

Los Molinos Unified School District Student & Parent/Guardian Athletic Handbook

Revised 7/25/25



"Bulldog Pride!"

**California Interscholastic Federation
North Section Member**

Welcome to Los Molinos Unified Athletics

The primary purpose of the athletic program is to promote physical, mental, social, emotional, and moral well-being of the participants. It is our desire that athletics will be a positive force in preparing youth for an enriching and vital role in American life.

The athletic program is an important and integral part of the total school program and is open to participation by all students regardless of individual differences. Through voluntary participation, the athlete gives time, energy, and loyalty to the program. She/he also accepts the training, rules, regulations, and responsibilities, which are unique to an athletic program.

In order to contribute to the welfare of the group and to meet the goals and objectives set for each sport, the athlete must willingly assume these obligations as the role demands and must keep in mind that the athlete must make sacrifices not required of others.

Forward

This material is presented to you because your son or daughter has indicated a desire to participate in interscholastic athletics, and you have expressed your willingness to permit him/her to compete. Your family interest in this phase of our school program is gratifying. We believe that participation in sports provides a wealth of opportunities and experiences, which assist students in positive personal adjustments.

It is the right of the LMUSD Administration to make rules that govern the spirit of competition for the community. These rules need a broad basis of community support, which is achieved only through communication to the parent. It is our hope to accomplish this objective through this athletic handbook for the student and parent.

School site administrators are authorized to disallow students' participation in extracurricular activities as a means of insuring appropriate conduct which is in conformity with applicable state laws and school rules governing student behavior.

On the one hand, loss of extracurricular privileges may occur without imposition of suspension and/or expulsion. On the other hand, whenever students are suspended and/or expelled, loss of extracurricular privileges are, at a minimum, concurrent; but may be extended beyond the time a student is suspended and/or expelled. The schools of the District are authorized to adopt additional guidelines and standards with respect to loss of extracurricular activities.

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California Interscholastic Federation

The LMUSD Board maintains membership in the California Interscholastic Federation and requires that interscholastic athletic activities be conducted according to CIF rules, regulations and policies, except as the Board may direct otherwise.

VISION STATEMENT

Athletic competition is an integral part of the educational experience. CIF is uniquely positioned to foster student growth in values and ethics. CIF's ideal of "Pursuing Victory with Honor," provides the opportunity to dramatically influence the actions of the athletic community. CIF strives to strengthen the integrity of students and adults across the state by promoting the concepts of sportsmanship, honesty and quality academics. These priorities advance the highest principles of character:

- *Trustworthiness*
- *Respect*
- *Responsibility*
- *Fairness*
- *Caring*
- *Good Citizenship*

MISSION STATEMENT

The CIF governs interscholastic athletics, promoting equity, quality, character and academic development.

- **Equity**
 - *Equal opportunity without regard to race, gender and ethnicity within all aspects of the athletic program for students, personnel, schools and governance.*
- **Quality**
 - *Training, education and commitment of coaches, officials, administrators and parents to improve the quality of athletic programs.*
- **Character**
 - *Trustworthiness, respect, responsibility, fairness, caring and good citizenship.*
- **Academic Development**
 - *Commitment to encourage academic growth is a high priority.*

Agreement for Student-Athlete and Parent/Guardian Regarding Use of Steroids **CIF Bylaws 200.D & 524 Acknowledgements**

As a condition of membership in the California Interscholastic Federation (CIF) and in accordance with Education Code 49030, the Governing Board of the Los Molinos Unified School District has adopted Board Policy 5131.63 prohibiting the use and abuse of androgenic/anabolic steroids as specified below. CIF bylaw 524 requires that all participating students and their parents/guardians sign this agreement.

By signing the LMUSD Conditions of Participation, we both the participating student-athlete and the parents, legal guardian/caregiver hereby agree that the student shall not use androgenic/anabolic steroids or any dietary supplement banned by the U.S. Anti-Doping Agency as well as the substance Synephrine, without a written prescription from a licensed health care practitioner to treat a medical condition.

We recognize that under CIF Bylaw 200.D. the student may be subject to penalties, including ineligibility for any CIF competition, if the student or his/her parent/guardian provides false or fraudulent information.

We understand that the student's violation of the district's policy regarding steroids (or any illegal drugs) may result in discipline against him/her including, but not limited to, restriction from athletics, suspension, or expulsion from school.

Drugs, Alcohol, & Nicotine Products

A period of at least 45 days loss of extracurricular activities is mandated for violation of Board Policy 5131.6 ("drugs") and is advisable for any violation of Education Code Sections 48900 (a) through (e).

