

Mira Loma High School
Department of Athletics
PARENT & STUDENT ATHLETIC HANDBOOK

Hard work. Character. Team.



Athletics at the San Juan Unified School District is an essential part of the entire school setting and a means to achieve complete student educational development. We believe that all students should have an opportunity to participate in some form of interscholastic athletics within the limitations of each individual sport and that such participation should encourage positive scholastic and social growth and achievement. Moreover, the District realizes that an effective interscholastic athletic program is a product of responsible cooperation among its four major contributors: The student-athlete, the coaching staff, the site administration, and the parents. We expect athletes themselves to strive to develop a personal code of conduct consistent with the time-honored values of sportsmanship, scholarship, integrity, responsibility, character, attitude, discipline, sacrifice, and commitment to self and team, and respect for self and others. Furthermore, the athletic program constitutes an integral component of the educational program and helps to build a positive school climate by promoting character development, physical, social and emotional well being of its students. The Mira Loma Athletic Staff and students will work-hard, model strong character and be a part of something bigger than themselves; a team.

Sports Offered

<u>FALL</u>	<u>Winter</u>	<u>Spring</u>
Cross Country (boys/girls)	Basketball (boys)	Baseball
Football	Basketball (girls)	Golf (boys)
Golf (girls)	Soccer (boys)	Softball
Tennis (girls)	Soccer (girls)	Swim (boys/girls)
Volleyball (girls)	Wrestling	Tennis (boys)
Water Polo (boys)		Track & Field (boys/girls)
Water Polo (girls)		

ATHLETIC CLEARANCE REQUIREMENTS

1. Completed SportsNet account with Parent Signature
2. Current Medical Physical on SJUSD form uploaded into SportsNet
3. Medical Insurance information in SportsNet
4. CIF Transfer form...turned into A.D. (if applicable)
5. 2.0 or better GPA with no more than 1 F



Athletes CAN NOT participate in training, try-outs, practices or games without completing the online registration process and meeting all guidelines set by Mira Loma and CIF. This process MUST be done every year.

REGISTRATION- SPORTSNET

Be sure to carefully read the instructions on each screen and provide all required information. If you are unable to complete the forms in a single session, the information you have already submitted will be saved and you can log back in at a later time to finish.

Important: The school will not receive your submission until you complete the entire process, ending with your final electronic signature on the last available screen. Be sure to **check your email for a confirmation message** after you have finished.

Before You Begin

Make sure you have the following prior to attempting to register your child:

- Your child's **student identification number**
- The exact spelling of your child's first and last names as it appears in official school records
- **A scanned copy of your child's completed Physical Exam on the San Juan Unified School District-Sports Physical Examination Form. Physicals submitted on any other form will NOT be accepted.**
- Your **child's active health insurance coverage information**, including the name of the provider and the policy ID

Instructions for Registering Your Athlete

SportsNet Inc. provides secure online registration services for high school athletic programs. Below are instructions for creating a parent/guardian user account and registering one or more athletes at Mira Loma High School.

Creating an Account

- Go to <https://sportsnethost.com/miraloma-parent>
- Click the **Create an Account** link near the bottom of the screen
- Log in to the system with your email address and password
- Follow the instructions inside the system

Help/ Support

- Please contact your child's school directly if you need specific information about your child's registration.
- For general assistance, please email our support team at support@sportsnetinc.com. Our first available representative will get back to you shortly.



ACADEMIC ELIGIBILITY REQUIREMENTS

To encourage and promote academic excellence, all students participating in extracurricular activities **MUST...**

1. Earn an **overall minimum 2.0 grade point average** on a 4.0 grading scale during the preceding grading period; and
2. **Pass five of six classes during the preceding grading period (only one F)**. Students taking only the minimum number of classes must pass all of their classes to be eligible.

CIF, scholastic eligibility requires the student to pass the equivalent of at least 20 semester periods of work at the completion of the most recent grading period. Weighted grades are not used to calculate eligibility per the CIF Bylaws.

The grade issued at the end of each grading period will be used to determine eligibility.

