coaches, players and fans are expected to and held accountable for representing their school with dignity and class. Anyone (athlete, student or adult) not conducting themselves in a positive manner may be ejected from an event and/or suspended from future events. Coaches, parents and athletes are encouraged to view two sportsmanship videos:

[Sportsmanship](#) (a free on-line video course)

[Positive Sport Parenting](#) (a free on-line video course)

Coaches please refer to the Student Athletic Handbook for the full listing of their Code of Conduct.

Player Ejection Policy:

1. Ejection of a player from a contest for unsportsmanlike or dangerous conduct.
 - a. Penalty: The player shall be ineligible for the next contest (non-league, league, invitational tournament, post-season {league, section or state} playoff, etc.), and must complete the NFHS sportsmanship course prior to returning to any competition and provide proof that the course was completed.
2. Illegal participation in the next contest by a player ejected in a previous contest.
 - a. Penalty: The contest shall be forfeited and the ineligible player shall be ineligible for the next contest. The coach must meeting with the athletic director/principal.
3. Second ejection of a player for unsportsmanlike or dangerous conduct from a contest during one season.
 - a. Penalty: The player shall be ineligible for the next two contests (non-league, league, invitational tournament, post-season {league, section or state} playoff, etc.), and must retake NFHS sportsmanship course with parent/guardian and/or head coach.
4. Third ejection of a player for unsportsmanlike or dangerous conduct from a contest during one season.
 - a. Penalty: The player shall be ineligible for the remainder of the season.
5. When one or more players leave the bench to begin or participate in an altercation.
 - a. Penalty: The player(s) shall be ejected from the contest-in-question and become ineligible for the next two contest (non-league, league, invitational tournament, post-season {league, section or state} playoff, etc.), and must complete the NFHS sportsmanship course prior to returning to any competition and provide proof that the course was completed.

Coaches' Ejection: A coach who is ejected from a contest by an official must leave the venue and grounds immediately and will not be allowed to coach or attend the next contest. Coaches who are ejected are also required to complete the NFHS sportsmanship course and are not eligible to coach in the next game, or any game until the course is completed and the coach can provide proof that the course was completed. The coach may also be subject to school disciplinary procedures.

Parent/Spectator Ejection: A parent/spectator who is ejected from a contest by an official must leave the venue and grounds immediately and will not be allowed to attend the next contest (home or away), unless they complete the NFHS sportsmanship course and can provide proof that the course was completed.

Inappropriate Behavior: Certain behaviors are considered inappropriate and unacceptable. The school and athletic department reserve the right to refuse admission or remove persons, including adults, who exhibit such behaviors including, but not limited to:

- Repeated berating, humiliating or taunting of our coaches, players or spectators.
- Repeated berating, humiliating or taunting of our opponents coaches, players or spectators.
- Repeated berating and harassment of game officials.
- Racist, sexist or profane remarks directed at any team, coach, player, official or spectator.

Officials: Officials should be treated with respect during and after contests, even if there is disagreement with their calls. Any physical confrontation of an official by an athlete may be considered an assault. The athlete may lose athletic eligibility for their entire high school career under CIF Bylaw 211.

DUSD CODE OF CONDUCT

PARENTS AND STUDENTS:

The reason for developing the districts Code of Conduct is not to punish those who break the rules. **The Code of Conduct sets behavioral standards to assist youth in making good decisions.** It also sets the clear and consistent boundaries for your son/daughters participation in extra-curricular athletics.

REVIEW the following rules with your son or daughter. Your emphasis on the value of following these rules cannot be overstated.

CHECKLIST FOR STUDENTS ELIGIBILITY:

- Making adequate academic progress toward graduation.
- Will not have turned 19 years old prior to June 15 before the start of their senior year.
- Physical exam on record prior to the start of the season.
- Will be enrolled in a minimum of four periods of school to be eligible.
- Have not transferred from another school within the past year without an approved CIF transfer.
- Will not use, possess, sell or distribute tobacco products
- Will not use, possess, sell, distribute or be under the influence of alcoholic beverages, illegal drugs or performance enhancing substances (e.g. steroids), whether legal or illegal, look-alike drugs, or drug paraphernalia on school grounds, off school grounds, whether during sport season or out of sport season.
- Will not host or remain present at events, activities or locations where illegal distribution of alcohol, drugs or other performance-enhancing substances are present or used.