A pupil may be suspended or expelled for acts that are enumerated in this section and related to school activity or attendance that occur at any time, including, but not limited to, any of the following:

1. *While on school grounds (any school)*
2. *While going to or coming from school.*
3. *During the lunch period whether on or off the campus.*
4. *During, or while going to or coming from, a school sponsored activity*

If a student-athlete uses, sells, distributes, or is in possession of illegal drugs, alcohol, tobacco products, or steroids, during the season of sport:

First Violation:

- The student-athlete will be suspended and lose all rights and privileges, including awards and post-season recognition.
- It is strongly recommended the student-athlete participate in a school-approved drug-counseling program.
- Any student-athlete in a leadership position will lose their title and responsibilities.
- Selling or distributing illegal drugs, including steroids, will result in a recommendation for expulsion.

ATHLETIC ELIGIBILITY

Academic Requirements

To encourage and support academic excellence, the Board requires students in grades 7 through 12 to earn a minimum 2.0 or "C" grade point average on a 4.0 scale in order to participate in extracurricular activities.

The Board desires to balance the academic needs of students with the benefits they receive from participating in school activities. In implementing this policy, the Superintendent or designee shall help ineligible students regain eligibility.

The Superintendent or designee may revoke a student's eligibility or participation in extracurricular activities when a student's poor citizenship is serious enough to warrant loss of this privilege.

	<u>Middle Schools</u>	<u>High Schools</u>																										
Class Schedule	*Full Time Enrollment	*Full Time Enrollment																										
Grade Point Average	*2.0 from the preceding trimester	*2.0 for 20 or more units from the preceding grading period																										
Attendance	*4 hours of attendance on the day of participation	*4 periods of attendance on the day of participation																										
Must be on track to be promoted	<table><tr><th><u>Trimester</u></th><th><u>GPA</u></th></tr><tr><td>1</td><td>2.0</td></tr><tr><td>2</td><td>2.0</td></tr><tr><td>3</td><td>2.0</td></tr><tr><td>4</td><td>2.0</td></tr></table>	<u>Trimester</u>	<u>GPA</u>	1	2.0	2	2.0	3	2.0	4	2.0	<table><tr><td colspan="2">*Must be on track to graduate</td></tr><tr><th><u>Trimester</u></th><th><u>GPA</u></th></tr><tr><td>1st</td><td>2.0</td></tr><tr><td>2nd</td><td>2.0</td></tr><tr><td>3rd</td><td>2.0</td></tr><tr><td>4th</td><td>2.0</td></tr><tr><td>5th</td><td>2.0</td></tr><tr><td>6th</td><td>2.0</td></tr></table>	*Must be on track to graduate		<u>Trimester</u>	<u>GPA</u>	1st	2.0	2nd	2.0	3rd	2.0	4th	2.0	5th	2.0	6th	2.0
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Graduation Progress	<table><tr><td>5</td><td>2.0</td></tr><tr><td>6</td><td>2.0</td></tr></table>	5	2.0	6	2.0																							
5	2.0																											
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Initial Eligibility	All entering 7th grade students are eligible for the 1 st grading period.	Incoming 9th grade students are eligible upon entrance to high school. If they were below a 2.0 in 8th grade, they enter on probation.																										
Transfer Eligibility	Transfer must meet academic eligibility requirements.	Transfers must complete a CIF 510 form for determination of eligibility. *Speak with Athletic Director																										

Probationary Periods

Middle School

Probation of one quarter may be authorized by the Administration / Athletic Director.

Students granted probationary eligibility must meet the required standards by the end of the probationary period in order to remain eligible for participation in extracurricular activities.

Eligibility is effective the 2nd Monday following the end of the grading period.

High School

Probation of one quarter or less may be authorized by the Superintendent or designee.

Students granted probationary eligibility must meet the required standards by the end of the probationary period in order to remain eligible for participation in extracurricular activities.

Participation

Athletic Clearance

Every student wishing to participate in a sport must have a medical clearance to participate. Physical forms are available on line or in the Athletics Office.

Activity Attendance

Athletes are required to attend all team practices, games, and other activities associated with being a member of a team, unless excused by the coach. The athlete has responsibility to personally contact the coach or athletic director if it becomes necessary to miss a scheduled event.

Failure to complete the sports season

Athletes are expected to complete the full sports season. If a student withdraws from the team, they will not qualify to participate in the following season sports. Special circumstances will be taken into consideration before executing this decision.

