

## **Philosophy of student athletics**

The Sonora Elementary School District recognizes the importance of athletics as an integral component of a student's complete educational development. As such, we believe that all students should have an opportunity to participate in some form of interscholastic athletics and that such participation should encourage positive scholastic and social growth and achievement. All participants and teams will represent the school and community in a positive manner and will reflect the dedication and hard work that will be required to compete and be successful. Success will not be measured by records that are achieved by teams or individuals, but rather by the knowledge that each participant gave his/her best effort and prepared for each contest to the best of his/her ability. The Sonora Elementary School District realizes that an effective interscholastic athletic program is the product of responsible cooperation between its four major components: the student-athlete, the coaching staff, the parent, and the administration.

## **Athletic Guidelines**

### *Sportsmanship*

Participation in the athletic program requires adherence to the highest standards of good sportsmanship. Aspects of good sportsmanship include ensuring fairness in competition and exhibiting respect for the people and institutions associated with athletic contests. Athletes of this school will be required to comply with the rules of each sport and to ensure that fairness in competition is not limited by their actions in any way.

1. To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical and ethical development of student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible.
2. Participation in school sports programs is a privilege, not a right. To earn that privilege, students-athletes must abide by the rules and they must conduct themselves, on and off the field, as positive role models who exemplify good character and act as ambassadors of Sonora Elementary School.
3. School boards, superintendents, school administrator, parents and school sports leadership shall establish standards for participations by adopting and enforcing codes of conduct for coaches, athletes, parents and spectators.
4. All participants in school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.
5. To safeguard the health of athletes and the integrity of the sport, school sports programs must actively prohibit the use of alcohol, tobacco, drugs and

performance enhancing substances, as well as demand compliance with all laws and regulations, including those related to gambling and the use of drugs.

6. The profession of coaching is a profession of the mental and physical dimensions of their sport. Coaches, through words and example, must also strive to build the character of their athletes by teaching them to be trustworthy, respectful, responsible, fair, caring and good citizens.

**Any person who is unable to comply with these standards must understand that his/her opportunity for participation may be limited or removed.**

## **General Behavior**

Student- Athletes must comply with all rules and regulations as specified by California Education Code, California Penal Code, and SES Board Policy and Administrative Regulations.

Profanity, unsportsmanlike conduct, throwing of equipment or any similar displays of immaturity, and disrespect to any person or institution will not be tolerated.

Athletes accept responsibility for their actions both on and off the field. An athlete's language and behavior should not embarrass himself/herself, the team, the school, the district, or the community. Defiant behavior and "back-talk" toward any coach, school official, or game official will also not be tolerated. Any disagreements should be handled in private adult discussions.

Violation of any of the above behavior guidelines could result in one or more of the following consequences: benching, suspension or dismissal.

## **Academic Eligibility**

**Student-athletes who represent an SES school in any athletic competition must meet the following requirements:**

1. Earn a 2.0 GPA with no "F's in courses prior to competition \*
2. Maintain satisfactory attendance record as defined by Board Policy

\*Sonora Elementary reserves the right to restrict try-outs to only academically eligible students.

## **Continuing Eligibility**

Eligibility is determined by the following:

Students participating in extracurricular and co-curricular activities shall maintain a 2.0 GPA and have no "F" grades. Grade checks will take place during **Progress Report** periods and at the end of each **Grading Trimester**. **Random grade checks may** take place anytime during a grading period, including notification from teachers that a

student's grade has fallen to an F. The GPA is determined by the student's grades from the prior trimester. During the first trimester of the current school year only, if a student did not maintain a 2.0 GPA in the last trimester of the previous school year, an athlete may participate on a probationary basis. If they do not meet the minimum standards on any of the random grade checks, they will be removed from the team and ineligible for all athletic teams until the next trimester. Parents have online access to student grades via Aeries.

## **School attendance**

Attending all classes is a high priority for all student-athletes: athletic events may require students to miss classes during the week making it very important for all student-athletes to establish good attendance patterns and communicate with their teacher about assignments to be done.

1. Students must attend 50% (minimum) of the school day, excluding lunch, in order to participate in practice or competition that day.
2. Student athletes in violation of this rule, as it relates to competitions, will be suspended for a minimum of one contest or game. (Subject to review with head coach and athletic director.)

