

# **St. Francis Central Coast Catholic High School**

## **Department of Athletics**

### **Statement of Purpose and Participation Regulations**

What follows is a description of those things required of a student-athlete and his/her family at St. Francis Central Coast Catholic High School, as well as informational items it is important that a participating student and his/her family know.

**In order for a student to participate in a tryout, practice, or contest with a SFCC team, a copy of the signature portion (Page 7) of this form must be on file with the Department of Athletics. Note that the signature page requires the signature of the student and one parent.**

**This form must be filed only once, prior to a student's initial participation in an athletic sport.**

Signature forms may be submitted to the Main Office or to a student-athlete's coach. Coaches have been instructed not to allow a student to participate until his/her form has been submitted.

Individual teams may have policies in addition to those described here.

The Participation Regulations have been developed by the administration and coaches of the Department of Athletics and have been approved by the school administration. They have been established to better help the Department offer programs that promote its purpose and goals.

Adherence to the content of the regulations is required of all student-athletes representing SFCC, as well as of their families. Enforcement will be the responsibility of the coaches and the Athletic Director. Students who fail to comply with the regulations are subject to being removed from the program.

### **Department Purpose and Goals**

The Department of Athletics is committed to enriching campus life through a program of interscholastic athletics and to promoting the development of qualities in the student-athlete that will serve the participating individual and the community. Towards that end, the Department offers competition for men and women as part of the educational program of the school. Its goals are...

- to instill in the student-athlete a sense of responsibility by demanding consistently high standards of behavior and by making the student-athlete aware and respectful of the needs of others;
- to engender commitment in the student-athlete through his/her dedication to the goals of the team and to his/her teammates;
- to nurture unselfishness in the student-athlete by requiring that his/her actions on and off the playing field be consistent with the goals of the team as a whole and not to be directed towards individual honors;
- to generate in the student-athlete a willingness to sacrifice his/her time and energy towards the fulfillment of shared goals;
- to further a sense of personal discipline in the student-athlete by demanding abstinence from activities that limit his/her athletic, academic, and personal potential.
- to enhance the student-athlete's appreciation of the goodness of God's creation through a greater awareness of the joy that can come with athletic competition.

A complete description of the Department of Athletics is contained in the Student-Family Handbook. For further information, contact the Department administration:

## **Participation Regulations**

### **Article 1: Eligibility**

The California Interscholastic Federation establishes requirements for athletic eligibility. SFCC adheres to these requirements and adds further conditions for the betterment of its programs.

Students that are determined to be ineligible may not participate in interscholastic competition (i.e., games or scrimmages). Eligibility will be determined by the Academic Vice-Principal, in consultation with the Athletic Director. Eligibility issues fall into five categories:

#### **1. Age**

No student whose nineteenth (19th) birthday is attained prior to June 15, shall participate or practice on any team in the following school year. A student whose 19th birthday is on June 14, or before, is ineligible.

#### **2. Enrollment**

Incoming freshmen from junior highs are automatically eligible.

Students entering as transfers from other high schools must file transfer eligibility forms with the Athletic Director. This applies to every transfer, regardless of his/her particular circumstances. A transfer student is declared eligible only by action of the CCS/CIF office, after the required forms have been submitted.

Transfer eligibility forms require signatures from a student's previous and current high school. Thus, it can take weeks to complete the forms and be granted eligibility by the CCS/CIF. Transfer students should see the Athletic Director as soon as feasible to begin the process.

#### **3. Outside Competition**

The CIF prohibits participation in any organized activity of an outside agency in a sport during an athlete's period of participation for SFCC in that same sport. An athlete will be declared ineligible after any such participation; the team for which he/she participates at SFCC may be required to forfeit any contest in which he/she participates after the date of participation for an outside agency.

Students participating in sports with outside agencies should confer with the Athletic Director to review schedules so as to avoid violating CIF rules.