VIOLATIONS & MINIMUM PENALTIES

Act

Penalties

- | | |
|---|--|
| 1. First ejection of player or coach from a contest or scrimmage for unsportsmanlike conduct. | Ineligible for the next CIF contest (league, non-league, tournament, invitational, playoff, etc. scrimmage excluded). The next contest could be the second game of a doubleheader or even the next season of sport. Athletes competing in concurrent sport would be ineligible for both sports. |
| 2. Second ejection of a player or coach from a contest during the same season of sport for unsportsmanlike conduct. | Ineligibility for next two CIF contests as above will carry over the next season of sport. |
| 3. Third ejection of a player or coach from a contest during the same season of sport for unsportsmanlike conduct. | Ineligibility for all CIF contests for one calendar year (365 days). Any appeal must go through the CIF Eligibility Committee. |
| 4. Any players that leave the "bench" area to begin a confrontation or leave these areas during an altercation. | Ejection from the contest for those players designated by officials. The contest may be terminated by the officials. One or both teams may forfeit the contest. |
| 5. When players leave the bench area to begin a confrontation or leave the bench area during an altercation and in the opinion of the officials, the situation is out of control. | Contest stopped ejection from the contest for those players designated by the officials. The team(s) that left the bench must forfeit contest, record a loss and the team(s) and players will be out on a probationary status for the balance of the season. A second similar infraction during the season of sport will result in cessation of the sport for the team(s) and/or players. If the act occurs at the end of season, the probationary period will extend to the next year's season of sport. Any appeal would have to be made to the CIF Executive Board. |

6. Illegal participation in next contest by player ejected in previous contest.	Ineligibility for remainder of season for player, forfeiture of contest.
7. Illegal placement of ejected player or illegal participation by coach ejected in previous contest.	Constitution and sport governing rules and procedures for a coach who knowingly violates CIF or Section Rules.
8. Any acts of a more serious nature by Individuals or teams or situations not specifically covered by this policy or the Constitution or Governing Rules.	Area Commissioner may determine and implement penalties for individuals and teams not otherwise specified by CIF Central Section Constitution and Bylaws.
9. If act occurs in CIF Section Finals and both teams are charged with a forfeit.	After deliberation by the CIF and a double forfeit is in order, there will be no champion.
10. An ejected coach must leave the site of contest.	The coach may have no contact with his/her team from that point on. If there is no certificated replacement for the coach, the contest is halted and the game is forfeited. The coach must also sit out the next contest and cannot attend the contest with the team during the contest. The coach may be allowed to participate in practices on days other than the day of the contest.
11. An ejected player may stay on the bench for the remainder of the contest for supervision reasons.	Further disruption by ejected players may force them to be removed from the site. This could lead to a forfeit. Players ejected must sit out the next contest, but may sit on the bench in street clothes.

CIF Ethics in Sports Policy Statement

The CIF, North Section is committed to the exhibition of sportsmanlike and ethical behaviors in and around all athletic contests. All contests must be safe, courteous, fair, controlled and orderly for all athletes and fans alike.

It is the intent of the CIF that violence, in any form, is not to be tolerated. In order to enforce this policy, the North Section has established rules and regulation which set forth the manner of enforcement and of this policy and the penalties incurred when violation of the policy occurs. The rules and regulations shall focus upon the responsibility of the coach to teach and demand high standards of conduct and to enforce the rules and regulations set forth by CIF.

The North Section requires the following Code of Ethics be issued each year and requires signing by student athletes, parent/guardian and coaches prior to participation as a guide to govern their behavior.

Code of Ethics

- A. To emphasize the proper ideas of sportsmanship, ethical conduct and fair play.***
- B. To eliminate all possibilities which tend to destroy the best values of the game.***
- C. To stress the values derived from playing the game fairly.***
- D. To show cordial courtesy to visiting teams and officials.***
- E. To establish a happy relationship between visitors and host.***
- F. To respect the integrity and judgment of sports officials.***
- G. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.***
- H. To encourage leadership, use of initiative and good judgment by the players on a team.***
- I. To recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of the individual players.***
- J. To remember that an athletic contest is only a game, not a matter of life and death for player, coach, school, official, fan or nation.***



CIF Concussion Information Sheet

Why am I getting this information sheet?

You are receiving this information sheet about concussions because of California state law AB 25 (effective January 1, 2012), now Education Code§ 49475:

1. *The law requires a student athlete who may have a concussion during a practice or game to be removed from the activity for the remainder of the day.*
2. *Any athlete removed for this reason must receive a written note from a medical doctor trained in the management of concussion before returning to practice.*
3. *Before an athlete can start the season and begin practice in a sport, a concussion information sheet must be signed and returned to the school by the athlete and the parent or guardian.*

Every 2 years all coaches are required to receive training about concussions (AB 1451), as well as certification in First Aid training, CPR, and AEDs (life-saving electrical devices that can be used during CPR).

What is a concussion and how would I recognize one?

A concussion is a kind of brain injury. It can be caused by a bump or hit to the head, or by a blow to another part of the body with the force that shakes the head. Concussions can appear in any sport, and can look differently in each person.

Most concussions get better with rest and over 90% of athletes fully recover. However, all concussions should be considered serious. If not recognized and managed the right way, they may result in problems including brain damage and even death.

