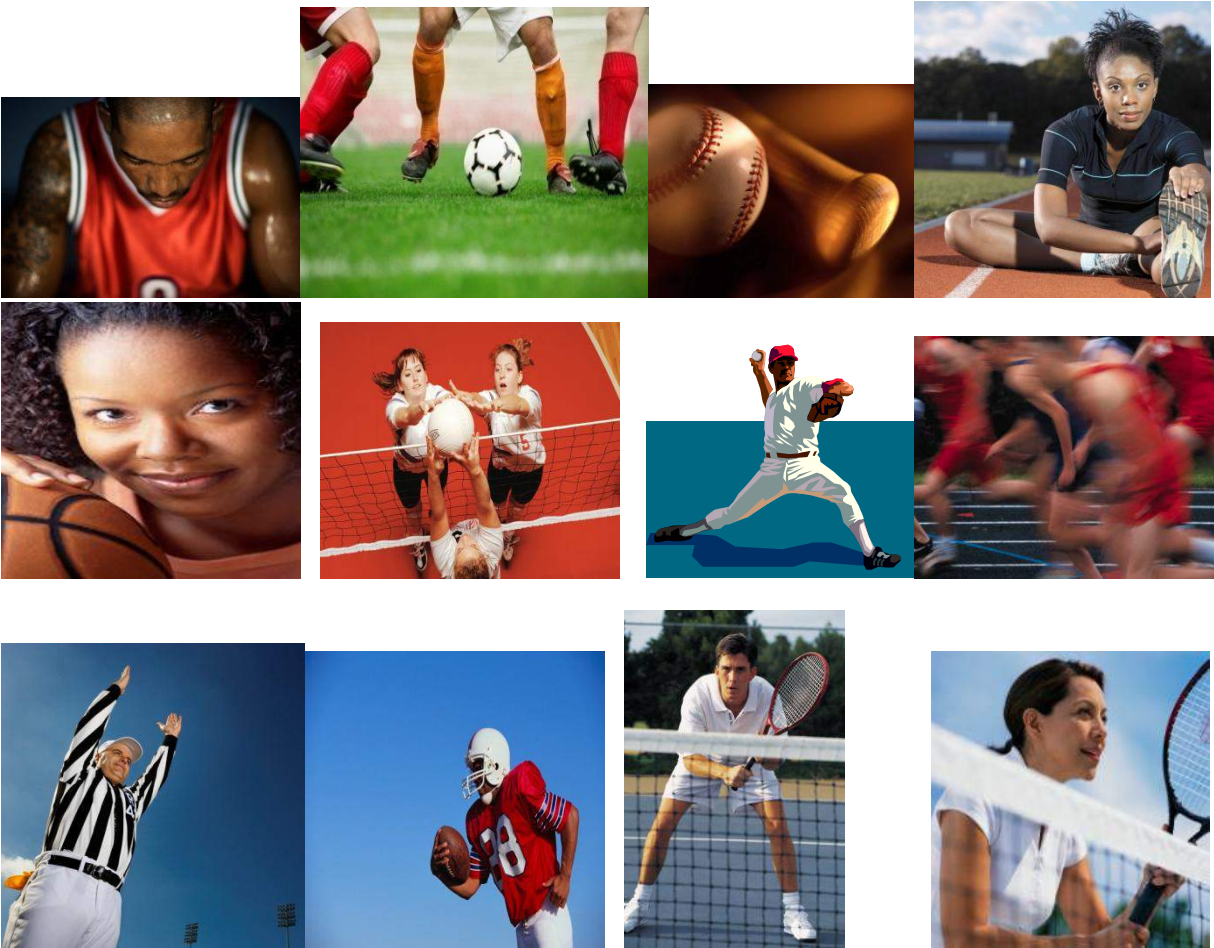


SANTA CRUZ VALLEY UNION HIGH SCHOOL

2015-2016 ATHLETIC HANDBOOK



DUST DEVIL PRIDE!



