



FUHS ATHLETICS

Student-Athlete & Parent Handbook

2019-2020

Athletic Director - Dr. David Posthuma, dposthuma@fjuhsd.org
Assistant Athletic Director - Joseph Olivas, jolivas@fjuhsd.org

Welcome to Fullerton Union High School (FUHS) Athletics! Part of the FUHS culture is that there is a place for each student, and all students can succeed. We look forward to working with your student and enhancing their high school experience as a result of their participation in our program.

This FUHS Student-Athlete and Parent Handbook is a reference guide for student-athletes and parents - concerning the philosophy and policies that govern interscholastic athletics at Fullerton Union High School.

Participation in FUHS Athletics is voluntary. Competition in high school athletics is a privilege. Student-athletes are held to high standards, and they are expected to conform to those standards and expectations as set forth by the athletic program. If an athlete fails or refuses to comply with the spirit of the rules, policies and procedures of our program, their privilege may be revoked.

FUHS athletic programs are governed by federal and state law, California Education Code, Fullerton Joint Union High School District policy, CIF Southern Section bylaws, Freeway League policies and procedures, and the educational culture of Fullerton Union High School.

Philosophy of FUHS Athletics

It is the mission of FUHS Athletics to provide each student-athlete the opportunity for an outstanding high school experience resulting from their participation in our education-based, interscholastic athletics program. We feel this experience is actualized by the expectation that student-athletes will compete to the best of their ability; they will learn to possess and adhere to an expectation of success as a result of hard work, commitment, and determination.

We feel this mission can be achieved by the creation of learning environments in which maximum effort, self-reliance, and teamwork are expected; risk-taking is encouraged, and the understanding that all coaches and staff do their best for kids is universal.

FUHS Athletics places a high priority on academic achievement. Student-athletes are expected to put forth maximum effort in the classroom. They are expected to demonstrate outstanding citizenship in their academic environments as well.

Student-athletes at FUHS are expected to demonstrate high standards of ethical behavior and sportsmanship. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to core principles including trustworthiness, respect, responsibility, fairness, caring, and good citizenship. This pursuit applies to coaches, parents, and staff as well as student-athletes.

FUHS student-athletes:

- show respect to teammates, opponents, officials, coaches, staff, and spectators;
- exhibit fair play, sportsmanship, and proper conduct on and off the playing field;
- refrain from the use of alcohol, tobacco, illegal and non-prescriptive drugs, anabolic steroids, or any illegal substance designed to increase physical development or performance.

Adherence to the core values of FUHS Athletics - **Pride, Passion, Perseverance** - is the catalyst that drives our policies and philosophy.

Academics

FUHS Athletics strives to promote the mission of the FUHS educational community - to produce students who will become effective communicators, competent learners, complex thinkers, and active members of the global community. We are committed to developing each student-athlete, and we recognize that our most important task is to prepare our students to be responsible citizens and contributing members of our society. It is from sport that our student-athletes are exposed to the lessons of goal-setting, sacrifice, failure, persistence, and ultimately achievement.

FUHS student-athletes are expected to:

- Graduate with a diploma.
- Seek help from teachers, fellow students, tutoring centers and learning labs on campus, etc..
- Be a responsible member of each class by punctually attending each day, following all classroom rules, participating in all classroom activities, completing all assignments to the best of their ability, and preparing properly for assessments. Academics always come first; at no time may the demands of athletics be used as an excuse for poor performance academically.
- Exercise academic integrity and honesty at all times. Copying, plagiarizing, or cheating is never acceptable.

How can parents help?

- Help your child to stay organized and assist with a system for time management.
- Emphasize academics first. Practice and game schedules may make it necessary for “academic time” during the evenings, weekends, and holidays.
- Work together on academic goals for high school including class scheduling, overall GPA, fulfilling a-g requirements, and choosing a curriculum that contains rigor. The lifelong benefit of academic success is a result of planning, sacrifice, and perseverance.

Academic Probation Policy

You should achieve and maintain good grades in all classes. You must meet Fullerton Joint Union High School District and CIF academic requirements to be eligible for athletic competition. All students in the Fullerton Joint Union High School District's extracurricular program must maintain a "C" average quarterly and be passing 5 classes to be eligible.

