

YUBA CITY UNIFIED SCHOOL DISTRICT COACHES' HANDBOOK

Revised May 2016



Athletic Program Introduction

Introduction

The Yuba City Unified School District (YCUSD) Coaches Handbook is a reference guide for coaches concerning the policies that govern interscholastic athletics and coaching expectation at River Valley and Yuba City High Schools.

The coach of an athletic team reports to the Athletic Director and is primarily responsible for the compliance by his/her squad members to the rules, regulations, and policies governing athletics at both high schools. The Athletic Director will administer these rules and regulations as they relate to inter-squad and inter-coach relationships.

Sound reasoning, good judgment, and adherence to the District's core values will be the standard by which situations outside these stated rules and regulations are determined and evaluated.

Interscholastic athletics is a voluntary program. Students are not obligated to participate and participation is not required for graduation. Thus, participation in high school athletics is a privilege and not a right. Accompanying this privilege is the responsibility to conform to standards established for the high school athletic program. This privilege may be revoked if the athlete fails or refuses to comply with the rules.

The district's athletic program shall be free from discrimination and discriminatory practices prohibited by state and federal law.

Objectives

To provide an attractive program for the student-athlete:

- Provide the student-athlete with an enjoyable and rewarding experience
- Make player safety and welfare our highest priority

To give quality instruction in the fundamentals of each sport offered:

- Specific athletic skills and strategies
- Sportsmanship, ethical conduct, and fair play

To be an integral part of the secondary school curriculum:

- Inspire all athletes to give their highest effort in the classroom, as well as, on the playing field
- Stress the importance of self-discipline in both the classroom, community, and on the field
- Teach the athletes that dignity, self worth and self esteem are achieved through hard work
- Create a positive school climate that is enhanced when student athletes and remaining student populations work together as a team to represent their school in interscholastic competition
- Develop concepts of goal attainment through hard work and rigorous self-discipline, and to provide a vehicle for the development of interest in curricular school programs and for post secondary educational opportunities
- Make the athletic program a source of both school and community pride:
- Help each athlete to interact positively with faculty, community and fellow students
- Make the team a positive influence on all who come in contact with it
- Demonstrate the social competence of operating within a set of rules, thus gaining a respect for the rights of others, and an understanding that penalties follow rule violation.

Philosophy

The Yuba City Unified School District recognizes athletic competition as an integral part of the high school experience and that participation in interscholastic athletics is a privilege. As such, all athletes should have the opportunity to participate in some form of interscholastic athletics within the limitations of each individual sport and such participation should encourage positive scholastic growth and achievement. Both the student athlete and the sport itself should be a credit to the school and our community. The Yuba City Unified School District realizes that an effective interscholastic athletic program is a product of the responsible cooperation among its four major contributors: the student athlete, parents, the coaching staff, and the site administration.

Yuba City Unified School District strives to strengthen the integrity of students and adults in the community by promoting the concepts of sportsmanship, honesty and quality academics. These priorities advance the highest principles of character, trustworthiness, respect, responsibility, fairness, caring, and good citizenship.

Coaching

Yuba City Unified School District hires coaches, dedicated to educating student athletes in developing individual skills, team work, good sportsmanship and fair play. The District preference is always to recruit coaches from district faculty and staff. For those coaches hired from the outside the school, every effort is made to integrate them into the entire school community. The same behavior expected of a teacher in a classroom is expected of all coaches during practices and games.

Coaches manage their teams under the supervision of the Athletic Director. Varsity coaches oversee the Junior Varsity and Freshman programs for their sport.

The Athletic Director will report to the Assistant Principal in charge of Athletics, and ultimately to the site Principal. The Athletic Director provides for overall leadership and coordination among the various sports to facilitate programs that provide student athletes with worthwhile learning experiences.

The Education Code requires each school to implement the following listed standards of ethical conduct for each temporary, probationary, or permanent employee of a school district providing supervisory and instructional services in interscholastic athletic programs and activities. Any specified person providing such services to the district shall:

- Show respect for players, officials, and other coaches
- Establish and model fair play, sportsmanship, and proper conduct
- Provide proper supervision of student-athletes at all times
- Use discretion when providing constructive criticism and when reprimanding student-athletes
- Maintain consistency in requiring all student-athletes to adhere to the established rules and standards of the game to be played
- Properly instruct student-athletes in the safe use of equipment
- Avoid exerting undue influence on student-athletes to take lighter academic courses in order to be eligible to participate in athletics
- Avoid recruitment of student-athletes from other schools
- Avoid exerting undue influence on a student-athlete's decision to enroll in an athletic program at any public or private post-secondary institution

- At no time should a coach suggest, provide, or encourage any student-athlete to use nonprescription drugs, anabolic steroids, or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, the Surgeon General of the United States, or the American Medical Association

Coaches and student-athletes are expected to behave in a manner that demonstrates good sportsmanship, use appropriate language and to otherwise act in ways that are not a detriment to the reputation of the team or the high school.

Coaches should carefully consider the language they use when speaking or in the vicinity of students, parents, or members of the community. The language and habits that student-athletes observe will become a part of their make-up. If a coach loses control of his/her emotions, it is difficult to expect the student-athletes to maintain their emotions.