#### **4. Academic**

A student must:

- (1) have a grade point average of at least 2.0 in the grading period immediately preceding his/her participation;
- (2) have passed a minimum of 20 units in the grading period immediately preceding his/her participation;
- (3) be enrolled in 25 or more units during the period of his/her participation.

If a student is declared academically ineligible, the following rules govern the student's athletic participation:

- (1) The student-athlete is ineligible to participate for one grading period, one quarter. At the next report card the student's ineligibility status will be reviewed.
- (2) During the ineligibility period the student-athlete may be allowed to practice and train with the team, at the discretion of the coach and the school administration.
- (3) During the ineligibility period the student-athlete may not participate in any interscholastic game or match.

- (4) During the ineligibility period the student-athlete may not miss any school time for athletic purposes, e.g. travel, practice, etc.
- (5) A student may petition for one quarter of **Athletics Probation** during the 9th and 10th grades and may petition for one quarter of athletic probation during the 11th and 12th grades during his or her tenure at St. Francis. Petitions are reviewed and considered for probationary status according to the following criteria:
  - a. there is no evidence of multiple low grades, e.g. one grade lowered the student's G.P.A.
  - b. the student's conduct in class has been above reproach
  - c. the student is currently working hard to improve the G.P.A.
  - d. the student has no history of excessive absenteeism or tardiness

During the period of Athletics Probation the student may participate fully in all aspects of the athletic program.

## **5. Department Requirements**

- Prior to participation in any practice or contest, a student must have on file with the school a completed Student Admission Physical Examination form.
- Prior to participation in any practice or contest, a student must have on file the signature portion of the Department of Athletics Participation Regulations.
- A student owing the Department uniforms or money from a previous season is ineligible until his/her account has been cleared.

## **Article 2: Conduct and Appearance**

Participation in interscholastic athletics is a privilege, and student-athletes must represent SFCC in a positive fashion.

1. Student-athletes must treat teammates, coaches, opponents, officials, and fans with respect and in keeping with the highest standards of sportsmanship.
2. Taunting, trash talking, or any other forms of derisive behavior are unacceptable. Coaches of individual teams will determine sanctions for such behavior; repeated offenses make a student-athlete subject to expulsion from the program.
3. Swearing or abusive language will not be tolerated. Coaches of individual teams will determine sanctions for such behavior; repeated offenses make a student-athlete subject to expulsion from the program.
4. Athletes who quit a team after first cuts are posted or after the first game, or that are removed from that team by Department of Athletics, are ineligible for any other SFCC team until the original team's season has been completed, including any post-season appearances.
5. Team members may not participate during their season in any open gyms or weightlifting activities of another SFCC team, unless by prior agreement. Such agreements will be as a result of a meeting between involved coaches, the student-athlete, and the Athletic Director.
6. Student-athletes who are in possession of or use illegal drugs, tobacco, or alcohol are subject to being declared ineligible and are subject to expulsion as defined by the SFCC Student-Parent Handbook. The length of the period of ineligibility will be determined by the Department, in consultation with the SFCC administration.
7. Students who are in possession of or use androgenic/anabolic steroids, unless under the direction of a fully licensed physician to treat a current medical condition, are subject to being declared ineligible. In addition, penalties may be incurred for providing false or fraudulent information. The length of any period of ineligibility will be determined by the Department, in consultation with the SFCC administration.
8. Student-athletes must dress in keeping with community standards while representing SFCC. Determination of such standards will be by the coaches and the Athletic Director. Individual teams may require more specific forms of dress.
9. Hair shall be neat, clean, and groomed in keeping with community standards. Determination of such standards will be by the coaches and the Athletic Director. No extreme styles, lengths, or colors will be allowed.