Most concussions occur without being knocked out. Signs and symptoms of concussion (see back of this page) may show up right after the injury or can take hours to appear. If your child reports any symptoms of concussion or if you notice some symptoms and signs, seek medical evaluation from your team's athletic trainer and a medical doctor trained in the evaluation and management of concussion. If your child is vomiting, has a severe headache, or is having difficulty staying awake or answering simple questions, call 911 to take him or her immediately to the emergency department of your local hospital.

On the CIF website is a **Graded Concussion Symptom Checklist**. If your child fills this out after having had a concussion, it helps the doctor, athletic trainer or coach understand how he or she is feeling and hopefully shows improvement. We ask that you have your child fill out the checklist at the start of the season even before a concussion has occurred so that we can understand if some symptoms such as headache might be a part of his or her everyday life. We call this a "baseline" so that we know what symptoms are normal and common for your child. Keep a copy for your records, and turn in the original. If a concussion occurs, he or she should fill out this checklist daily. This Graded Symptom Checklist provides a list of symptoms to compare over time to make sure the athlete is recovering from the concussion.

What can happen if my child keeps playing with concussion symptoms or returns too soon after getting a concussion?

Athletes with the signs and symptoms of concussion should be removed from play immediately. There is NO same day return to play for a youth with a suspected concussion. Youth athletes may take more time to recover from concussion and are more prone to long-term serious problems from a concussion.

Even though a traditional brain scan (e.g., MRI or CT) may be "normal", the brain has still been injured. Animal and human research studies show that a second blow before the brain has recovered can result in serious damage to the brain. If your athlete suffers another concussion before completely recovering from the first one, this can lead to prolonged recovery (weeks to months), or even to severe brain swelling (Second Impact Syndrome) with devastating consequences.

There is an increasing concern that head impact exposure and recurrent concussions may contribute to long-term neurological problems. One goal of this concussion program is to prevent a too early return to play so that serious brain damage can be prevented.

Signs observed by teammates, parents and coaches include:

- | | |
|--|---|
| <ul style="list-style-type: none">• Looks dizzy• Looks spaced out• Confused about plays• Forgets plays• Is unsure of game, score, or opponent• Moves clumsily or awkwardly• Answers questions slowly | <ul style="list-style-type: none">• Slurred speech• Shows a change in personality or way of acting• Can't recall events before or after the injury• Seizures or has a fit• Any change in typical behavior or personality• Passes out |
|--|---|

Symptoms may include one or more of the following:

- | | |
|--|--|
| <ul style="list-style-type: none">• Headaches• "Pressure in head"• Nausea or throws up• Neck pain• Has trouble standing or walking• Blurred, double, or fuzzy vision• Bothered by light or noise• Feeling sluggish or slowed down• Feeling foggy or groggy• Drowsiness• Change in sleep patterns | <ul style="list-style-type: none">• Loss of memory• "Don't feel right"• Tired or low energy• Sadness• Nervousness or feeling on edge• Irritability• More emotional• Confused• Concentration or memory problems• Repeating the same question/comment |
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What is Return to Learn?

Following a concussion, student athletes may have difficulties with short- and long-term memory, concentration and organization. They will require rest while recovering from injury (e.g., avoid reading, texting, video games, loud movies), and may even need to stay home from school for a few days. As they return to school, the schedule might need to start with a few classes or a half-day depending on how they feel. If recovery from a concussion is taking longer than expected, they may also benefit from a reduced class schedule and/or limited homework; a formal school assessment may also be necessary. Your school or doctor can help suggest and make these changes. Student athletes should complete the Return to Learn guidelines and return to complete school before beginning any sports or physical activities, unless your doctor makes other recommendations. Go to the CIF website (cifstate.org) for more information on Return to Learn.

How is Return to Play (RTP) determined?

Concussion symptoms should be completely gone before returning to competition. A RTP progression involves a gradual, step-wise increase in physical effort, sports-specific activities and the risk for contact. If symptoms occur with activity, the progression should be stopped. If there are no symptoms the next day, exercise can be restarted at the previous stage.

RTP after concussion should occur only with medical clearance from a medical doctor trained in the evaluation and management of concussions, and a step-wise progression program monitored by an athletic trainer, coach, or other identified school administrator. Please see cifstate.org for a graduated return to play plan. [AB 2127, a California state law effective 11/1/15, states that return to play (i.e., full competition) must be **no sooner than 7 days after the concussion diagnosis has been made by a physician.**]

Final Thoughts for Parents and Guardians:

It is well known that high school athletes will often not talk about signs of concussions, which is why this information sheet is so important to review with them. Teach your child to tell the coaching staff if he or she experiences such symptoms, or if he or she suspects that a teammate has had a concussion. You should also feel comfortable talking to the coaches or athletic trainer about possible concussion signs and symptoms that you may be seeing in your child.