A Coach Should Never:

- Allow any student-athlete to participate in try-out, practice, or game without proper athletic clearance
- Allow student-athlete to participate without proper supervision
- Leave the student-athlete unattended after practice or game. Coaches should make sure that all student-athletes have been picked up by their parents after games/activities
- Allow student-athletes to be transported to or from contests in other than that prescribed transportation
- Allow him or herself to be alone with an student- athlete in a room with the door closed
- Take an student-athlete home or to your residence
- Allow hazing of student-athletes
- Give school keys to any student or parent
- Contact student-athletes from other schools or allow them to visit the school
- Allow confidential information concerning student-athletes to be made public

A Coach Must:

- Be concerned first and foremost with the academic achievement as well as the health and safety of the student-athlete
- Know and understand all the responsibilities that are involved in being a coach at your assigned high school
- Know and understand the California Interscholastic Federation (CIF) Constitution and By-Laws that pertain to your sport
- Make sure that all student-athletes have appropriate authorization to participate
- Have emergency cards, training kit, and water available for every student-athlete at practice or games
- Use only school approved transportation to all games and practices
- Look, act, and sound like a professional
- Inform his/her Athletic Director by the next day of any time that a coach is ejected from a game

Sportsmanship and Code of Conduct

Yuba City Unified School District values the quality and integrity of its athletic programs and the ethical well-being and character development of the student athletes. Student athletes, coaches, parents/guardians, spectators, and others are expected to demonstrate good sportsmanship, ethical conduct, and fair play during all athletic competitions. They shall abide by core principals of trustworthiness, responsibility, fairness, caring, and good citizenship and the Code of Conduct, as adopted by the California Interscholastic Federation (CIF) in its publication "Pursuing Victory with Honor".

1. The essential elements of character building and ethics in California Interscholastic Federation (CIF) sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is achieved with competition reflects these "six pillars of character".
2. It is the duty of the School Boards, superintendents, school administrators, parents and school sports leadership-including coaches, athletic administrators, program directors and game officials-to promote sportsmanship and foster good character by teaching, enforcing, advocating and modeling these "six pillars of character".
3. 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.
4. Participation in school sports programs is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules and they must conduct themselves, on and off the field, as positive role models who exemplify good character.
5. School Boards, superintendents, school administrators, parents and school sports leadership shall establish standards for participation by adopting and enforcing codes of conducts for coaches, athletes, parents and spectators.
6. All participants in high school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.
7. The importance of character, ethics, and sportsmanship should be emphasized in all communications directed to student-athletes and their parents.
8. School Boards, superintendents, school administrators, parents, and school sports leadership must ensure that the first priority of their student-athletes is a serious commitment to getting an education and developing academic skills and character to succeed.
9. School Boards, superintendents, school administrators and everyone involved at any level of governance in the CIF must maintain ultimate responsibility for the quality and integrity of CIF programs. Such individuals must assure that education and character development responsibilities are not compromised to achieve sports performance goals and that the academic, social, emotional, physical and ethical well-being of student-athletes is always placed above desires and pressures to win.
10. All employees of member schools must be directly involved and committed to the academic success of student-athletes and the character-building goals of the school.
11. Everyone involved in competition including parents, spectators, associated student body leaders and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect. Coaches have a special responsibility to model respectful behavior and the duty to demand that their student-athletes refrain from disrespectful conduct including

verbal abuse of opponents and officials, profane or belligerent trash-talking, taunting, and inappropriate celebrations.

12. School Boards, superintendents, school administrators of CIF member schools must ensure that coaches, whether paid or voluntary, are competent to coach. Training or experience may determine minimal competence. These competencies include basic knowledge of (1) the character building aspects of sports, including techniques and methods of teaching and reinforcing the core values comprising sportsmanship and good character; (2) the physical capabilities and limitations of the age group coached, as well as first aid, and; (3) coaching principles and the rules and strategies of the sport.
13. Because of the powerful potential of sports as a vehicle for positive personal growth, a broad spectrum of school sports experiences should be made available to all of our diverse communities.
14. 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.
15. Schools that offer athletic programs must safeguard the integrity of their programs. Commercial relationships should be continually monitored to ensure against inappropriate exploitation of the school's name or reputation. There should be no undue influence of commercial interest. In addition, sports programs must be prudent, avoiding undue dependence on particular companies or sponsors.
16. 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.

Code of Conduct for Interscholastic Student-Athletes

TRUSTWORTHINESS-be worthy of trust in all I do.

- **Integrity** - live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what's right even when it's unpopular or personally costly.
- **Honesty** - live and compete honorably; don't lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.
- **Reliability** - fulfill commitments; do what I say I will do; be on time to practices and games.
- **Loyalty** - be loyal to my school and team; put the team above personal glory.

RESPECT

- **Respect** - treat all people with respect all the time and require the same of other student-athletes.
- **Class** - live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; give fallen opponents help, compliment extraordinary performance, show sincere respect in pre-and post-game rituals.
- **Disrespectful Conduct** - don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
- **Respect Officials** - treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic event.

RESPONSIBILITY

- **Importance of Education** - be a student first and commit to getting the best education I can. Be honest with myself about the likelihood of getting an athletic scholarship or playing at a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically, or the character to represent their institution honorably.
- **Role-Modeling** - Remember, participation in sports is a privilege, not a right and that I am expected to represent my school, coach, and teammates with honor, on and off the field. Consistently exhibit good character and conduct yourself as a positive role model.
- **Self-Control** - exercise self-control; don't fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.
- **Healthy Lifestyle** -safeguard your health; don't use any illegal or unhealthy substances including alcohol, tobacco and drugs, or engage in any unhealthy techniques to gain, lose or maintain weight.
- **Integrity of the Game** - protect the integrity of the game; don't gamble. Play the game according to the rules.

FAIRNESS

- **Be Fair** - live up to high standards of fair play; be open-minded; always be willing to listen and learn.

CARING

- **Concern for Others** - demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to myself or others.
- **Teammates** - help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

CITIZENSHIP

- **Play by the Rules** - maintain a thorough knowledge of and abide by all applicable game and competition rules.
- **Spirit of rules** - honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

Code of Conduct for Parents/Guardians

The role of the parent/guardian in the education of a student 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 among the lifetime values taught through athletics. These are 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 shall 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 student-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 teachers; and support them as they strive to educate our youth;
- Respect our opponents as a student-athletes, and acknowledge them for striving to do their best; and
- Develop a sense of dignity and civility under all circumstances.

Commitment

In order to be successful, a student-athlete must place the highest priority on health, academics and training. All team members are valuable and each team needs to know that it can count on its members to be there. Often this means sacrificing social life, family trips and other events, which come in conflict with the rigors of training and competition. Learning how to make choices is one of the most valuable life lessons a student- athlete takes from a good athletic program.