TABLE OF CONTENTS

ATHLETIC PHILOSOPHY 3

PREAMBLE..... 3

ATHLETIC ELIGIBILITY PROCEDURES..... 5

PRACTICE ATTENDANCE 5

PENALTIES FOR MISSING PRACTICE/MEETINGS: 6

SAFETY AT PRACTICE 6

ATHLETIC TRAVEL..... 8

DROPPING 9

ACADEMIC ELIGIBILITY 8

SCHOOL ATTENDANCE/ATHLETIC PARTICIPATION ELIGIBILITY..... 9

SPORTS PARTICIPATION/OFF SEASON TRAINING 12

DUST DEVIL DO-RIGHT CODE 12

ATHLETIC HANDBOOK RECEIPT 16



GO – FIGHT – WIN

ATHLETIC PHILOSOPHY

The purpose of the Santa Cruz Valley Union High School athletic program is to assist in the development of the physical, social, mental, and emotional well being of the student.

It is the intent of the Santa Cruz Valley Union High School to:

- Provide a first class athletic program that encourages participation of all students, and
- To continue to build Dust Devil Pride that leads to a winning tradition.

While it is understood that winning is the reward for excellence, it is also emphasized that winning must be done with integrity and good sportsmanship to effectively develop worthwhile character traits in the participants. More importantly we believe that the underlying goal of the athletic program is that participation in athletics is an excellent method to prepare our students to be positive citizens and leaders in our school and community both now and in the future.



“The 5 Ss of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit.”

