

**Jacoby Creek School District  
Athletics Acknowledgement of Receipt**

**ACKNOWLEDGEMENT OF RECEIPT AND UNDERSTANDING OF ATTACHED DOCUMENTS**

Attached you will find important information regarding student athletes and necessary forms to be read and signed. Please read all information and check off boxes below to verify that you have read, received, and understand the attached information.

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**Please check the boxes below after reading all documents.**

- Concussion Information Sheet**  
We have read and discussed the concussion information sheet.
  
- Handbook for Student Athletes and Parents**  
We have read and discussed the terms and conditions, henceforth, understand the consequences of violations.
  
- JPA-5— Acknowledgment and Assumption of Potential Risk**  
We have read and discussed the potential risk information sheet. Return to school office.
  
- JPA-24— Pre-participation Physical Evaluation**  
Athletes are required to have medical clearance from a M.D., D.O., N.D., N.P., or P.A. in order to tryout, practice or compete. Return to school office.

**ATHLETIC CONTRACT**

We have read the Handbook for Student Athletes and Parents for extra-curricular teams at Jacoby Creek School and agree to accept the responsibilities for participating in the following athletic activity. The parent/guardian agrees to authorize the school to have said student participant given emergency aid or treatment in case of illness or accident.

Volleyball	Golf	Basketball
Cross Country	Track	Other: _____

**PLEASE PRINT**

Student's Name \_\_\_\_\_ Home Phone \_\_\_\_\_

Home Address \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Grade \_\_\_\_\_ Teacher \_\_\_\_\_

Student's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature \_\_\_\_\_ Date \_\_\_\_\_

**Our signatures below indicate that we have received and read the information on head injury and concussions.**

_____	_____	_____
Student-athlete Name Printed	Student-athlete Signature	Date

_____	_____	_____
Parent or Legal Guardian Printed	Parent or Legal Guardian Signature	Date

**PLEASE RETURN THIS PAGE TO THE SCHOOL OFFICE**

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# Handbook for Student Athletes and Parents

## Jacoby Creek School

At Jacoby Creek School, we consider athletics an integral part of the educational experience. Athletics provide players with opportunities to further enhance their personal and social growth. The athletic program strives to promote healthy competition and emphasizes the highest ideals of sportsmanship and respect. These values along with the dynamics of teamwork shall be stressed constantly. Through a commitment to exercise and competition, Jacoby Creek School hopes to contribute to the development of an athlete's mental, emotional, and physical well being.

### **SPORTS WE OFFER**

Jacoby Creek School sports teams participate in the Bay League and thereby must adhere to its rules and regulations. The availability of a sports team is dependent on having a coach and enough interested players to make up a team. Currently, we offer:

Cross Country (co-ed)	September-November
Golf 6-8 (co-ed)	September-November
Girls' Volleyball 7&8	September-November
Girls' Basketball 6-8	November-December
Boys' Basketball 6-8	December-February
Track and Field 5-8 (co-ed)	March-June

\* 5<sup>th</sup> grade basketball is not part of the Bay League. Volunteer parent coach(es) required.

### **PROGRAM GOALS**

Although the unique nature of each sport dictates its specific objectives, all teams will attempt to:

- a) Provide a safe and fun place for athletes to learn and expand interest in lifetime and leisure activities
- b) Develop self-motivation, to build self-esteem and confidence
- c) Encourage players to always give their best, develop skills and continually improve
- d) Promote a winning attitude that emphasizes sportsmanship
- e) Be inclusive of all team members

### **ELIGIBILITY REQUIREMENTS—REFER TO ATHLETIC CONTRACT FOR DETAILS**

1. Fulfilling Academic requirements
2. Respectful Behavior
3. Filling out all Required Participation Forms
4. Attendance at Practice Sessions
5. School Attendance

### **SPORTSMANSHIP**

We support the initiative that school athletics promote the values of respect, integrity, cooperation, self-discipline, sportsmanship and citizenship. It is our goal to have Jacoby Creek School recognized for our sense of fair play, sportsmanship, outstanding effort and character. We expect our Jacoby Creek School community to conduct themselves in a respectful manner at all times. Athletes, coaches, students, and parents are expected to demonstrate and promote the positive values and characteristics of good sportsmanship in all aspects of interscholastic athletics. The "team bench" is an athletic classroom. Athletes on the bench are expected to focus and concentrate on the game, listen to the coach and support their teammates. Parents and spectators should afford the coach and players respect and courtesy that they would teachers and students in an academic setting. Exhibiting inappropriate spectator behavior at school sponsored athletic activities may result in one or more of the following:

1. Directed to leave the facility for the remainder of the contest.
2. Prohibited from attending subsequent games.
3. Prohibited from attending remainder of season and/or future seasons.
4. Suspension from school.