Athletic Director Responsibilities

The Athletic Director is directly responsible to the site principal for the coordination of the site's inter-scholastic sports program. He/she serves as the primary liaison between coaches, administrators, and the community on all matters involving site level inter-scholastic sports.

Under the Direction of the Site Administrator the Job Functions are:

1. Schedule and coordinate the site's inter-scholastic sports programs.
2. Responsible for developing and implementing an articulated and coordinated athletic program.
3. In conjunction with the site administration and head coach, communicates the selection process for coaches.
4. Distributes annually to all coaches CIF and League rules and policies.
5. Coordinate with coaches to schedule and coordinate the transportation of teams to athletic events.
6. Following the District's policies, schedule the use of athletic facilities for athletic events, community, and civic groups.
7. Schedule officials for all athletic events.
8. Schedule emergency personnel, ticket takers, timers, scorekeepers, and other personnel as necessary for all home contests.
9. Attend all league meetings, as well as, other professional meetings as determined by the administration.
10. Coordinate and chair the athletic awards ceremonies.
11. Schedule and coordinate all pre-season physicals offered by the district for all athletes.
12. Coordinate activities that take place during athletic events with appropriate personnel.

13. With administrative assistance, enforce all rules of eligibility and other rules and policies governing athletic contests.
14. Assure that required records are maintained for all student athletes, i.e., physicals, insurance, parent release for medical attention, emergency contacts, C.I.F. eligibility, attendance checks, grades, etc.
15. Responsible for publicizing and promoting the athletic events throughout the community.
16. Attend and participate in the athletic program evaluations with coaches at the beginning and end of each season.
17. Report all unresolved disputes and complaints to the site administrator concerning the athletic program.
18. Annually review the student conduct code and coach's handbooks and make recommendations to the administration for revisions. Be responsible for the enforcement of each document within the confines of the position. Assure that all coaches have completed all District requirements as described in the Coach's Handbook prior to coaching.
19. Together, with the coaching staff, is responsible for initiating and developing additional sources of revenue for the Athletic Department.
20. Conduct and/or coordinate an annual visitation to encourage all 8th grade students, at the feeder sites for the affected high schools, to participate in the athletic program.
21. Develop and monitor the athletic budget in consultation with coaches.
22. Oversee athletic facilities and submit necessary work orders to the administration concerning the required preparation, maintenance, and repair.
23. Identifying capital needs and facility improvements as part of the annual budgeting process.
24. Meet with the head coaches prior to the beginning of the season and after the season to inventory equipment and determine supply needs for each sport; identify items to be repaired, renovated, or laundered.
25. Perform additional non-administrative duties as assigned by the principal to promote and enhance the athletic program.

Knowledge of:

1. District and site athletic policies and practices.
2. Current coaching regulations contained in Title 9 of the California Code of Regulations, including basic safety and CPR requirements.
3. CIF policies, ordinances, standards and regulations pertaining to the operation of the site athletic program.
4. Necessary documentation to fulfill State and District requirements concerning physical exams, consent, and eligibility.
5. General knowledge of occupational hazards and safety precautions related to athletics.

Ability to:

1. Comprehend, interpret and apply regulations, procedures and related information.
2. Coordinate athletic programs and related activities.
3. Provide information to coaches regarding YCUSD and CIF policies and regulations.
4. Establish and maintain positive relationships and work effectively with adults and students; supervise, guide, and support students with patience and kindness.
5. Read and interpret various materials pertaining to the responsibilities of the job.
6. Maintain effective relationship with co-workers, coaching staff, personnel of other departments, parents, students, and members of the public through contact and cooperation.

7. Learn and utilize new skills and information to improve job performance and efficiency.

Pre-Coaching Responsibilities

BEFORE a coach may begin coaching the following items **MUST** be completed (See Appendix A for Personnel Coaches Checklist):

- Current CPR certification
- Current First Aid certification
- Completion of the National Federation of State High School Association Fundamentals of Coaching course (Certificate must be provided)
- T.B. test (valid for four years from the date it was read)
- Fingerprint clearance
- Code of Ethical Conduct form signed
- Coach's Handbook read and Coach's Agreement signed
- All personnel paperwork

Volunteer Coaches

ALL volunteer coaches must, **annually**, complete the Volunteer Coaching Application form which requires the approval of the site administrator in charge of athletics. Reference checks will only be required at the initial hiring of the volunteer coach. In addition, **BEFORE** a volunteer coach may begin coaching the following items **MUST** be completed:

- Current CPR certification
- Current First Aid certification
- T.B. test (valid for four years from the date it was read)
- Fingerprint clearance
- Code of Ethical Conduct form signed
- Coaches' Handbook read and Coaches' Agreement signed

NO individual should be part of the coaching staff or working with the student-athletes unless they have completed the necessary volunteer coaching forms. At **NO** time shall a volunteer coach be solely responsible for student-athletes. A paid District coach or administrator must be on the premises and the student-athletes under their supervision at all times.

Coach's Responsibilities

All coaches are responsible to ensure that the following rules and regulations are met.

Athletic Program Enrollment Packet

BEFORE a student-athlete can participate in a sport, including try outs, they must have completed all the information in the Athletic Program Enrollment Packet which includes:

- Agreement for Athletic Participation form
- Pre-Participation Health History & Physical Exam form
- Concussion and head injury information form signed by parent

- Acknowledgement of Athletic Handbook Signature Form signed by student/parent/coach

In addition, all debts must be cleared, in order for a student to participate in a sport.

Academic Eligibility (CIF Bylaw 205)

The Athletic Director and Coaches must ensure that all student-athletes on his/her team meet the academic eligibility requirements. If a student-athlete participates without being eligible, the team will forfeit the games in which the non-eligible student-athlete competed.

In order for a student to be eligible to participate in a CIF sanctioned athletic contest, the athlete must maintain a "C" (2.0) grade point average with no more than one "F", at the conclusion of each grading period. Grades, for eligibility purposes, will be on the Monday following the closing of the teacher grading window. Student-athletes not meeting this standard will be considered academically ineligible.