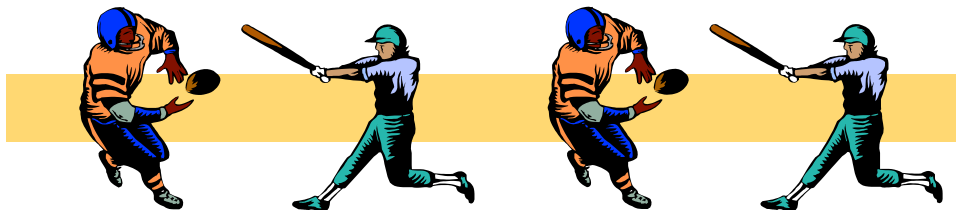
Ken Doherty



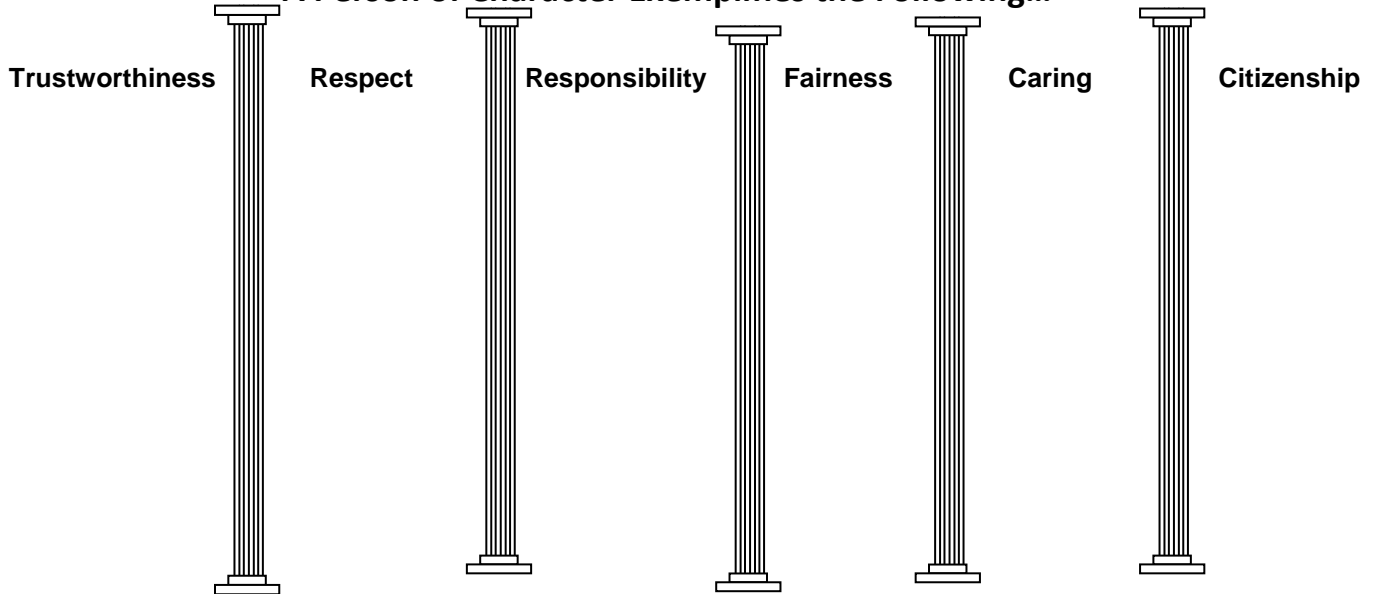
PREAMBLE

Representing Santa Cruz Valley Union High School in interscholastic athletics is a privilege and not a right. Students who choose to participate in interscholastic athletics are expected to represent the highest ideals of character by exemplifying good scholarship, trustworthiness, respect, responsibility, fairness, caring, citizenship and sportsmanship which includes abstaining from the use of tobacco, alcohol, and drugs.

As Dust Devil student athletes you are expected to conduct yourself as a “Person of Character” **AT ALL TIMES AND PLACES** in a manner that reflects credit upon you, your family, your team, your school and your community.



A Person of Character Exemplifies the Following...



"Everyone has the desire to win, but only champions have the desire to prepare."

Author Unknown

- Be honest-- don't deceive, cheat or steal.
- Be reliable--do what you say you'll do.
- Have the courage to do the right thing.
- Build a good reputation.
- Be loyal--stand by your family, friends, school and country.
- Treat others with respect; follow the golden rule.
- Be tolerant of differences.
- Use good manners, not bad language.
- Be considerate of the feelings of others.
- Don't threaten, hit or hurt anyone.
- Deal peacefully with anger, insults and disagreements.
- Do what you are supposed to do.
- Persevere-- keep on trying! Always do your best.
- Use self-control--be self-disciplined.
- Think before you act-- consider the consequences.
- Be accountable for your choice.
- Play by the rules.
- Take turns and share.
- Be open-minded; listen to others.
- Don't take advantage of others-- don't blame others carelessly.
- Be kind, be compassionate and show you care.
- Express gratitude; forgive others; help people in need.
- Do your share to make your school and community better.
- Cooperate-- stay informed; vote.
- Be a good neighbor--obey laws and rules.
- Respect authority; protect the environment.

ATHLETIC ELIGIBILITY PROCEDURES

In order for you to participate in the Santa Cruz Valley Union High School athletic program you must be in compliance with all Arizona Interscholastic Association (AIA) and Arizona State Board of Education rules of which are included at the end of this document.

Each athlete will be required to have the following completed and submitted yearly before they are allowed to participate:

- **BIRTH CERTIFICATE** (must not turn 19 until after September 1)
- **PHYSICAL** (dated after May 1 of current year)
- **HEALTH QUESTIONNAIRE**
- **PARTICIPATION CARD**
- **EMERGENCY TREATMENT FORM**
- **TRAVEL FORM**
- **HANDBOOK SIGNATURE**
- **PRACTICE PERMIT**
- **NEW STUDENT ELIGIBILITY GUIDE SHEET**
- **CONCUSSION TEST**

PRACTICE ATTENDANCE

Students are expected to report for sports at the beginning of each sport's season as established by the A.I.A. and SCVUHSD with all paper work completed and practice permit in hand. Failure to do so may be detrimental to your placement on the team. Students have two weeks from the start date of that season of sport in which to go out for that sport. If the two week deadline is missed, students will not be allowed to participate unless they have extenuating circumstances and approval from the Athletic Director.

