

Tierra Linda/Charter

Athletics Handbook

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MISSION STATEMENT

It is the desire of the Tierra Linda/Charter (TL/C) Athletics Program to provide a joint schools program where athletes are given the chance to experience playing for their school in a competitive sports environment. We have a commitment to providing an opportunity for as many athletes to participate as coaches are available, field or gym space permits, and skill level of the athletes allows. The TL/C Athletic Department will make an effort to promote positive attitudes, sportsmanship, honesty, commitment, patience, positive work ethic, integrity, loyalty, as well as develop skills and knowledge at a competitive level.

INTRODUCTION

Athletic competition is an American tradition. TL/C Athletics recognizes the interest and enthusiasm for competitive athletics demonstrated by our students. Efforts must constantly be made by the Athletic Directors, coaches, and athletes to keep our program at its best. TL/C Athletics competes in the Art David Athletic League (ADAL) which includes fourteen schools on the Peninsula. Interscholastic sports include: Tennis, Volleyball, Cross Country, Basketball, Soccer, Golf, and Track and Field.

PHILOSOPHY

It is the desire of the TL/C After-School Athletics Program to provide a joint schools program where athletes are given the chance to experience playing for their school in a competitive sports environment. We have a commitment to providing an opportunity for as many athletes to participate as coaches are available, field or gym space permits, and skill level of the athletes allows.

All students may try out for membership on after-school sports teams. The school is committed to providing everyone a fair chance to participate. Unfortunately, not everyone who tries out can be accepted. The decision of the coach, in conjunction with the Athletic Director and in consultation with the Principal/Instructional Coordinator (IC), is final.

Ordinarily, the Principal/IC will not intervene in non-selection decisions unless the decision is found to be arbitrary and capricious. Parents are encouraged to help their children understand that not everyone will be selected and that alternatives to play are available via local leagues, SCPR, AYSO, etc.

In keeping with our philosophy, which seeks to encourage the development of the whole person, an extramural athletic sports program is offered. This program attempts to:

- Build physical ability, endurance, and mental alertness in an atmosphere that is respectful of all persons involved;
- Teach that practice and teamwork are necessary for achievement and improvement;
- Develop a capacity to deal with competition, to teach giving 100%, and to accept defeat with patience and victory with humility;
- Encourage a sense of loyalty to and pride in the TL/C middle schools, and the San Carlos community.

OBJECTIVES

The TL/C Middle School Athletic Department aims to:

- Respond to student needs, interests, and enthusiasm by providing an opportunity for students to participate in a wide variety of team sports;
- Introduce students to the fundamentals of the game, and sportsmanship, necessary for them to develop athletically;
- Emphasize teamwork, leadership, dignity, respect of others, and a physical outlet;
- Enable students to recognize that the process used in striving to win is as important as the goal itself;
- Enable students to enjoy the athletic experience;
- Develop desirable personal health habits for all TL/C athletes;
- Teach important life skills such as teamwork, individual differences, etc., through athletic participation.

PARTICIPATION

An athlete may only participate in one sport per season. All students must meet the academic requirements to participate in athletics. All students must maintain a 2.0 GPA or the equivalent in order to meet eligibility requirements for participation in athletics.

Any athlete placed on disciplinary probation will be ineligible to participate in athletics for the duration of the probation. An athlete must be in school for at least half a day and have participated in PE that day to compete in a game/match.

PAYMENT AND REFUND POLICY

In an effort to convey the importance of the commitment to a team and an after-school sport, students and parents will be expected to sign an agreement wherein they make the commitment to participate on a team. This participation contract will accompany a donation for the season and is due on or before the date listed on the agreement. Scholarships are available. Please contact an Athletic Director for more information. The registration donation is refundable after the due date **only** if the athlete does not make a sport for which we have cuts or the athlete is injured during try-outs or skills assessment and cannot participate in any part of the season. Athletes and their parents will need to decide at the time of registration whether or not they are willing to play for the school team. Not making the team of choice, schedule conflicts with other activities or a general dissatisfaction with the team are not cause for refund. If your check is returned to the Athletic Department because of insufficient funds, parents/guardians will receive a letter stating the issue and be asked to pay the bank fee in addition to the original donation amount. This will also be a contributing factor to the athlete being "in good standing" for other sports.

ELIGIBILITY RULES

Athletes must have a 2.0 GPA or C average to participate in athletics. If at any point during the season, the athlete's GPA falls below a cumulative 2.0 or a C average, they will not be allowed to participate in games/matches until the grade(s) is/are brought up. It is the student's responsibility to provide proof of grade improvement.

