

# Durham High School Student Athletic Handbook



**2009 • 2010**

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Student Athletic Handbook  
2009-2010**

**Table of Contents**

Philosophy of Interscholastic Athletics.....	1
Durham Athletics Mission Statement.....	2
Introduction.....	2
Parent Expectations.....	2-3
Athletic Bylaws/Guidelines.....	3-4
Academic Eligibility.....	4
School Attendance.....	4-5
Practice Attendance.....	5
Care of Athletic Equipment.....	5-6
Athletic Awards.....	6
Sportsmanship.....	6
General Behavior.....	6-7
Transportation / Road Trips.....	7
Rules Relating to Tobacco Use during School Hours and at School Activities.....	7-8
Rules Relating to Alcohol and Drugs during School Hours and at School Activities.....	8-9
Honor Code.....	9
Drug Testing.....	9
Leaving a Team.....	9
Procedures Regarding Suspension of an Athlete.....	10
Athletic Clearance Form.....	10
General Remarks.....	10
Parent/Guardian, Student Acknowledgement Form (Sign & Return).....	11

**Philosophy of Interscholastic Athletics**

The major objective of the Durham High School athletic program is to provide wholesome opportunities for students to develop favorable habits and attitudes through their experiences.

The leadership should be of the highest quality, so as to exemplify to the participants the desired type of individual to be developed from the Athletic Program. Measurement of the success of the leadership should not be in terms of the tangible evidence of the victory and defeat record, but in the intangible personality development.

The Athletic Program should always be in conformity with the general objectives of the school, and the athletic administration should be in line with the general policies of the institution. At no time should the program place the total education curriculum secondary in emphasis; the program should function as a part of the whole curriculum and should constantly strive for the development of a well-rounded individual, capable of taking his place in modern society.

## **Durham Athletics Mission Statement**

The athletic facilities are our classrooms and the game is our vehicle to teach lifelong lessons, create memorable experiences, and to have fun! It is the mission of our program to establish character and sportsmanship in our student-athletes. The character goals we will emphasize are:

- Commitment
- Respect
- Unity
- Confidence
- Excellence
- Humility
- Courage

## **Introduction**

The four years in which you represent your high school in interscholastic competition under the auspices of the California Interscholastic Federation (CIF) and Durham High School (DHS) may be four of the most enjoyable years in your life. As you compete, you will have local and state rules and regulations you must follow in order that your interscholastic participation and competition can be a profitable educational experience.

The principal of DHS is responsible to certify the eligibility of all students representing the school in interscholastic athletics. The athletic director and principal have complete copies of all CIF, Section, and DHS eligibility rules.

Information contained in the pamphlet highlights the important features of the CIF bylaws regarding athletic eligibility and includes DHS athletic guidelines. You may lose your eligibility to represent DHS in interscholastic athletics if you violate these bylaws/guidelines. It is extremely important that you review the material contained in this pamphlet with your parents, so that you thoroughly understand the implications to you as an athlete at Durham High School. If you need assistance with respect to eligibility or any other questions regarding this handbook, contact your coach, athletic director, or principal.

## **Parent Expectations**

Parents, along with the coach, should be excellent role models of all character qualities mentioned in this handbook. The following ideas are a few things you can do to help Durham Athletics be a quality experience:

1. Make sure your children know you love them, appreciate their efforts, and be the most constant and positive person in their lives.
2. Teach your children to always feel good about themselves when giving their best.
3. Be a great fan. Attend games and scrimmages.
4. Show respect for the opponents and game officials.
5. When communicating with coaches, see the following Guidelines for Communicating with Coaches:

**Parents are encouraged to discuss:**

1. Ways to help their child improve.
2. Treatment of their child.
3. Concerns about their child's behavior.
4. Coaches expectations for their child.
5. Team rules.

**Things that are “Off Limits” for the discussion:**

1. Playing time.
2. Game Strategies.
3. Other student-athletes.

**Three Step Procedures for Communicating with a Coach:**

1. If appropriate, talk with your son/daughter about their question. What is your child's perspective? Can your child solve the problem by himself/herself?
2. Set up a meeting with the coach if you still have questions. This meeting will remain as an informational meeting where you can ask questions, listen, and have a discussion. Remember that the coach makes decisions for the good of the team based on practice, ability, attitude, and chemistry.
3. If questions remain, set up a meeting with the athletic director, coach, and yourself.