Grades cannot be changed following the grading period for purposes of addressing any deficiency in an individual student's scholastic eligibility. Only grades changed prior to the established eligibility date and changed in accordance with all California State Education Code requirements and approved by the principal may be used for purposes of determining scholastic eligibility.

Any student entering from the eighth grade into a CIF four year high school must have achieved a "C" (2.0) unweighted grade point average, with no more than one "F", in enrolled courses at the conclusion of the previous grading period.

1. A student-athlete may practice during a period of academic ineligibility, but may not dress or participate in any contest.
2. Student-athletes may earn credits during summer school that might assist in meeting the grade point average requirements for eligibility. Any grades earned during summer school will be averaged along with all other grades that the student-athlete has earned. If the student-athlete is attempting to gain eligibility because of an "F" obtained during the previous year, the student athlete must repeat the same class and earn a passing grade in order to remove that "F" for eligibility purposes.
3. 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. Students have thirty school days (six weeks) from the day grades were due to complete the work necessary to change an incomplete to a letter grade. After thirty days, the incomplete shall convert to an "F".
4. According to CIF, scholastic eligibility requires the student-athlete to pass the equivalent of at least 20 semester units of work at the completion of the most recent grading period. Weighted grades are not used to calculate eligibility per the CIF Bylaw 205.

Appeal Process

If a student-athlete becomes academically ineligible at the end of a grading period, the student athlete may choose to petition for probationary status to maintain eligibility for the length of the one grading period. The petition must be obtained from the site administrator in charge of athletics. A student athlete who does not maintain minimum progress towards meeting high school graduation requirements and a minimum unweighted 2.0 G.P.A. shall not be allowed to participate in inter-

scholastic athletics in the subsequent grading period. A student athlete shall be granted only **ONE** probationary period in his/her four year high school career.

Age Requirement

A student, whose 19th birthday is attained prior to June 15, shall not participate or practice on any team in the following school year. A student, whose 19th birthday is on or before June 14, is ineligible (CIF Bylaw 203).

Physical Examination

A student **must** receive an annual physical examination conducted by a medical practitioner certifying that the student is physically fit to participate in athletics before a student-athlete may try out, practice, or participate in interscholastic athletic competition. The report of the examination must be on an approved school board form that includes a health history and be for the current school year (CIF Bylaw 308).

Residential Eligibility

A student has residential eligibility upon initial enrollment in the 9th grade of any CIF member high school. (CIF Bylaw 206)

Semesters of Enrollment

A student-athlete may be eligible for athletic competition during a maximum amount of time that is not to exceed eight consecutive semesters following initial enrollment in the 9th grade of any school. (CIF Bylaw 204)

Transfer Eligibility (Bylaw 207)

A student shall be considered a transfer student when:

- a. The student has been on the attendance roll of their former school (School A) for 15 days or more for classes occurring at School A, whether or not they have been in attendance during those 15 days; AND/OR
- b. The student has played in an athletic contest for their former school; AND/OR
- c. The student has tried out for or practiced with a team prior to the beginning of the school year for five (5) days or more; AND
- d. That student withdraws from School A or has completed the courses in which they were enrolled in at School A, so that student is no longer enrolled in any way at School A; AND
- e. That student enrolls as a full-time student in a new school (School B). THEN that student shall be determined to be enrolled in and having transferred to School B if all conditions of Bylaw 201.A.(1) are met.

Students shall not practice with or participate in a interscholastic athletic contest for the new school prior to establishing enrollment in the new school meeting these enrollment standards except if they are transferring at the beginning of the school year and practice for that season of sport begins prior to the first day that school and classes begin. These conditions must be met even if prior to this such a student has registered for classes.

Limited Eligibility Applications

Any student who submits a limited eligibility application to their respective Section may be made eligible to play at the sub-varsity level in any sports in which they have participated at any previous school in the twelve months prior to this transfer under the following conditions:

- a. The student was academically eligible at the time of the transfer from the former school. Students who are academically ineligible at their previous school will not be eligible to compete at their new school until the requirements in Bylaw 205 are met and the new school has completed a grading period to verify that the student has met CIF and District academic eligibility requirement; AND
- b. The principal of the former school attests in writing that the move was not made in violation of Bylaw 510; AND
- c. The student is not transferring either voluntarily or because the former school has determined they must withdraw, because of a disciplinary infraction; AND
- d. The student is not found by the Section to have transferred to a school where their former high school coach has relocated or where a club coach, with whom they have been associated, is coaching; AND
- e. No student shall be eligible to participate in the same sport at two different schools in the same school year; AND
- f. A completed 207/510 Limited Transfer Application is received by the respective Section office and has been processed and approved; AND
- g. The student who is approved by their respective Section office and competes in a contest at the sub-varsity level following such approval and before the Sit Out Period (SOP) dates below is ineligible for and may not compete at the varsity level in that sport for the remainder of the school year. This applies through the end of any Section, Regional, or State Championship finals in that sport.

Varsity Eligibility Non-Hardship Sit Out Period

Any student who transfers for the first time since their initial enrollment in the ninth grade in any school, and whose circumstances causing the transfer do not meet any of the Hardship Exceptions, may become eligible for varsity competition for the sport (s) in which they competed in the last 12 months at the former school or any other school, upon submission, review and approval by their respective Section under the following provisions:

- a. This is the student's first transfer since they first enrolled anywhere in the ninth grade; AND
- b. The student was academically eligible at the time of transfer from the former school; AND
- c. The principal of the former school attests in writing that the move was not made in violation of Bylaw 510; AND
- d. The student is not transferring either voluntarily or because their former school has determined they must withdraw; because of a disciplinary infraction at the former school as defined in Bylaw 209.C.(1); AND
- e. The student is not found by the Section to have transferred to a school where their former high school coach has relocated or where a club coach with whom they have been associated in coaching, per Bylaw 207.C.(3) or (4); AND
- f. No student shall be eligible to participate in the same sport at two different schools in the same school year; AND

- g. The student has not competed at the new school at the sub-varsity level in that sport following the transfer during the current school year; AND
- h. The student shall remain out of any competition at any level in each sport in which they competed in the last 12 months at the former school or any other school in accordance with the CIF established Sit Out Periods.