- Will not use, possess, or distribute firearms, weapons or explosive devices on school grounds or at school events.
- Will not engage in threatening, hazing activities, bullying, vandalism, harassment, or other personal misconduct, including, but not limited to, witnessing intimidation or harassment and conduct that involves police or court action.
- Students will not engage in cyber-bullying, participate in sending or creating inappropriate cyber images or be seen in an inappropriate cyber image.
- Every participant and his/her parent/guardian will be apprised of the extra-curricular Code of Conduct in the required Athlete Committed presentations conducted at the beginning of each sports season. Every athlete is required to attend the Athlete Committed presentation with at least one parent/guardian.**
- Any student failing to return or pay for lost or damaged extra-curricular equipment (uniforms, etc.) will be suspended from future participation until restitution is made.
- I agree to fully cooperate in any investigation honestly and truthfully.

**For purposes of this section, "possess" shall be defined as having in one's possession or control, e.g., on one's person or in one's physical control, or to have in one's presence or close proximity to be used in an illegal activity.*

PARENT RESPONSIBILITY:

Parents and guardians are essential partners in maintaining a safe, educational and enjoyable experience for students. When present at the District's events, including athletic games, practices, and extra-curricular activities, they are expected to model the kind of citizenship and sportsmanship that is expected and required of students. The following are among the District's expectations for the parents of student athletes and extra-curricular participants.

Parents/guardians:

- have **knowledge, understanding and agreement** about the Rules and Conduct/Standards included in this document.
- know the consequences for violations of those Rules and Conduct/Standards, and will assist in their enforcement.
- are supportive and encourage their children to demonstrate appropriate behavior while representing the District as student athletes and extra-curricular participants.
- hold their children accountable for their actions and guide them in making proper decisions regarding drugs, alcohol and tobacco.
- hold their children accountable for their actions and behaviors towards others ensuring that their son/daughter does not bully or harass others and that their son/daughter is not a bystander to this behavior.
- are knowledgeable about individual team rules and expectations and address concerns regarding their children's program to the **coach**.

- are knowledgeable spectators, knowing the rules of the game and serving as role models for sportsmanship. They cheer our successes, and show understanding in the wake of defeat. They encourage the efforts of their children's teams, and they respect the efforts of the opposing teams.
- adhere to state laws that prohibit smoking on school grounds or in school buildings.
- bring their concerns to the attention of the appropriate coach(es), including concerns about the mental and physical treatment of their children, ways to help their children improve, and their children's behavior. They schedule meetings with coaches in order that their concerns may be discussed at appropriate times and places.
- demonstrate a respect for the privacy of all student athletes, and an understanding of the coaches' responsibilities to all student athletes, by refraining from speaking with coaches about such issues as playing time, athletic ability, and team strategy, insofar as those subjects relate to student athletes other than their own child.

STUDENTS:

Your participation in high school athletics is dependent on your eligibility. PROTECT that eligibility by reviewing with your parent(s)/guardian(s) this summary of the DUSD Athletic Code of Conduct. Extra-curricular programs contribute to the educational, emotional and social development of students. Since students are not required to participate in extra-curricular programs, the choice to participate in these programs is a privilege and students are required to follow the Code of Conduct to remain eligible to participate. Extra-curricular activities include student body offices, athletics, cheerleading and any other activities that are outside the regular school day and not a requirement of a course of instruction. Students who choose to participate in Co-curricular activities are expected to conduct themselves in a manner that reflects the values of the school and community they represent. In addition to the behavioral standards and disciplinary consequences applicable to all students in the District, each student desiring to participate must comply with the District's extra-curricular Code of Conduct. This expectation applies 24/7/365 from his or her date of enrollment through graduation.

PURPOSE OF INTERSCHOLASTIC ATHLETICS is to give students the opportunity to:

- develop organizational skills to balance athletics/extra-curricular activities and academics.
- learn new skills and improve existing ones.
- experience commitment and dedication to school, extra-curricular activities, sport, team & coach.
- develop physical vigor and desirable habits in health and safety.
- learn what it takes to be a good teammate.
- develop new friendships.
- observe and exemplify good sportsmanship.
- demonstrate truthfulness.
- be dependable in fulfilling obligations and commitments.
- accept responsibility for consequences of actions and not make excuses or blame others.
- strive to excel.
- persevere, give 100% effort and not give up in the face of setbacks.
- control anger and frustration and refrain from displays of temper and bad language.
- accept losing and winning graciously; to congratulate opponents, not sulk, or display other negative behaviors.
- realize that athletic competition and extra-curricular participation carries with it certain responsibilities.
- learn that a violation of this Code has a consequence - and this same sequence occurs throughout all endeavors in life.