**Guidelines for all Meetings:**

1. The conversation must be in a professional manner with regard to both language and conduct.
2. Everyone will get a chance to talk, but everyone must listen.
3. Emotional control by all parties is imperative.
4. Meetings must not occur on game days, practice times, or on Sundays, and are held only by appointment.

**Athletic Bylaws/Guidelines**

Any student enrolled at Durham High School (DHS) who satisfies the requirement of the California Interscholastic Federation (CIF) and those of the District, is eligible to try out for an athletic team.

**North Section/CIF Eligibility Requirements:**

1. **Age Limit**—Article 2, Section 201: Ineligible if 19 on or before June 15.
2. **Semesters of Eligibility**—Article 2, Section 202: Student is eligible for the first eight semesters of his/her high school attendance.
3. **Transfer Rule**—The CIF requires that students who participate on a school team must be living with parents or legal guardians who reside within the school's attendance boundaries. All exceptions to this rule require special permission, and forms and letters of approval are to be on file before a student can be declared eligible. Questions about these exceptions should be addressed to the athletic director at DHS.
4. **Amateur Standing Rule**—Article 4: A student who violates CIF amateur or award rules shall be barred from CIF competition in that sport.

5. **Outside Competition**—Article 6, Section 600: A student on a school team becomes ineligible if he/she competes in a contest on an outside team in the same sport during the high school season of sport.
6. **All Star Competition**—Article 9: Any pupil taking part in a prohibited All Star contest shall be barred from ALL CIF athletic contests.

**Note:** Because the penalty for allowing an ineligible athlete to participate is severe (the team must forfeit all the contests in which the athlete participates), any deviations from the above rules should be brought to the coach's attention at the beginning of the season, to make sure all appropriate forms and approvals are on file. An athlete who is dishonest about these rules places an entire team in jeopardy. Any athlete known to be violating any of these rules should be immediately reported to the coach to avoid penalizing the entire team.

### **Academic Eligibility**

It is the policy of the Durham Unified School District that students who desire to participate in the Interscholastic Athletic Program will be making satisfactory progress toward graduation. To be eligible to participate in interscholastic athletics the following rules will apply.

1. The student will have earned a GPA of no less than 2.0, and have received no "F's" in all classes attempted the previous grading period—eligibility will be checked at the end of each grading period and each semester.
2. Incomplete grades (I) will be computed as "F" grades for eligibility purposes.
3. The student will be currently enrolled and passing no less than four classes.
4. Summer school credit may be added to spring semester credits to make up unit or grade deficiencies.
5. All eligibility evaluation criteria will be effective no later than the 3<sup>rd</sup> school day following the day determined by the principal to report grades. All students must be declared eligible and/or ineligible on the same date. The athletic director will notify coaches.
6. All incoming students, including but not limited to incoming 9<sup>th</sup> graders, must follow all appropriate academic eligibility policies.

### **School Attendance**

1. The student is to attend all classes regularly and punctually, and to make every effort to complete all class assignments on time and to the best of his/her ability.
2. The student must attend all classes on a given day in order to attend team practice or participate in an interscholastic contest, unless he/she has verification of a medical appointment or other legitimate excuse as determined by the athletic director or principal. This includes that if you attend morning practice you must be at school for the rest of the day. If this policy is violated, the coach will suspend the student athlete from the next athletic contest.

3. A student is temporarily ineligible to practice or participate in any way on an athletic team while suspended from any class.
4. Unexcused absences: Once the team coach has been notified that a student athlete has an unexcused absence from any class or assigned detention, the coach will suspend the student athlete from the first contest following the notification. Approval authority for exception to this policy lies with the athletic director or principal. Faculty and staff notifying coaches of unexcused absences should do so in a timely manner.
5. Students will dress down and participate in their P.E. classes on game days. If a student does not participate in P.E., they are not eligible to practice or play.