The student who transfers to a school after School B's first game will have an SOP equivalent in calendar days to the SOP of all other students who transferred before the season started. The respective Section office will provide the actual date once the proper forms are received, reviewed and approved.

Complete all Coaches Administrative Responsibilities on Check List

Each head coach is responsible for the administrative responsibilities listed on the "Coach's Administrative Responsibilities Check List" throughout the season (see Appendix).

Coaches' Meeting

All coaches are **REQUIRED** to attend a pre-season meeting with the Athletic Director and Site Administrator in charge of athletics. At this meeting the following topics will be covered:

- Academic/Residential Eligibility
- Physical/insurance forms
- Grade Checks
- Transportation
- Communication with parents and required meetings
- Volunteer Coaches
- Supervision of student-athletes
- Injuries
- Schedules
- Coach's conduct/sportsmanship
- Facility use
- Fundraising
- Crisis Management
- Review of goals made at the end of the prior season

As close to thirty (30) calendar days after the last CIF-sanctioned event, all head coaches of the varsity, junior varsity, and freshman teams are **REQUIRED** to attend a post-season meeting with the Athletic Director and the Site Administrator in charge of athletics, to complete a program evaluation. The evaluation will consist of three questions:

- What went well during the year?
- What could be better?
- What are the goals for next year?

Pre-Season Student-Athletes/Parent Meeting

It is **REQUIRED** that the head coach of each sport meet with his/her student-athletes and parent/guardians before the start of practice and discuss the following:

- Safety requirements/rules/policies
- Sportsmanship
- Hazing
- Equipment/uniform responsibilities
- Game day and practice attendance policies in writing
- Team rules
- Transportation policy
- Other items the head coach feels should be included

Schedules

Coaches are responsible to submit practice times and locations (s) to the Athletic Director. The Athletic Director will give copies to the Administration Office.

Coaches are responsible for scheduling pre-season contests. The complete schedule for sports should be given to the Athletic Director for fall sports by May 1st; winter sports by September 1st; and spring sports by December 1st. Please be sure to obtain approval from your Site Administrator for any non-league sanctioned competitions (i.e. tournaments, invitationals etc.) or overnight road trips before you schedule them. Any overnight road trip requires the approval of the Governing Board. Therefore, all requests for an overnight road trip **must** be submitted to the District Office for prior Governing Board approval.

Coaching/Team Rosters

Each head coach is responsible for providing a roster of the coaching staff (including all volunteer coaches), to the Athletic Director and Site Administrator responsible for athletics, prior to the start of practice.

Each head coach must turn in list of student-athletes who are participating in try outs to the Athletic Director, to ensure that all required paperwork and eligibility criteria have been met. Each head coach must provide a roster of the team to the Athletic Director and Site Administrator responsible for athletics, one week after the end of try outs. If this is not feasible, no later than one week prior to the first contest. Updates to the team roster should be provided as soon as possible to the Athletic Director and Site Administrator.

Limited/Dead Periods for CIF Sanctioned Sports Activity 2014-2015

See information below on next page

Undue Influence/Recruiting

The use of undue influence by any person directly or indirectly associated with the school to secure or encourage the attendance of a student-athlete for athletic purposes, shall cause the student-athlete to become ineligible for a minimum of one year and subject the school to severe sanctions. Also, student-athletes may be prohibited from participation when they participated on a non-school team (i.e., AAU, Club, Travel Ball, Camps) and then transfers to the school that is associated with the non-school team. Coaches are strictly forbidden to place any undue influence or participate in any form of recruiting with

student-athletes. Participation by a coach in any of these activities may result in disciplinary action and possible termination from coaching.

Participation of an Outside Team

A student-athlete 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-athlete's high school season of sport. The student-athlete's school team may also be forced to forfeit contests. Some CIF Sections may have restrictions that include a prohibition of practice with an "outside" team. Please consult with your administrator prior to participating with a non-school team. (CIF Bylaw 600)

Professional Tryouts

A student-athlete shall become ineligible for CIF competition if he/she participates in a tryout for a professional team in any CIF-approved sport during the high school season of sport. The season of sport is that period of time that elapses between the first interscholastic contest and the final contest in that particular sport. **Caution:** Compliance with the bylaw does NOT ensure student-athlete eligibility with the other athletic organizations, i.e., NCAA, NAIA or other governing bodies (CIF Bylaw 605).

Hazing

Hazing is defined as any conduct or method of initiation or pre-initiation into a student organization or any pastime or amusement engaged in with respect to these organizations that causes, or is likely to cause bodily danger, physical harm, personal degradation or disgrace resulting in physical or mental harm, to any pupil or person attending any school. Hazing is strictly prohibited under the California Education Code. A student may be suspended from school, removed from a team, or recommended for expulsion if that student at any time commits an act of hazing, engages in hazing or attempts to engage in hazing. Coaches should share this information during the pre-season student-athletes/parent meetings.

Transportation

Student-athletes participating in off-campus District sponsored athletic activities, including, but not limited to, practices, games, meetings, competitions, and conferences are required to travel on school buses or by other District designated methods of transportation. Student-athletes may be transported to and from events by a parent/guardian with prior notification to the coach. **UNDER NO CIRCUMSTANCES MAY A STUDENT-ATHLETE BE TRANSPORTED IN A VEHICLE DRIVEN BY ANOTHER STUDENT OR ANYONE UNDER 21 YEARS OF AGE.**

It is the responsibility of each coach to determine the means of transportation to and from athletic events. Coaches shall follow the district approved board policies/administrative regulations regarding the transportation of students. Priority for transportation means are as follows: District buses, district/school vans, or private vehicles. When private vehicles are used, all individuals transporting student-athletes must be approved through the district "Pull" program and provide proof of insurance. When district transportation is provided **all** student-athletes **must** ride in district provided transportation to and from all contests. Student-athletes may be released to their parent/guardian after a contest upon approval of the coach and a note from the parent/guardian. Coaches will meet the parent/guardian and make sure that only their child is going home with them.

