

FAIRFIELD-SUISUN UNIFIED SCHOOL DISTRICT

PARENT AND STUDENT GUIDE  
TO ATHLETICS



***“VICTORY WITH HONOR”***

## PURPOSE

The Fairfield-Suisun Unified School District is proud of its athletic programs and the contribution our student-athletes have made to build a strong sense of community. We expect all our student athletes to embrace the school's tradition of outstanding sportsmanship, citizenship and fair play.

This parent/student guide provides the goals and objectives, along with the responsibilities and expectations of parents and student athletes while actively involved in our athletic programs. Because student-athletes are held to high standards of performance, citizenship, and sportsmanship during school and non-school functions, acceptance of these responsibilities to self and to the team is **mandatory**.

Students are expected to perform at a high level of physical fitness in their sport activity. The school district and athletic departments have adopted rules to ensure that students maintain a healthy body during their season of sport.

Parent's support for these standards of excellence is needed to insure that the proper values are in place for our athletes as guidelines for their participation.

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## **CONTACT INFORMATION**

Armijo High School: (707) 422-7500

Fairfield High School: (707) 438-3015

Rodriguez High School: (707) 863-7950 ext. 1016

## EXPECTATIONS of YOU as an ATHLETE

Individual and team success in sports results from commitment. The athletes that are able to make such commitments reflect their maturity as to family, friends, school, and team.

As an athlete, I commit myself...

- To be a worthy representative of my teammates and coaches, abiding by school and community expectations and reflecting my team's values of commitment and hard work.
- To maintain my health and fitness levels by following the training rules as prescribed by the Athletic Department and coach.
- To reflect the knowledge that a commitment to victory is nothing without the commitment to hard work in practice.
- To attend every practice unless excused by my coach.
- To understand that my future as a responsible adult and citizen relates to my academic and my athletic activities.
- To find the time to satisfy my family relationships and responsibilities.
- To accept the responsibilities of team membership: cooperation, support of my teammates, shared responsibilities, positive interaction, and mutual respect.
- To be a positive influence by expressing my feelings and ideas intelligently and appropriately.
- To reflect my belief that true strength involves humility and that even the toughest athlete is sensitive to others.

### **IF YOU ARE INTERESTED IN PARTICIPATING (3 STEPS)...**

**STEP 1...**Contact the head coach.

**STEP 2...**Complete the Athletic Clearance Packet that contains the following: emergency card, physical form, medical history, athletic contract, insurance verification, warning form, transportation form, voluntary contribution form.

**STEP 3...**Each student will be evaluated by the athletic director, coach and teacher(s), as to his/her eligibility for participation. New athletes will be given a fair tryout in order to make the team.

## ATHLETIC ELIGIBILITY

Participation in extra-curricular activities is a privilege. It is presumed that students who are representing Fairfield-Suisun Unified School District in various activities are maximizing the educational opportunities that are available to them. Continued eligibility for participation in extra-curricular activities is contingent upon the student's maintaining at least a 2.0 grade point average. **THE GPA IS BASED ON AN UNWEIGHTED SCALE.**

- A) Any student member of a sports team must maintain a 2.0 GPA or be excluded from participation. (Summer school grades do count towards fall eligibility).
- B) Scholastic eligibility. Students who intend to participate in athletics must meet Scholastic Eligibility guidelines:
  1. A minimum of a "C" average (2.0 on a 4 point scale) for all classes.
  2. Students must be enrolled and passing twenty units of work.
  3. C.I.F. rules require that semester grades be used to determine eligibility. The FSUSD has determined that continued eligibility will be based upon six week grading periods along with first and second semester grades.
    - a) Fall sports eligibility is based upon the previous second semester grades. (summer school grades do count towards fall eligibility) If a student/athlete is ineligible for a fall sport, he/she cannot become eligible during that season.
    - b) Winter sports eligibility is based upon the twelve week progress report grades. If a student/athlete is ineligible for a winter sport, he/she cannot become eligible during that season.
    - c) Spring sports eligibility is based upon the first semester grades. If a student/athlete is ineligible for a spring sport, he/she cannot become eligible during that season.
  4. Student/athletes must maintain a 2.0 GPA while passing 20 credits at each grading period to remain eligible during their season of sport.
  5. Student/athletes **MUST** also be on track to graduate and have passed the number of credits established by the FSUSD for each semester based upon your grade level.
  6. Student/athletes **MUST** attend a **minimum of four hours of school** on the day(s) of participation in their sport. If the athletic competition is to take place during the instructional day or some portion thereof, the student is to attend all classes up to the time of departure. The student is responsible for any work missed during the day.