Schools declare at the beginning of the year the grading periods and eligibility declaration days.

Additional items to note regarding grades:

A student becomes **eligible or ineligible for athletic participation only when declared so by the site Athletic Administrator or site Athletic Director.**

The District will follow CIF guidelines and procedures related to the eligibility of continuation/independent study school students returning to a comprehensive high school. Please check with the school's Athletic Director or Administrator.

For purposes of determining eligibility, **a grade of incomplete is computed as an "F"** or failure until a letter grade is assigned. When the letter grade is determined, the student's grade point average is refigured. Generally, incompletes are only assigned when a student had a long-term illness or after unforeseeable and unpreventable absence from school that prevents the student from completing the assigned work during the grading period.

For eligibility purposes, **once a letter grade is assigned, the grade may be changed only if the person assigning the grade determines that an error was made in computing the grade.** If a student requests that a teacher reconsider a grade, the reconsideration must be based on work assigned, due, and completed prior to the end of the grading period. **Work submitted or assigned after the end of the grading period may not be used to improve or diminish an assigned grade.**



ACADEMIC PROBATION/INTERVENTION

A student may be granted only one probation per school year, beginning with the first school wide (9th grade) grading period. The probation may be granted only if the student has met one of the two academic eligibility requirements. If the student is below both standards, he/she will not be granted probation.

During a probation period the student is still considered “ineligible,” but is granted an opportunity to still practice and compete under the guidelines and regulations established by the CIF. **When a student is on probation, he/she will report to intervention on days prescribed by the Athletic Director. Athletes will be required to complete three (3) hours per week of after school intervention.**

When an athlete becomes eligible for probation he/she must automatically apply for and take a probation period. Athletes do not have the choice as to when they will take their probation. Any athlete who quits his/her sport during a probation period will be deemed to have used their probation period for that school year and will be ineligible to apply for probation for the remainder of the school year.

All athletes that are ineligible and do not qualify for probation will not be allowed to compete during the grading period in which they are declared ineligible. Non-probationary athletes must attend after school intervention in order to remain with and practice with the team.

The Athletic Administrator will ensure that transfer students are held to the eligibility guidelines set by CIF.

TRANSFER ELIGIBILITY

A student has residential eligibility upon initial enrollment (DAY ONE IN 9th GRADE) of any California Interscholastic Federation High School. A student retains residential eligibility if continuously enrolled in the CIF member high school of initial enrollment. **Any student that transfers after the first day of school in 9th grade MUST meet with the Athletic Director to determine his/her eligibility status and to complete all necessary forms. No athlete shall participate in competition until all forms have cleared through CIF.**

OUTSIDE COMPETITION

A student on a high school team becomes ineligible if the student competes in a contest on an "outside" team, in the same sport, during the student's high school season of sport. In the sport of soccer, it is permissible for a student to compete on an outside team during the season of sport if the high school team plays in the fall or spring.



Any student, who competes on a school team after an infraction of the above rule, becomes immediately ineligible for the number of contests equal to twice the number of contests of outside competition in which the student participated. Games, in which the student participated, after the infraction of the rule, shall be forfeited.

Any athlete who has any questions about eligibility, or who is considering outside competition, should contact the Administrator in charge of Athletics before entering into any competition.

SPORTSMANSHIP

Athletes, Coaches and Spectators will demonstrate sportsmanship and ethical behavior whether experiencing success or failure, victory or defeat.

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character, teamwork and other important life skills. **The highest potential of sports is achieved when participants are committed to “Pursuing Victory with Honor” according to six core principles: Trustworthiness, respect, responsibility, fairness, caring, and good citizenship.** This code applies to all student-athletes in California and has been adopted as the operating beliefs and principles of the California Interscholastic Federation (CIF).

Athletes must understand that compliance with the standards of good sportsmanship is required regardless of the particular situation. Athletes or coaches who are ejected from an athletic competition will be disqualified from participating in the remainder of the game and from attending the next athletic contest.