I understand that once I sign the eligibility statement all eligibility rules will apply. These expectations will apply from the first day of the school year or the start of the extra-curricular activity (including pre-season meetings, practices, camps, and school-sponsored activities) whichever comes first. This includes the activities scheduled prior to the start of the school year, through the end of the sport season and/or the end of the school year, whichever is longer in duration.

COMMUNICATION:

Communication you should expect from your child's coach:

1. Philosophy as a coach.
2. Expectations the coach has for your child.
3. Location and times of all practices and games.
4. Team requirements: practices, equipment, off-season training, etc.
5. Procedures to follow should your child be injured during participation.
6. Participant code of conduct and consequences for not following these guidelines.

Communication coaches expect from parents:

1. Concerns expressed directly to the coach first.
2. Specific concerns with regard to child's safety and/or expectations.
3. Notification of any illness, injury, or missed practices.

As your child becomes involved in athletic programs, he/she will experience some of the most rewarding moments of his/her life. It is also important to understand that there will be times when things do not go the way your child or you would like. These situations also create opportunities for lifelong learning. At these times, discussion with the coach may be the quickest and most effective way to clear up issues. The quickest way to clear these items up is to follow a 24 hour cooling off process followed by an appointment with the coach.

Appropriate Concerns to Discuss with Coaches:

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.
4. Questions with team rules.

At times it may be difficult to accept the fact that your child is not playing as much as you or he/she would like. Coaches are professionals who make judgment decisions based on what they believe are best for the team and all involved. As you have seen from the list above, certain things can and should be discussed with the coach. We ask that other things, such as those that follow, be left to the discretion of the coach.

Coaches' Decisions:

1. Playing time.
2. Team strategy.
3. Matters concerning other student-athletes.

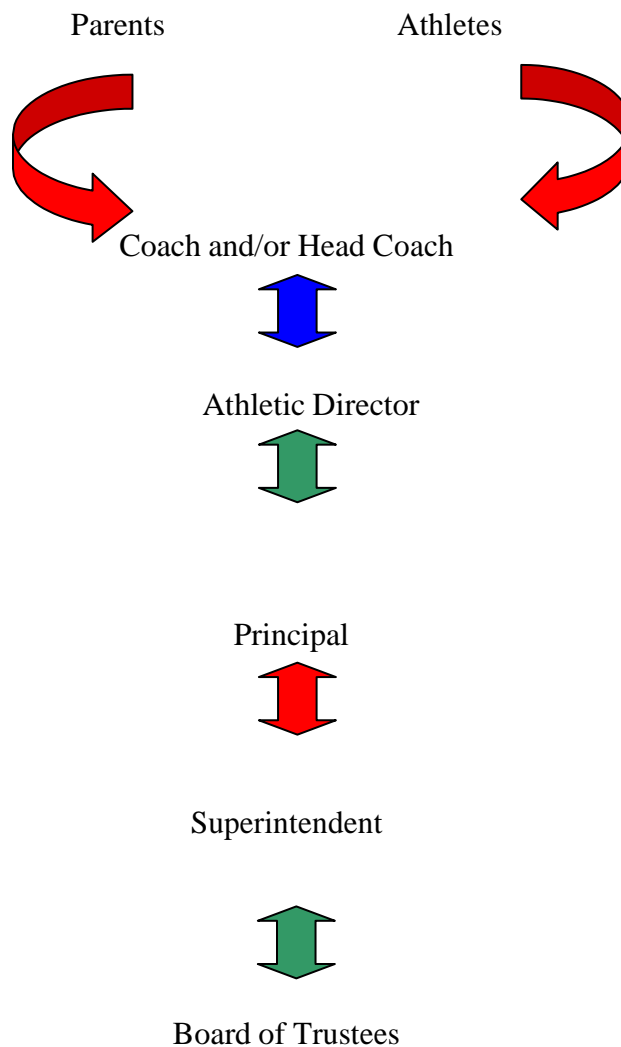
**RESPONDING TO PARENTAL CONCERNS ABOUT THEIR STUDENT'S
ATHLETIC EXPERIENCE**

If parents have a concern, they are asked to express it at the appropriate time and place. Below is the DUSD Athletic Chain of Command. We ask that parents refrain from confronting coaches immediately after games or at practices. It is expected that concerns will be addressed first with the coaches involved before proceeding through the Athletic Chain of Command. Anonymous letters or phone calls will NOT be treated with any credibility.

No athlete should have consequences in practice, amount of playing time or other treatment due to an expression of a concern about his/her athletic experience by either the athlete or a parent.