**If you do not fully participate in your classes on a game or practice day, you cannot participate in any after school sport activities. A NON-SUIT IN PE WILL DISQUALIFY A STUDENT FROM PARTICIPATING IN THE GAME THAT DAY.**

NOTE: An exception to this section will be made for the students who can verify, with written documentation, that he/she missed school in order to keep an appointment with a medical doctor, court appearance or funeral.

C. Summer school grades are used for fall eligibility. Administrative Directive 7114.F, School Board Policy states:

Summer school grades. *In the event students are not academically eligible to participate in activities in the first reporting period of the upcoming year, they may request that current summer school grades be added to the grades received in the spring semester and the average of the total spring semester and summer school grades will be used to establish the grade point average which determines eligibility to participate in activities for the first reporting period of the upcoming school year. For the purpose of determining eligibility, courses taken during the second semester will be ignored in the calculation if they are repeated during summer school. The summer school grade will be used instead. It is assumed a student who received a "D" or "F" grade in a required course taken in the spring semester will repeat that course in the current summer school if the course is offered.*

D. District eligibility policy applies to all incoming eighth grade students.

E. Any special case or extenuating circumstances surrounding disputed eligibility of a student shall be reviewed by the principal.

F. When a student transfers into the FSUSD from another school, the following will apply:

- 1) If that student's previous semester grade point average is below a 2.0, he/she shall be ineligible.
- 2) In all transfer cases, student must comply with the C.I.F. transfer rules and be cleared by the principal/athletic director.

G. Athletes can't compete:

- 1) If they have attended a four year high school for more than eight semesters, or six semesters at a three year high school.
- 2) If they have transferred schools without a change of residence by their parents/legal guardians or have not been accepted in open enrollment or hardship.

H. Athletes must be eighteen years or younger at the beginning of the fall semester (September 1).

I. Athletes will be an amateur in the sport in which they compete.

J. Documents: All athletes must have on file in the Athletic Directors office before the first day of practice.

1. A completed FSUSD physical examination form.
2. Signed proof of insurance form.

3. Verification from the registrar.
  4. Athletic contract.
  5. Athletic warning to student and parents.
  6. Sports authorization form (medical card)
  7. Transportation form.
  8. Voluntary Contribution form.
- K. An athlete may only be excused from school on a game day and be eligible to participate for the following:
1. By a physician.
  2. Administrator.
  3. Appearance in a court of law for a portion of the day.
  4. Bereavement
  5. School functions (i.e. field trips)
- L. Students owing bills/fines/equipment, from a previous sport, will be ineligible to participate in any other sport until bills/fines/equipment are paid or returned.

SUSPENSIONS: Students formally suspended from school are not allowed to attend practice or to participate in athletic contests for the duration of their suspension.

CLASS EXCLUSION: Students excluded from class for one or more periods, but not suspended, will be allowed to practice or participate in athletic contests that day. Student athletes must attend a minimum of 4 (four) class periods or 2 (two) block periods on game day unless one of the five conditions in letter K occurs.

## TEAM ROSTERS

There is a minimum and maximum number of students permitted to each sport team. These numbers are not hard and fast, but represent approximations.