References:

- American Medical Society for Sports Medicine position statement: concussion in sport (2013)
- Consensus statement on concussion in sport: the 4th International Conference on Concussion in Sport held in Zurich, November 2012
- <http://www.cdc.gov/concussion/HeadsUp/youth.html>

C/FSTATE.ORG

C/F 5/2015

Code of Conduct for Student Participants in Extra-Curricular Activities

We believe that extra-curricular activities, including athletics, should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. We also believe that the highest potential of activities is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "Six Pillars of Character"). This Code applies to all student s involved in extra-curricular activities, including athletics.

TRUSTWORTHINESS

- **Trustworthiness**: be worthy of trust in all you do.
- **Integrity**: live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what is right even when it's unpopular or personally costly.
- **Honesty**: live and compete honorably; do not lie, cheat, steal, **violate the laws of the community** or engage in any other dishonest or unsportsmanlike conduct.
- **Reliability**: fulfill commitments; do what you say you will do; be on time to practices and events.
- **Loyalty**: be loyal to your school and team; put the team above personal glory.

RESPECT

- **Respect**: treat all people **and school or private property** with respect at all times and require the same of fellow students.
- **Class**: live and play with class, be a good sport, be gracious in victory and accept defeat with dignity, help up fallen opponents, compliment extraordinary performance, and show sincere respect in pre- and post-event/game rituals.
- **Disrespectful Conduct**: don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual nature, trash-talking, taunting, **hate motivated behavior, vandalism of property**, boastful celebrations, **gang related activity, sexual harassment, threat or intimidation of a student or group of students, hazing of any student** or other actions that demean individuals or the activity.
- **Respect Officials/Supervisors**: treat contest officials with respect; do not complain about or argue with official calls or decisions during or after an athletic event. **Treat supervisors with respect at all times.**

RESPONSIBILITY

- **Importance of Education**: be a student first and commit to **attending school on a regular basis without truancy problems** and to earning your degree and getting the best education you can. Be honest with yourself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit students 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 an extra-curricular activity, including a sport, is a privilege, not a right, and that you are expected to represent your school, coach/advisor 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; do not fight or show excessive displays of anger, frustration and **do not possess any type of weapon or use of weapon**; have the strength to overcome the temptation to retaliate.
- **Healthy Lifestyle**: safeguard your health; do not use any illegal or unhealthy substances including alcohol, tobacco and drugs; **do not sell or furnish any controlled substance** or engage in any unhealthy techniques to gain, lose or maintain weight.
- **Integrity of the Game**: protect the integrity of the game; do not gamble or associate with or deal with professional gamblers.
- **Sexual Conduct**: sexual or romantic contact of any sort between students and coaches/advisors is improper and strictly forbidden. Report misconduct to proper authorities. **The possession/possessions for sale of pornographic materials is improper and strictly forbidden.**

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 yourself 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.
- **Integrity**: refuse any solicitation by a District staff member or any representative of the District's interests for the purpose of securing enrollment and ultimate participation in the District's programs; reject any undue influence in the inducement for enrollment, transfer to, or to remain in, the District for purposes of participation in District extra-curricular or athletic programs; refuse any direct or indirect offer of a salary, gratuity, education expenses, excessive or improper expenses, awards, benefits, cash or the equivalent thereof for participation in the District's Programs.

Code of Conduct for the Parents of Students in Extra-Curricular/Athletic Programs

We believe that extra-curricular and athletic programs should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. We also believe that the highest potential of activities is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the “Six Pillars of Character”). This Code applies to the parents of all students involved in extra-curricular activities, including sports.

TRUSTWORTHINESS

- *Trustworthiness*: be worthy of trust in all you do.
- *Integrity*: live up to high ideals of ethics and sportsmanship; do what is right even when it is unpopular or personally costly.
- *Honesty*: live and compete honorably; do not allow your children to lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.
- *Reliability*: fulfill commitments; do what you say you will do; when you tell your children you will attend an event, be sure to do so.
- *Loyalty*: be loyal to your school and team; put the team above personal glory.

RESPECT

- *Respect*: treat all people with respect all the time and require the same of students.
- *Class*: live and play with class, be gracious in victory and accept defeat with dignity; compliment extraordinary performance, and show sincere respect for all competitors.
- *Disrespectful Conduct*: don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the activity.
- *Respect Officials*: treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an event.
- *Respect Coaches*: treat coaches with respect at all times; recognize that they have team goals beyond those of your child. Do not shout instructions to players from the stands; let coaches coach.

RESPONSIBILITY

- *Importance of Education*: stress that students are students first. Be honest with your children about the likelihood of getting an athletic/activity based scholarship or playing on a professional level. Place the academic, emotional, physical and moral well-being of your children above desires and pressures to win.
- *Role-Modeling*: Consistently exhibit good character and conduct yourself as a role model for your children.
- *Self-Control*: exercise self-control; do not fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to demean others.
- *Integrity of the Game*: protect the integrity of the game; do not gamble on your children's games.
- *Privilege to Compete*: assure that you and your child understand that participation in extra-curricular activities, including sports, is a privilege, not a right, and that they are expected to represent their team, school and family with honor, on and off the field.

