

Parent - Student



Athletic Handbook

2018-2019

# **Opening and Purpose**

Welcome to Rancho Cucamonga High School (RCHS) and our Athletic Program. We are proud of our history and strive daily to improve upon our standing as an outstanding school in the Chaffey Joint Union High School District (CJUHSD), Baseline League, and California Interscholastic Federation – Southern Section (CIF-SS)

The purpose of this handbook is to introduce parents and student-athletes to the athletic program at RCHS and provide you with the basics of what you will need to know to participate in athletics here during your high school career.

This Handbook describes the following areas:

- Mission and Beliefs of the RCHS Athletic Department
- Sports and Head Coach Contact Information
- Baseline League
- Eligibility
  - Academic
  - Medical/Physical
- Commitment to Athletics
- Conduct
  - Coaches
  - Spectators
  - Athletes
  - Parents
- Communication guidelines
- Parent Support
  - Learning even in a losing cause
  - Learning Life-long lessons
  - Keeping perspective
  - College scholarship perspective
    - NCAA Requirements
- Invitation to be actively involved

# **Athletic Mission Statement**

The Mission of the RCHS Athletic Department is to provide our student-athletes with an athletic program that:

- (1) Compliments their academic studies.
- (2) Places them in an environment that teaches and models the positive qualities associated with athletic competition.
- (3) Rigorously challenges them both physically and mentally.

## **Beliefs**

- Students are the priority.
- The Athletic program adheres to the highest standards of Honesty, Pride, Dignity, Sportsmanship, Excellence, Representation, and Class.
- Nothing can interfere with the above two beliefs.
- The Athletic program is an integral part of the high school experience.
- High school athletics should be fun and rewarding.
- We encourage and support the multi-sport athlete.
- The most important result of competing in high school athletics is the learning of life-long values and skills.
- We expect to win League Championships and compete for CIF championships every year.
- We are never finished; there is always opportunity for improvement.
- New challenges are accepted, welcomed, and overcome.
- We should always be striving to improve the program performance.
- Athletic programs are most beneficial when they are competitive.
- We compete to win – every day.
- We will always strive to win but never at the expense of Honesty, Pride, Dignity, Sportsmanship, Excellence, Representation, and Class.
- Winning is an attitude resulting from optimum preparation, concentrated effort and a deep commitment to excel.
- Morale, satisfaction, performance, and excellence are enhanced when athletes work together as a team.
- The benefits to the team will always outweigh the benefits of the individual.
- Participation in high school athletics requires commitment.
- Student participation in high school athletics carries additional responsibilities and requires a higher standard of performance and excellence than that of the non-athlete student.
- Failure to live up to the standards and commitment of RCHS athletics has consequences
- Making a team does not guarantee play time.
- Coaches and coaches only, make decisions regarding playtime, play position, strategy, etc. This is not open for debate or discussion.
- Making excuses hinders the finding of solutions.
- Achievement is celebrated – disappointment supported.
- Successful athletic programs promote community and school pride.
- Open communication and mutual respect among coaches, parents, and athletes provide the foundation of a successful athletic program.
- Positive parent support and involvement enhances student growth and program quality.



## **Academic Eligibility for Athletics**

Participation in athletics at RCHS requires a student-athlete to maintain minimum academic standards to be deemed eligible to participate in interscholastic competitions. RCHS and the CIF-SS standards for athletic eligibility are:

1. The student-athlete is currently enrolled in at least 20 semester credits (4 classes).
2. The student-athlete passed at least 20 semester credits during the previous grading period.
3. The student-athlete has maintained, during the previous grading period, a minimum of 2.0 GPA on a 4.0 scale in all enrolled classes.
4. The student-athlete is maintaining minimum progress towards meeting the high school graduation requirements as prescribed by the CJUHSD

Eligibility status is reviewed and determined by the RCHS administration. Student-athlete eligibility status will change for all student-athletes at the same time on the same day – NO EXCEPTIONS. The days/dates for change in eligibility for RCHS follow the CJUHSD academic calendar. The Specific dates can be found on the RCHS Athletics Web Page.