To be academically eligible for participation in athletics, a student must meet the following grade requirements:

- Attainment of a minimum 2.0 GPA in all coursework attempted.
- Earning at least 25 semester credits (passing at least 5 classes).

These requirements must be met at the conclusion of each regular grading period (quarter or semester grades). Progress report grades cannot be used to determine eligibility.

If a student does not meet these requirements, they may apply for a probationary period. In order to apply for probation, a student must meet with the Athletic Director or the Assistant Principal, Student Activities, to obtain and review a probation form and terms of probation. The form must be signed by the student, a parent, the head coach, the athletic director, and an administrator before it can be approved.

A student will be granted academic probation only once during their high school career. The probationary period lasts for one grading period.

If a student is not earning at least 20 semester credits (passing 4 classes), they cannot apply for a probationary period. They are automatically ineligible.

Academic Ineligibility

A student is academically ineligible to participate in athletics if:

- They have not met the 2.0 GPA requirement and/or they are not passing 25 credits, and they have already used their probation, or choose not to use their probation during that grading period.
- They are not earning at least 20 semester credits (passing 4 classes).

Students are declared ineligible by the school each year on 4 declaration dates (the Friday following the end of each school quarter). Students deemed ineligible on this date are ineligible for the entire grading period (the entire quarter). They may not seek a grade change and later become eligible after the declaration date.

Ineligible students will meet with a school administrator to review the rules regarding eligibility for sports and will be handed a signature required form to be returned to the administrator.

If a student is deemed academically ineligible, it is at the discretion of the head coach as to whether that student will be allowed to remain a part of the program, and what their role will be - practice player, manager, etc.

Ineligible students will not be allowed on the sidelines during games.

Senior ineligible athletes will not be allowed to participate in Senior Night activities.

Participating in a Sport

Before participating in a sport, an athlete must complete the clearance process. This includes:

- 1) Completion of a physical exam by a medical doctor (M.D.) or Physician's Assistant.
- 2) Completion of a student medical history by the parent and student.
- 3) Completion of the online clearance process (www.AthleticClearance.com).
- 4) A student must have health and accident insurance policies before he/she may participate in any sport. This is required by State Law. If the parents have sufficient coverage of their own, they must list their policy number this on the Athletic Clearance form. The school has information about an insurance policy that parents may purchase that provides accident protection including costs of doctor and hospital bills, as well as life insurance that satisfies State requirements. See the Athletic Director for this flyer.

- 5) Completion of CIF transfer paperwork for athletes who have not attended FUHS continuously since the beginning of their freshman year - please see Dr. Posthuma for paperwork.
- 6) Students who wish to participate in a school activity (such as an athletic contest) must attend school for all periods on the day of the activity, unless the absence has received prior written administrative approval.
- 7) No student while representing Fullerton High School as a member of any team, may participate on a "like" sport team outside the school jurisdiction at the same time.

Expectations of Student-Athletes

Student athletes are to conduct themselves according to the Code of Ethics and Code of Conduct.

Code of Ethics

All school activities, including athletics, must be conducted in a manner that reflects the goals and objectives of the FUHS culture, established for the intellectual, physical, social, and moral development of our students. It is within this context that the following Code of Ethics is presented.

It is the expectation and responsibility of all student-athletes to:

- Place academic achievement as the highest priority.
- Follow all school rules.
- Show respect for teammates, opponents, officials and coaches.
- Respect the integrity and judgment of game officials.
- Exhibit fair play, sportsmanship and proper conduct on and off the playing field.
- Maintain a high level of safety awareness.
- Refrain from the use of profanity, vulgarity, and other offensive language and gestures.
- Adhere to the established rules and standards of the game to be played.
- Respect all equipment and use it safely and appropriately.
- Refrain from the use of alcohol, tobacco, illegal, and non-prescriptive drugs, anabolic steroids, or any substance to increase physical development that is not approved by governing bodies.
- Follow all state, section, league, district and school athletic rules and regulations as they pertain to eligibility and sports participation.
- Win with character, lose with dignity.