Athletes may not participate in a game or practice if they are not at school due to suspension, illness or for other non-school related reasons. Athletes must attend at least half of the school day to participate in a game or practice. Students who do not participate in PE the day of a game/match are not eligible to participate in the game/match or practice.

PHYSICAL EXAMINATION

A physical examination is required. Physicals must be no more than 18 months old. The physical form must be completed by a licensed physician or equivalent and submitted to the Athletic Department prior to participation in any tryouts, practices, or games. The physical covers all sports for the entire school year. The form will be kept on file in the athletic office.

EMERGENCY MEDICAL AUTHORIZATION

Each athlete's parent or legal guardian must complete an emergency medical authorization giving permission for treatment by a physician or hospital when a parent/guardian is not available. The form will be kept with the coach for availability at all practices and games.

PERFORMANCE ENHANCING SUBSTANCES

The Athletic Department prohibits the use of performance-enhancing supplements such as Creatine, Androstenedione, and Androgenic/Anabolic Steroids. Such products may have a damaging effect on the health of those who use them. Students using these supplements will be immediately removed from the team. Any athlete who has used or is in possession of drugs, alcohol, or related paraphernalia at school or at school related activities will be removed from the roster immediately.

TRAVEL

Drivers must have a valid driver's license, proper insurance and a current "Drivers Liability Release Form" on file in the school office. The "Drivers Liability" form must be renewed every year. By participating on an athletic team, each parent/guardian is giving their consent to allowing their athlete to ride with other parents/guardians to away games. If you will not allow such travel arrangements, it is each parents'/guardians' responsibility to provide transportation for their child.

COMMITMENT

Players are expected to make all scheduled practices and games. If there is an emergency or a valid reason a player misses a practice or game, it is up to the player to inform the coach that he/she will be absent. It should be understood that medical and dental appointments should be made during non-practice and game times. It should also be understood that missing practices and games may have an impact on the amount of playing time that a player receives and could result in removal from the team.

CONFLICTS WITH EXTRACURRICULAR ACTIVITIES

An individual student who attempts to participate in several extracurricular activities will, undoubtedly, be in a position of conflicting obligations. The Athletic Department recognizes

that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities and, to this end, will attempt to schedule events to minimize conflicts. However students and their parents/guardians have the responsibility to do everything they can to avoid conflicts including the avoidance of committing to too many activities. The maximum number of allowable missed practices/games will be decided by individual coaches. Missing several practices/games could result in dismissal from the team.

STUDENT BEHAVIORAL EXPECTATIONS

Student athletes are expected to conform to all of the school's rules and regulations during all after-school athletic events. Violations of the school's rules and regulations will result in disciplinary action, which may result in an athlete missing a game or practice. More serious infractions could result in multiple game suspensions or removal from the team. There will be no exceptions to the school's detention policy for athletes.

TIERRA LINDA CAMPUS GYM

Only athletic shoes are allowed on the gym floor. **With the exception of water, no food, drinks or chewing gum are allowed.** Athletes and coaches are expected to help keep the gym in a clean and orderly manner. This includes removing water bottles, not leaving backpacks, and returning all equipment to its proper storage location.

REQUIRED ATHLETIC PACKET INFORMATION

No student will be allowed to participate in Athletics (tryouts, practices, or competitions) without a signed and completed Athletic Packet (consent and waiver form, transportation consent form, commitment form, release of photograph form, emergency information, donation, and physical examination form). Physicals need to be updated every 18 months.

TRYOUT GUIDELINES AND PROCEDURES

Athletes are required to be at the all days of tryouts, unless otherwise noted. Choosing the members of an athletic team is the sole responsibility of the coach/Athletic Directors. No student will be given preferential treatment regardless of grade level. Prior to trying out for a team, the coach will provide the following information; to the extent it is available, to all potential athletes:

- Extent of the tryout period;
- Anticipated number of students to be selected;
- Practice and game time commitments.

If a student cannot participate in the regularly scheduled tryouts due to injury or another medical condition, the athlete will have a tryout scheduled for him/her if he/she provides a doctor's note the tryout will be part of the regularly scheduled practice with drills and scrimmages being conducted with the team's improvement in mind. Any instance of this policy must be approved by the Athletic Director.

PARTICIPATION OPPORTUNITIES

Individual players are not guaranteed playing time. During practices, all players will have the opportunity to improve their skills and demonstrate their athletic ability. Each coach determines playing time for each player based on what is best for the team and the individual athlete.