## **Medical/ Physical Eligibility for Athletics**

Before a student can participate in tryouts or any practice or competition for a sport, he/she must have an athletic clearance from the athletic office stating the student athlete has completed the following:

- A complete physical from a physician with health history included
- Two Emergency information cards
- CJUHSD Code of Ethics form
- CJUHSD Warning, Release, Assumption of Risk form
- CJUHSD Concussion Information Sheet
- CJUHSD Publicity Authorization/Waiver
- CJUHSD Warning, Release, Assumption of Risk (off season) form

Each of these forms is contained in one packet referred to as the “Physical Packet.” It is highly recommended that parents and students get a physical packet before going to your medical physical appointment. All the information required from the doctor is contained in this packet.

Submit your completed packets to the attention: Mr. Andrew Liu – Trainer, RCHS. Only completed packets will be accepted.

Physical packets can be obtained from our web site, [www.RCHSSports.com](http://www.RCHSSports.com). Simply select the Documents tab, the Physical Packet link and print the packet.

# **Communication and the “Chain of Communication”**

In the event that you have a question or concern about your child’s participation in Athletics here at RCHS these are the proper steps to follow to satisfy your needs.

Experience has shown that parents who follow this “Chain of Communication” are much more successful in getting their questions or concerns answered promptly, clearly and concisely. Deviation from these steps makes it much more difficult for everyone involved.

Every parent must understand two very important factors regarding questions or concerns for your child in a particular sport

1. It is ***never appropriate to approach a coach before, during, or after a contest or practice.*** At these times coaches are extremely busy, have other duties to attend to, and are unable to commit themselves to your situation like you want or deserve. The Head Coach for your child’s sport will have communicated to you, in a pre-season parent meeting, the method, or methods, by which you can easily contact them.
2. ***Play time, play positions, play strategy, etc. will not be topics for discussion.*** The coaching staff at RCHS makes the decisions on these areas and their decisions are fully supported by the Athletic Department and Administration. Should your questions or concerns be regarding something other than these areas please follow the prescribed “Chain of Communication” as listed here

## **The RCHS “Chain of Communication”**

1. Contact your child’s immediate head coach for that sport to discuss, or set up a meeting, to discuss your questions or concerns. When you finish this meeting your questions or concerns will be resolved or both you and the coach will understand that it is necessary to:....
2. Talk to or meet with the Head Coach of the program. At this meeting both your coach and the Head Coach of the program will discuss with you your questions or concerns. When you finish this meeting your questions or concerns will be resolved or the Head coach will have determined that it is necessary to:.....
3. Talk to or meet with the RCHS Athletic Director. At this meeting the Athletic Director, Head Coach, and your child’s coach will meet with you to discuss you questions or concerns. After this meeting your questions or concerns will be resolved or the Athletic Director will have determined it necessary to:.....
4. Meet with the RCHS Principal, the Athletic Director, and the Head Coach of the program.

# **Commitment of a RCHS Student/Athlete**

Participation in athletics places numerous demands on student-athletes, coaches, teachers, administrators, parents, and family. These demands come in many styles and varieties. One such demand is commitment. **Student-athletes, their parents and their entire family, must understand the commitment being made to a team and program before taking the first steps required to try-out and make a RCHS school team.** All student-athletes are expected to attend all meetings, practices, and games for their team throughout the entirety of the season. In addition, they are expected to adhere to, and model, all aspects of the CJUHSD Code of Conduct as well as all the rules and regulations of RCHS, CJUHSD, CIF-SS, and NFHS. Only after a complete understanding of the commitments needed, should an athlete endeavor to take on the challenge and responsibility of competing for a place on a Rancho Cucamonga Athletic Team.

The student-athlete who makes the team should understand that a “contract” has been established between the student-athlete, and the coaching staff, other team members, and the administration of the school. Large amounts of resources have been committed on the part of the coaching staff, other team members, and the administration to ensure that the student-athlete has every opportunity to excel. Often other student-athletes are precluded from participating on the team in the spot that your child occupies (they did not make the cut).

It is with this understanding then, that student-athletes must understand two important situations in regards to Athletics here at RCHS:

- 1) Coaches and the Athletic department consider participation in athletics at RCHS as the #1 extracurricular activity a student-athlete can choose. You will be expected to maintain that priority during all circumstances that arise for potential conflicts (i.e. dances, excursions, intramural games, club teams, etc.) **Skipping, or not finishing, a CIF competition for one of these events is unacceptable. A coach can, at their discretion, make the decision on the student-athletes continued participation in that sport should this occur.**
- 2) **Quitting, or being removed from, a team after the season has begun** is a major breach in the commitment level presented here. Therefore,

*A student-athlete who quits, or has to be removed from a team for any reason, after being placed on that team by the coaching staff and the season has begun, will forfeit his/her right to practice with, or compete on, any Rancho Cucamonga High School team for the remainder of that season of sport.*

*In addition, under the above circumstances, student-athletes will not be placed back into another class after being dropped or removed from 6<sup>th</sup> Period Athletics until the next academic semester.*

The beginning of the season is defined as “the 1<sup>st</sup> allowable date of practice for that team” and the season of sport ends with the last game of the varsity team for the particular sport.

