



Futures High School Student/Parent Athletic Handbook

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Dear Student Athletes and Parents,

On behalf of the entire faculty and staff, I am very pleased that you have expressed an interest in participating in the interscholastic athletic program at Futures High School. It has been my experience that students who get involved in extra-curricular activities whether they are music, drama, clubs, student government or athletics have a much better and richer experience in high school. I am honored to be able to work with the athletes, coaches and community in making this experience both rewarding and positive.

I hope that you will take the time to familiarize yourself with this booklet and understand the school's guidelines, policies, and expectations for the student athletes. To begin however, I would like you to read through the philosophy of our athletic department as this is the foundation by which we make all of our decisions.

Philosophy of the Athletic Program

Futures High School recognizes the importance of athletic activities in providing students with important opportunities for a total education. These activities teach students' lifetime values such as commitment, discipline, hard work, leadership, teamwork, and physical fitness, all of which are the foundation for academic success. Participation in athletic activities contributes to the physical, emotional and social health of our students and promotes a sense of unity and cooperation among athletes, the student body, and the Futures community.

Our sports teams will always strive to win, but never at the expense of character, healthy attitudes and habits, and good judgment. We will always emphasize excellence, effort, improvement, and respect for coaches, teammates and officials. All Futures High School athletes should be known for their character and class; humble in victory and gracious in defeat. Our athletic program is designed to develop, promote and provide the following: self esteem, school spirit and pride, good citizenship, sportsmanship, cooperation, higher academic performance, responsibility to self and others, respect, positive role models, healthy lifestyles, teambuilding, and life long wellness. We believe that the sports experience should not only be rewarding but fun.

Futures High School further recognizes the unique roles and responsibilities of its coaches and parents in sports activities. Coaches' and parents' primary roles should be to teach the lifetime values of our sports philosophy and to always lead by example. The FHS athletic programs are an integral part of the school and the community. Their impact is immensely important in promoting a positive school climate because they offer opportunities for adults to interact with our students in meaningful ways not available in the classroom.

Once again, I thank you for taking the time to read through this athletic handbook. I look forward to your support and involvement in our athletic program and if you have any questions please feel free to contact me.

Best regards,

Adrienne Herbst
Athletic Director

Mission Statement:

It is the mission of the Futures High School Athletic Department to inspire each student to extraordinary achievement every day, and to provide a comprehensive athletic program that emphasizes the development of lifelong learning, values and skills through hard work, sportsmanship, ethical conduct, and fair play.

The program is based upon open communication and mutual respect among school administration, instructors, coaches, athletes, parents and officials, and serves as a positive, powerful, productive force for our, schools, community and most importantly the student-athlete.

Athletic Department Objectives:

- I) **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

- II) **To give quality instruction in the fundamentals of each sport offered:**
 - Specific athletic skills and strategies
 - Sportsmanship, ethical conduct and fair play

- III) **To be an integral part of the secondary school curriculum:**
 - Inspiring all athletes to give their highest effort in the classroom, as well as on the playing field

- IV) **To stress the importance of self-discipline in both the classroom, the community, and on the field:**
 - Teach our athletes that dignity, self-worth and self-esteem are achieved through hard work

- V) **To create a positive school climate that is enhanced when student-athletes and remaining student population 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.

- VI) **To 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 violations.

Code of Ethics for Parents, Spectators, Student/Athletes and Coaches

Code of Ethics for Spectators – Spectators will be expected to:

- Attempt to understand and be informed of the playing rules.
- Appreciate a good play no matter who makes it.
- Cooperate with and responds enthusiastically to cheerleaders/dance team.
- Shows compassion for an injured player; applauds positive performance; does not heckle, jeer or distract players; and avoids use of profane and obnoxious language and behavior
- Respect the judgment and strategy of the coach, and does not criticize players or coaches for loss of game.
- Respect property of others and authority of those who administer the competition
- Censure those whose behavior is unbecoming.
- Respect officials and accepts their decisions without gesture or argument.

Code of Ethics for Student/Athletes – Student Athletes will be expected to:

- Remember that academic performance is your primary responsibility.
- Read, familiarize yourself and comply with policies outlined in the Athletic Handbook AND your coach's specific set of team policies.
- Treat advisors, coaches and opponents with respect.
- Respect officials and accept their decision without argument or gesture.
- Exercise self-control at all times, setting an example for others to follow.
- Win without boasting, lose without excuse and never quit.
- Always remember that you represent Futures High School and the community, and it is a privilege.
- Return any equipment; uniforms issued to the participant must be returned in the same condition at the end of the activity. Equipment that is lost, damaged or stolen is the responsibility of the participant, and it is the responsibility of the participant to make restitution to the school.
- Report any injury to the coach no matter how slight the injury may appear. If the injury requires a physician's care, the participant must have written permission from the doctor before returning to the activity.
- Attend classes the day of, and after, a competition.