Parents and athletes are asked to follow these steps in order until they feel the issue is resolved. Have the athlete speak to the coach. Sometimes the coach is unaware of the athlete's concerns or feelings. Arrange an appointment for the parent to speak with the coach. Coaches will respond as quickly as possible. If either parent or coach is not satisfied, communicate with the AD/Principal and follow the Chain of Command.

DUSD ATHLETIC CHAIN OF COMMAND



CONFLICT RESOLUTION:

When conflicts or issues arise it is important that they be addressed immediately, and as directly as possible, so that they can be promptly resolved. It is important for student-athletes and parents to recognize that coaching strategy and playing time are not appropriate subjects for complaint. In addition, parents should follow any instructions from the coach about the best way/time to approach the coach with questions or concerns.

1. Step 1: Student-athlete contacts coach. The athlete should present the conflict /issue to the coach as soon as possible. It is always best for students to become their own advocates. It is expected that the majority of concerns will be resolved at the first meeting.
2. Step 2: Parent contacts coach. If needed, a parent may contact the coach directly-but not just before, during or just after a practice or game. A parent should contact the coach to set up an appropriate time to discuss the issue in person. This meeting shouldn't be handled via text message.
3. Step 3: Contact the Athletic Director. If a satisfactory solution is not reached through direct contact with the coach, the students and/or parent should contact the Athletic Director. The coach should be informed that this contact is going to be made. If needed, a meeting may be scheduled involving all concerned parties in an attempt to reach a satisfactory resolution, or the Athletic Director may direct the coach to contact the parent to resolve the issue.
4. Step 4: Contact the Principal. If there is still not a satisfactory resolution, the student or parent may contact the high school Principal. The Athletic Director should be informed that this contact is going to be made. While there can be no guarantee that all parties will agree with the suggested resolution, a thorough, respectful airing of different perceptions and experiences can lead to more productive relationships and a clearer understanding in the future.
5. Step 5: Contact the Superintendent. You can appeal the decision of the high school Principal to the Superintendent. The Principal should be informed that this contact is going to be made. Prior to hearing your appeal the Superintendent will ask if you followed all of prior steps and what of those resolutions you're appealing.
6. Step 6: Contact the School Board. If you have exhausted all prior steps for a satisfactory resolution you can contact a member of the School Board. The Superintendent should be informed that this contact is going to be made. If you contact a member of the School Board prior to following each step they will hear your concern and redirect them back to the high school Principal before acting on your appeal.

Retribution is prohibited in the California Education Code. Students and parent must be confident that the voicing of an opinion or concern, using the proper forum and method, is not only free from penalty or retribution, but is strongly encouraged. The Athletic Director and coaches are obligated to ensuring that after a student or parent raises an issue or concern, there shall be no "retribution" in any form.

GUIDELINES FOR ALL MEETINGS:

1. The conversation must be in a professional manner with regard to both language and conduct.
2. Everyone will get a chance to talk, but everyone must listen.
3. Emotional control by all parties is imperative.
4. Meetings must not occur on game days, practice times, or on Sundays, and are held only by appointment.

ATHLETIC BYLAWS/GUIDELINES:

Any student enrolled at Durham High School (DHS) who satisfies the requirement of the California Interscholastic Federation (CIF) and those of the District, is eligible to tryout for an athletic team.

North Section/CIF Eligibility Requirements:

1. **Age Limit**—Article 2, Section 201: Ineligible if 19 on or before June 15.
2. **Semesters of Eligibility**—Article 2, Section 202: Student is eligible for the first eight semesters of his/her high school attendance.
3. **Transfer Rule**—The CIF requires that students who participate on a school team must be living with parents or legal guardians who reside within the school's attendance boundaries. All exceptions to this rule require special permission, and forms and letters of approval are to be on file before a student can be declared eligible. Questions about these exceptions should be addressed to the athletic director at DHS.
4. **Amateur Standing Rule**—Article 4: A student who violates CIF amateur or award rules shall be barred from CIF competition in that sport.
5. **Outside Competition**—Article 6, Section 600: A student on a school team becomes ineligible if he/she competes in a contest on an outside team in the same sport (indoor soccer is not concerned the same sport) during the high school season of sport.
6. **All Star Competition**—Article 9: Any pupil taking part in a prohibited All Star contest shall be barred from ALL CIF athletic contests.

Note: Because the penalty for allowing an ineligible athlete to participate is severe (the team must forfeit all the contests in which the athlete participates), any deviations from the above rules should be brought to the coach's attention at the beginning of the season, to make sure all appropriate forms and approvals are on file. An athlete who is dishonest about these rules places an entire team in jeopardy. Any athlete known to be violating any of these rules should be immediately reported to the coach to avoid penalizing the entire team.