Code of Conduct

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and important life skills. Student athletes at FUHS are expected to act in accord with the following "Pillars of Character":

1. **Trustworthiness** - Be worthy of trust in all you do.
 - Integrity - Do what's right even when it is unpopular or personally costly.

- Honesty - Do not lie, cheat, steal, or engage in dishonest or unsportsmanlike conduct.
 - Reliability - Fulfill commitments. Do what you say you will do.
 - Loyalty - Put the team above personal glory.
2. **Respect** - Treat all people with respect at all times.
- Class - Be a good sport. Be gracious in victory and dignified in defeat.
 - Conduct - Do not engage in disrespectful conduct of any kind including profanity, obscene gestures, offensive remarks, trash talking, taunting, or other actions that demean others.
 - Treatment of Officials - Do not complain or argue with official calls or decisions during or after an athletic event.
3. **Caring** - Demonstrate concern for others
- Never intentionally injure any player or engage in reckless behavior that might cause injury
 - Teammates - Help promote the well-being of teammates by encouragement. Report any unhealthy or dangerous conduct to coaches.
4. **Fairness**
- Live up to high standards of fair play. Always be willing to listen and learn.
5. **Citizenship**
- Play by the rules - Abide by all applicable game and competition rules.
 - Spirit of the rules - Honor the spirit of the rules. Avoid temptation to gain competitive advantage through improper gamesmanship that violate the highest traditions of sportsmanship.
6. **Responsibility**
- Emphasis of Education - Be a student first and commit to getting the best education you can. Be honest about the likelihood of getting an athletic scholarship. Remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, possess the ability to succeed academically, or the character to represent their institution favorably.
 - Role Model - Remember that you are expected to represent your school and teammates with honor. Consistently exhibit good character and conduct yourself as a positive role model.
 - Self-Control - Exercise self-control; do not fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.
 - Safeguard your health; do not 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. Play according to the rules.

Social Media

While the use of social media has benefitted athletics programs in many ways, it can also be very detrimental and even dangerous if used inappropriately or recklessly. When using social media, always remember:

- What you post impacts yourself, people you care about, and others. Before you post something, ask yourself - "Would it be okay if my parents saw this? My grandparents? My younger brother or sister?"
- Schools, colleges, scholarship providers, employers, and the police can monitor your online activity, including private messages. Many potential jobs and scholarships have been lost or revoked as a result of what a potential employee, student, or athlete has posted online.

- Content can still be accessed from a site's servers even after it has been deleted by the user. Once something is posted, it can always be found.
- Always think before you post, and report harmful posts appropriately.

Cyber-bullying is defined as “the use of any type of electronic device and information, such as email, instant messages, text messages, mobile phones, and web sites, to send or post harmful or hurtful messages or images about an individual or group.”

Any of the above may result in school discipline if they substantially disrupt school activities, or they invade the rights of students or staff by creating an intimidating or hostile educational environment.

Other Policies and Procedures

Commitment to Sport/Attendance

It is the expectation that once a student-athlete has committed to participating in a sport, their commitment remains throughout the entire season. Commitment includes attending all team meetings (practices, contests, etc), putting forth maximum effort, and being a positive team member.

- If a student-athlete must miss a team event, the coach should be notified as early as possible.
- A lack or decrease in commitment may result in a lowered sports grade, removal from the team, and possible removal from FUHS Athletics.
- If a student quits a sport during the season, they may receive a failing grade, and they may be removed from FUHS Athletics.

Locker Room Conduct

Student security and safety in the locker room facilities are a priority of the athletics staff. Each student-athlete is expected to assist in keeping the area clean, safe and secure.

- Lock and secure your possessions at all times. Do not share lockers or combinations with anyone.
- The locker room is for changing and restroom use only. Horseplay and “hanging out” are not permitted.
- Keep your locker and area neat and clean. Put trash in trash cans.
- The locker facility is part of “our house”. Treat it with respect.
- Report anyone who is not following the locker room rules - causing damage, hanging around, being in a locker room where they don't belong, etc.

Weight Room and Fitness Room Rules

The weight/fitness room is a place for our athletes to train to become stronger and more flexible, thereby increasing their potential for improved athletic performance and overall fitness. In order to best accomplish this goal, the following rules must be followed.