## **Athletic eligibility**

Students must be enrolled in Sonora Elementary School prior to the beginning of the upcoming sport in order to participate. Every student who wants to participate in a sport must complete and have signed by a parent/guardian the following forms:

- Sonora School Sports Program Contract
- Sonora School Sports Medical Permission Slip
- Sonora School Voluntary Activities Participation Form

## **Try-out Procedures**

The following is an outline of some of the basic guidelines/timelines that the Athletic Department follows prior to and at the start of a sport season. There are three sport seasons: fall, winter, and spring. Because of the unique nature of each individual sport, this outline may include or exclude some items that the coaching staff does or does not use. Sonora Elementary has a "no-cut" policy depending on academic eligibility.

## **Behavior/Speech Provisions-And Relationship to Social Media**

Team members should be respectful of other team members, school administrators, the coaches, other students, and parents at all times. Team members are expected to maintain a positive attitude acceptable for the environments.

Coaches may take appropriate corrective action where speech, conduct or electronic acts by a team member, whether taking place during a team, team-related activity or event, or taking place away from school grounds or school or team activities, has a direct disruptive or detrimental effect on, or seriously threatens the discipline, environment, safety or general welfare of the program, other team members, the coaches, or other students, faculty, staff and/or administrators of the District.

## Travel

The district may provide transportation to selected away contests.

1. At the coach's discretion, students may be signed off the return bus by their parents/guardians or approved adult drivers that have completed a contact form in the school office.
2. Athletes must be picked up **PROMPTLY** from **ALL** practices and games. Failure to do so could result in your child to be removed from the team.
3. All athletes will dress in an appropriate manner for bus trips. Coaches will establish requirements for proper attire.
4. Students are expected to conduct themselves in a mature, responsible manner. Profanity and inappropriate behavior will not be tolerated.
5. Students are expected to follow all rules set forth by the bus driver and to be courteous and respectful at all times.
6. Transportation is **NOT** provided for tournaments.

## Extra-Curricular Discipline Consequences

Student-athletes, performers or competitors involved in a fight, while in uniform and or at the performance/competition will have the following consequences:

*First offense*- one game or performance suspension/school suspension;

*Second offense*- complete removal from the team and school suspension;

Each situation will be evaluated on an individual basis by the administration. Input will be provided by the appropriate coach.

Suspensions from school will result in a loss of all extracurricular activities including games and practices for 5 school days for each day of suspension, beginning with the first day of the suspension.

A suspension may result in a dismissal from the team, which will be the decision of the Athletic Director and Head Coach.

## Training Rules

For health and safety reasons, students should understand that SES believes that the use of tobacco, alcohol, and drugs is not acceptable for middle school athletes. Any violation of these training rules may also result in school disciplinary actions according to the SES Code of Conduct and the California Education Code. The coaches believe that the current glamorization of the use of tobacco and alcohol by some professional athletes is misleading and believe that middle aged school students should be aware of the negative effects of their use. Any student caught using tobacco, alcohol or drugs will be suspended and removed from the team. The second offense will result in an expulsion.

## Communication

In our continuing effort to establish and maintain clear lines of communication between the Athletic Department Staff and the parents/guardians of our student-athletes, the coaching staff will establish a process for communication. ***Do not attempt to confront a coach before or after a contest or practice. Please wait 24 hours before confronting a coach.*** Those can be emotional times for both the parent and the coach. Meetings of that nature, and at those times, do not promote resolution. The following guidelines will help make the communication process a productive and positive experience.

### PARENT INVOLVEMENT GUIDELINES

- Parents can use this time to ask questions and obtain information.
- The coach will discuss what the students-athlete needs to work on in order to improve but, not necessarily, increase playing time.
- The coach will only talk to a parent/guardian about his/her own child.
- If the guidelines are not adhered to, the discussion will be terminated.
- It is the intent of the Athletic Department to provide an avenue for meaningful dialogue and communication between coaches and parents. Working together we can and will accomplish great things.

## Code of conduct for Parents/Guardians

The role of the parent in the education of the students is vital. The support shown in the home is often manifested in the ability of the student to accept the opportunities presented at school and in life.

There is a value system-established in the home, nurtured in the school- that young people are developing. Their involvement in classroom and other activities contributes to that development. Trustworthiness, citizenship, caring, fairness and respect are lifetime values taught through athletics. These are the principles of good sportsmanship

and character. With them, the spirit of competition thrives, fueled by honest rivalry, courteous relations and graceful acceptance of the results.

As a parent/guardian of a student-athlete at our school, your goals should include:

- Promote a healthy lifestyle that does not include the use of performance enhancing drugs or supplements;
- Realize that athletics are part of the educational experience, and the benefits of involvement go beyond the final score of a game.
- Encourage our students to perform their best, just as we would urge them on with their class work;
- Participate in positive cheers that encourage our students-athletes; discourage any cheers that would redirect that focus-including those that taunt and intimidate opponents, their fans and officials;
- Learn, understand, and respect the rules of the game, the officials who administer them and their decisions;
- Respect the task that our coaches face as teacher and support them as they strive to educate our youth;
- Respect our opponents as student-athletes, and acknowledge them for striving to do their best; and
- Develop a sense of dignity and civility under all circumstances.