ACADEMIC ELIGIBILITY:

It is the policy of the Durham Unified School District that students who desire to participate in the Interscholastic Athletic Program will be making satisfactory progress toward graduation. To be eligible to participate in interscholastic athletics the following rules will apply.

1. The student will have earned a GPA of no less than 2.0, and have received no "F's" in all classes attempted the previous grading period (semester)—eligibility will be checked at the end of each semester. If their GPA is in the 1.50-1.99 range and/or received an "F", the student-athlete may use a 1Time/1Semester only (during 4 years of high school) academic probation period. Academic probation conference is required with the student-athlete, parent/guardian and principal prior to having the probation granted. The probation period is for only one grading period. Below 1.50 GPA and/or multiple "F's" students are not eligible.
2. Incomplete grades (I) will be computed as "F" grades for eligibility purposes. Previous semester's failed class(es) must be made up prior to the starting the next sport season.

- Coaches may require athletes to provide a weekly, biweekly or monthly grade report from their PowerSchool.
- Incoming 9th graders** must meet grade requirements based on the second semester of their 8th grade year.
- CIF requires that student-athletes must pass a minimum of 20 credits (4 classes) the previous semester and maintain minimum credits throughout their high school careers as shown below. The following credits must be met before the first day of the semester.

	<i>First Semester</i>	<i>Second Semester</i>	
<i>Freshman</i>	0	30	<u>Note: Once a student fails more than 1 class in high school, they must make up credits in order to graduate.</u>
<i>Sophomore</i>	60	90	
<i>Junior</i>	120	150	
<i>Senior</i>	180	210	

- All eligibility evaluation criteria will be effective no later than the 3rd school day following the day determined by the principal to report grades. All students must be declared eligible and/or ineligible on the same date. The athletic director will notify coaches.

PRE-PARTICIPATION PHYSICAL EVALUATION:

- All student-athletes must pass a yearly physical and have the physical form on file in the high school office. School sports physicals will be given at the high school during the evening in late May or early June. Cost of the physical will be \$10 and donated back to the high school. Parents may choose to go to their own primary care physician at their expense to have the sports physical completed. The CIF form must be used, and is available to be downloaded off the school website.

SCHOOL ATTENDANCE:

- The student is to attend all classes regularly and punctually, and to make every effort to complete all class assignments on time and to the best of his/her ability.
- The student must attend all classes on a given day in order to attend, watch or participate in a team practice or participate in an interscholastic contest,** unless he/she has verification of a medical appointment or other legitimate excuse as determined by the athletic director or principal. This includes that if you attend morning practice you must be at school for the rest of the day. **A note must be turned into the coach on the day of the absence in the event that the school office is closed.** If this policy is violated, the coach will suspend the student athlete from the next athletic contest.
- A student is temporarily ineligible to practice or participate in any way on an athletic team while suspended from school.
- Unexcused absences: If a student has an unexcused absence they may not attend, watch or participate in a team practice or participate in an interscholastic contest. If they do participate, once the team coach has been notified that a student athlete has an unexcused absence from any class or assigned detention, the coach will suspend the student athlete from the first contest

following the notification, and coach will meet with the athletic director or principal. Approval authority for exception to this policy lies with the athletic director or principal.

5. Truancies: If a student is truant, 30 minutes or later, they may not attend practice or participate in an interscholastic contest on that day. If they show up to practice, the coach will suspend the student-athlete for one athletic contest within the school week following such notification. If no contest is scheduled within the first week of school, the student-athlete must be suspended from the first contest following notification of the coach. If the student plays in an interscholastic contest, he or she will be required to sit out for the next two games.
6. Students will dress down and participate in their P.E. classes on game days. If a student does not participate in P.E., they are not eligible to practice or play.

PRACTICE ATTENDANCE:

1. Students who participate in athletics make a commitment to a team and are expected to maintain good attendance.
2. Students are expected to attend all practices and contests unless they are absent from school due to illness or they are excused by their coach. Students are expected to communicate directly with the coach when they cannot attend a practice.
3. Unexcused absences from practice or failure to maintain good attendance may be cause for removal from a team.
4. Coaches may adopt individual rules for practice and contest attendance.

CARE OF ATHLETIC EQUIPMENT:

Equipment is to be handled properly for financial reasons, and also to teach students responsibility.