Team members are required to attend all scheduled practices and meetings during the established sports season, including school vacations that occur during these established sports' seasons. If circumstances arise whereby the student cannot attend a practice or meeting, the head coach must be notified prior to the missed practice/meeting by personal contact, phone call, or written statement from the parent or guardian. The validity of the reason for missing practice/meeting will be judged by the head coach. **Please note that with football players, the A.I.A. states that in order to participate in an intra-school varsity scrimmage, individual players must have had 10 practice sessions.**

PENALTIES FOR MISSING PRACTICE/MEETINGS:

- Each excused missed practice may result in the next game suspension.
- Three unexcused missed practices at any time during the season may result in the student being dropped from the team.
- Two or more excused missed practices in a week may result in the student athlete sitting out that week's game/event. This rule is to protect the student from possible injury due to missed practice/conditioning that week.



DUAL SPORT PARTICIPATION

Students who would like to participate in two or more sports consecutively must have the permission from all Head Coaches involved. If they do not receive permission to do so from all they must choose between the sports and remain with that sport for the season.

END OF SEASON CLEARANCE

- All equipment and debt must be turned in or paid within one week of the last scheduled competition.
- Consequences: Underclassmen cannot participate in another sport or register. Seniors cannot participate in Graduation.
- End of season clearance form signed by head coach, before participating in another sport. Consequence: any athlete who quits or is released from a team will serve a 2 week or 4 game suspensions for the next season of sports. Consequences will be determined by the athletic director.

SAFETY AT PRACTICE

Heat Problems- During hot weather conditions, athletes may be subject to heat cramps, heat exhaustion and heat stroke. Precautions must be taken:

- Annual physical examination (AIA required)
- Athlete must be in top physical condition.
- Gradual acclimatization to hot weather practice.
- Drink water throughout the day and water replacement every 20 minutes of heavy exercise.

- Weigh each day to ascertain there is less than a 3% weight loss.
- Nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance and unsteadiness are all signs of trouble and a doctor should be contacted immediately.

MRSA (methicillin-resistant *Staphylococcus aureus*) is a potentially dangerous type of staph bacteria that is carried in the nose and common among athletes and other people sharing close quarters and personal-hygiene items like razors, towels, water bottles, and mats. Preventing infection:

- Wash hands often—use soap and warm water or an alcohol based waterless hand sanitizer.
- Keep cuts and scrapes clean—cover them with a bandage until healed.
- Avoid sharing personal items—use your own towel, bar soap, razor, water bottle or individual water cup.
- Wash clothing, linens and towels thoroughly—use warm water and laundry detergent.
- Dry laundry in a hot dryer—air drying doesn't kill bacteria as effectively.
- Clean and disinfect commonly touched objects.
- Take antibiotics as directed by your health care provider.

Concussions- A potentially dangerous injury to the brain that must be taken seriously by athletes and coaches alike. All SCVUHS student athletes must understand the nature of concussions and the importance of taking every precaution in dealing with them when they may occur. The Athletic Department is committed first and foremost to your safety and well being, and you must communicate and work together with the coaching staff in following the protocol listed below:

A Fact Sheet for **ATHLETES**

WHAT IS A CONCUSSION?

A concussion is a brain injury that:

- Is caused by a bump or blow to the head
- Can change the way your brain normally works
- Can occur during practices or games in any sport
- Can happen even if you haven't been knocked out
- Can be serious even if you've just been "dinged"

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light
- Bothered by noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion
- Does not "feel right"

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

- **Tell your coaches and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might have a concussion.
- **Get a medical check up.** A doctor or health care professional can tell you if you have a concussion and when you are able to return to play.
- **Give yourself time to get better.** If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

HOW CAN I PREVENT A CONCUSSION?

Every sport is different, but there are steps you can take to protect yourself.

- Follow your coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Use the proper sports equipment, including personal protective equipment (such as helmets, padding, shin guards, and eye and mouth guards). In order for equipment to protect you, it must be:

- > The right equipment for the game, position, or activity
- > Worn correctly and fit well
- > Used every time you play

It's better to miss one game than the whole season.

ATHLETIC TRAVEL

Students must travel to all athletic events in SCVUHS transportation, unless prior approval is granted by SCVUHS administration. An athlete may be released only to a parent,

guardian, or emergency contact provided a "Release to Parent" form has been completed and submitted at the beginning of the season. After the competition, the head coach must release the student in person to parent/guardian with a signature from the parent /guardian on the head coach's sign out form.

