



SAN MARCOS HIGH SCHOOL

CALIFORNIA DISTINGUISHED SCHOOL 1994 & 2005

Norm Clevenger – Principal
Ed Behrens – Assistant Principal
Jennifer Foster – Assistant Principal
Roxanna Stern- Assistant Principal
Dan Garske- Teacher on Special Assignment
Abe Jahadhmy – Athletics Director
Erik Nielsen – Head Counselor

Dear Parent:

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 personal adjustments.

We, who are concerned with the educational development of boys and girls through athletics, feel that a properly controlled, well-organized sports program meets students' needs for self-expression, mental alertness and physical growth. It is our hope to maintain a program that is sound in purpose and will further each student's educational maturity.

A student who elects to participate in athletics is voluntarily making a choice of self – discipline. These are the reasons we place so much stress on good training habits. Failure to comply with the rules of training and conduct will mean exclusion from the squad. There is no place in high school athletics for students who will not discipline their minds and bodies for rigorous competition. We are striving for excellence and do not want our athletes to compromise with mediocrity.

When your son/daughter enlisted in one of our sports programs, he/she committed our staff to certain responsibilities and obligations, which are:

1. To provide adequate equipment and facilities
2. To provide well trained coaches
3. To provide equalized contests with skilled officials, and
4. To provide adequately supervised transportation, to name a few.

Likewise, we feel that you have committed yourselves to certain responsibilities and obligations. May we take this opportunity to acquaint you with specific policies that are necessary for a well – organized program of athletics.

It is the role of the Department of Athletics 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 parents. It is our hope to accomplish this objective through this athletic information packet for students and parents.

Sincerely,

Abe Jahadhmy
Athletic Director

Instructions for Completing the Athletic Code Packet

- Step 1.** Both you and your parents/guardians read cover letter.
- Step 2.** Both you and your parents/guardians read and discuss Catastrophe Paper and Athletic Code. Both of you sign two places on back of insurance card.
- Step 3.** Fill out insurance card. If you want school insurance, fill in the top half of the card and put first day of practice as the date insurance is taken out.
- Step 4.** Parents/Guardians sign back of Insurance Card/Parent permission (bottom of card).
- Step 5.** Fill out Physical Card and take with you for your physical for doctor's signature.
- Step 6.** Parents/Guardians need to complete both sides of the Emergency Form.
- Step 7.** Bring Athletic Packet (Insurance Card, Physical Card, and the Emergency Card) to school.
- Step 8.** Students are strongly encouraged to purchase an ASB card at the Business Office for \$30 or a Royal Card \$120 (Royals Cards are sold at Royal Return through the month of September only). Students without ASB cards will have to purchase their Chenille Letters and graduation numbers.
- Step 9.** Please return Booster Membership to office.
- Step 10.** Please return completed packet to your Coach.

Catastrophe Paper

Warning to Students and Parents/Guardians

Serious, catastrophic and perhaps fatal injury may result from athletic participation.

By its very nature, competitive athletics may put students in situations in which **serious, catastrophic** and, perhaps, **fatal accidents** may occur.

Many forms of athletic competition result in violent physical contact among players: the use of equipment, which may result in accidents; strenuous physical exertion; and numerous other exposures to risk of injury.

Students and parents/guardians must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution, or supervision will totally eliminate all risk or injury. Just as driving an automobile involves choice of risk; athletic participation by high school students also may be inherently dangerous. The obligation of parents/guardians and students in making this choice to participate cannot be over-stated. There have been accidents resulting in death, paraplegia, quadriplegia, and other very serious permanent physical impairment as a result of athletic competition.

By granting permission for your student to participate in athletic competition, you, the parent or guardian, acknowledge that such risk exists.

By choosing to participate, you, the student, acknowledge that such risk exists.

Students will be instructed in proper techniques to be used in athletic competition and in the proper utilization of all equipment worn or used in practice and competition. Students must adhere to that instruction and utilization and must refrain from improper uses and techniques.

As previously stated, no amount of instruction, precaution, and supervision will totally eliminate all risks of serious, catastrophic or even fatal injury.