THE ROLE OF A PARENT and/or FAN

1. **Don't Live Your Life Vicariously Through Your Children.** High school sports are for them, not you. Your family's reputation is not determined by how well your children perform on the field of play.
2. **Let Your Children Talk to the Coach Instead of You Doing It for Them.** High school athletes learn how to become more confident, independent and capable—but only when their parents don't jump in and solve their problems for them.
3. **Stay in Your Own Lane. No coaching or officiating from the sidelines. Your role is to be a responsible, supportive parent—not a coach or official.**
4. Remember, **Participating in a High School Sport Is Not About Getting a College Scholarship.** According to the NCAA, **only about 2% of all high school athletes are awarded a sports scholarship**, and the total value of the scholarship is only about \$18,000.



5. **Make Sure Your Children Know You Love Watching Them Play.** Do not critique your child's performance on the car ride home. Participating in high school sports is about character development, learning and having fun—not winning and losing.
6. **Purchasing a ticket or attending a high school athletic event does not give you the right to be rude, disrespectful or verbally abusive. Cheer and be proud, but be responsible and respectful. The future of high school sports in California is dependent on you.**

NO TOLERANCE ON HAZING

A pupil may be suspended from school, removed from a team, or recommended for expulsion if that pupil has committed an act of, engaged in, or attempted to engage in hazing. "Hazing includes any method of initiation or pre-initiation into a student organization or student body or any pastime or amusement engaged in with respect to these organizations which causes, or is likely to cause, bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm to any pupil or other person attending any school."

SCHOOL ATTENDANCE

1. **Students must attend at least four classes during the school day in order to participate in either practice or competition on that day. A student cannot be absent on the day of a game** unless he/she previously clears with his/her Principal or Athletic Director. Doctor or dental appointments will be accepted with a verification note. If there is any doubt, the athlete should clear with the Principal or Athletic Director prior to competition. An athlete who violates this requirement will be suspended for at least one game.
2. If a contest is held on a non-school day, the student must attend at least four classes on the school day prior to the contest.
3. **Students failing to comply with the district attendance policy will be suspended from the next game/match.**

PRACTICE ATTENDANCE

Students who participate in athletics make a commitment to a team and are expected to be at practice.

1. **Students are expected to attend all practices and contests** unless they are absent from school due to illness or the coach excuses them. Students are expected to communicate directly with the coach when they cannot attend a practice.
2. **Unexcused absences from practice, or failure to maintain good attendance, may cause removal from a team.**



TRAINING RULES

The coaches support healthy behaviors by all athletes at all times. Athletes will be held responsible for all training rules while on school grounds, while coming to or going from school, or attending a school-sponsored activity during the officially recognized CIF “season of sport” as defined by CIF Bylaw 511, Section B. Athletes will also be held accountable for any off campus violation of training rules.

San Juan Unified School District believes that the use of tobacco, alcohol, and drugs is not acceptable and will not be tolerated for high school athletes.

1. Any student who uses or possesses drugs, alcohol or tobacco shall be removed from the team. Students who refer themselves to a staff member for help for substance abuse WILL NOT be subject to ANY discipline penalties unless they are apprehended breaking the rules.
2. The District and its coaches prohibit the use of androgenic/anabolic steroids, synephrine, or any performance-enhancing dietary supplement without a written prescription from a licensed health care practitioner to treat a medical condition.
3. A second offense within 365 days involving drugs, alcohol or tobacco will cause the student to be ineligible for athletic participation for one calendar year from the date of the infraction. The student may not continue practice or participate with a team during the period of ineligibility.

Any suspension from school will result in a suspension from participation, attendance, and competition with the team beginning the first day of suspension through the last day of suspension.

TEAM MEMBER RESPONSIBILITIES

Being a member of any Mira Loma Athletic team means that you are representing Mira Loma High School at all times and are expected to...

1. **Demonstrate sportsmanship and ethical behavior whether experiencing success or failure, victory or defeat.**
2. **Be responsible for proper conduct at all facilities at all times (home or away). This includes pre-game, halftime, and after the game.**
3. **Respect other people’s property.**
4. **Be on time for games and practices.** Coaches will take necessary action to see that this rule is enforced. Repeated violations may result in the player being dropped from the team.