1. All equipment will be inventoried, numbered, and checked out by coaches. A two-part NCR will be used with a copy kept by the coach and one by the athlete.
2. Students are expected to turn in the same piece(s) of equipment checked out to them. It is the student's responsibility to check the equipment numbers checked out, to make sure they match the numbers recorded.
3. Equipment should be returned in the same condition as it was received. Equipment and uniforms should be cleaned and washed before being returned. Students are expected to notify and work with coach(es) to have torn or ripped clothing repaired or replaced.
4. Broken equipment must be returned before a replacement can be issued.
5. Students are responsible for the security of their equipment and uniforms. Students will be financially responsible for replacing any lost or stolen equipment or uniforms. In some cases, particularly with game uniforms, the replacement fee may be higher than the original purchase price because special processing and printing may be required to duplicate the uniform.
6. All lost or stolen equipment and uniforms will be reported to the police department. Any student found wearing equipment reported as stolen may be charged with possession of stolen property.

7. No awards (letters, trophies, etc.) will be issued until all equipment is returned and/or paid for.
8. **Students must return or pay for all equipment before they can practice or participate in another sport.** In unusual circumstances when a significant amount of money is owed, arrangements for repayment may be made with the coach and the athletic director.

ATHLETIC AWARDS:

All athletes are to abide by the school rules concerning the earning and wearing of the school “Block D” athletic award.

1. At Durham High School the student earns the Athletic award on a participation system. The “Block D” will be awarded after the athlete has lettered in his/her first sport.
2. The earning of the “Block D” applies to athletes, managers, and cheerleaders only.
3. Athletes must complete the entire season with the team, including all playoffs, section championship contests and state playoffs contests in order to receive any school award for that sport.
4. Individual sport symbols will be awarded every year an athlete participates on a team.
5. A special award will be presented to all seniors who have played three sports for four years.

GENERAL BEHAVIOR:

An athlete’s behavior should not embarrass himself, the team, the school, the district, or the community. Athletes accept responsibility for their actions both on and off the field.

Unsportsmanlike conduct, and disrespect to any person or institution will not be tolerated and may be cause for removal from a team.

1. Throwing of equipment, profanity, or any similar displays of unsportsmanlike behavior will not be tolerated.
2. Defiant behavior and back-talk toward any coach, school official, or game official, will not be tolerated. Any disagreements should be handled in private mature discussions.
3. Any student who steals, damages, or possess without permission a teammate’s property, DHS school property, or property from any other school will be ineligible to participate in any interscholastic contests for a period of at least two weeks. The student may continue to practice with a team, but may not wear a school uniform or otherwise represent a team in any interscholastic contest.

TRANSPORTATION/ROAD TRIPS:

The District provides transportation for most away contests. Students are normally expected to go and return on the district-provided transportation. The following guidelines will be followed:

1. Buses will leave on time. Students who miss a bus may not participate in the contest except as provided below:
 - If for some acceptable reason (such as a doctor's appointment) a student cannot leave on the regularly scheduled bus, the student must contact his/her coach or the athletic director before the date of the contest to see if other transportation arrangements can be made.
2. At the coach's discretion, students may be signed off the bus by their parents only. ***For other arrangement due to extenuating circumstances approval must be given 24 hours in advance by either the Athletic Director or Administration.***
3. All athletes will dress in an appropriate manner for bus trips. Coaches will establish requirements for proper attire.
4. Students are expected to conduct themselves in a mature, responsible manner. Profanity and inappropriate behavior will not be tolerated.
5. All athletes will remain under the supervision of their coach while attending an away contest.
6. At no time will any student be allowed to drive or ride with another student to or from a contest.

CODE of CONDUCT VIOLATIONS:

Students will comply with all state and local laws as well as all school district policies and regulations. Students are required to comply with all Education Codes 24 hours a day, seven days a week in order to remain eligible for participation. Any student who chooses to participate in extra-curricular athletics and who violates the Code of Conduct in any way may experience disciplinary consequences. Disciplinary consequences for violations of the Code of Conduct for Education Code offenses are as follows:

For violation of Education Code 48900 (a-t):

- (a) (1) Physical injury on another person
- (2) Willfully used force or violence upon another person
- (b) Possessed, used, sold or furnished alcohol or controlled substance
- (c) Offered, arranged or negotiated the sale of a controlled substance
- (d) Dangerous object
- (e) Robbery or extortion
- (f) Damage to school property or private property
- (g) Theft of school property or private property
- (h) Tobacco
- (i) Profanity or vulgarity
- (j) Drug paraphernalia
- (k) Disrupted school activities or defiance of school authority
- (l) Possession of stolen school property or private property
- (m) Possessed an imitation firearm
- (n) Sexual assault
- (o) Witness intimidation or harassment
- (p) Negotiated the sale of the drug Soma
- (q) Hazing
- (s) Aiding and/or abets, the infliction of physical injury to another person
- (t) As used in this section, "school property" includes, but is not limited to, electronic files and databases

* More specific explanations of these codes can be found on the following website:
<http://leginfo.legislature.ca.gov/>

First Step: Automatic suspension from extra-curricular participation for no less than **20% of competitive season's scheduled contests** from the first date of disciplinary action. The student is required to attend all meetings, sessions and practices and must participate in every group/team activity, but may not compete.