You have a major influence on your student's attitude about academics and athletics. The leadership role you take will help influence your child and our community, for years to come.

**Violation for the above code of conduct could result in one or more of the following consequences: a warning, removal from the venue, suspension, or further discipline to be determined by the administration (per P.C 602.1, 653g, and P.C. 6476).**

# SONORA SCHOOL DISTRICT SPORTS PROGRAM CONTRACT

## Athletic Donation

There will be a \$25 Athletic Donation for students playing basketball, wrestling, cross country, and volleyball. Students WILL NOT be allowed to participate in practice or games until the Sport Program Contract, Voluntary Activities Participation Form, and Sports Medical Permission Slip have been signed and returned! The \$25 Athletic Donation may be paid by a check made out to SES or cash. THANK YOU FOR YOUR DONATION TO OUR ATHLETIC PROGRAM!!!

\*Please, if the \$25 donation causes a financial burden, parents should write a note notifying the Athletic Department of the financial burden. This note requesting that the fee be waived must be reviewed and submitted for auditing purposes.

## Athletic Information

1. Uniforms are issued to each player and are that player's responsibility. Uniforms must be returned clean and in the same condition as issued. If a player quits a team or becomes ineligible or moves during the season, the uniform must be returned immediately. Parents will be charged the entire cost of the uniform should it become lost, damaged, or stained. No other uniform will be issued until the charges have been cleared. The student will not be allowed to participate in another sport until the charges have been cleared.
2. Failure to follow the athletic policies can result in dismissal of a student from that team.
3. If an athlete is ill and/or will miss a practice or game, please call your child's coach.

**I have read and understand the Sonora School Athletic Package and transportation information. I also understand there is a \$25 donation. I give permission for my child to participate in after-school athletics at Sonora School.**

\_\_\_\_\_parent initials

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Date

# Sonora School District

## Voluntary Activities Participation Form

### Acknowledgment and Assumption of Potential Risk

I authorize my son/daughter \_\_\_\_\_  
to participate in the school-sponsored activity of \_\_\_\_\_.

This form is used for the following voluntary extracurricular activities (circle all that your child will participate in):

Cross-Country      Basketball      Volleyball      Wrestling      Track

I understand and acknowledge that these activities, by their very nature, pose the potential risk of serious injury to individuals who participate in such activities.

I understand and acknowledge that some of the injuries, which may result from participating in these activities, include, but are not limited to, the following:

Sprains/strains	Head and/or back injuries	Fractured Bones	Paralysis
Loss of eyesight	Cuts/Abrasions	Unconsciousness	Death

I understand and acknowledge that participation in these activities is completely voluntary and as such is not required by the school for course credit or for completion of graduation requirements.

I understand and acknowledge that in order to participate in these activities my son/daughter and I agree to assume liability and responsibility for any and all potential risks, which may be associated with participation in such activities.

I understand, acknowledge, and agree that the Sonora School District, its employees, officers, agents, or volunteers, shall not be liable for any injury suffered by my son/daughter, which is incidental to and/or associated with preparing for and/or participation in this activity.

I acknowledge that I have carefully read this Voluntary Activities Participation Form and that I understand and agree to its terms.

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Student-Athlete

\_\_\_\_\_  
Date

A signed Voluntary Activities Participation Form must be on file with the school before a student will be allowed to practice for or participate in the above listed extracurricular activities.



**SONORA SCHOOL SPORTS MEDICAL PERMISSION SLIP**

Student's Name \_\_\_\_\_

Name of Father/Stepfather/Guardian (circle one) \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Name of Mother/Stepmother/Guardian (circle one) \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Student's Address \_\_\_\_\_

City/State/Zip Code \_\_\_\_\_

Family Physician or Health Advisor \_\_\_\_\_

Hospital \_\_\_\_\_

Additional Health Information:  
\_\_\_\_\_

Medical Insurance and Policy number \_\_\_\_\_

**Athletes must have insurance in order to participate in extra-curricular sports.**

**Please list two local people to be reached when family members are unavailable:**

Name/Phone # \_\_\_\_\_

Name/Phone # \_\_\_\_\_

I have completed the above Permission Slip and give Sonora School District, in my absence, permission to have my child transported to the hospital of my choice (indicated above) in the event of illness or injury. I also hereby grant them permission to sign for treatment of my child at said hospital.

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