### **Practice Attendance**

1. Students who participate in athletics make a commitment to a team and are expected to maintain good attendance.
2. Students are expected to attend all practices and contests unless they are absent from school due to illness or they are excused by their coach. Students are expected to communicate directly with the coach when they cannot attend a practice.
3. Unexcused absences from practice or failure to maintain good attendance may be cause for removal from a team.
4. Coaches may adopt individual rules for practice and contest attendance.

### **Care of Athletic Equipment**

The district provides a great deal of money to maintain and purchase proper equipment. Equipment is to be handled properly for financial reasons and also to teach students responsibility.

1. All equipment will be inventoried, numbered, and checked out by coaches.
2. Students are expected to turn in the same piece(s) of equipment checked out to them. It is the student's responsibility to check the equipment numbers checked out, to make sure they match the numbers recorded.
3. Equipment should be returned in the same condition as it was received. Equipment and uniforms should be cleaned and washed before being returned. Students are expected to make arrangements to have torn or ripped clothing repaired prior to turning it in.
4. Broken equipment must be returned before a replacement can be issued.
5. Students are responsible for the security of their equipment and uniforms. Students will be financially responsible for replacing any lost or stolen equipment or uniforms. In some cases, particularly with game uniforms, the replacement fee may be higher than the original purchase price because special processing and printing may be required to duplicate the uniform.
6. All lost or stolen equipment and uniforms will be reported to the police department. Any student found wearing equipment reported as stolen may be charged with possession of stolen property.

7. No awards (letters, trophies, etc.) will be issued until all equipment is returned and/or paid for.
8. **Students must return or pay for all equipment before they can practice or participate in another sport.** In unusual circumstances when a significant amount of money is owed, arrangements for repayment may be made with the coach and the athletic director.

### **Athletic Awards**

All athletes are to abide by the school rules concerning the earning and wearing of the school “Block D” athletic award.

1. At Durham High School the student earns the Athletic award on a participation system. The “Block D” will be awarded after the athlete has lettered in his/her first sport.
2. The earning of the “Block D” applies to athletes, managers, and cheerleaders only.
3. Athletes must complete the entire season with the team, including all playoff or section championship contests, in order to receive any school award for that sport.
4. Individual sport symbols will be awarded every year an athlete participates on a team.
5. A special award will be presented to all seniors who have played three sports for four years.

### **Sportsmanship**

Participation in the Athletic Program of this district requires adherence to the highest standards of good sportsmanship. Aspects of good sportsmanship include ensuring fairness in competition and exhibiting respect for the people and institutions associated with athletic contests.

In order to promote fairness in competition, a series of rules governing each sport have been adopted. Good sportsmanship requires that athletes adhere to the rules of the game. Further, it requires that athletes comply with the spirit of those rules which were written to promote fairness. Athletes of Durham High School will be required to comply with the rules of each sport and to further ensure that fairness in competition is not limited by their actions in any way.

An additional aspect of good sportsmanship includes respect for all people and institutions associated with athletic competition. Athletes of Durham High School will be required to exhibit respect for officials, coaches, fans, and opponents.

Athletes must understand that compliance with the standards of good sportsmanship is an absolute which is required regardless of the particular situation. Good sportsmanship is required by athletes experiencing success or failure, victory or defeat. Athletes who find themselves unable to comply with these standards must understand that their opportunity for participation may be limited or removed.

### **General Behavior**

An athlete’s behavior should not embarrass himself, the team, the school, the district, or the community. Athletes accept responsibility for their actions both on and off the field. Unsportsmanlike conduct, and disrespect to any person or institution will not be tolerated and may be cause for removal from a team.

1. Throwing of equipment, profanity, or any similar displays of unsportsmanlike behavior will not be tolerated.

2. Defiant behavior and back-talk toward any coach, school official, or game official, will not be tolerated. Any disagreements should be handled in private mature discussions.
3. Any student who steals, damages, or possess without permission a teammate's property, DHS school property, or property from any other school will be ineligible to participate in any interscholastic contests for a period of at least two weeks. The student may continue to practice with a team, but may not wear a school uniform or otherwise represent a team in any interscholastic contest.
4. Steps as outlines under "Procedures Regarding Suspension of an Athlete" will be followed (see page 9).