## **TRYOUTS AND CUTS**

Many of our sports require that a team of a certain size be put together, and this necessitates choosing from among players that try out. We are committed to doing everything reasonably possible to make the selection process a positive experience for everyone involved. The reality of the situation is that we may have more students trying out for a team than we have space for on the team, and this necessitates cutting players. We understand how difficult it may be for those who do not make the team, but please keep in mind that deciding who makes the team is a difficult task for our coaching staff. If necessary, tryouts typically take place over a 3-5 day period, and our coaches work diligently to evaluate each and every student. The coaches make a concerted effort to impartially evaluate players in order to create a well-balanced competitive team. Coaches will select players based on several criteria, including, but not limited to:

- Positive attitude and good sportsmanship
- Academic ability to maintain grades during the season
- Work ethic
- Overall athleticism/agility
- Sport specific skill level
- Citizenship at school

## **PLAYING TIME**

Because of the nature of school athletics, playing time is never guaranteed to any student athlete. Playing time in games will be at the discretion of the coach. Effort, attitude, attendance, and behavior during practice will also be a determining factor in playing time. Winning is valued, but not at the expense of our program's goals.

## **COMMUNICATION**

1. The Athletic Director, under the supervision of the Principal/Superintendent, is the administrator of JCS Athletics and responsible for ensuring the implementation of the program's goals.
2. Head Coaches are the managers of their team and have the major supervisory responsibilities for their programs.

Both parenting and coaching are extremely challenging in today's world. We must realize that at the core, coaches and parents have the same goal: to see that each young person has a positive experience and becomes a well-rounded individual.

Communication you can Expect from your Athlete's Coach

- Philosophy of the coach
- Expectations of individual athletes and team
- Locations, dates, and times of all practices and games
- JCS rules

The California Department of Education's Athlete's Bill of Rights can be found at:  
<http://www.cde.ca.gov/re/di/eo/athletesrights.asp>

If you have a concern to discuss with a coach, call the coach for an appointment. If the coach cannot be reached, call the Athletic Director and a meeting will be set up for you.

Please do not attempt to confront a coach before, during, or after a contest or practice. These can be emotional times for both the parent and coach and this situation does not promote resolution nor objective analysis.

If after speaking with the coach and the Athletic Director your concern is still unresolved contact with the Principal can be made.

## **EQUIPMENT AND UNIFORMS**

At the end of each season, each athlete will be responsible for returning any piece of equipment or uniform that be issued to him/her.

The athlete's parent/guardian will be held liable for any lost or damaged equipment or uniform.

Students may not try out for another sport until all equipment and/or uniform pieces have been turned in or paid for.

## TRANSPORTATION

Each parent/guardian is responsible for dropping off and picking up his/her child from practices and games.

### “PURSUING VICTORY WITH HONOR”

*Everyone involved in competition including parents, spectators, associated student body leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect. Coaches have a special responsibility to model respectful behavior and the duty to demand that their student-athletes refrain from disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent trash-talking, taunting, and inappropriate celebration. As a community we must work together to instill and uphold the “Six Pillars of Character”—trustworthiness, respect, responsibility, fairness, caring, and good citizenship.*

For more information on the California Interscholastic Federation’s adoption of the principles of “Pursuing Victory with Honor” you can go to:

<http://cifstate.org/coaches-admin/pvh/index>

## HEAD INJURY AND CONCUSSION INFORMATION

The state of California requires that on a yearly basis, a concussion and head injury information sheet be signed and returned by the athlete and his/her parent/guardian BEFORE the athlete starts attending practice or games.

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

### Symptoms may include one or more of the following:

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| <ul style="list-style-type: none"><li>• Headaches</li><li>• “Pressure in head”</li><li>• Nausea or vomiting</li><li>• Neck pain</li><li>• Balance problems or dizziness</li><li>• Blurred, double, or fuzzy vision</li><li>• Sensitivity to light or noise</li><li>• Feeling sluggish or slowed down</li><li>• Feeling foggy or groggy</li><li>• Drowsiness</li><li>• Change in sleep patterns</li></ul> | <ul style="list-style-type: none"><li>• Amnesia</li><li>• “Don’t feel right”</li><li>• Fatigue or low energy</li><li>• Sadness</li><li>• Nervousness or anxiety</li><li>• Irritability</li><li>• More emotional</li><li>• Confusion</li><li>• Concentration or memory problems (forgetting game plays)</li><li>• Repeating the same question/comment</li></ul> |
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### Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

## **What can happen if my child keeps on playing with a concussion or returns to soon?**

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

### **If you think your child has suffered a concussion**

Any athlete even suspected of suffering a concussion will be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. Education Code 49475 and CIF Bylaw 313 now requires implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

**Education Code 49475 (1) an athlete who is suspected of sustaining a concussion or head injury in an athletic activity shall be immediately removed from the athletic activity for the remainder of the day, and shall not be permitted to return to the athletic activity until he or she is evaluated by a licensed health care provider who is trained in the management of concussions and is acting within the scope of his or her practice. The athlete shall not be permitted to return to the athletic activity until he or she receives written clearance to return to the athletic activity from that licensed health care provider.**

**If the licensed health care provider determines that the athlete sustained a concussion or a head injury, the athlete shall also complete a graduated return-to-play protocol of no less than seven days in duration under the supervision of a licensed health care provider.**

**The student athlete is instructed to stop play immediately and notify a parent, athletic trainer or coach and to refrain from activity should his/her symptoms return.**

You should also inform your child's coach if you think that your child may have a concussion Remember its better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

## **JACOBY CREEK SCHOOL ATHLETIC CONTRACT**

Students who participate in extra-curricular athletic activities enjoy experiences that are not usually available to other students of the school. They are provided such opportunities as travel experiences, specialized instruction and training, wearing the uniform of Jacoby Creek School, and are given special recognition.