FAIRNESS

- *Be Fair*: treat all competitors fairly; be open-minded; always be willing to listen and learn.

CARING

- *Encouragement*: encourage your children regardless of their play; offer positive reinforcement. Demonstrate sincere interest in your child's play.
- *Concern of Others*: demonstrate concern of others; never intentionally injure any player or engage in reckless behavior that might cause injury to yourself or others.
- *Teammates*: help promote the well-being of your child's teammates by encouragement or by reporting unhealthy or dangerous conduct to coaches.

CITIZENSHIP

- *Know the Rules*: maintain a thorough knowledge of all applicable game and competition rules.
- *Integrity*: refuse any solicitation by a District staff member or by a representative of the District's interests for the purpose of securing the prospect students enrollment and ultimate participation in the District's athletics program; reject any undue influence to induce the student to enroll in, transfer to, or remain in, the school District for athletic purposes; refuse any direct or indirect offer of a salary/gratuity, educational expenses, excessive or improper expenses, awards, benefits, cash or the equivalent thereof for the student's participation in the District's programs.

Los Molinos Unified School District
Extra-Curricular and Co-Curricular Activities Code of Conduct Matrix

Extra-Curricular and Co-Curricular Code of Conduct Violations

Expulsion: Privileges cannot be earned back.

Ed Code Violation 48900	1 st Violation	2 nd Violation	3 rd Violation
Expulsion	365 Days of ineligibility from date of violation.	365 Days of ineligibility from date of violation.	365 Days of ineligibility from date of violation.
Suspended Expulsion			
Stipulated Expulsion			

The following durations of ineligibility apply to all calendar weeks between the first and last instructional days of a school year. Weeks of ineligibility un-served as of the last instructional day in June are applied effective the first instructional day in August.

Suspension: Loss of Privileges

Ed Code Violation 48900	1 st Violation	2 nd Violation	3 rd Violation
Found in possession of a controlled substance.	<i>5 days suspension & 6 weeks loss of Athletic Privileges</i>	<i>5 days suspension & 12 weeks loss of Athletic Privileges</i>	<i>5 days suspension & 12 calendar months loss of Athletic Privileges</i>
Participates in robbery or extortion.			
Found in possession of a knife or dangerous object.			
Commits a battery.			
Commits an act of vandalism with property damage.			
Commits assault on or threatens school staff.			
Hazing, intimidation, or harassment.			
Participates in gang-motivated intimidation.			
Participates in hate-motivated behavior.			
Participates in mutual combat.			
Immoral Conduct.			
Theft			
Possession or use of tobacco.			
Furnishing or selling of a controlled Substance	12 weeks of ineligibility	8 calendar months of ineligibility	12 calendar months of ineligibility

Extra-Curricular and Co-Curricular Code of Ethics Violations

Penal Code Violation	1 st Violation	2 nd Violation	3 rd Violation
Driving under the influence.	6 calendar months of ineligibility	12 calendar months of ineligibility	24 calendar months of ineligibility
Felony violation of law in the community.	6 calendar months of ineligibility	12 calendar months of ineligibility	24 calendar months of ineligibility
Misdemeanor violation of law in the community not in school.	2 calendar weeks of ineligibility	6 calendar weeks of ineligibility	12 calendar weeks of ineligibility
Attendance at a party or activity where alcohol or other controlled substances are illegally used.	4 weeks	8 weeks	12 weeks

For The Parents/Guardians of Los Molinos Unified School District's Student Athletes Parent / Coach Communication

We are very pleased that your son/daughter has chosen to participate in the Athletic Programs of the Los Molinos Unified School District. Both parenting and coaching are extremely difficult jobs. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to students.

Communication you should expect from your child's coach:

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

Communication coaches expect from parents:

1. Concerns expressed directly to the coach first.
2. Specific concerns with regard to child's safety and/or expectations.
3. Notification of any illness, injury, or missed practices.

As your child becomes involved in athletic programs, he/she will experience some of the most rewarding moments of his/her life. It is also important to understand that there will be times when things do not go the way your child or you would like. These situations also create opportunities for lifelong learning. At these times, discussion with the coach may be the quickest and most effective way to clear up issues. The quickest way to clear these items up is to follow our 24-hour cooling off process followed by an appointment with the coach.

Appropriate Concerns to Discuss with Coaches:

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

At times, it may be difficult to accept the fact that your child is not playing as much as you or he/she would like. Coaches are professionals who make judgment decisions based on what they believe are best for the team and all involved. As you have seen from the list above, certain things can and should be discussed with the coach. We ask that other things, such as those that follow, be left to the discretion of the coach.