10. Make-up must be used conservatively and in keeping with community standards. Determination of such standards will be by the coaches and the Athletic Director.
11. Student-athletes may not have visible tattoos at any time, including during contests and practices. Whenever possible, tattoos must be covered by clothing. If the required or expected dress for an event makes that impossible (e.g., a contest uniform, a practice uniform, a swimsuit), the tattoo must be covered by the student with as discrete a bandage as is possible. If the student has a tattoo that is too large to be covered by a discrete bandage, or if the student has failed to cover the tattoo by discrete bandage, the student will be excluded from the event. The Athletic Director will determine what will serve as discrete bandage to cover a tattoo.
12. A parent should be mindful of the special responsibilities that come with being a parent of a student-athlete. A parent is to refrain from abusive language directed at officials, players, or coaches. He/she should also avoid giving instructions to players from the stands or sidelines, as this can place the student-athlete in a most difficult position of trying to please coach and parent. A parent who directs abusive behavior or language at officials, players, or coaches, or who repeatedly gives instructions to players from the stands or sidelines, may be excluded from all contests of a specified team. A pattern of such behavior may result in a parent being excluded from all contests of a specified team. A student-athlete whose parent does not cooperate with coaches and the Athletic Director in matters of fan language and behavior and the giving of instructions to players may be excluded from participation in the athletic program.

### **Article 3: Absences**

Attendance at practices and contests is mandatory for any team member. A coach may establish his/her own sanctions for unexcused absences. Removal from the team is an acceptable sanction. Absences due to detention will normally be viewed as unexcused absences. Absences due to teacher conferences are normally viewed as excused.

### **Article 4: Transportation**

Normally, all travel to and from away contests will be by private cars with parents as drivers. Parents driving SFCC teams must have on file the required informational form. On occasion, the school will contract with outside agencies to provide transportation.

Occasionally, students will be excused from class early in order to travel to contests. In order to keep missed class time to a minimum, athletes should change into game uniforms at lunch on game days when they are to be released early.

On trips, students are to maintain a level of behavior consistent with being a representative of SFCC. There is to be absolutely no shouting from windows or throwing anything from windows. Litter is to be removed and vehicle windows raised by a team at the conclusion of its trip.

With the consent of the supervising coach, a student-athlete may be excused from riding back to school in the vehicle in which he/she traveled to the game if (1) the student will be traveling with his/her parent; and (2) the parent provides a signed request to the coach. Such requests should be dated and they should also expressly relieve SFCC from liabilities relative to transportation on the date in question.

SFCC student-athletes are not authorized to travel with a student as the driver. Coaches are required to instruct each team member that if he/she drives to a contest or practice site, he/she may take no other students with him/her. SFCC team members may travel with adults as drivers; they may not travel with students as drivers (other than themselves). Thus, if a coach plans to have players meet him/her at the contest or practice site, he/she will tell the team members that (1) they must not travel together with a student as the driver; and (2) that each student-athlete not traveling by SFCC vehicle must have signed release from a parent for that trip.

### **Article 5: Medical/Training**

Prior to participation in any practice, an athlete must have on file with the Student Admission Physical Examination form. One side of this form must be completed by a physician.

At designated times, an athletic trainer is available to athletes for the rehabilitation of injuries. If an injury requires a doctor's care, a written permit to continue activity must be secured from the doctor prior to an athlete returning to participation.

Athletes are not to congregate in the training room. They should be in the training room only with the invitation of the trainer.

Student-athletes with chronic medical conditions should notify the Department of such conditions.

#### **Article 6: Equipment, Uniforms, Lockers**

Uniforms and equipment issued by the Department remain the property of SFCC. The athlete to which they are issued remains financially responsible for uniform parts and equipment until they are properly returned. Any additions to the contest uniform must be approved by the Athletic Director.

Many programs require student-athletes to purchase "Sport Packs" which may include practice uniforms, portions of the game uniform, equipment, etc. Items of the "Sport Pack" are the property of the purchasing student-athlete. Individual teams may also require specific items such as team shoes, socks, etc.

Lockers are available in both locker rooms for use by student-athletes. They are issued by the Athletic Director for the duration of a specific sport season. At the conclusion of a sports season, all contents must be removed from the locker. Locks for use in the locker rooms must be those issued by the school; they may be purchased from the Administrative Assistant in the Main Office. Lockers are to be locked at all times that they are not attended by the student-athlete. Students should not leave valuable items in lockers. SFCC is not responsible for articles left in the lockers.