## **Conduct of Coaches**

Above all else, athletics at the high school level is an educational endeavor. Athletes learn lessons that serve them for their entire lives. Among these are sportsmanship, perseverance, teamwork, and appropriate responses to winning and to losing. For these lessons, each coach is first and foremost a teacher.

The coach sets the tone for these lessons, and the coach's behavior serves as a model to the crowd, and most of all, to the athletes.

Athletic coaches at RCHS are expected to reflect a positive attitude in all their approaches to and their interactions with students, officials, opponents, and spectators.

There can never be justification for physical or verbal abuse of an athlete, nor for personal attacks in any form. Coaches are expected to always treat every athlete with dignity and respect.

## **Conduct of Spectators**

At Rancho Cucamonga High School, SPORTSMANSHIP is an EXPECTATION. So please let the Players Play, the Coaches Coach, and the Officials Officiate and let the SPECTATORS BE POSITIVE!

Spectators, both students and adults, are an important and integral part of all athletic events. Spectators serve to validate the positive values learned through athletic experiences, and to support the personal efforts and successes of individual athletes.

Occasionally, the excesses of spectator behavior can unnecessarily taint the activities at an athletic event. What follows is an effort to provide clarity about inappropriate behavior, and about the consequences of such behavior.

At athletic events, it is inappropriate for spectators to engage in:

- violence
- verbal abuse
- vandalism
- throwing objects
- coaching players in the game from the spectator area
- directing negative comments at coaches or players
- obscenity or obscene gestures
- possession or use of alcohol
- using illegal substances
- harassment of officials
- inappropriate interaction with spectators, staff, or participants
- photography or video without prior consent from the school/district

Each of these inappropriate spectator behaviors whether by students or adults, shall be cause for immediate removal from the event. A repeat occurrence of any of these behaviors shall result in being barred from all future events and the RCHS campus in general.



## **Conduct of Athletes**

An important part of the educational aspect of high school athletics is the learning of behavior appropriate to the circumstances. Because athletes often perform publicly, their behavior is subject to more than the usual scrutiny. All students are bound by the CJUHSD Code of Ethics. This signed form is included in the Athletic packet and turned in before any practice or competition has begun. Students will be held to the standards contained in that document.

With this in mind, there are some behaviors that are particularly offensive and are subject to consequences.

### ***Inappropriate Representation of RCHS and CJUHSD***

Student-Athletes represent our school and district both during and outside of the athletic arena in which they compete. Care and judgment must be exercised with the understanding that student-athletes are held to a higher standard of conduct and representation than that of a “regular” student. Inability to maintain these elevated standards will result in disciplinary action as determined by the student-athlete’s coach, the Athletic Director, and/or the RCHS and CJUHSD Administration.

### ***Inappropriate Use of Electronic Media***

It is imperative that students understand that communication in the electronic world today is not a shielded activity from which they can hide from inappropriate action. Current methods of communication including, but not limited to, Social Media Outlets (Facebook, MySpace, Twitter, Instagram, etc) Blogs, Message Boards, E-mail, Text, etc. are treated in the same manner as if a student was having a face-to-face discussion with a person on the RCHS campus. Awareness of acceptable standards must be maintained. Failure to do so will result in disciplinary action as determined by the student-athlete’s coach, the Athletic Director, and/or the RCHS and CJUHSD Administration.

### ***Unsportsmanlike Conduct***

If an athlete is ejected from, or quits, a game for any reason, the athlete shall be prohibited from participating in the *next* contest. A second occurrence can result in the athlete barred from all further games for the remainder of the season, remainder of the school year, and/or even their remaining high school career.

### ***Interaction with Officials***

If an athlete physically assaults an official, the athlete shall be banned from interscholastic athletics for the remainder of the student's eligibility (CIF Blue Book, Section 522).