COMMUNICATION PROCEDURES

If an athlete has an issue with another player or a coach, it is the athlete's responsibility to speak to the coach about the issue. If after this conversation the athlete or the athlete's family does not feel the matter has been resolved, the parent may then approach the coach and speak to them about the matter. If there is still not a satisfactory resolution, the Athletic Director and a school administrator will meet with the family and/or the coach(es) to work towards a solution.

The athlete and athlete's parents agree to the following resolution order if there is a problem with any team related issues:

1. The **athlete** discusses it with the coach.
2. The athlete and parents discuss it with the coach.
3. The athlete and parents discuss it with the Athletic Director.
4. The athlete and parents and Athletic Director meet with the Principal.

It is important for parents and athletes to know we are all advocates for the athlete and want their participation on a sports team to be as enjoyable and enriching time as possible. This process is designed to teach the athletes responsibility for their own experience and empower them by giving them a voice in the process.

PLAYER DISMISSAL

Removing a player from a team is strongly discouraged. However, if a player must be removed from a team, it is the coach's responsibility to have an accurate and valid case for player dismissal. The coach should document player indiscretions including poor attendance, foul language, acts of poor sportsmanship, inappropriate behavior towards teammates/coaches/opponents, and any others acts that could be seen as detrimental to the team. The Coach and Athletic Directors reserve the right, in their discretion, to dismiss a player from a team without warning for actions of such a severe nature as to warrant immediate action.

RESIGNATION OR REMOVAL FROM A TEAM

In order to ensure the stability of the rosters, an athlete who is removed from a team or who resigns from a team without prior approval of the Coach, Athletic Director, or Principal will lose the privilege of participating in athletics for the rest of the school year. Each athlete will be required to write a letter explaining why they were unable to fulfill their commitment for the season. Each athlete can use this letter to appeal the loss of participation for that year.

UNIFORMS/EQUIPMENT

An athlete is responsible for any uniforms and equipment the school provides. Athletes will be charged for the full cost of replacement of uniforms not returned or returned in poor condition. In addition, a student may not try out for any future TL/C team until the cost is paid in full. Report cards/transcripts will also be held. Uniforms may include, but are not limited to, jerseys and shorts. Uniforms are to be returned to the Coach/Athletic Director at the end of the season.

REPORTING OF INJURIES

All injuries that occur while participating in athletics should be immediately reported to the coach or the Athletic Director. If the injury requires treatment, it will be necessary to complete an Accident Report. Once an athlete has been injured and has received medical attention, a written release from a licensed physician or equivalent (depending on the injury) is required before she/he can return to athletic competition.

PLAYER SPORTSMANSHIP

Sportsmanship is defined as person who can take a loss or defeat without complaint, or victory without gloating, and who treats his/her opponents with fairness, courtesy and respect.

1. The following are expected to be role models demonstrating sportsmanship at all times:
 - A principal and administrative staff
 - Athletic Directors
 - Coaches and players
 - Faculty members
 - Parents and spectators

2. Coaches, players and spectators are expected to respect the integrity and judgment of sports officials

3. The following behavior is considered unacceptable at all ADAL middle school contests:
 - Berating your opponent's school or mascot
 - Berating opposing players
 - Obscene cheers or gestures
 - Negative signs/banners
 - Artificial noise makers
 - Complaining about official's calls (verbally or with gestures)

PARENTAL SPORTSMANSHIP

Sportsmanship encompasses the practice of playing fair, taking defeat without complaint and victory without gloating, and treating teammates and opponents with respect and dignity. As parents are the primary role models for their children, it is critical that parents set the best possible example of sportsmanship, particularly when they are spectators at an athletic contest. Sportsmanship includes, but is not limited to, the following:

- Showing respect for teammates, opponents, and officials and the same;
- Maintaining self-control;
- Showing respect for the facility in which the contest is taking place;
- Refraining from heckling, jeering, or using profane language;
- Demonstrating a positive attitude in words and actions.

Any violation to the above rules will result in the following consequence:

First offense: Verbal or written warning notice from the Athletic Director.

Second offense: Removal of the offending parent from the current event and all future athletic events for the remainder of the season.

Amendments to this handbook may be made only by the Athletic Director in writing.

Athletic Contract

By earning a roster spot on the Tierra Linda/Charter Athletics

_____ team, for the _____ season, I agree to
(sport) (fall, winter, spring)
abide by all the rules and procedures as outlined in the TL/C Athletics Handbook.

Students' Name (please print)

Parent's Name (please print)

Signature

Signature

Date

Date