#### **Article 7: Fundraising**

There will be no fundraising initiated by any individual team or program. The Boosters Club is the fundraising agency for the Department. Parents and other members of the community are invited to join the Boosters by contacting the Department. Coaches and their teams may be asked to assist the Boosters in the execution of their fundraising activities, as well as with other fundraising efforts undertaken by the Development Office of the school.

#### **Article 8: Fees**

**An annual fee of \$100 is charged to each student participating on a SFCC sports team.** Each student pays the fee only once per school year. The fee is collected by the Main Office. In rare circumstances, a student may be excluded from participation in a contest until the fee is paid.

#### **Article 9: Financial Aid**

The Department is most aware of the financial burdens placed on a family by a commitment to athletic competition. It also means to guarantee that no student will be denied participation in any aspect of Department programs for financial reasons. It therefore makes available financial assistance to those families in need. Families should contact the Department for information.

#### **Article 10: Practice**

Typically, high school athletics includes daily participation, be it in a game or a practice. Attendance at all games and practice is mandatory for all team members. Unexcused absences will result in sanctions imposed by the coach; such sanctions may include removal from a team.

School policy requires that practice sessions on school days are not to exceed two and one-half hours and are to end no later than 9:30 PM. Morning workouts may begin no earlier than 6:30 AM on school days.

The C.I.F. prohibits team practices or competitions on Sundays.

#### **Article 11: Participation on One Team Only**

With the exception of participation in Women's Cheerleading, a student-athlete may participate as a member of one SFCC team only during each season-of-sport. The head coach of Women's Cheerleading

endeavors to create a practice schedule that will enable members of the cheerleading squad to also participate in a concurrent SFCC sports team.

Members of one team may not participate in practices of another team. So, for example, a fall sport athlete may not practice with a winter team, even though sports seasons overlap. Exceptions to this policy may be granted by the Athletic Director only for limited, skill-specific workouts (e.g.: basketball players may devote some time to throwing and readying their arms for baseball season; a volleyball player may shoot free throws or work on ball skills for the upcoming basketball season). All such workouts must be pre-approved by the Athletic Director as a result of a conference with all coaches impacted.

#### **Article 12: Contest Schedules**

Schedules of all games are distributed at the beginning of each sports season through the Principal's Newsletter. Additional copies are available by contacting the Main Office.

#### **Article 13: Use Of Facilities**

Use of any of the facilities of SFCC is by permission of the school only. Students may use SFCC facilities only with the permission of the school and under the supervision of an SFCC employee.

#### **Article 14: Pictures**

The taking of team pictures is scheduled by the Department office. Athletes will have the opportunity to purchase copies of team and individual portraits.

#### **Article 15: Awards**

The Department schedules and executes an awards ceremony at the end of each season of sport. Department awards are as follows:

- **Varsity Block "SF"**: given after an athlete's first varsity season.
- **Sport-specific emblems**: given after each season of varsity participation.
- **All-League Selection Certificates**: presented to recipient by Department.
- **Senior Medals**: given to seniors as they complete each varsity season.

Individual teams also establish awards for team members. The number of awards for the team is established by the Department of Athletics, in consultation with the head coach of that sport. The naming of the individual awards, as well as the determination of recipients, is left to the head coach of each sport.

**St. Francis Central Coast Catholic High School**  
**Department of Athletics**

**Participation Regulations Signature Form**

*This form must be signed by the student and at least one parent and submitted to the Department of Athletics before a student may participate in any practice or contest.*

*This form need be submitted only once during a student's tenure at St. Francis.*

"We have read the accompanying statement of Participation Regulations of the Department of Athletics, and we will follow them."

Student's name (please print): \_\_\_\_\_

Student's signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's signature \_\_\_\_\_ Date \_\_\_\_\_