<b>SPORT</b>	<b>MIN.</b>	<b>MAX.</b>	<b>SPORT</b>	<b>MIN.</b>	<b>MAX.</b>
Badminton	14	unlimited	Softball	12	17
Baseball	12	17	Swimming	24	unlimited
Basketball	8	15	Tennis	12	28
Cross-country	7	unlimited	Volleyball	8	15
Football	24	65	Water polo	12	20
Golf	6	12	Wrestling	14	60
Soccer	14	18	Track	25	unlimited

## PARTICIPATION CODE

### ACADEMIC ELIGIBILITY

Each student will be evaluated by the Principal, Director of Athletics and teacher(s), as to their eligibility for participation. Each student is expected to.

- Complete all homework assignments with care.
- Obtain homework assignments missed due to participation in an athletic event.
- Communicate immediately with your coach, teacher, and parents if you should fall behind in your studies.
- Understand that any D's or F's may result in your suspension or removal from the team. (Must have 2.0 GPA in order to participate)

### CITIZENSHIP

All student-athletes are expected to display exemplary citizenship and behavior on or off campus at all times. Every incident will be treated as an individual case and judged on its own merit. The seriousness of the offense, conditions under which it occurred, as well as the student's past record will be considered. Situations that involve administrative intervention in compliance with the Armijo, Fairfield and Rodriguez Student Handbook may result in suspension from participation in athletic activities.

## TRAINING RULES

### DRUGS, ALCOHOL, TOBACCO

If, while on or off campus and participating in a school or non-school activity, a student/athlete uses, sells, distributes, or is in possession of illegal drugs, alcohol and/or tobacco products during their season of sport:

#### FIRST VIOLATION:

The student/athlete will be suspended from their team for the remainder of the season. The student/athlete will lose all rights and privileges including awards and post-season recognition. The student/athlete will also be disciplined in accordance with the school districts discipline policy.

# THE FSUSD ATHLETIC CODE

Athletics shall be governed by the C.L.F. Book of Rules and Regulations, the league by-laws, the district Athletic Code, and Coaches policies. Athletes shall be directly responsible to the head coach and his assistants.

**Participation in athletics is considered a PRIVILEGE, not a right!!!** The following are general responsibilities of the athlete:

## **STEPS:**

1. Athletes shall follow all team rules set forth by the coach and Athletic Code.
2. Prior to practice, a student/athlete must complete the proper athletic clearance procedures which include:
  - a) Read and understand the Student/Parent Guide.
  - b) Read the C.I.F. Code of Ethics (inside back cover).
  - c) Read and understand the rules and regulation set forth in the FSUSD student agenda.

## **CONDUCT AND BEHAVIOR**

As athletes you are representing yourself, as well as your team, parents, school, and community. Proper conduct is expected at all times, on or off the playing fields and during school and non-school activities. If a student/athlete demonstrates inappropriate behavior that damages the image of the team or school; the student may be removed from the team.

## **APPEARANCE**

As a member of a team, you want to be proud of your appearance. Team members are expected to dress neatly, conservatively, and be well groomed. Your coach may require a dress code on the day of a contest.

## **DEDICATION**

An athlete must be willing to dedicate himself/herself to being a scholar/athlete. The athlete should be aware that nothing worthwhile is accomplished without hard work and a sincere desire to succeed. The athlete must also understand that this means making a commitment to attending **all** practices, contests, and team meetings. An athlete must be willing to sacrifice his/her own desires for the good of the team.

## **LANGUAGE**

Anyone associated with athletics shall use language that is socially acceptable. Profanity, vulgar talk, ethnic, religious slurs or jokes will not be tolerated on or off the playing field at any time.

## **LETTER REQUIREMENTS**

Because of the differences in many sports, each coach will set his/her own Varsity, JV, or Frosh/Soph award requirements. All participants must finish the season, playoffs included, to earn a letter, emblem and certificate of participation.

### **ELIGIBILITY**

Any student who has transferred into the Fairfield-Suisun Unified School District from another high school must check in with the Director of Athletics to insure eligibility. You are ineligible to participate on any sport team until cleared by the Director of Athletics and Principal.

### **RESPECT**

The athlete is to demonstrate the proper respect and courtesy to all coaches, teachers, administrators, officials, opponents, and spectators.