Second Step: Automatic suspension from extra-curricular participation for no less than **50% of competitive** season's scheduled contests from the date of disciplinary action. The student is required to attend all meetings, sessions and practices and must participate in every group/team activity, but may not compete.

Third Step: Automatic suspension from extra-curricular participation for a calendar school year. After the calendar school year the student will be placed on probation and a subsequent violation while on probation will result in the student being denied further extra- curricular participation for the remainder of their high school career.

- **Students that provide a place or location for committing an illegal act will automatically move to the Second Step above.**
- **Students who self-report their own code infraction will have the opportunity to receive a lesser penalty and/or reduced suspension.**
- **This is a four-year cumulative policy.**

****If the offense occurs at the end of the season or during the off season, the penalty carries over to the next season sport until the full disciplinary consequence is fulfilled.**

BULLYING, HARASSMENT AND HAZING POLICY:

Durham Unified School District believes that all students have a right to a safe and healthy school environment. The district, schools, and community have an obligation to promote mutual respect, tolerance, and acceptance.

Students will not engage in cyber-bullying, participate in sending or creating inappropriate cyber images or be seen in an inappropriate cyber image /social media.

Durham Unified School District will not tolerate behavior that infringes on the safety of any student. A student shall not intimidate or harass another student through words or actions. Such behavior includes: direct physical contact, such as hitting or shoving (i.e, fight club); verbal assaults, such as teasing or name-calling; and social isolation or manipulation. This includes cyber-bullying, threatening or harassing another student through any social networking site or electronic media device (i.e, texting, sexting, cyber imaging).

HAZING:

Events have made it necessary to clarify and articulate the policies regarding HAZING. As defined by the California Education Code, HAZING includes any method of initiation or pre-initiation into a student organization or any pastime or amusement engaged in with respect to such an organization which causes, or is likely to cause, bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm to any student or other person attending any school, but the term "hazing" does not include customary athletic events or other similar contests or competitions.

Durham Unified School District expects students and/or staff to immediately report incidents of bullying to the principal or designee.

FELONY VIOLATIONS:

Commission of any felony criminal offense or any juvenile offense that would be a felony if the student were an adult. This section is also applicable 24 hours per day, seven days a week.

First Step: Automatic suspension from extra-curricular participation for no less than **50% of competitive** season's scheduled contests from the date of disciplinary action.

Second Step: Automatic suspension from extra-curricular participation for a calendar school year. After the calendar school year the student will be placed on probation and a subsequent violation while on probation will result in the student being denied further extra-curricular participation for the remainder of high school career.

AGREEMENT FOR COMPLETE DRUG AND ALCOHOL BAN:

- Student athletes and participants in extra-curricular athletics are expected to never use, possess, sell or be in the presence of and location of alcohol or drugs as defined in Education Code 48900 at any time. These expectations will apply from the first day of the school year or the start of the extra-curricular athletics (including pre-season meetings, practices, camps, and school-sponsored activities) whichever comes first. This includes the activities scheduled prior to the start of the school year, through the end of the sport season and/or the end of the school year, whichever is longer in duration.
- Additionally, athletes and extra-curricular participants may not host or remain present at events, activities, or location where illegal distribution of alcohol, drugs, or other controlled substances are present and/or being used.
- If a student attends a party/gathering where alcohol or drugs are being consumed and/or illegally dispensed, the student must leave the party/gathering immediately – and take as many of your teammates with you as possible.
- The student must report their attendance to a coach or school administrator before the end of the next school day.
- Because possession and use of alcohol and drugs at a party gathering by youth is against the law, it is our intent to prevent any student from being in an environment which greatly increases the risk of danger and negative behaviors.

Violations verified by a school or district employee and/or a law enforcement officer will require the disciplinary consequences described below:

First Offense: Automatic suspension from extra-curricular participation for no less than **20% of competitive scheduled contests** from the first date of disciplinary action. The student is required to attend all meetings, sessions and practices and must participate in every group/team activity, but may not compete.