### **Transportation/Road Trips**

The district provides transportation for most away contests. Students are normally expected to go and return on the district-provided transportation. The following guidelines will be followed:

1. Buses will leave on time. Students who miss a bus may not participate in the contest except as provided below:  
If for some acceptable reason (such as a doctor's appointment) a student cannot leave on the regularly scheduled bus, the student may contact his/her coach or the athletic director before the date of the contest to see if other transportation arrangements can be made.
2. At the coach's discretion, students may be signed off the bus by their parents only.
3. All athletes will dress in an appropriate manner for bus trips. Coaches will establish requirements for proper attire.
4. Students are expected to conduct themselves in a mature, responsible manner. Profanity and inappropriate behavior will not be tolerated.
5. All athletes will remain under the supervision of their coach while attending an away contest.
6. At no time will any student be allowed to drive or ride with another student to or from a contest.

### **Rules Relating to Tobacco during School Hours and at School Activities**

For the following sections related to student discipline and behavior, please note the following as stated in the **California Education Code Section 48900(r)**:

*48900(r): A pupil shall not be suspended or expelled for any of the acts enumerated in this section, unless that act is related to school activity or attendance occurring within a school under the jurisdiction of the superintendent or principal or occurring within any other school district. 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.*
- (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.***

Please also note the policy of the Durham Unified School District Board in regards to the use of tobacco or related products:

***The Governing Board recognizes that tobacco use presents health hazards and desires to discourage students' use of tobacco products.***

***(cf. [3513.3](#) - Tobacco-Free Schools)***

***Students shall not smoke, chew or possess tobacco or nicotine products on school property or during school hours, at school-sponsored events, or while under the supervision of district employees. Students who violate this prohibition shall be subject to disciplinary procedures which may result in suspension from school.***

Students should understand that the coaches at Durham High School and the administration of the district believe that the use of tobacco is not acceptable for high school athletes for health and safety reasons.

1. Any student who smokes, chews, or possesses tobacco in any form will be ineligible to represent the school in any interscholastic contest for seven (7) active season days from the date of the infraction. These suspension days will not include school holidays. With coach and administrative approval, the student may continue to practice with a team, but may not wear a school uniform or otherwise represent a team at any interscholastic contest. This includes traveling to and from the contest with the team.
2. A second offense involving tobacco will cause the student to be ineligible for one calendar year from the date of the infraction. The student may not practice or participate with a team during the period of ineligibility.

**Rules Relating to Alcohol and Drugs during School Hours and at School Activities  
(Subject to board review and possible modification during the 2009-2010 school year)**

For the following sections related to student possession of any controlled substance, please note the following as stated in the **California Education Code Section 48915(a)(3)**:

***Except as provided in subdivisions (c) and (e), the principal or the superintendent of schools shall recommend the expulsion of a pupil for any of the following acts committed at school or at a school activity off school grounds, unless the principal or superintendent finds that expulsion is inappropriate, due to the particular circumstance:***

- (3) Unlawful possession of any controlled substance listed in Chapter 2 (commencing with Section 11053) of Division 10 of the Health and Safety Code.***

And as stated in **California Education Code Section 48900 (c)**:

*A pupil shall not be suspended from school or recommended for expulsion, unless the superintendent or the principal of the school in which the pupil is enrolled determines that the pupil has committed an act as defined pursuant to any of subdivisions (a) to (q), inclusive:*

*(c) Unlawfully possessed, used, sold, or otherwise furnished, or been under the influence of, a controlled substance listed in Chapter 2 (commencing with Section 11053) of Division 10 of the Health and Safety Code, an alcoholic beverage, or an intoxicant of any kind.*