### **RESPONSIBILITY FOR EQUIPMENT**

Athletes shall assume the responsibility for the proper care and return of all equipment and supplies issued. The athlete will be expected to pay for any **lost, stolen or damaged** items. Proper use and care of the facilities are mandatory. All athletes must be cleared by their coach before participation in the next sport.

### **TRANSPORTATION**

PLEASE BE ADVISED: Fairfield-Suisun Unified School District does **NOT** provide transportation to or from athletic events. It is the responsibility of the parent/guardian to arrange for transportation. The undersigned acknowledges that the driver is not driving on behalf of or as an agent of the District. Further, the undersigned understands that the District has not verified the **DRIVING RECORD** of the driver or the mechanical condition of the vehicle. We suggest that you make sure the driver has a license that allows for passengers, investigate the insurance coverage of these drivers and insist that your student is in a seat equipped with a seat belt. Each coach will provide a list of game locations, dates, and times for meeting at the venue and being picked up from the venue. UNDERSTAND THAT THE DISTRICT IS IN NO WAY RESPONSIBLE, NOR DOES THE DISTRICT ASSUME LIABILITY FOR ANY INJURY OR LOSSES RESULTING FROM THIS NON-DISTRICT SPONSORED TRANSPORTATION.

## **PARENT GUIDE**

A partnership among coaches, athletes, parents, and school personnel is essential if students are to realize the values of athletic participation. Like coaches and athletes, parents must make commitments to the athletic program to assure such a partnership. Please read the following and as needed, discuss your reactions with your child, your child's coach or the Director of Athletics. Thank you for your help, cooperation and support.

### **EXPECTATION OF PARENTS...**

- To accompany my child to as many orientations and informational meetings offered by the athletic department or the coach as my schedule will permit.
- To work closely with all school personnel to assure an appropriate academic as well as athletic experience for my child while he or she is in high school.

- To assure that my child will attend all scheduled practices and athletic contests. I understand that this will require self-sacrifice.
- To require my child to abide by the athletic department's and coaches' training rules.
- To acknowledge the ultimate authority of the coach to determine **strategy, player selection and playing time** of each player.
- To promote mature behavior from students and parents during athletic contests.
- To work cooperatively with other parents and school personnel to assure a wholesome and successful athletic program for our school.
- To work closely with coaches and other school personnel to identify a reasonable and realistic future for my child as a student athlete, both in school and in college.

**You can play a key role in helping your child learn the values of winning and losing. Below are some suggested topics you can discuss with your child in these situations.**

**VALUE OF WINNING... help your child learn the values of winning by:**

- \* Offering congratulations for winning, and identifying and discussing the efforts made by individuals and the team
- \* Recognizing the improvement and growth of both individuals and the team
- \* Emphasizing competitiveness and doing one's best

**VALUE OF LOSING... help your child learn from losing experiences by:**

- \* Crediting the play of his/her opponent or team
- \* Focusing on improvement by individuals and team
- \* Discussing what **was** successful
- \* Discussing what, if anything, individuals or the team could have done differently
- \* Accepting the loss as something to grow by, setting individual goals, and moving forward.

**CONDUCT:** The importance of parents behaving as model spectators cannot be overstated. Parents who support the rules of conduct as defined on the inside back cover of this guide provide a role model for their own children, other parents and students. Of particular concern are parents who harass officials or make comments in the stands regarding judgment decisions made by the coach. This is counterproductive and tends to destroy the values of good sportsmanship and the game.

**ISSUES OF CONCERN... what are appropriate issues to discuss with the coach?** This is often the question many parents have when their children are participating in sports.