Coaches' Decisions:

1. Playing time.
2. Team strategy.
3. Matters concerning other student-athletes.

If you have a concern to discuss with a coach, please follow the procedure below:

1. Have your child talk to the coach 1 on 1. (It is part of growing up). **IF THIS DOES NOT RESOLVE THE PROBLEM:**
2. Call the school and request a return call or meeting with the coach. **PARENTS SHOULD NOT:** Confront the coach before, during or after practice (*Practices and games are highly emotional times for everyone involved; players, coaches, and parents. Meeting and concerns DO NOT get resolved during emotional times.*)
3. If the coach cannot be reached after a reasonable amount of time, call the site Athletic Director. He/she will arrange an appointment for you.
4. There are situations that may require a conference between the coach, the athlete, and the parent(s). To resolve the problem, we must have everyone's help and involvement.

Bus Riding Privileges

Any student who violates the bus rules or does not follow instructions from the driver may have their riding privileges suspended or revoked. Authority to suspend or revoke a student's bus riding privileges shall rest with a site administrator. The administrator will notify parents of the students of the suspension and the reasons therefore. All drivers involved will be notified. When a student is denied bus- riding privileges, this also includes field trips.

General Rules of Behavior for Loading and Unloading

- Stand in an orderly manner.
- Respect private property. (Do not walk on lawns or flower beds, or climb on cars and trees).
- No pushing or shoving.
- Always face the bus as it approaches.
- Never run to or from the bus.
- Listen to instruction from the driver.
- Wait completely off the road for the bus. Stand at a safe distance from the bus as it pulls up to make it's stop, and wait until the bus comes to a complete stop and the driver opens the door before walking towards the bus. (Recommended distance 10 feet).
- Watch your step getting on and off the bus, especially in wet weather.
- Always use the handrail.
- The bus driver is in complete charge of the bus and may assign seats, as the drivers feel necessary.

While Riding the Bus

- Pupils should enter the bus in an orderly manner and should not bring aboard items of injurious or objectionable nature. (Animals, glass, etc.)
- Do not get out of your seat while the bus is in motion.
- Remain seated until the bus stops and the driver opens the doors before exiting.
- Keep hands, head, arms, etc. inside the bus at all times.
- No screaming, yelling, or use of profanity on the bus.
- No harassing, or fighting on the bus.
- Be courteous to fellow students.
- No smoking on the bus.
- Students are not allowed to make offensive remarks or gestures to pedestrians or motorists.
- The aisle of the bus shall be kept clear of books, lunches, feet, etc.
- Permission to leave or board the bus at other than the normal stops shall be cleared with the Principal or the school office (in advance), and written permission presented to the driver on a school bus pass.
- The request must not require the bus to go off its route or require an additional stop.
- Space must be available on the bus.
- No objects will be thrown in or out of the bus.
- You may not refuse to share a seat with another student.
- Remain in your seat and be quiet at railroad grade crossings.

Parental and Non-Parental Transportation

If a student athlete is riding home after an athletic event with a parent (s) or other party, they must first have the completed and signed Parental Non Parental transportation paperwork on file with their athletic office. You may access the form at the school site. **All students are required to ride the school bus to athletic events.**

LOS MOLINOS UNIFIED

SOCIAL MEDIA POSITION STATEMENT

Social Media has become engrained in today's society. The wide variety of social networking tools presently available provides students, teachers and coaches with easy access to share important news and events with each other. Social media technologies such as Twitter, Facebook, Internet forums, weblogs, social blogs, micro blogging, Wikis, podcasts, photographs, video rating, social bookmarking, and others have many benefits in our world; however, they can also be disruptive when inappropriate social media postings occur. Using these communication tools in an inappropriate manner can have negative consequences, especially if unkind words or threats are used with intent to hurt others.

LMUSD recognizes and supports its student-athletes and coaches rights to freedom of speech, expression, and association, including the use of social networks. In this context, each student-athlete and coach must remember that participating and competing for the Los Molinos Unified School District is a privilege, not a right. The student-athlete and coach represent his or her high school, middle school and the District, therefore, they are expected to portray themselves, their team, and their school in a positive manner at all times. Any online postings must be consistent with federal and state laws as well as team, school, school division and LMUSD rules and regulations (including those listed below).

Specifically prohibited behaviors include but are not limited to:

- ☐ Sexually explicit, profane, lewd, indecent, illegal, or defamatory language/actions.
- ☐ Derogatory language regarding school personnel or other students.
- ☐ Comments designed to harass or bully students and/or school personnel.
- ☐ Nude, sexually-oriented, or indecent photos, images or altered pictures.

Also prohibited are all on-campus connections to off-campus violations of the policy such as:

- Use of school computers to view off-campus postings.
- Students accessing posts at school on their own devices.
- Distribution of hard copies of posts on school property.
- Re-communication on campus of the content of the posts.