1. To ensure that buses leave on time, student-athletes are expected to be on the bus at the designated time.
2. All student-athletes will dress in appropriate attire to and from all competitions. Coaches will establish requirements for proper attire.
3. Student-athletes are expected to conduct themselves in a mature, responsible manner to and from all competitions.
4. Student-athletes are expected to follow all rules set forth by the bus driver and to be courteous and respectful at all times.

Coaches must ride in district buses and vans with the student-athletes. In addition, no non-students are allowed in district vehicles being driven to student athletic or other events.

School Attendance

Each student-athlete is expected to attend a full day of classes daily, unless an excused absence, as defined by district policy, is registered with the school attendance office. Non-attendance for any part of the school day may result in no participation in an athletic contest, unless prior approval is received from a site administrator. If the student-athlete does not clear an absence within three days of the absence check, the student-athlete will **NOT** participate in the next athletic contest.

Absence Check

Attendance will be checked every Monday for the previous week. If a student-athlete has any unexcused absences, they have three days to clear the absences. If the absences remain unexcused, the student-athlete will not be allowed to participate in the next competition.

Practice Attendance

Student-athletes make a commitment to a team and are expected to maintain good practice attendance. Student-athletes are expected to attend all practices and contests, unless they are absent from school due to illness, or have an excused absence as defined by district policies or the coach excuses them. Student-athletes are expected to communicate directly with the coach when they cannot attend a practice. Unexcused absences from practice or failure to maintain good attendance, may be cause for removal from a team. Consequences for missed practices and contests will be defined by each coach and shared with student-athletes and parents/guardians at the pre-season meeting.

Training Rules/Illegal and Performance Enhancing Substances

Any student-athlete found to be in possession of or involved in the use of alcohol, tobacco, smokeless tobacco or narcotics during the season while attending school or at any district-sponsored event, will be suspended from athletics for the remainder of the current season.

Performance enhancing substances are strictly prohibited. The Board recognizes that the use of androgenic/anabolic steroids and other performance-enhancing supplements present a serious health and safety hazard. Student-athletes participating in interscholastic athletics are prohibited from using steroids or any performance-enhancing supplement. Coaches shall educate students about the District's prohibition and the dangers of using these substances.

Student Statisticians/Managers

These individuals are considered participants of the sporting event and should follow the same guidelines as student-athletes and cheerleaders for their sport.

Equipment

Student-athletes are responsible for the security of their equipment and uniforms. All equipment and uniforms must be returned to the head coach or athletic director within seven (7) days of the last game. A student will be charged for the replacement cost of uniforms. The district may withhold the student-athlete's grades, diploma, or transcript until all financial obligations are met for damaged or lost equipment.

- All equipment will be inventoried, numbered, and checked out by coaches
- Student-athletes are expected to turn in the same piece(s) of equipment checked out to them
- Equipment should be returned in the same condition as it was received. Uniforms and practice gear should be washed before being returned. Student-athletes are expected to make arrangements to have torn or ripped clothing repaired prior to turning it in
- Broken equipment must be returned before a replacement can be issued
- Student-athletes are responsible for the security of their equipment and uniforms. Student-athletes will be financially responsible for replacing any lost or stolen equipment or uniforms. In unusual circumstances, arrangements for repayment may be made with the coach and administration.
- Awards, letters, etc will not be issued until all equipment is returned and/or paid for.
- Student-athletes must return or pay for all equipment before they can participate in another sport

Termination of Participation by an Athlete

Students are encouraged to experience a variety of sports, and athletes may leave a team prior to the first contest, excluding scrimmages, without penalty by personally notifying the coach that they no longer wish to participate.

1. Cut from the team: A student-athlete cut from a team may try-out for another sport immediately.
2. Dropped from a team by mutual consent: A student-athlete may terminate association with a team by approval of the coach prior to dropping the sport. The student-athlete is eligible to try-out for another sport subject to approval by the athletic director and the coach of the new sport.
3. Quitting a sport: A student-athlete who quits a sport without the approval of the coach and athletic director will be suspended from participating in any athletic program until the next sport season.

If the student-athlete communicates with the coach, but no mutual agreement can be reached, and the coach recommends that the student-athlete not be allowed to participate, the student-athlete may appeal the coach's recommendation to the athletic director followed by the site administrator. If the student-athlete feels the decision is still unfair, the student-athlete may appeal the site administrator's decision to the YCUSD Director of Student Welfare and Attendance in charge of California Interscholastic Sports.

Safety

Training Rules/Illegal and Performance Enhancing Substances

Any student-athlete found to be in possession of or involved in the use of alcohol, tobacco, smokeless tobacco or narcotics during the season while attending school or any district-sponsored event will be suspended from athletics for a period of time determined by school administration.

Performance enhancing substances are strictly prohibited. The Board recognizes that the use of androgenic/anabolic steroids and other performance-enhancing supplements presents a serious health and safety hazard. Students participating in interscholastic athletics are prohibited from using steroids or any performance-enhancing supplements. Coaches shall educate student-athletes about the District's prohibition and the dangers of using these substances.

Accidents/Injury

Coaches are required to be trained in basic first aid and cardio-pulmonary resuscitation (CPR). Coaches are to carry medical forms for all players at all practices and contests. If an accident or injury occurs, the coach must submit a written accident report to the Athletic Director within 24 hours (See Appendix). If the injury is serious the coach will call 911 and the parent. The coach will stay with the student until help is secured. Coaches should treat any acknowledged condition in a confidential manner with which the information is related by the parent or guardian. If the student-athlete misses practice at the request of a physician, the student-athlete should have a note of clearance before returning to practice. Remind your student-athletes to immediately report all injuries directly to the coach.