**PARENTS ARE ENCOURAGED TO DISCUSS...**

- \* the treatment of their child
- \* team rules and requirements
- \* ways to help their child improve
- \* sanctions incurred by their child

- \* concerns about their child's behavior
- \* college participation
- \* scheduling of practices (holidays)
- \* coaches' expectations for their child and the team

**PARENTS ARE NOT ENCOURAGED TO DISCUSS AND COACHES WILL NOT DISCUSS...**

- |                                |                          |
|--------------------------------|--------------------------|
| * Placement on teams           | * other student athletes |
| * Strategies used by the coach | * playing time           |

**NOTE:** It is very difficult to accept that your child is not playing as much as you hoped he or she would. Coaches are professionals. They make judgments and decisions based on seeing your child everyday in practice and do what they believe to be in the best interest of the **team**. The coach must take into account ALL members of the team, not just your son or daughter.

**COACH OR PROGRAM COMPLAINTS:** It is imperative that parents respect the position of the coach and direct any concerns **TO THE COACH FIRST**. If you wish to discuss a problem or issue concerning your child; begin by contacting his/her coach. Often the problem or issue is resolved at this level.

**STEPS FOR RESOLUTION**

- First Contact the Coach
- Contact the AD.
- Contact the Asst. Principal
- Contact the Principal

**PRODUCTIVE COMMUNICATION**

Please make an appointment to speak with the coach prior to or after a practice day for productive communication.

**STUDENT ATHLETE GOALS& OBJECTIVES**

**OUR GOAL...** *The student—athlete shall become a more effective citizen.*

**OUR SPECIFIC OBJECTIVES**

*To work with others...* You must learn to develop self-discipline, respect for authority, and the spirit of hard work and sacrifice. The team and its objectives must be placed above personal desires.

*To be successful...* You must learn how to compete. You do not always win, but can succeed when you continually strive to do your best. You learn to accept defeat only by striving to improve your individual and team skills. Develop a desire to be the best you can be!

*To develop sportsmanship...* To accept any defeat like a true sportsman, knowing you have done your best, you must learn to treat others as you would have them treat you. You need to develop social traits, including emotional control, honesty, cooperation, and dependability.

*To improve...* Continual improvement is essential to good citizenship. As an athlete, you must establish a goal and constantly strive to reach that goal with a strong sense of **commitment and dedication**.

*To enjoy athletics...* Athletes should enjoy participation in order to acknowledge all of the personal rewards to be derived from athletics, and to preserve and improve the program.

*To develop desirable personal health habits...* It is important to obtain a high degree of physical fitness through exercise and proper training, and to develop the desire to maintain physical fitness after formal competition has been completed.

## PARENT ROLE

Those of us who are involved in sports realize only too well that only **1 in 100 to 150** young athletes ever receive a scholarship to play in college, and many of those are partial scholarships. We also recognize that only **four one-thousandths of one percent** of today's high school seniors will ever play for the National Basketball Association. The same percentages are true for other sports as well:

- \* 59% of high school football and basketball players believe they will get a college scholarship.
- \* 98 out of 100 high school athletes will never play in college.
- \* Only 1 out of every 150 high school athletes will receive a scholarship to a Division I school.
- \* Only 1 out of 12,000 athletes will go on to become a professional athlete.

Given this awareness, we seek the best for young athletes, and acknowledge and **promote the value of academics in high school and in college.** We ask the parents to do the same thing; it de-emphasizes with young athletes the urgency of athletics and promotes a realistic and reasonable approach to athletics now and in the future.

*The following letter appeared in a local paper and was written by one of the Southern California's most successful high school coaches. It offers some fine insight on how a parent can best help their son or daughter get the most out of his/her involvement in athletic activities.*

### **AN OPEN LETTER TO PARENTS OF HIGH SCHOOL ATHLETES:**

After 14 years of coaching high school baseball, I have experienced a part of coaching that is the most difficult to accept. It's not the more obvious frustrations of wins and losses or dealing with the problems young high school athletes face (i.e., drugs and alcohol) or declining budgets and fundraising.

It is the parent that interferes, criticizes and manipulates constantly in order to improve his or her son's chances of playing time on the field. What the parent does not realize is the person that is ultimately hurt is their son, not the coach they portray as the villain.