- Come to the weight room(s) ready to train. Stay focused throughout your workout.
- You must be dressed appropriately - athletic shirt, athletic shorts (or pants), tennis shoes. If you're not dressed to work out you must stay outside the weight room(s).
- No personal audio devices are allowed. Your coach may play music over the speakers if they so choose.
- No cell phones in the weight room(s).

- No food is allowed in the weight room(s). Water and drinks allowed by your coach only. All trash must be thrown away in outside trash cans.
- A coach or must be present and supervising student-athletes as they train. Coaches are not to work out while supervising.
- If you are injured during your workout, notify your coach immediately.
- If a piece of equipment breaks or is not working properly, notify your coach immediately.
- Never attempt to lift a weight that is beyond your physical ability. Do not compromise proper technique.
- When the workout is complete, all student-athletes must assist in returning all weights, bars, and any other equipment to its stored place. Leave the weight room(s) clean and safe and ready for the next group who will be working out. This includes being sure there is no trash, and wiping down equipment if necessary.

Injuries

Most athletics injuries such as muscle strains, joint sprains, cuts, bruises, and general sports associated soreness can be treated in the Athletics Training room at Fullerton and the athletes can return to play in a few days. Unfortunately, due to the nature of athletics, there will be a number of injuries that will require diagnosis by a physician. Fullerton is fortunate enough to work closely with CORE Physical Therapy and other such facilities in the area that make physician diagnosis and treatment easily available and affordable. We want to provide the best possible care for our athletes by following and making you aware of the following procedures:

1. When the athlete sustains an injury by participating in athletics for Fullerton, he/she should notify the coach immediately. This way the coach is aware of the injury and can refer the athlete to the Athletic Trainer.
2. If the injury is severe enough, the athlete will be referred to the Athletic Trainer or the Athletic Trainer will see the athlete on the field.
3. If the injury is serious enough, the Athletic Trainer will suggest a follow-up visit with a physician.
4. If the athlete sees a physician, they must have a note from the physician stating the Injury, any restrictions, and a date that he/she can return to participation. If this is the case, a Doctor's release note MUST be given to the Athletic Trainer and Head Coach in order to return to participation in the sport.

NO NOTE, NO PARTICIPATION, NO EXCEPTIONS!

5. Further care may include stretching, strengthening, and education on how to take care of the injury based on the recommendations of the physician and the Athletic Trainer.

Please review this information with your son/daughter so they can participate in athletics without any delays due to medical procedures. If you have any questions do not hesitate to contact the Athletic Director at Fullerton High School at (714) 626-3995. Thank you for your time and dedication to Fullerton Athletics. Go Indians!!!

Concussions/Head Injuries

- CIF bylaws state that a student who is suspected of sustaining a head injury in a practice or game shall be removed from competition at that time . A student-athlete who has been removed from play may not return until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussions and receives a written clearance to return to play.

Equipment

- All equipment issued to athletes belongs to FJUHSD and Fullerton High School. Treat it with respect.
- Athletes and their parents are financially responsible for lost, damaged, or stolen equipment issues to them.

Dress

- It is expected that student-athletes are dressed appropriately at all times. For competition, it is required that all team members are dressed in uniform fashion, representing their team.
- The head coach determines practice attire. All student athletes are expected to abide by the coach's decision.
- Student athletes will dress in locker rooms, team rooms, or restrooms - not in public areas.

Transportation

- Bus transportation is provided for most sports.
- It is expected that all team members ride the bus to and from all contests, unless other arrangements have been made and approved by the head coach prior to the date of the contest.
- If needed, student athletes may ride with parents other than their own provided written permission from their parents to the head coach has been signed and given to the head coach.
- Occasionally, parent drivers are used to help transport student-athletes. These parents must fill out appropriate paperwork and be approved at the district level to have this designation.
- Conduct on the bus while travelling to and from contests is important to the morale and spirit of the team. District bus regulations will be adhered to at all times.