Any authorized or unauthorized use in school or out of school of computer software, computer networks, telecommunications devices, information technology, and related technologies, which disrupts or interferes with the educational process in any manner is prohibited and may result in removal from the team or activity and a recommendation for expulsion or termination.

One of the biggest lessons social networking users can learn is that anything you post online enters the public record. High school or middle school students and coaches should carefully consider their profiles and ask themselves how they would look to a future college admissions officer or potential employer.

Social Media Guidelines for Student-Athletes and Coaches

1. Be careful with how much and what kind of identifying information you post on social networking sites. It is unwise to make available information such as full date of birth, social security number, address, phone number, cell phone numbers, class schedules, bank account information, or details about your daily routine. All of these can facilitate identity theft or stalking. Remember - once posted the information becomes the property of the website.
2. Be aware that potential current and future employers and college admissions offices often access information you place on online social networking sites. Realize that any information you post will provide an image of you to prospective employers and/or schools. Protect yourself by maintaining a self-image that you can be proud of years from now.
3. Be careful in responding to unsolicited emails asking for passwords or PIN numbers. Reputable businesses do not ask for this information online.
4. Do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited.
Social networking sites are NOT a place where you can say and do whatever you want without repercussions.
5. Remember that photos once put on the social network site's server become the property of the site. You may delete the photo from your profile, but it still stays in their server. Internet search engines like Google or Yahoo may still find that image long after you have deleted it from your profile. Think long and hard about what type of photo you want to represent you.

LOS MOLINOS UNIFIED STUDENT ATHLETE SOCIAL MEDIA AGREEMENT

PUBLIC ACCESS: I understand that my personal social media pages may be monitored by the Coaching Staff. I understand that I represent the Los Molinos Unified Athletic Program and pictures of drugs, alcohol or any illegal substances or activities reflect negatively on the district and its athletic programs and will not be tolerated. I also understand that engaging in social media updates or accessing social media sites from a class or during instructional time will also be unacceptable.

SOCIAL MEDIA: There is a balancing act involved when it comes to social media, especially for student-athletes. While we encourage and fully support freedom of speech, expression and association, we also ask that you be cognizant of the fact that you are representing yourself, the school district, the athletic department and our team every time you use social media. The Athletic Department advises student-athletes to exercise extreme caution in their use of social media application (Facebook, Twitter, Instagram, YouTube etc.). Always remember that inappropriate postings can follow you for life.

Keep the following in mind before participating on social networking websites:

- Nothing is ever fully private. Even if you are blocked, your followers can make your postings public.
- Once a post or photo is placed online, it is completely out of your control, regardless of whether you limit access to your page. Even if you delete it, someone could have saved it or screen-shot it.
- Do not post inappropriate information that could damage or embarrass individuals, teams, the Athletic Department, Madera Unified or you.
- Do not allow yourself to be photographed in a compromising situation. Remember that anyone can post a cell phone photo of you and tag or ID you, leaving you with little control or usage of the photograph.

Do not post disrespectful comments or engage in inappropriate behavior such as:

- Derogatory or defamatory language about anyone, including coaches, officials, opponents etc.
- Comments that constitute a credible threat of physical or emotional injury to another person.
- Comments or photos that describe illegal behavior.
- Refrain from affiliating yourself from topics that are potentially offensive and/or degrading.
- Reposting or retweeting someone else's offensive statement or joke may be attributed to you.
- Comments that disclose confidential, sensitive or private information such as athlete injuries, rosters, play books, game plans, officiating etc.

I have read all of the above and understand that failure to follow the program agreement may result in suspension or dismissal from any Los Molinos Unified Athletic Program.

Student Athlete:

Print Name: _____ Date: _____

Sign Name: _____ Date: _____

As a Head Coach, I have reviewed the social media agreement thoroughly and answered any question the student-athlete may have had.

Coach:

Print Name: _____ Date: _____

Sign Name: _____ Date: _____

Los Molinos Unified School District

Athletic Directors and Administration

High School Principal

Megan Weiss
mweiss@lmusd.net
Ph. (530) 384-7900

LMHS: Athletic Director

Daniel Gilbert
dgilbert@lmusd.net
Ph. (530) 384-7900

LME School: Principal

Kristina Zarate
kzarate@lmusd.net
Ph. (530) 384-7903

Vina Elementary School: Principal

Kendi Merlo
kmerlo@lmusd.net
Ph. (530) 384-2182

Superintendent

Stan Mojsich
smojsich@lmusd.net
Ph. (530) 384-7826

Assistant Principal

Derek Badovinac
dbadovinac@lmusd.net
Ph. (530) 384-7900

By signing below, I understand I have read the entire handbook and agree to the conditions:

Date: _____

Student: _____

Parent: _____