Code of Ethics for High School Coaches – Coaches will be expected to:

- Teach attitudes, proper habits, knowledge and skills. The athletic program is designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student athlete should be treated as an individual whose welfare shall be primary at all times. The coach must be aware that he or she serves as a model in the education of the student athlete and, therefore, shall never place the value of winning above the value of character building.
- Constantly uphold the honor and dignity of the teaching profession. In all personal contact with the student athlete, officials, athletic directors, school administrators, the state high school athletic association, the media and the public, the coach shall strive to set an example of the highest ethical and moral conduct.
- Support and enforce school rules for the prevention of drug, alcohol and tobacco use and abuse, and under no circumstances shall authorize the use of these substances.
- Promote the entire interscholastic program of the school and direct his or her program in harmony with the total school program.
- Become thoroughly acquainted with contest, state, league and local rules, and is responsible for their interpretation to team members. The coach shall abide by the letter and spirit of these rules at all times.
- Respect and support contest officials. The coach shall not indulge in conduct that will incite players or spectators against the officials or against each other. Public criticism of officials or players is unethical.

Code of Ethics for Parents of Athletes – Parents/Guardians will be expected to:

- Encourage your child and team – be enthusiastic – show school spirit.
- Maintain a positive attitude whether your team is winning or losing.
- Refrain from being insulting or showing bad sportsmanship during the competition. Any problems or concerns should be brought to the attention of the coach or the athletic director at another time.
- Support the team with team sponsored events, such as fundraising initiatives, phone trees, etc.
- Exhibit good sportsmanship at all times. Spectators, including parents, who, in the judgment of the principal, athletic director, and/or the site administrator, behave in ways that are inappropriate and in violation of the Sportsmanship/Ethical guidelines will be warned about the behavior and then will be asked to leave the competition, immediately.
- Respect the judgment and strategy of the coach.
- Be positive and not criticize players or coaches for loss of game.

ACADEMIC ELIGIBILITY



Definitions:

A. **Academic eligibility period:** is the period of time during which a student-athlete may participate in interscholastic athletics and extracurricular activities. Academic eligibility periods are determined by the date of issuance of report cards reflecting grades earned during each marking period.

B. **Academic probation:** is the consequence for a student-athlete who fails to maintain academic eligibility standards.

C. **Academic ineligibility:** is the consequence for a student-athlete who fails to meet academic eligibility standards at the end of an academic probation period or academic eligibility period. If grade or behavior requirements are **not** met students may **not** try out and/or participate in athletic competitions. A **behavior deficiency** constitutes two U's. A **grade deficiency is two or more F's and/or less than a cumulative G.P.A. of 2.0.** During the season if the deficiency is **not** removed within two weeks, student athletes will be removed from the team (Student athletes may participate in practice while making up deficiencies, but may not participate in games/contests).

D. **Academic ineligibility period:** is the period of time during which a student-athlete is ineligible to participate in interscholastic athletic practices, interscholastic athletic contests or extracurricular activities, contests or performances.

E. **Interscholastic athletics:** is a school-approved, individual or team interscholastic athletic contests between two or more schools.

F. **Extracurricular activities:** is a school-approved non-interscholastic athletic activity for which a student-athlete does not receive a letter grade and which normally occur outside of the regular instructional day. This includes state, county, and school elected and/or appointed officers of the student government.

ATHLETIC CLEARANCE

Each student wishing to try-out for a sport **must** complete an Athletic Packet and have a current Athletic Physical on file. Also, prior to try-outs, all school fines incurred by the student must be paid. The student and the student's parent or guardian must complete all of the forms in the Athletic Clearance packet and have a physical each year.

Packets are available in the office, and contain the following sections to be completed:

1. Medical History
2. Physical Examination
3. Agreement for Team Participation
4. Concussion and Head Injury Information Sheet

Completed paperwork must be turned in to the main office, Care of Adrienne Herbst, Athletic Director. Paperwork generally takes one full day to process. Don't wait until the first day of tryouts or you may not have your Clearance Card in time to participate!

PRE-PARTICIPATION PHYSICAL SCREENING - MEDICAL HISTORY

This medical history and exam is only intended to determine ability to participate in sports and is not a substitute for regular exams by your physician.