1. The athlete who is caught using or in possession of alcohol or drugs will be suspended from the team for fourteen (14) active season days from the date of the infraction. These suspension days will not include school holidays. With coach and administrative approval, the student may continue to practice with a team, but may not wear a school uniform or otherwise represent a team at any interscholastic contest. This includes traveling to and from the contest with the team.
  - a. A student may regain athletic eligibility at the end of fourteen (14) days by submitting a negative drug and alcohol test. Any fee for the test is the responsibility of the student/guardian.
2. A second offense involving alcohol or drugs will cause the student to be ineligible for one calendar year from the date of infraction. The student may not practice or participate with a team during the period of ineligibility.
3. Any alcohol or drug offense will also be treated the same as a violation of the District Drug Testing Policy (5131.61)

### **Honor Code**

**(Subject to board review and possible modification during the 2009-2010 school year)**

Student athletes understand that they represent Durham Unified School District and Durham High School. Student behavior, whether directly connected to a sport or not, can affect the student's privilege of representing Durham Unified School District & Durham High School. Proven conduct unbecoming someone representing the district may result in suspension from the sport / activity and loss of eligibility.

### **Drug Testing**

1. Students involved in athletics will be subject to random drug testing as per the District Drug Testing Policy.

### **Leaving a Team**

Students are encouraged to try a variety of sports. Students may leave a team up through the first calendar week of scheduled contests without penalty by personally notifying the coach that they no longer wish to participate. After this "try-out" period, the athlete leaving a team without the coach's approval will be ineligible to participate in any sport during that sport season. Any appeal to this must be made in writing to the athletic director within five (5) school days after the athlete's last day of practice.

## **Procedures Regarding Suspension of an Athlete**

This will be followed in view of any aforementioned policies.

1. The coach of the sport in progress will inform the student of the infraction.
2. The student will have the opportunity to explain her/his action
3. After consideration of the facts of the incident, the coach and or administration will take appropriate action which would include notifying the student's parents.
4. If the student or the student's parents wish to appeal the decision, the case may be presented in writing to the athletic director.
5. The Athletic Director will convene an Athletic Review Board to consider the matter. The Athletic Review Board will be made up of the Athletic Director, the coach involved, and an administrator.
6. The Review Board will convene within ten (10) school days after the request is received by the Athletic Director and as soon as it is convenient for those involved to meet. The athlete and his/her parents will be encouraged to participate in the meeting. A decision by the Board will be rendered within 24 hours from the conclusion of the hearing.
7. At the termination of the suspension, the athlete will go before the Athletic Director to regain eligibility by making sure all stipulations of the suspension have been met.

## **Athletic Clearance Form**

1. Every student wishing to participate in a sport at Durham High School must have on file with his/her coach an Athletic Packet. The student and his/her parents or guardians must complete all the questions and have the required signatures before turning the form into the coach. This packet includes the following clearances:
  - a. Sports Candidate Questionnaire
  - b. Health Examination Form (Physical Form)
  - c. Emergency information
  - d. Insurance verifications
  - e. General Authorization-Athletic Participant signature form
  - f. Assumption of Risk-Consent to treat
2. The athlete must have a yearly physical from a qualified physician who will complete the health examination portion of the Athletic Packets. In order to be accepted for athletics, the physical must be completed after July 1 of the school year in which the athlete plans to compete.
3. Athletic Packets are available in the main office at Durham High School. The student's parents must first complete the Sports Candidate Questionnaire before going to the physician.
4. The completed forms should be given to the coach.

## **General Remarks**

A student athlete is a special individual—special both in terms of the opportunities and responsibilities encountered. Working hard, playing hard, and living up to high behavior standards will help students in their future endeavors. We are pleased to have you as a part of our athletic program. Your coaches want to work with you to make this one of the most important and enjoyable experiences of your high school career.

*Please return this form, signed and dated by both the parent/guardian and student, to your coach at Durham High School prior to the first practice session of your sport.*

**We acknowledge that we have read and understand all rules and regulations contained in the Durham High School Student Athletic Handbook for the 2009-2010 school year.**

**We also acknowledge the responsibilities of adhering to the Honor Code as an athlete representative of Durham Unified School District and Durham High School.**

**We further acknowledge that we will abide by all conditions set forth in the Durham High School Athletic Handbook for the 2009-2010 school year.**

\_\_\_\_\_  
**Athlete's Signature**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Parent/Guardian's Signature**

\_\_\_\_\_  
**Date**