For the coach, it is a temporarily uncomfortable situation, but for the player, it is something that may last a lifetime. The purpose of a program is basically two-fold:

1. To give the average and gifted player an opportunity to take some thing he has worked very hard to master and to test it under pressure of competition, to experience the joy of victory and to stand up strong after laying everything on the line and losing.

2. To provide a place for the gifted athlete an opportunity to demonstrate his abilities.

Both types of player will experience the maximum for himself if it goes unhindered by the parent trying to direct every part of a young man's life. This is a special time for the player and coach that must not be stolen by the parent.

The give and take of the daily interaction of the player and coach must not be interrupted by the parent feeling he or she knows better. It is a controlled situation that emulates life itself—dealing with extremes of emotions, correct conduct and interpersonal relationships outside the immediate family and the classroom. There is no place the student-athlete can experience so many different events than on the athletic fields. Every player has a role and most players and their peers know how they stand within the team. All players must sacrifice themselves because it is a team sport. Within this hierarchy are lead players and role players and the young people understand this better than their parents.

Because the parent is not involved in the day-to-day program of practice and each coach-player interaction, they have a limited view of the real situation. Help you son by leaving him alone. Allow him to fail or succeed on his own. Don't cheat him out of the right to fail or succeed by himself. Today, he may appear to appreciate your intervention. But more likely he will later on resent your interference.

Allow your son to come home and air his feelings about the day's event without fear of you jumping in trying to solve his problems. Listen to him and use it as an opportunity to help him grow, not suppressing his independence by interfering.

Parents can love and support the player without subverting his quest to become an adult. When conflict between coach and parent occurs, the athlete is caught in the middle because of love for his parent(s) and desire to please his coach he must deal with in order to play. Don't let the coach become the reason for an athlete's failure, and that is exactly what happens when a parent constantly berates and coaches.

Encouragement and support from parents are what players need, not someone throwing out insults and criticism to break down the morale of the team. A great season can be completely destroyed by a parent or parents that think they know better than the coach.

Remember, the coach is really the most unbiased person on the field. He sees the team as a team in the proper perspective. Parents see the team through the-eyes tinted with the love and aspirations for their child. No matter how much the parent has played the game or coached youth teams, he is not exempt from this prejudice.

Love them and let go!

Paul Renfrow  
Baseball Coach  
Marina High School

## THE COACHES PLEDGE

The Coaches Pledge extends beyond a knowledge of athletics and reaches into the life of each of his or her players. It is one of the most important responsibilities in the school and involves at least the same level of commitment that coaches expect of their players. Mutual respect and team membership are to be expected equally of player and coach, and for the coach, involve the follow promises:

### **AS A COACH IN THE FSUSD, I PROMISE...**

- To be a model of appropriate language and behavior.
- To respect and dignify each of my athletes as an individual.
- To promote the safety of each athlete and to ask no more in practice or competition than each is capable of delivering, but...
- To promote the conditions and circumstances that encourages each athlete to realize his or her full potential.
- To impose time demands that acknowledges the primary importance of each athlete's academic and family responsibilities.
- To promote among all athletes and coaches a solid sense of team membership. To reflect in my coaching the best and most recent thinking/ strategy in my sport.
- To assist, whenever appropriate and mutually convenient, with the post high school planning of my players as it relates to athletics.
- To be available to parents at times that is mutually convenient.
- To work, whenever appropriate, with other school personnel to guarantee the best interests of each of my student athletes.

**PREACH SPORTSMANSHIP, WIN OR LOSE**

**PREACH RESPECTING THE GAME AND THE OPPONENT**

**PREACH BEING AN EXAMPLE TO THOSE WHO ARE WATCHING, YOUNG AND OLD**

**PREACH PROPER CONDUCT AND CHARACTER AT ALL TIMES**

**ABOVE ALL, YOU SET THE EXAMPLE**

## ATHLETIC DIRECTOR

Standards and expectations are set high for both athletes and coaches in the Fairfield Suisun Unified school district. Our athletes spend many hours at practices each week and are expected to bring a strong work ethic and a positive attitude to each session, along with a respect for the people in charge. They are also expected to excel at schoolwork and to conduct themselves in an appropriate manner **at all times**. Athletes are role models to many students on campus and to younger students who come to watch them play. Therefore, they must be aware of their actions and how the people in the stands perceive them. We strongly believe that participation in athletics is a **privilege**. Athletes that cause embarrassment to the school and/or themselves may be suspended or terminated from the team. Athletes who indulge in tobacco, alcohol or drugs will not be allowed to participate on our athletic teams.