DROPPING

- A student with the written release of the head coach of that sport may drop out of that sport within the first two weeks of that sport's season starting date, and will be free to immediately participate in any other extracurricular activity at SCVUHS.
- If no release is granted, the student must sit out until that sport's season is over before going out for another sport.
- If a student drops after the two-week period, that student will not be allowed to participate in another sport until an end of season form is signed by the head coach.
- Consequence for dropping after two-week period: any athlete who quits or is released from a team will serve a 2 week or 4 game suspensions for the next season of sport. *Games suspensions will be determined by the athletic director.
- In any case, if a student drops from a sport he/she must turn in and/or pay for missing equipment immediately and will not be released to play another sport.

ACADEMIC ELIGIBILITY

Eligibility to start a semester

- Students with adequate credits earned based on their grade level are eligible at the start of each season of sport as determined by the A.I.A.
- Students who have made satisfactory progress toward promotion or graduation, but failed a class(s) at the end of the semester, begin the new semester/season of sport under "advisement". This advisement period is 4.5 weeks (grading period). Students may practice and compete during the advisement period.

Adequate yearly progress toward promotion/graduation

To be eligible;

Sophomores must have earned 70% of 6.5 credits or **4.55 credits**

SANTA CRUZ VALLEY UNION HIGH SCHOOL DISTRICT NO. 840
2014-2015 ATHLETIC HANDBOOK

Juniors must have earned 78% of 13 credits or **10.14 credits**

Seniors must have earned 86% of 19.5 credits or **16.77 credits**

Freshmen are automatically eligible to start their first sport here at SC. Once they are out for a sport the eligibility policy kicks in.

Eligibility through a semester

Students with adequate credits earned based on their grade level are eligible at the start of each season of sport as determined by the A.I.A.

- Grades will be checked every 4.5 weeks (progress reports). Students with a 59% or below in any class(s) will be ineligible the following Monday.
- These students will remain ineligible (may practice only) until they have raised their grade(s) to 60% or better.
- Students who become ineligible must meet with teachers in classes that they are failing for tutoring before/after school. Once they are passing that class(s), student will turn into the Athletic Director official documentation signed by teacher(s) showing a passing grade(s).
- Teachers have 24 hours to grade make up work.
- AD will notify coaching staff at this point that the student has regained their eligibility for the remainder of the grade check period.

Non-Satisfactory Progress Eligibility

- Students who have not met the minimum number of credits toward promotion or graduation are ineligible for the start of the first semester unless they have attended summer school and have earned enough credits to get back on track for promotion or graduation. In this case, they become eligible to start the semester.
- Students who have earned enough credits for promotion or graduation during the semester (credit recovery) and at end of the first semester become eligible at that point.

Transfer Students Eligibility

- Students who have transferred to Santa Cruz Valley Union High after their freshman year will have their satisfactory progress toward promotion or graduation determined by an administrative committee made up of the principal, athletic director, counselor, or their designees. All other AIA transfer requirements must be met. For more information on student transfer rule see AIA Bylaws 15.10

Parent Notification of ineligibility

- Every 3rd week of a 4.5 week grading period, oral or written preliminary notice will be given to students and their parents of pending ineligibility.(R7-2-808, State Board of Education)
- Every progress report (4.5 weeks), students and their parents will receive a phone call or written notification that ineligibility has been determined.(R7-2-808, State Board of Education)

Teacher Tutoring

- Teachers are available from 7:30 am—7:55 am, 3:06 pm—3:30 pm, and by appointment for tutoring all students. (R7-2-808, State Board of Education)

Additional eligibility Information

- Grades 9, 10, and 11 students must take a minimum of 5 classes per semester (AIA).
- Students who have been put on a nine day suspension pending an LTS Hearing may lose athletic eligibility for the remainder of the school year.