Letter Jackets

All students earning a varsity letter must adhere to the policies of the Fullerton Athletic Department. All varsity letter jackets must be in compliance with traditional school approved standards which include red-bodied jackets, with or without a hood, with material sleeves OR white and red leather sleeves. See your Coach or Athletic Director for further information.

School Attendance

Students must attend all classes in order to be eligible for practice or competition on any given school day. If a student-athlete is ill, they may not "sleep in" and miss class in order to be ready for their workout or competition. If you're too sick to attend classes, you're too sick to participate in athletics. IF A STUDENT PARTICIPATES IN ATHLETIC COMPETITION WITHOUT HAVING ATTENDED CLASSES DURING THE SCHOOL DAY, FORFEITURE OF THE GAME WILL RESULT.

Non-Discrimination

Fullerton Athletics are available to all persons without regard to actual or perceived ancestry, age, color, disability, gender, gender identity, gender expression, nationality, race, ethnicity, religion, sex, sexual orientation, or association with a person or a group with one or more of these actual or perceived characteristics. (EC 200, 220, and 260; 5 CCR 4925-4926)

Expectations of Coaches

In order to fulfill the mission of FUHS Athletics, our staff is expected to conduct themselves in a manner that allows our student-athletes to fulfill their potential, to enjoy the benefits of and learn the lessons taught from participation in sport, and to have an outstanding experience overall. Coaches are expected to adhere to the following Code of Ethics.

FUHS Coaches and Athletic Staff will:

1. Recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of each individual athlete.
2. Emphasize and model proper ideals of sportsmanship, ethical conduct, and fair play.
3. Respect the integrity and judgment of game officials.
4. Establish athlete safety and welfare as the highest priority.
5. Provide proper supervision of students at all times.
6. Encourage leadership, use of initiative, and good judgment by athletes.
7. Achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. Use discretion when providing constructive criticism and when reprimanding athletes.
9. Maintain consistency in requiring all players to adhere to the established rules and standards of the game to be played.
10. Avoid exerting undue influence on student-athletes to take lighter academic courses in order to be eligible to participate in athletics.
11. Avoid suggesting, providing, or encouraging any athlete to use non-prescriptive drugs, anabolic steroids, or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States or American Medical Association.
12. Avoid recruitment of athletes from other schools.
13. Refrain from the use of profanity, vulgarity, and other offensive language and gestures.
14. Remember that an athletic contest is only a game; its outcome has no lasting impact on the welfare of the athlete, coach, parent(s), official(s), fans, school or community.

Parent Expectations and Sportsmanship Policy

How Can You Enhance Your Child's Athletic Experience?

1. Allow your child to perform and progress at a level consistent with their ability. Athletes mature at different ages and some are more gifted than others.
2. Enjoy the thrill of competition. Remind your child that improvement of skills and attitude is what is most important, however.
3. Remember that this is your child's experience. Let them enjoy it.
4. Keep in mind that the coach is balancing the development of your child with the growth and progress of an entire team.
5. It is not uncommon for young athletes to exaggerate praise and/or criticism from a coach. Investigate, if necessary, before reacting or responding.
6. Support at home enhances self-confidence and self-image. Encourage your child to do THEIR best; refrain from comparisons to family or friends who may have been outstanding players.
7. Insist on their best efforts in the classroom as well. Please help promote the importance of being a student-athlete.
8. Remember that an athletic contest is only a game; its outcome should have no lasting impact on the welfare of an athlete, coach, parent(s), fan(s), school, or the community.

Sportsmanship Policy

FUHS Athletics recognizes the importance of emphasizing GOOD SPORTSMANSHIP in all aspects of school related activities. It is the expectation that all athletes, parents, spectators, and staff adhere to these guidelines.

1. Cheer for FUHS players. Recognize and appreciate skilled performances regardless of team affiliation.
2. Show respect to opponents and officials. Realize that despite their best efforts, players, coaches, and officials make mistakes. Show support. Gain an understanding and appreciation for the rules of the game.
3. Attempting to communicate with coaches, players, or officials during a game only creates tension and is completely unacceptable. Be a respectful spectator.
4. Exhibit positive behavior at all times. Conduct that draws unwanted attention to the stands or sidelines can jeopardize one's opportunity to remain in attendance at an event.