Our coaches are professionals. They are expected to conduct themselves as teaching professionals and must undergo certifications and training to hold their position. Coaches are expected to conduct themselves in the proper manner when dealing with student/athletes. Consistency and fairness are of the utmost importance.

It is important as adults that conflicts be settled as adults. Coaches, as discussed in this guide, will not discuss certain aspects of their coaching strategies and playing time. If you as a parent have other issues with a coach, make an appointment to see the coach and discuss the issue. Communication is the key. Coaches will determine playing time. They are the ones at practice on a daily basis, dealing with the athlete. The coaches and only the coaches have the necessary information to determine playing time. They see the athlete's work ethic, skill level, attitude, discipline, desire to get better and team commitment and make decisions based on this and other criteria. Parents who make an issue of playing time will hurt only one person-their son or daughter. We have great student/athletes and are very proud of them. We need parental support in leaving the coaching to the coaches and the playing to the players.

## BASIC C.I.F. ELIGIBILITY RULES

### A STUDENT MUST...

- Not have reached his/her 19<sup>th</sup> birthday on or before June 14th of the previous year.
- Have met the residence requirements.
- Have not competed on any outside team in the same season of sport during the school season of that sport.
- Have not transferred more than once from one high school to another.
- Have attended high school not more than 8 semesters after completing the 8th grade.
- Satisfy all G.P.A. and credit requirements.
- Be an amateur.

## CIF CODE OF ETHICS

### IT IS OUR DUTY...

- To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
- To eliminate all possibilities which tend to destroy the best values of the game.
- To stress the values derived from playing the game fairly.
- To show cordial courtesy to visiting teams and officials.
- To establish a happy relationship between visitors and host.
- To respect the integrity and judgment of sports officials.
- To encourage leadership, use of initiative, and good judgment by the players of the team.
- To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
- To recognize that the purpose of athletics is to promote the physical, mental, social, and emotional well being of the individual players.
- To remember that an athletic event is only “a game” not a matter of life and death for a player, coach, fans, officials, or school.

## PULLING TOGETHER

Teamwork is based upon values. We are committed to the principles that are involved in the process. If we are to have a healthy athletic program, we must create an environment of faith and belief in the program. This must be a mind-set that puts the team first. Pulling together and working towards a common vision is a tremendous experience.

## EFFECTIVE TEAMWORK

Large scale success today is spelled “Teamwork”. The successful team worker doesn’t wear a chip on his/her shoulder, doesn’t look for slights, isn’t constantly on the alert lest his “dignity” be insulted. He/She puts the good of the house, the company or the team first. And if the whole prospers, he/she, as an active, effective, progressive part, will prosper with it.

B. C. Forbes

## **TEAMWORK:**

**Coming together is a beginning...**

**Keeping together is progress...**

**Working together is success...**

# DO YOU WANT TO BE A COLLEGE ATHLETE?

Here's what you have to do to be eligible:

- Graduate from high school
- Complete a minimum 14 core courses
- Present a minimum grade-point average in core courses
- Present a qualifying test score on either the ACT or SAT test

## DIVISION 1 16 CORE COURSES

4 years of English

3 years of Mathematics (Algebra I or higher)

2 years of natural/physical Science (1 year of lab if offered)

1 year of additional English, Mathematics or Natural/Physical Science

2 years of Social Science

4 years of additional courses

(From any area above, foreign language or non-doctrinal religion/philosophy)

***BE INFORMED, BE ELIGIBLE!!***

If you have any questions, see the NCAA website at [www.NCAA.org](http://www.NCAA.org)