SCHOOL ATTENDANCE/ATHLETIC PARTICIPATION ELIGIBILITY

As student-athletes you are **role models**, which means you become leaders by example, and staff and students will be looking at everything you do both on the field/court, but more importantly in school. The SCVUHS athletic program expects all student-athletes to be in class, on time, and be prepared and ready to learn.

A student-athlete is ineligible to participate in, practice or compete in their sport any day during which he/she is on suspension. Student-athletes must understand that missing practice/games due to suspensions are unexcused. Multiple school suspensions may result in removal from the athletic team.

PENALTIES FOR MISSING SCHOOL:

- A student-athlete is ineligible to participate in practice or compete in any team or individual athletic competition if they are absent from school the day of competition. Student-athletes must be in school no later than 9:50am in order to participate in athletic competition.

However a student who is absent from school with special circumstances (i.e. funeral, doctor's appointment, court), may practice/play with proper documentation of the absence presented to the administration for approval.

SPORTS PARTICIPATION/OFF SEASON TRAINING

We encourage all students to participate in as many sports as possible. However students will not be allowed to participate in more than one sport during a season unless agreed by all coaches involved.

Athletes must also be aware of the A.I.A. rule which limits a high school student athlete to competition only on a school team. A student who is a member of a school team shall not practice or compete with any other group, club, organization, association, etc., in that same sport during the interscholastic season of competition." This rule applies to team sports only. Any student violating this rule shall forfeit his/her eligibility for a minimum of the balance of the season for that sport or up to a maximum of one calendar year.

**"If you believe in yourself, have dedication and pride and never quit, you'll be a winner.
The price of victory is high, but so are the rewards." Paul "Bear" Bryant**

As student-athletes you are also expected to maintain and develop higher levels of physical fitness necessary for optimal performance and injury prevention. In order to do this you are expected to participate in the SCVUHS unified off-season weight training and conditioning program offered throughout the year. Along with the off-season conditioning program you are encouraged to participate in each sport's summer program which does not preclude participating in other summer recreational athletic programs such as Junior and Senior League.

DUST DEVIL DO-RIGHT CODE

SANTA CRUZ VALLEY UNION HIGH SCHOOL DISTRICT NO. 840
2014-2015 ATHLETIC HANDBOOK

13

Participation in athletics here at Santa Cruz Valley Union High School is a Privilege and as a Dust Devil student-athlete, you have made the choice to be a role model who maintains a higher degree of citizenship and scholarship throughout the year.

Hence, we expect you to conduct yourself at all times and places in a manner that reflects credit upon yourself, your family, your team(s), your school, and your community.

1. IT IS RIGHT TO STAY DRUG, ALCOHOL, AND TOBACCO-FREE

The use of, possession of, or sale of illegal drugs, alcohol, or tobacco products at any time or place is unacceptable. The penalty for the use of, possession of, or sale of illegal drugs, alcohol, and tobacco at school or a school related function is as follows:

FIRST OFFENSE: THERE WILL BE A ONE (1) CALENDAR YEAR SUSPENSION FROM THE TIME IN WHICH THE VIOLATION OCCURRED. MUST ATTEND AND COMPLETE SUBSTANCE ABUSE PROGRAM TO COME OUT FOR ATHLETICS THE FOLLOWING YEAR.

SECOND OFFENSE: PERMANENT SUSPENSION FROM ALL ATHLETICS WHILE A HIGH SCHOOL STUDENT AT SCVUHS.

If this violation occurs out of school and you are charged with the use of, possession of, or sale of illegal drugs, alcohol, or tobacco products, you will be suspended until charges are dropped or there is a conviction. If charges are dropped, you will be allowed to continue to participate in athletics. If convicted, the penalty will be permanent suspension from all athletics while a student at SCVUHS.

2. IT IS RIGHT TO BE A GOOD ROLE MODEL AND SCHOOL LEADER

As an athlete, you are expected to be a lady/gentleman at all times. Courteous behavior to teachers, staff, adults as well as other students is a priority. Swearing, cussing, or negative gestures will not be tolerated at any time or place. If referred:

FIRST OFFENSE: Athletic behavior modification. (Extra running, locker room/weight room clean up, etc.)