5. **An Athlete's appearance shall be presentable and in conformity with CIF guidelines.** All violations shall be referred to the Head Coach of that sport and to the Athletic Director.
6. There will be absolutely no cutting of practice. **If you are at school during the day and then must be absent from practice for some good reason, you must report personally to the coach and check out.** Coaches will have the discretion of determining the number of cuts allowed before considering the dismissal of a player from the team. Be a loyal team member.
7. During the season, players are responsible for equipment and/or uniforms checked out to them. They must keep them clean and accounted for at all times. At the end of the season, players are responsible for checking in all equipment and/or uniforms clean and neat the day after the season ends. **All team members are financially responsible for all issued athletic equipment and/or uniforms.** An athlete will not be allowed to practice or participate in any other sport until all equipment has been returned or accounted for from the previous sport. Replacement costs rather than volume cost will be charged for non-returned equipment.
8. **Remember that a player is never more important than a team and will be removed from the team if she/he does not live up to her/his obligations to the team and school.** If the coach does not take action, the Athletic Director, Principal, or Vice Principal may do so.

LETTERMAN QUALIFICATIONS

One of the benefits of participating in athletics is being awarded a Block Letter. However, this award is a privilege and NOT an entitlement. The Athletic Department has established the following criteria to qualify for a Block Letter award. Athlete's MUST...

- a. **Be an active participant on a Varsity team** by regularly attending practices and contests.
- b. **Complete the season in good standing** (violations to any CIF or SJUSD or League rules may result in disqualification of the block letter award).
- c. Athletes only earn one block letter. Lettering in additional sports and years on a varsity team earns that athlete a sports patch.
- d. **Any athlete that is academically ineligible for any part of a sport season will be ineligible to letter in that sport for that season.**

PARENTAL EXPECTATIONS/RESPONSIBILITIES

The following expectations are those ideals that the Athletic Department expects from its fans and parents. Failure to follow these expectations could result in removal (temporary or permanent) from athletic competitions. **Attendance at athletic events is a privilege, not a right. With that privilege come responsibilities and expectations. The following was taken from "Positive Sports Parenting" written by Recruiting Realities:**



- Try your best to be completely honest about your child’s athletic ability and skill level
- Be helpful but don’t “coach” on the way to a competition, on the way home, at breakfast, etc.
- Try not to relive your athletic life through your child
- Don’t compare the skill, courage, or attitudes of your child with that of others
- Never approach a coach on game day to talk about your child (before or after)
- Participate in team fundraisers and events
- Demonstrate sportsmanship and appropriate behavior at all events, contests, and practices

Proper spectator behavior at athletic contests is crucial. Berating coaches, officials, fans, or athletes is unacceptable behavior. The athletes are out there doing their best and are there to have fun and enjoy the high school athletic experience. Nothing takes away more from that experience than an angry fan. Profanity and abuse at athletic contests will not be tolerated.

GRIEVANCE PROCEDURE

This process is intended to be a general guideline whereby concerns of alleged unfair treatment of athletes can be addressed in a timely manner. Legitimate grievances include failure to provide due process in disciplinary actions, failure to provide a fair opportunity to compete to make the team, mistreatment of the student-athlete, and any violation of an adopted code. Non-legitimate grievances include playing time, athletes not playing the right position, strategies used by the coach, and win/loss record of the team or coach. If there is a problem then it is expected that the following process will occur:

- **Meeting between student-athlete, parent and coach**
- **Parent requests a meeting with the Athletic Director**
- **Meeting between the student-athlete, parent, coach, and Athletic Director**
- **A written report will be submitted to the Site Principal by the Athletic Director and the athlete/parent**
- **Meeting between the student-athlete, parent, coach, Athletic Director, Principal and any other individuals deemed necessary will take place**
- **A written appeal shall be submitted to the Assistant Superintendent of SJUSD**