If any of the foregoing is not completely understood, please contact your school principal for further information.

San Marcos High School Royals Athletics Department Athlete's Code Agreement

Traditionally, the athlete in our society has represented that which is dedicated, intelligent, and well disciplined. They are dedicated to achieve that which is obtainable through perseverance and hard work within the framework of an individual's capabilities. An athlete has an intelligence and understanding that grows and matures with both success and adversity; discipline and self-sacrifice are directed at team success rather than individual honors.

The nature of athletics dictates that a closeness, and *esprit de corps*, exists in order for a team to function successfully. Individual spirit and aggressiveness is encouraged, but there are certain guidelines of appearance and conduct that should be adhered to so that a winning attitude might take root and flourish.

San Marcos High School has a vital interest in demonstrating to the public that its team members are properly disciplined, dressed, and groomed, and that they act as ladies and gentlemen.

Athletics means more than competition between two individuals or two squads representing different schools. Instead, athletics is a means of teaching a very fine way of life. Athletics teaches fair play and sportsmanship; it teaches understanding and appreciation of good teamwork; it teaches that quitting means failure, while hard work eventually brings success.

With these goals in mind, a committee comprised of coaches, the athletic director, student athletes and administrators has formulated this guide for the use of all concerned. If the athletes of San Marcos High School will live in the spirit as well as by the letter of the Athletic Code, victories and championships will surely follow.

Conduct of Athletes

The conduct of athletes is closely observed in many areas of life. It is important that behavior meets the standards in all of the following areas:

1. On the field

- A. In the area of athletic competition, a real athlete never uses profanity or illegal tactics; he/she learns fast that losing is part of the contest and is gracious in defeat, modest in victory. It is always courteous to congratulate the opponent on a well-played game after the contest, whether in defeat or victory. Immature athletes often display fits of tempers, clowning, etc., when things fail to go as they desire or when being replaced by a teammate. A true athlete has complete control at all times.

2. In the classroom

A. Scholastics Eligibility for Participation

To be eligible for activities, including athletics, at San Marcos High School, a student must be on target for graduation.

B. Current Scholastic Eligibility

Since the primary purpose of the high school is to provide a good educational opportunity for all who attend, and all students should be encouraged to take advantage of this opportunity,

students who participate in the school's theater program, the athletic program, or other activities in which the participants are representing San Marcos High School, must maintain a minimum grade point average of 2.0, at their semester report. They must maintain those minimum grades at the quarter, or the student will lose his/her eligibility.

C. Behavior

All athletes should give respectful attention to classroom activities and show respect for fellow students and faculty members at all times.

D. Attendance

An athlete should have a good attendance record. They should not cut class or have excessive tardies. Absences should not be allowed to jeopardize education, eligibility and position on the team. Athletes must attend school on a regular basis and attend a full day of school in order to be eligible to participate on the day of the contest.

3. On trips

- A. On trips, we directly represent our community, school and coaches. Therefore, it is expected that all concerned will dress in an acceptable manner when traveling and conduct themselves on the bus in a manner in keeping with this Code. Violations may result in suspension from the team.

4. Personal Habits

A. Grooming

In order to inculcate good sportsmanship, respect for rules and authority, established leadership, team pride, teamwork, team discipline, as well as eliminate disruptive influences, disturbances in the locker room, on the playing field, on trips and off school grounds, the following rules were established:

- Piercing are a safety issue and are not to be displayed when athletes represent SMHS.
- Athletes should be uniformly dressed for all contests and when representing SMHS as a group.
- All athletes will keep their hair color natural during their season.
- Questions regarding dress or grooming should be directed to the head coach/Athletics Director.

5. Personal Conduct

- A. Personal conduct must be maintained which will bring credit to the athlete, the team and the school. This includes:
1. Conduct on campus
 2. Conduct at home or away contests
 3. Conduct on the bus
 4. Conduct in proper handling of school and personal property
 5. Conduct in involving the police will be reviewed by the Athletic Director and coaching staff before an athlete is allowed to continue.

6. Tobacco, alcohol and drugs

All co-curricular participants should not be in the presence of another or others where illegal use of alcoholic beverages and/or drugs is taking place. One should make every effort to remove oneself from such an environment as soon as possible.