SECOND OFFENSE: Sit out one game.

THIRD OFFENSE: Removal from team.

**SANTA CRUZ VALLEY UNION HIGH SCHOOL DISTRICT NO. 840
2014-2015 ATHLETIC HANDBOOK**

14

- A. As a student first and athlete second, you must understand that school comes first and foremost. Your attitude and behavior on campus and in the classroom must reflect this by arriving at class on time, prepared to learn, and being pleasant and respectful at all times. If referred:

FIRST OFFENSE: Athletic behavior modification. (Extra running, locker room/weight room cleanup, etc.)

SECOND OFFENSE: Sit out one game.

THIRD OFFENSE: Removal from team.

- B. As an athlete you are expected to look and act the part of an athlete at all times. This means keeping yourself clean, well-groomed, and in dress code. If referred:

FIRST OFFENSE: Athletic behavior modification. (Extra running, locker room/weight room cleanup, etc.)

SECOND OFFENSE: Sit out one game.

THIRD OFFENSE: Removal from team.

- C. As a student-athlete you will maintain your eligibility by keeping a "60%" average in each class per grading period (4.5 weeks). However we expect all student-athletes to work just as hard in the classroom to achieve more than the minimum, just as they do in athletic arenas. If you are ineligible, you will not be allowed to participate for the next 4.5 weeks.

3. IT IS RIGHT TO BE A GOOD CITIZEN

The SCVUHS athletic department has a zero tolerance policy toward the following infractions that occur on or around school property. In addition, school rules apply to off-campus, school-sponsored events and activities.

- Weapons, including the use or possession of dangerous instruments and explosive devices
- Vandalism
- Theft

FIRST OFFENSE: Suspension of games /(School Administration Consequences)

SECOND OFFENSE: Removal from team

THIRD OFFENSE: (LTS) Suspension of athletic eligibility for the remainder of the year.

NOTE: Athletes will avoid any act which violates the laws of the state. An athlete convicted of violating a law of the state during the season may be removed from the athletic program for one calendar year. A second violation will result in permanent suspension from all SCVUHS athletics.

4. IT IS RIGHT TO PRACTICE GOOD SPORTSMANSHIP

As an athlete, you are expected to follow all rules and regulations as they pertain to the sport you are out for. This also means accepting all calls, judgments, and decisions made by the officials during a contest. Unsportsmanlike penalties will be dealt with by the coach; however ejections from a contest will be handled by the SCVUHS Administration which may result in suspension from school and or removal from the team.

Coaches are required to report to the school administration severe infractions such as drug/alcohol use, theft, etc. that occurs on school property or during a school sponsored activity. Any infraction that occurs on school property or during a school sponsored activity is subject to school district consequences by an administrator in addition to athletic consequences by a coach.

Athletic Awards:

- Students may earn Varsity letters, bars for number of years lettered and J.V. certificates by completing the season without incident and meeting the minimum amount of participation in games/events as determined by each sport's head coach, which will be distributed at the end of year awards assembly
- The SCVUHS Athletic Department will award an SCVUHS athlete who meets the criteria for the awards. Voting will be determined by the SCVUHS head coaches and Athletic Director.

Awards include

Male and Female Senior Athlete of the Year Award

Most Inspirational Senior Athlete of the Year Award

Jimmy Myers Memorial Scholarship

*****These recognitions will be awarded pending the availability of eligible candidates.***

ATHLETIC HANDBOOK RECEIPT

PLEASE READ AND SHARE THIS INFORMATION WITH YOUR PARENTS/STUDENTS. AFTER YOU HAVE EACH READ AND DISCUSSED THE INFORMATION, PLEASE SIGN AND DATE IN THE SPACE PROVIDED BELOW INDICATING THAT YOU HAVE READ THE ATHLETIC HANDBOOK, UNDERSTAND THE INFORMATION, AND WILL FOLLOW IT.

PARENT NAME _____

PARENT SIGNATURE _____

DATE _____

STUDENT NAME _____

STUDENT SIGNATURE _____

DATE _____