Last Name: _____ First Name: _____

Sex: F M DOB: _____ Age: _____ Grade: _____

Address: _____

Personal Phone: _____

Physician's Name: _____

Phone: _____

Insurance Carrier: _____

Policy Number: _____

Parent/Guardian: _____

Phone (H): _____ Phone (W): _____

Phone (C): _____

Emergency Contact: _____

Phone (H): _____ Phone (W): _____

Phone (C): _____

Name the Sports You Intend to Play:

Fall: _____ Winter: _____

Spring: _____

Schools Attended (other than Futures) in last 12 months: _____

Yes No 1. Have you had a medical illness or injury since your last check up or sports physical? Do you have an ongoing or chronic illness?

Yes No 2. Have you ever been hospitalized overnight? Have you ever had surgery?

Yes No 3. Are you currently taking any prescription or non-prescription medication or pills, or do you use an inhaler?

Yes No 4. Have you ever taken any supplements or vitamins to help you gain or lose weight or improve your performance?

Yes No 5. Do you have any drug addiction, mental illness, or nervous disorders

Yes No 6. Do you have any allergies (medication, food, insect bites or stings, etc.)? Have you ever had a rash or hives develop during or after exercise?

- Yes No 7. Do you have diabetes, hypoglycemia, or excessive thirst?
- Yes No 8. Do you have anemia, leukemia, or any blood disorder?
- Yes No 9. Have you ever passed out, been dizzy, or had chest pain during or after exercise? Do you get tired more quickly than your friends do during exercise?
- Yes No 10. Have you ever had racing of your heart or skipped heartbeats? Have you ever been told you have a heart murmur? Has a physician ever denied or restricted your participation in sports for any heart problems?
- Yes No 11. Have you had high blood pressure or high cholesterol?
- Yes No 12. Has a family member or relative died of heart problems or of sudden death before age 50?
- Yes No 13. Have you had a severe viral infection (myocarditis or mononucleosis) within the last month?
- Yes No 14. Do you have any current skin problems?
- Yes No 15. Have you ever had a head or neck injury or concussion? Have you ever been knocked out, become unconscious, or lost your memory? Have you ever had a seizure? Do you have frequent or severe headaches? Do you have curvature of the spine?
- Yes No 16. Have you ever had numbness or tingling in your arms, hands, legs or feet? Have you ever had a stinger, burner, or pinched nerve?
- Yes No 17. Have you ever become ill from exercising in the heat?
- Yes No 18. Do you cough wheeze, or have trouble breathing during or after exercise? Do you have asthma? Do you have seasonal allergies that require medication?

Yes No 19. Do you use any special protective or corrective equipment or devices that aren't usually used for your sport or position (knee brace, retainer, hearing aid)?

Yes No 20. Have you had any problems with your eyes or vision? Do you wear glasses, contacts, or protective eyewear?

Yes No 21. Have you ever had a sprain, strain, or swelling after injury? Have you broken or fractured any bones or dislocated any joints?

Yes No 22. Have you had any other problems with pain or swelling in muscles, tendons, bones or joints?

Yes No 23. Have you ever had a hernia, kidney problem, or testicle problem?

Yes No 24. Do you lose weight regularly to meet weight requirements for your sport?

Yes No 25. Do you know of any reason why you should not participate in sports?

Explain "Yes" answers here (use additional sheet if necessary):

CONSENT TO TREAT: In case of medical emergency, illness or injury, I/we hereby give permission to school district personnel to transport my son/daughter to a medical facility to receive emergency treatment.

 Mother/Father/Guardian's Name (Please Print)

Mother/Father/Guardian Signature: _____ Date: _____

PRE-PARTICIPATION PHYSICAL SCREENING - PHYSICAL EXAMINATION

Name: _____

Height: _____ Weight: _____ Pulse: _____ Blood Pressure: _____

	NORMAL FINDINGS	ABNORMAL FINDINGS	INITIALS
MEDICAL			
General Appearance			
Eyes/Ears/Nose/Throat			
Teeth			
Lymph Nodes			
Heart			
Pulses			
Lungs			
Abdomen			
Hernia (males only)			
Skin			
MUSCULOSKELETAL			
Neck			
Back/Spine			
Shoulder/Arm			
Elbow/forearm			
Wrist/Hand			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot			



PHYSICIAN'S CLEARANCE

_____ Cleared for Full Participation _____ No Participation

Reason:

_____ Able to participate with the following limitations: _____

Signature of Physician: _____ **Date:** _____

Futures High School Student-Athlete Grade-Check Form

**COACHES/STUDENT ATHLETES: This is the official grade check form.
NO substitutes will be accepted.**

(Please fill out the grade check form in ink please)

NAME: _____ DUE DATE: _____

SPORT: _____ COACH: _____

Student Athletic Grade Check Instructions: Students are to follow these steps:

1. Print your NAME, SPORT, DUE DATE, and COACH.
2. Give this form to **each** teacher at the **beginning** of the period and pick it up at the end of period.
3. **Take completed form home and have your parent/guardian sign it.**
4. Return your completed form, including PARENT/GUARDIAN SIGNATURE to your coach.
5. You **cannot** try out without a completed grade check form, including parent signature.

NO EXCEPTIONS!

Grade in Progress

Period	Subject	Behavior	Grade	Teacher Signature
1.		S / U	A / B / C / D / F	_____
2.		S / U	A / B / C / D / F	_____
3.		S / U	A / B / C / D / F	_____
4.		S / U	A / B / C / D / F	_____
5.		S / U	A / B / C / D / F	_____
6.		S / U	A / B / C / D / F	_____

If grade or behavior requirements are **not** met students may **not** try out and/or participate in athletic competitions. A behavior deficiency constitutes two U's. **A grade deficiency is two or more F's and/or less than a cumulative G.P.A. of 2.0.** During the season if the deficiency is **not** removed within two weeks, student athletes will be removed from the team (Student athletes may participate in practice while making up deficiencies, but may not participate in games/contests).

Parent Signature

Student Signature

Return to your coach **after** your parent/guardian signs form. Grade checks **must** be turned in before practice starts on due date. **No exceptions!**

HEAD COACH – SEASON EVALUATION

Coach's Name: _____ Sport Coached: _____ Year: _____

Directions: Coach is to mark assessment with a “√” Athletic Director will mark an “X”

Rating Scale: E = Excellent S = Satisfactory N = Needs Improvement U = Unacceptable

I. PROFESSIONAL AND PERSONAL RELATIONSHIPS E S N U

1. Submits team rosters, bus request, year-end reports and program information on due dates as requested.
2. Understands and follows rules and regulations as set forth by the CIF San Joaquin Section, the League and Twin Rivers Unified School District
3. Works cooperatively with Athletic Director, maintenance staff and other personnel who are part of the athletic program.
4. Cooperates with news media and uses media effectively to reward the effort of team/individuals.
5. Shows self-control and poise in areas related to coaching responsibilities, including sideline conduct toward game officials.
6. Provides rules and expectations to team members in writing and enforces them.
7. Works with team/individuals to develop appropriate goals, team spirit and unity.
8. Sells program to student body to maintain appropriate participation.
9. Has confidence and respect of student-athletes.
10. Participates in in-service meetings and other activities to improve coaching.
11. Develops relationships and works cooperatively with other coaches in the athletic program.

II. COACHING PERFORMANCE E S N U

1. Is well versed and knowledgeable in all aspects of assigned sport and can effectively teach them.
2. Establishes the fundamental philosophy, skills and techniques to be taught by the staff through periodic staff meetings.
3. Develops a well-organized practice schedule which utilizes his/her staff and team to its maximum potential.
4. Effectively utilizes practice time for both individual and team development.
5. Delegates authority with responsibility while remaining accountable for such delegations.
6. Develops integrity within the coaching staff, and works to make better coaches.
7. Understands the medical aspects of the position, including CPR, first aid, injury policies, working with team doctor and athletic trainers.
8. Provides leadership and attitudes that produce positive efforts by participants.
9. Team performance consistent with quality of athletes available.
10. Has individual and team discipline and control.
11. Develops respect by example in appearance, manners, behavior, language and conduct.

12. Provides an atmosphere of cooperation in being receptive to suggestions and giving credit to those responsible for success.
13. Is fair, understanding and patient with team members.
14. Shows an interest in student-athletes in off-season activities and classroom efforts.
15. Has awareness of legal coaching responsibilities and operates within those responsibilities.

III. RELATED COACHING RESPONSIBILITIES

E S N U

1. Is concerned about the proper care of equipment
2. Follows proper procedure for purchase of equipment
3. Attends to factors which relate to athletic safety.
4. Is cooperative in sharing facilities.
5. Provides proper supervision and security of athletic locker rooms

Signature: _____ (Coach) Date: _____

Signature: _____ (Athletic Director) Date: _____