Any documented incident involving the actions listed below will result in the additional disciplinary actions taken by the high school administrative staff **under first offense/second offense.**

- Sever violations such as vandalism, theft, possession of weapon, harassment, hate crime, verbal abuse of other students or adults, mutual combat, unprovoked assault.
- Documented substance abuse, possession of alcohol or any other intoxicant or mind-altering chemical or substance or paraphernalia on or off campus at any time during the school year, including summer.
- Possession or use of tobacco.
- **First Offense:** Student will be suspended from co-curricular performances or contests of thirty calendar days from notification date to the administration of the documented incident. The suspension must also include two weeks of athletic contests. During the suspension, the student must attend four counseling sessions with an agency set forth in the parent/guardian conference. Failure to attend the counseling sessions will result in moving to the second level (second offense).
- **Second Offense:** Student will be suspended from co-curricular participation for a period of one calendar year from the notification date of the documented incident. A program of counseling for the individual will be established at a parent/guardian conference.

7. Suspension from school

If an athlete is suspended from school, he/she will be ineligible for participation in all co-curricular activities during the duration of the suspension.

8. Miscellaneous areas

A. School Equipment

1. The athlete is financially responsible for all equipment checked out.
2. Credit will be received on items turned in only if they are items that were checked out to the athlete.
3. Athletes will treat all equipment as though it were their own personal property. They will not abuse it, and will maintain the security of all personal gear.
4. All equipment will be returned within three days after the end of the season. Athletes will not be permitted to register for another sport and awards will be held until all items have been returned.
5. Team uniforms are to be worn for what they are intended and not as personal clothing. Jackets and sweats may be worn on game days.
6. An equipment or uniform that is returned after two weeks of set due date will be subject to a twenty five dollar fine.

B. Grading

1. Students participating in athletics will receive grades on a quarterly basis. When a season ends before the quarter is over, the coach will grade the athlete for that period of time while under his supervision.
2. At the end of the season, the athlete may transfer to another sport or remain with the coach in a physical education setting. The coach or physical education teacher will be responsible for grading the student for that period of time while under their supervision. The quarter grade will consist of an average of both grades.

3. If an athlete quits a sport he may receive an “F” grade as he has not successfully completed this class.

C. Dropping out of a Sport

1. The athlete should discuss this action with the coach.
2. All awards will be forfeited.
3. Students who drop/transfer from a sport will be graded by the coach for that period of time with the sport and transferred to a physical education class.
4. Transcripts will be held up until all equipment is checked in.
5. Students who drop from a sport at any time following the first scheduled contest will not be permitted to participate in another sport the following season until the regular season of the previous sport has been completed. Such students will be placed in a regular physical education class.

D. Missing Practice or Team Meetings

The athlete will always consult or telephone the coach if a practice must be missed. Missing practice/team meetings or games without good reason may result in suspension or, if it becomes a problem, dismissal from the team.

E. A.S.B. Membership

A.S.B. and Booster Club purchase all of our awards. Unless you are a member of the A.S.B., you will not be eligible to receive any awards purchased by the A.S.B.

F. Insurance

California Law (C.C. Section 32220 – 24) states that every high school athlete while participating in athletics must be covered by: 1) a \$1500 (minimum) policy of medical and hospital insurance; and 2) a \$1500 (minimum) policy for accidental death. If the family insurance plan does not meet the education code requirements, the United Health Care Insurance Co. Plan is available.

G. Letters and Awards

1. The Head Coach of each sport shall determine and recommend requirements for that sport. At the end of the sport season, a list of names shall be submitted to the Athletic Director recommending those athletes for letters or awards who, in the coach's judgment, have met all requirements of the Athletic Code.
2. Remember, a school letter remains property of the school until graduation. Do not do anything to bring discredit to your team or school or you could lose it.

H. School Spirit

1. Athletes should think of their school and not necessarily of personal interest; this means participating in any sport where their presence would help the squad, even though they are not a “standout” in that sport.
2. Whenever possible, athletes should attend, root and support other sports they are not participating in.