***Parent support for this Athletic Code of Ethics is crucial to its success.***

## **Conduct of Parents**

At the high school level, the importance of parents behaving as model spectators cannot be overstated. Support by parents for the rules of conduct defined in Conduct of Athletes is also critical. Presented here is a Profile of the Ideal Parent. It is our hope and expectation that all parents can see, support, and model the positive benefits of the high school athletic experience by acting in a manner as described by the Ideal Parent

### **Profile of the Ideal RCHS Parent**

1. Understands that the ultimate purpose of High School Athletics exists as an integral part of the total educational mission of the school, and participation in athletics is a privilege and not a right.
2. Reads and understands the RCHS Athletic Handbook.
3. Attends the pre-season parent meeting and understands the requirements and expectations placed on their child for this sport.
4. Contributes as a member of the booster club, either school wide or sport specific. This means volunteering their time to help and work on events, projects and committees.
5. Encourages their child to participate in multiple school sports and activities.
6. Supports their child and attends as many contests as possible.
7. Avoids putting pressure on their child to start, score, or be the star of the team.
8. Supports their child's coach in public around other parents and fans.
9. Follows the Chain of Communication at Rancho Cucamonga High School when they have a concern.
10. Avoids speaking negatively about their child's coaches in front of their child. This conduct may create a major barrier in the child's hope for improvement in the sport.
11. Does not attempt to coach their child during practice or games from the stands or sidelines.
12. Serve as a good role models for the students, athletes, and other fans.
13. Appreciates the educational opportunity that their child is receiving in the RCHS athletic program. This includes the enormous time and effort provided by the coaching staff.
14. Understands that participation in high school athletics is far more than a means to receive a college scholarship
15. Understands that the expectations of the team and the RCHS Athletic Program are more important than the hopes and dreams they have for their child.
16. Serves as a beacon of good sportsmanship.
17. Understands and abides by, and ensures their child understands and abides by, all regulations and procedures for the RCHS Athletic Program, CJUHSD, CIF-SS, and NFHS.
18. Shows respect to everyone involved in high school athletics—the coaches, athletes, fans, officials, and administrators.
19. Expresses concerns and questions in a courteous and civil manner, at the appropriate time and place, utilizing and the RCHS Chain of Communication.
20. Cheers enthusiastically for their child, team, and school. Avoids speaking derogatorily or negatively about any of the athletes or coaches. Avoids constant and chronic complaining.

# Parents Supporting Their Own Athletes

## Learning Even in a Losing Cause

The life lessons learned through participation in athletic competition are held in high regard by current and former athletes. Particularly beneficial is the experience of working cooperatively toward a common purpose in a close-knit group, the values of teamwork, and the development of the concept of fair play.

While RCHS and the CJUHSD take great pride in winning and we strive to win in every contest we engage in, we do not condone "winning at any cost," and discourage any and all pressures that might tend to neglect good sportsmanship and good mental health. At all times, the athletic program must be conducted in such a way as to justify it as an educational activity.

The educational side of athletics is to help students benefit from the lessons learned through participation, teamwork, discipline, dedication, and sacrifice. While winning is usually more fun, the lessons learned from losing are often beneficial.

Parents can help athletes learn from their losses by:

### Moving from the Loser's Column

Coaching your child during an event

Blaming

- the coach
- other players
- officiating

Focusing too long  
on errors/mistakes

What didn't work

Bemoaning the loss

Denial and anger

### Moving to the Winner's Column

Cheer Enthusiastically in support of the team.  
Leaves the coaching to the coaches

Crediting

- the other team
- players on the other team

Focusing on what might  
be improved next time

- by my athlete
- by the team

What did work

Giving one's best effort

Acceptance and move on

## Learning the Life-Long Lessons of Winning

In winning, as in losing, the long-range value of the experience is promoted under certain conditions. An undue emphasis on winning can easily leave the false impression with student athletes that their athletic activity has value *ONLY* if the competition results in a "win." A winning-is-everything approach leads directly to unsportsmanlike behavior and cheating, which translates to unacceptable ethics and life-long values. In an educational setting, we emphasize being thoroughly prepared and fiercely competitive, and we focus on doing our best.

Often, though certainly not always, sound preparation and focusing on doing our best results in winning the contest. However, the experience of winning carries an enhanced value if parents can help students, even in winning, *FOCUS* on the **efforts** and **strategies**, both by individuals and by the team that resulted in the win.