Second Offense: Automatic suspension from extra-curricular participation for no less than **50% of competitive scheduled** contests or extra-curricular performances/events (whichever is greater) from the first date of disciplinary action. The student is required to attend all meetings, sessions and practices and must participate in every group/team activity, but may not compete or perform.

Third Offense: Automatic suspension from extra-curricular participation for a calendar school year. After the calendar school year the student will be placed on probation and a subsequent

violation while on probation will result in the student being denied further extra-curricular participation for the remainder of high school career.

- **Students that provide a place or location for committing an illegal act will automatically move to the Second Step above.**
- **Students who self-report their own code infraction will have the opportunity to receive a lesser penalty and/or reduced suspension.**
- **This is a four-year cumulative policy.**

****If the offense occurs at the end of the season, the penalty carries over to the next season sport until the full disciplinary consequence is fulfilled.**

DUE PROCESS REVIEW:

- Students suspended from extra-curricular athletics will be notified in writing by the principal or his/her designee of the suspension and the basis thereof, as soon as practical after the school becomes aware of the basis for the suspension.
- Students shall be entitled to a conference with the principal/designee within two days of the notice referred to above.
- Unless otherwise directed by the principal/designee, the actual suspension shall not take place until said conference is held.
- If the student or his or her parent is not satisfied with the results of the conference referred to in paragraph B above, they may have the decision reviewed by the superintendent or his or her designee by making a request within five (5) school days of receiving the notification of the decision referred to in paragraph B above.
- If the student or his or her parent is not satisfied with the decision of the superintendent/designee, they may appear before the school board at a regular meeting (closed or open as requested by the parent).
- During the appeal process as noted above, the suspension from extra-curricular athletics remains in effect pending the outcome of the appeal.
- The process provided for herein is intended to be informal in nature and shall in no way be intended to confer a right to appeal or hearing, other than as specifically provided for herein.

BAN ON USE OF ANDROGENIC/ANABOLIC STERIODS:

Student athletes, participants in extra-curricular activities and their parents, legal guardians/caregivers agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition. Student athletes and their parents, legal guardians/caregivers also recognize that under CIF bylaw 200.D, there could be penalties for false or fraudulent information. Student athletes and their parents, legal guardians/caregivers also understand that District policy regarding the use of illegal drugs will be enforced for any violations of these rules.

STUDENTS IN “GOOD STANDING”:

All athletes must be a student in “good standing” in order to participate in athletics. “Good standing” is defined but not limited to:

- Adherence to school rules that regulate behavior and attendance

- Respectful behavior towards all members of the school community

A student is considered not to be in good standing during the season of play/activity if he/she has a multiple detentions (tardies, attendance, disrespect and other classroom behaviors that impact the learning environment), suspension, Wednesday/Saturday Schools. A student found not to be in good standing must meet with athletic director, principal, coach and parent before they will be allowed to return to participation.

HONOR CODE:

Student athletes understand that they represent Durham Unified School District and Durham High School. Student behavior, whether directly connected to a sport or not, can affect the student's privilege of representing Durham Unified School District & Durham High School. Proven conduct unbecoming someone representing the district may result in suspension from the sport/activity and loss of eligibility.

DRUG TESTING:

Students involved in athletics may be subject to random drug testing as per the District Drug Testing Policy.

LEAVING A TEAM:

Students are encouraged to try a variety of sports. Students may leave a team up through the first calendar week of scheduled contests without penalty by personally notifying the coach that they no longer wish to participate. After this "try-out" period, the athlete leaving a team without the coach's approval will be ineligible to participate in any sport during that sport season. Any appeal to this must be made in writing to the athletic director within five (5) school days after the athlete's last day of practice.

ATHLETIC CLEARANCE:

1. Every student wishing to participate in a sport at Durham High School must have on file with his/her coach an Athletic Packet. The student and his/her parents or guardians must complete all the questions and have the required signatures before turning the form into the coach. This packet includes the following clearances:
 - a. Health Examination Form (Physical Form)
 - b. Assumption of Risk-Consent to treat
 - c. Emergency information
 - d. Insurance verifications
 - e. Concussion Form
 - f. Code of Conduct
 - g. Cardiac Arrest
 - h. Athlete and Parent(Guardian) Attendance at each preseason meeting.
2. The athlete must have a yearly physical from a qualified physician who will complete the health examination portion of the Athletic Packets.
3. Athletic Packets are available on line on the Durham High web site or in the main office at Durham High School.
4. The completed forms must be given to the coach and the head coach to meet with athletic director/principal when all forms are collected to determine eligibility.