I, the parent/guardian, will support the players, coaches, game officials, and school administrators. I will not "coach" or "officiate." I will encourage good sportsmanship by demonstrating positive support for all players, coaches, game officials, and administrators at all times. I pledge to provide support and encouragement for my child participating in Fullerton sports by following this Parent/Guardian Code of Conduct:

1. Parents will be positive role models and do their best to provide players a positive experience.
2. Parents will display and instill, in all players, the principles of good sportsmanship and team play.
3. Parents will conduct themselves in a manner that best serves the interest of the players.
4. Parents will make certain that their children show respect for all other players, coaches, officials, administrators, and spectators.
5. Parents will not ridicule or demean players, coaches, or game officials.
6. Parents will comply with the decisions of league officials and observe all rules, policies, and procedures as established or endorsed by the Freeway League.
7. Parents will be drug and alcohol free while at a Fullerton High School athletic event.
8. Parents will treat all players, coaches, and game officials fairly and with respect.
9. Parents will respect the opponent and avoid confrontation with opposing players, spectators, or coaches.
10. Parents will never ridicule or yell at the players or coaches for a mistake or losing.
11. Parents will respect the coaches for their decisions. If they have an issue, they will speak to the coach *off* the field or court when there are no players present. This should take place on the day after the contest.

The consequences for violation of the Parent/Guardian Code of Conduct are:

1. Verbal warning from the coach, administrator, or official to stop the behavior in violation.
2. If the behavior does not stop, the offending person will be asked to leave the venue.
3. If the person does not leave on his/her own will, the appropriate authorities will be contacted
4. Expulsion from the remaining Fullerton games until a final recommendation is made by the school administration.

Parent to Coach Communication Procedures

It is the job of the coach(es) to determine who becomes a member of a team, when and how often each team member participates in competitions, and, if necessary, when a team member needs to be removed from a team.

The coaching staff is solely responsible to determine team philosophy, system(s) of play, and game strategy.

It is understood that team members and their parents will abide by this policy. It is a privilege, not a right, to be a member of an athletic team.

Appropriate concerns to discuss with coaches include:

1. Situations involving your child.
2. Ways to help your child improve.
3. Your child's attitude and work ethic.
4. Concerns regarding your child's behavior.

Issues that are not appropriate to discuss include:

1. Playing time of any student-athlete.
2. Team strategy, practice organization, or play calling.
3. Other student-athletes.

Procedures for contacting a coach with a concern:

1. Your child should be the first to discuss an issue with their coach. This serves to help our student-athletes become assertive young adults.
2. If you continue to have concerns, contact the coach to set up an appointment for you and your child. Give the coach a brief summary of what you would like to discuss. If you have difficulty contacting the coach (see 24-hour policy below), contact the Athletic Director. The Athletic Director will then work to facilitate a meeting.
3. If a meeting with the coach does not provide a satisfactory resolution, contact the Athletic Director to discuss the situation and facilitate further meetings if necessary.

24-Hour Contact Policy

Parents: If you wish to contact a coach with an issue that arises as a result of an athletic event (contest or practice), please do not do so until the following day ("cool down" period). Exceptions include reporting an injury, illness, or emergency situation.

Coaches: Coaches will respond to requests for contact within 24 hours. If a coach does not respond in a timely manner, please contact the Athletic Director.

The role of a parent in respect to student-athletes is demanding and at times difficult. It requires effort to do it well. FUHS Athletics respects and appreciates your efforts!

Signature Section

We have read the FUHS Athletics Student-Athlete and Parent Handbook. We understand the Philosophy of FUHS Athletics, and agree to abide by the policies and rules of the Athletic Department. As a student-athlete, I understand that it is my choice and privilege to participate in athletics. As a parent I understand my role in ensuring that my child has the best athletic experiences possible. I understand the procedures for communicating with coaches and staff. I understand the importance of good sportsmanship and agree to abide by the guidelines set forth.

Sport: _____

Student Name: _____

Student Signature: _____

Parent Name: _____

Parent Signature: _____

Date: _____

(FUHS Athletics Student-Athlete & Parent Handbook)