Parents can help athletes learn the real value of winning by:

- Offering congratulations for winning *AND* identifying and discussing the efforts made by individuals and by the team.
- Rewarding the winning efforts *AND* rewarding the growth in individuals and in the team — the growth that contributed to the win.
- Emphasizing competitiveness.
- Focusing on doing your best.

### Keeping Parent Support in Perspective

All parents should be proud parents. All parents should be advocates for their children. All parents should help and encourage their children to pursue their potential. However, when these important parental attributes are taken to the extreme, athletes can miss important life learning and growth opportunities. Unfortunately, we have all seen parents who seem satisfied *only* when their athlete is starring and/or winning. Apparently trying to relive their own life through the life of their athlete, some parents seem to have difficulty maintaining perspective.

Supporting student's athletes is an important parental role. However, challenging the coach's judgment regarding playing time or selection, which is his/her assigned role, is *not* appropriate. Supporting the athlete in the pursuit of improved skills or alternate interests is the appropriate parent role.

***Balance*** is the key and it manifests itself in various forms.

- Maintaining a *balanced* perspective between savoring the possibility of one's child receiving a Division I scholarship, or even becoming a professional athlete, and a realistic assessment of skills and possibilities is imperative.
- Keeping a *balance* between protecting one's child from adverse events and helping a student athlete learn from the lessons of adversity.
- The *balance* between blindly defending one's child when assessments seem unfair and helping a student athlete learn to view circumstances from an outside perspective.
- *Balance* between blaming others and accepting responsibility.
- *Balance* between holding onto perceived injustices and moving forward positively.

## **The Multi-Sport Athlete at RCHS**

We are often asked “can my child play more than one sport at RCHS?” Our answer to that is an emphatic **YES!** In fact, we encourage and promote exactly that. We want your child to participate in as many things as possible during their high school career.

For reasons not clearly defined, but closely tied to an adult's desire to “get a scholarship for my son/daughter”, we currently live in an era of specialty and year-round play in a singular sport at the youth level. More and more data and reports continually point to the facts that this is a bad idea both physically and mentally for young children and young adults in high school.

Recently several prominent collegiate and professional athletes and coaches have broadcast, quite loudly, their thoughts on the multi-sport athlete in high school.

What follows here are just a few examples.

- John Smoltz, a recent inductee to the professional baseball hall of fame had this to say, as part of his induction speech to the Hall of Fame:

“Before I hand it over to next inductee, I’d be remiss if I did not talk about Tommy John. I’ve been given an opportunity as one of the only players, the only one right now, to be inducted into the Hall of Fame with Tommy John Surgery. It’s an epidemic. It’s something that is affecting our game. It’s something that I thought would cost me my career, but thanks to Dr. James Andrews and all those before him, performing the surgery with such precision has caused it to be almost a false-read, like a band-aid you put on your arm.

I want to encourage the families and parents that are out there that this is not normal to have a surgery at 14 and 15 years old. That you have time, that baseball is not a year-round sport. That you have an opportunity to be athletic and play other sports. Don’t let the institutions that are out there running before you guaranteeing scholarship dollars and signing bonuses that this is the way....

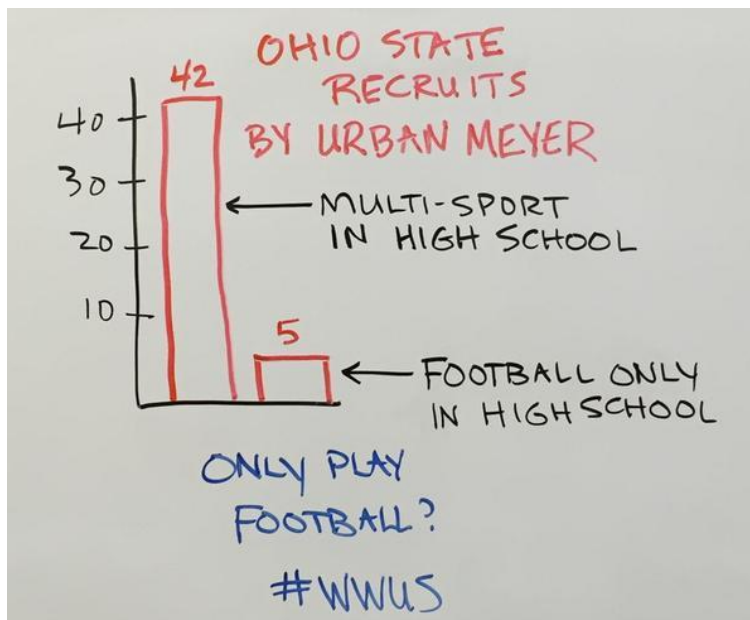
I want to encourage you, if nothing else, know that your children’s passion and desire to play baseball is something that they can do without a competitive pitch. Every throw a kid makes today is a competitive pitch. They don’t go outside, they don’t have fun, they don’t throw enough — but they’re competing and maxing out too hard, too early, and that’s why we’re having these problems. Please, take care of those great future arms.”