First Aid Kits

Coaches should make sure that the first aid kit is stocked and that included is a copy of each athlete's emergency procedure form. The Athletic Director will provide a copy of the emergency procedure forms for each of the athletes as soon as the roster has been completed and turned in.

Concussion and Head Injury

Education Code 49475 requires, on a yearly basis, a concussion and head injury information sheet to be signed and returned by the student-athlete and the student athlete's parent or guardian before the athlete participates in practice or competition (See Appendix). These provisions would not apply to an athlete engaged in an athletic activity during the regular school day or as part of the physical education course.

A concussion is a brain injury that can be caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. A school district that elects to offer athletic programs must immediately remove from a school sponsored athletic activity for the remainder of the day an athlete who is suspected of sustaining a concussion or head injury during that activity. The athlete may not return to that activity until he or she is evaluated by, and receives written clearance from, a licensed health care provider. On a yearly basis, a concussion and head injury informational sheet must be signed and returned by the athlete and the athlete's parent or guardian before the athlete's initiating practice or competition.

Guidelines for Coaching in Hot Weather

Precautions for hot weather athletics: **Coaches should make sure all athletes are taking in fluids.** The main problem associated with exercising in hot weather is water loss through sweating. A coach should allow “**water as needed**” to replace water loss. The student-athlete should be allowed water anytime he or she feels the need.

In addition, the following precautions should be taken:

- Physical examination done with the student-athlete’s school health-history available to the examining physician.
- Lack of physical fitness impairs the performance of a student-athlete who participates in athletics in high temperatures. Coaches should know the physical condition of their student-athletes and gear their practice schedules accordingly.
- The acclimation factor, the process of becoming adjusted to heat, is important and is essential to provide for gradual acclimation during hot weather activities. It is suggested that a gradual physical conditioning program be used and that 80% acclimation can be expected to occur after the first 7-10 days. It is strongly recommended that coaches consider the need for acclimation during spring practice, the preconditioning week in August, and pre-schedule practice.
- Know both the temperature and the humidity. The greater the humidity, the more difficult it is for the body to cool itself. Yuba City generally has low humidity. However, late summer and early fall usually have high temperatures.
- Cooling by evaporation is proportional to the area of skin exposed. In extremely hot weather reduce the amount of covering on the body as much as possible. Never use rubberized clothing.
- After strenuous practices student-athletes should replace fluids. Water or sports drinks should be encouraged.
- Student-athletes should weigh each day before and after practice and weight charts checked by the coaches. Generally, a three percent weight loss is safe through sweating and over a three percent weight loss is in the danger zone. Compensate with a less rigorous workout in weather that is hot.
- Watch all student-athletes carefully; particularly those who lose a lot of weight, overweight athletes, and the over-eager athlete. Some trouble signs are nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance and unsteadiness.
- Know what to do in case of such an emergency. Be familiar with immediate first aid and prearrange procedures for obtaining medical care, including ambulance service.

Signs of Heat Illness

Heat Exhaustion: is one of the heat-related syndromes which range in severity from mild heat cramps to heat exhaustion to potentially life threatening heatstroke. Signs and symptoms of heat exhaustion often begin suddenly, sometimes after exercise, heavy perspiration, and inadequate fluid intake.

Signs and symptoms resemble shock and may include:

- Feeling faint
- Nausea
- Heavy sweating
- Ashen appearance
- Rapid, weak heartbeat

- Low blood pressure
- Cool moist skin
- Low grade fever

First aid/treatment

- Get the person out of the sun and into a shady or air conditioned location
- Lay the person down and elevate the legs and feet slightly
- Loosen or remove the person's clothing
- Have the person drink cool water (**not iced**) or sports drink containing electrolytes
- Cool the person by spraying or sponging him/her with cool water and fanning
- Monitor the person carefully. **Heat exhaustion can quickly become heatstroke. If a fever greater than 102 degrees, fainting, or seizures occur, dial 911 or call emergency medical assistance**

Heatstroke

Heatstroke is a life threatening medical emergency. What makes much more severe and potentially life-threatening is that the body's normal mechanism for dealing with heat stress, such as sweating and temperature control, are lost.

Signs and Symptoms:

- The main sign of heatstroke is a markedly elevated body temperature-generally greater than 104 degrees
- Changes in mental status ranging from personality changes to confusion to coma.
- Skin may be hot and dry, although in heatstroke caused by exertion, the skin is usually moist.
- Other signs and symptoms may include:
 - Rapid heartbeat
 - Rapid and shallow breathing
 - Elevated or lowered blood pressure
 - Cessation of sweating
 - Irritability, confusion or unconsciousness
 - Fainting, which may be the first sign in older adults

First aid/treatment

- Move the person out of the sun into a shady or air-conditioned location.
- Dial 911 or call for emergency medical assistance.
- Cool the person by covering him/her with damp towels or by spraying with cool water. Direct air onto the person with a fan or anything available.

Methicillin-Resistant Staphylococcus Aureus (MRSA)

Methicillin-resistant staphylococcus aureus (MRSA) is a staph infection that is resistant to many common antibiotics and, in cases where treatment is needed, can be very difficult to treat. Staph

bacteria are one of the most common causes of skin infection in the United States. Most of these skin infections are minor (such as pimples and boils) and can be treated without antibiotics, but occasionally serious infections require treatment. In the last few years there have been a number of cases where these bacteria have spread among members of sports teams. MRSA can have serious and deadly ramifications if not dealt with immediately.