While Mr. Smoltz is speaking about baseball specifically, the same can be said for any, and all, repetitive use injuries in young people.

Please remember, repetitive use injuries in young people are 100% unavoidable, and most importantly, are 100% permanent. The long term effects from these type of injuries cannot be reversed.

Some additional examples promoting the multi-sport high school athlete recently seen in national media:

- 2017 NFL Draft - over 90% of the players drafted into the NFL in 2017 played multiple sports in high school.
- 87% of the players in the 2017 Super Bowl were multiple sport athletes in high school, including Rancho Cucamonga Alumnus Patrick Chung of the New England Patriots.
- Ohio State Head Football Coach, Urban Meyer, recently published a graphic of the players he has recruited to Ohio State:



# Perspective on College Athletics & Scholarships

Participation in athletics is highly valued at RCHS and in the CJUHSD, as is the earning of a college scholarship. The importance of scholarships, however, must be placed in a broader, proper perspective.

Many high school athletes dream of receiving a college scholarship and playing at the Division I level. Many parents dream of their child getting a full-ride college scholarship to pay for their college tuition. Both are noble dreams, but unrealistic for the vast majority of high school athletes and parents.

The type of athletic program offered at Rancho Cucamonga High School, emphasizes discipline, character, and teamwork. It accentuates the classroom and getting an education first. It does not emphasize winning at all costs or displaying one player so that a given athlete is more important than the team.

We want every athlete who is deserving of a scholarship, to get one. Coaches at RCHS will do everything they can to help athletes go to college and to procure a scholarship, if one is merited. They, nor anyone else, can “guarantee” your child receives a college scholarship.

Some parents will agree with the above for everyone except their child. To those parents we say, look at the following statistics as released in a recent study by the NCAA:

NCAA DIVISION I <sup>2</sup>			High School BOYS Athletic Participation <sup>1</sup>	
Total Scholarships			Participation	
Sport	Men's	Women's	Sport	# Participants
Football	85	0	Football	1,112,303
Ice Hockey *	18	18	Track and Field	558,007
Basketball	13	15	Basketball	545,145
Track & Field	12.6	18	Baseball	473,184
Lacrosse *	12.6	12	Soccer	383,824
Baseball	11.7	12	Wrestling	267,378
Soccer	9.9	12	Cross Country	231,452
Swimming	9.9	8.1	Tennis	157,165
Diving			Golf	157,062
Wrestling	9.9	0	Swimming/Diving	130,182
Gymnastics *	6.3	12		
Golf	4.5	6		
Tennis	4.5	8		
Volleyball	4.5	12		
Water Polo	4.5	8		
Softball	0	0		
Field Hockey *	0	12		
Rowing *	0	20		
			Total	4,015,702

\* RCHS does not field team

This study, released by the NCAA shows the likelihood of a high school senior getting an athletic scholarship, in the sport with the most scholarships available (football) to be less than 0.23%. Football is the number one participation sport in the US. Track and Field, the number two participation sport in the United States has a scholarship rate of less than 0.15%.

Even more telling is that football is the only Division I sport where all scholarships are 100%. All the other sports, as a matter of routine and necessity, split scholarships up to partial amounts amongst several student-athletes.

While the pursuit of a college scholarship is admirable, reality states that the likelihood of achieving that goal is extremely low and should not be relied upon.

However, we cannot understate the value and importance of preparation for the opportunity to receive such a significant award. Failure to prepare, from the first day of school as a freshman, can prevent a student-athlete the opportunity to receive a college scholarship. All potential scholarship recipients must complete a minimum course of study as defined by the NCAA and the NCAA Clearinghouse.

The Athletic Department, Academic counselors and coaching staff are well versed in the requirements as spelled out by the NCAA. Any questions regarding NCAA eligibility can be directed to personnel in any of these departments