If you notice any of the following symptoms please notify the appropriate personnel:

- Unusual or increasing pain and/or warmth
- The presence of pus or a pustule
- Induration (hardness)
- Increasing swelling, size or redness of the wound
- Red streaks around the wound
- Fever and/or chills (flu-like symptoms)

Precautions that coaches should take for preventing the spread of MRSA:

- Encourage your athletes to shower with soap as soon as possible after practice and competitions. If MRSA bacteria are present on your skin you can wash them away before they have the chance to cause infection.
- Ensure that athletes do not share equipment, clothing, towels and other personal items.
- Implement a policy that uniforms (practice and game) get washed after each use.
- Ensure that all wounds, cuts, and abrasions are covered to help prevent infection, especially during practice and completion.
- Equipment must be stored in clean, dry areas. Do not store equipment in dark, moist, warm environments (lockers) as these are perfect places for bacteria growth.
- Clean and disinfect daily surfaces that are touched on a regular basis. This includes benches, training room tables, weight room equipment and benches
- Wrestling mats MUST be cleaned DAILY before and after use. This would include use by physical education classes.

Communication

Parent/Coach Communication

Communication parents should expect from district coaches:

- Philosophy as a coach
- Expectations the coach has for your child
- Location and times of all practices and games
- Team requirements: practices, equipment, off season training, etc.
- Procedures to follow should your child be injured during participation
- Participant conduct code and consequences for not following these guidelines
- Student transportation policies

Communication coaches should expect from parents:

- Concerns expressed directly to the coach first
- Specific concerns with regard to coach's philosophy and/or expectations

- Notification of any illness, injury, or missed practices

Appropriate concerns parents should discuss with coaches:

- The treatment of their child, mentally and physically
- Ways to help their child improve
- Concerns about their child's behavior

Coaches' decisions:

- Playing time
- Team strategy
- Matters concerning other student-athletes

Parents should not:

- Confront the coach before or after practice
- Confront the coach before or after a game

Conflict Resolution

When conflict or issues arise it is important that they be addressed immediately, and as directly as possible, so that they can be promptly resolved. It is important for student athletes and parents to recognize that coaching strategy and playing time are not appropriate subjects for complaint. In addition, parents should follow any instructions from the coach about the best way/time to approach the coach with questions or concerns.

Step 1: Athlete contacts coach: The student- should present the conflict/issue to the coach as soon as possible. It is always best for students to become their own advocates. It is expected that the majority of concerns will be resolved at the first meeting.

Step 2: Parent contact coach: If needed, a parent may contact a coach directly-but not just before, during or just after a practice or game. A parent should E-mail or call the coach to set up an appropriate time to discuss the issue.

Step 3: Contact the Athletic Director: If a satisfactory solution is not reached through direct contact with the coach, the student and/or parent should contact the Athletic Director. The coach should be informed that this contact is going to be made. If needed, a meeting may be scheduled involving all concerned parties in an attempt to reach a satisfactory resolution. The AD will respond to athletes and parents in a timely manner as to the disposition of their concerns.

Step 4: Contact the Athletic Administrator: If there is still not a satisfactory resolution, the student or parent may contact the high school Principal. The athletic Director should be informed that this contact is going to be made. While there can be no guarantee that all parties will agree with all the resolutions of findings, a thorough, respectful airing of different perceptions and experiences can lead to more productive relationships and a clearer understanding in the future.

Retribution- Retribution is prohibited in the California Education Code. Students and parents must be confident that the voicing of an opinion or concern, using the proper forum and method, is not only free from penalty or retribution, but is strongly encouraged. The Athletic Director and the coaches are

obligated to ensuring that after a student or parent raises an issue, there shall be no “retribution” in any form within the Yuba City unified School District athletic departments.

Media Relations

Parents, players, and fans enjoy reading results of our competition in the local newspapers. It is important, that the coach foster a relationship with the reporters in the area. All game results, team and individual statistics and other pertinent information should be forwarded to the appropriate newspapers. Typically the home team will email in results of the conference games. However, whether or not the opposing team does this, it is incumbent upon the coach to ensure the newspaper is notified.

When talking to reporters, be positive about your program. If you lost a game, don’t dwell on the loss, but build up the performance of your players. “We lost, but I was encouraged by the effort the kids showed during the fourth quarter”. Mention player by name, and have the players interviewed by the reporters.

Don’t go on and on about how terrible your team played, look for positives. Don’t let your frustration with officials become part of your conversation.

League Information

Sac-Joaquin Section of the California Interscholastic Federation (CIF)

Yuba City Unified School District is a member of the Sac-Joaquin Section of the California Interscholastic Federation (CIF). CIF is the governing body of high school athletics in the state of California. The objectives of the organization are:

1. To serve as an organization through which member high schools mutually adopt rules and regulations for interscholastic athletic competition so that Boards of Education and school faculties will regard interscholastic athletics as an educational resource to be encouraged and fostered.
2. To establish the responsibility for the administration of high school athletics by member schools in order to ensure satisfactory supervision.
3. To provide a constitution, by laws, and organization through which member schools shall administer their interscholastic athletic programs.
4. To cultivate cordial and friendly relations among schools through good standards of sportsmanship.
5. To promote equal opportunities for all involved in California secondary school athletic programs regardless of race religion, gender, or national origin.
6. To promote the acceptance of the Cardinal principals and Code of Ethics of the California Interscholastic Federation.

APPENDIX

Yuba City Unified School District

Coach's Agreement

I have received, read, and understand the Yuba City Unified School District's Coach's Handbook. I agree to follow all policies and procedures outlined in the handbook. I acknowledge that I am aware of and understand local and California Inter-scholastic Federation (CIF) policies and guidelines related to being an athletic coach, paid or volunteer, in the Yuba City Unified School District.

Coach's Signature

Date

Printed Name

List Sport (s) Assignment

Yuba City Unified School District

Annual Volunteer Coaching Form

I have received, read, and understand the Yuba City Unified School District's Coach's Handbook. I agree to follow all policies and procedures outlined in the handbook. I acknowledge that I am aware of and understand local and California Inter-scholastic Federation (CIF) policies and guidelines related to being a volunteer athletic coach in the Yuba City Unified School District.

I am requesting to continue as a volunteer athletic coach for the _____ school year for the following sport (s) _____. By signing below, I understand my responsibilities as a volunteer coach to the student-athletes and the District.

Volunteer Coach's Signature

Date

Printed Name