Being a member of a Jacoby Creek School District athletic team means assuming certain responsibilities and adhering to regulations set forth for such activities. These rules govern participating members from the first day of the scheduled activity until the activity is completed. These rules are as follows:

### **GENERAL RULES**

1. Transportation to all games and activities is the responsibility of the parent and not of Jacoby Creek School District.
2. Attend coaches meeting, set up by Athletic Director prior to season start-up.
3. **Pre-participation physical evaluation, Acknowledgment and Assumption of Potential Risk form, and Athletic Contract must be turned in to the school office annually in order to tryout, practice, and/or compete.**
4. Participant may not attend practice or participate in an activity if absent from school or if they leave school due to illness the same day on which the activity occurs.

### **SCHOOL RULES**

1. Jacoby Creek School teachers, coaches, and parents must work together to support the students toward academic achievement. To this end, the following procedure will be used to ensure academic eligibility for participation in JCS athletics.
  - a. Academic eligibility will be checked weekly.
  - b. In order to participate, the student athlete must have and maintain a grade of 70% or above in each of the core academic classes. If needed, students are encouraged to take advantage of study hall, tutoring opportunities, and extra sessions with classroom teachers to maintain the grade requirement.

- c. At the start of each week, if a student drops below the 70% grade in any core class, including PE, the student, the parents, and the Athletic Director will be notified. The student will be placed on probation and given a school week to meet his/her responsibilities and raise his/her grade. A student will be allowed a maximum of two weeks (consecutive or not) of probation in any sports season. While on probation, the athlete may practice with his/her team, but cannot compete in any games/meets/contests. Athletes on probation may attend games/meets/contests, but they must sit with the team out of uniform. To regain eligibility, the student must turn in the work needed to raise their grade by the end of the week. If his/her grades allow, he/she will regain his/her eligibility at the start of the following week.
  - d. The Athletic Director (AD) will check with teachers and notify coaches of the change in status of a student. If the AD is unavailable, the coaches may check on a student's status with the teachers.
  - e. A student who becomes ineligible will remain ineligible until the teacher(s) involved notify the AD that the student is once again eligible. If the student does not meet his/her responsibilities by the end of the week, he/she will remain ineligible until the grade deficit is made up.
2. If the athlete misses practice for any reason, he/she must contact the coach in charge, before or at the time he/she misses the practice session. The athlete may not attend a practice or game if absent from school on the same day.
  3. In each sport, the rules of conduct set forth by JCS Board shall be followed:
    - a. All athletes must conduct themselves in a courteous and respectful manner at all times – both on and off the court or field.
    - b. Playing time is at the discretion of the coach. Players must follow all rules and regulations in order to be eligible to practice and to play in games. Failure to follow all rules and regulations may result in a loss of playing time.
    - c. Profane language, rowdiness, disruptive behavior, bullying, and illegal acts as defined below will not be allowed.
      - i. Student participant may not cause, or attempt to cause, damage to school property or have stolen, or attempted to steal school property.
      - ii. Student participant may not cause, or attempt to cause, damage to private property or have stolen, or attempted to steal, private property.
      - iii. Student participant may not cause, attempt to cause, or threaten to cause, and physical injury to another person.
      - iv. Student participation may not possess, sell or otherwise furnish any firearm, knife, explosive or other dangerous object of no reasonable use to the pupils in school or at a school activity off school grounds, as the case may be.
      - v. Student participant may not lawfully possess, use, sell or otherwise furnish or be under the influence of any controlled substance, as defined in Section 11007 of the Health and Safety Code, alcoholic beverages, steroids, dietary supplements banned by the U.S. Anti-Doping Agency, or intoxicants of any kind.
      - vi. Student participant may not possess or use tobacco, including chewing tobacco.
      - vii. Student participant may not commit an obscene act or engage in profanity or vulgarity.
      - viii. Student participant may not disrupt school activities or otherwise willfully defy the valid authority of supervisors, teachers or administrators.
  4. An athlete may be released from the program for frequent tardiness or absence, repeated behavioral referrals, continued disruptiveness, a negative attitude, refusing to follow directions or breaking other rules that the coach may feel are in the best interest of the team.

## **VIOLATIONS**

Disciplinary action is at the discretion of the coach in charge of the specific sport, and may result in the loss of playing time in games and practice.

If a student participant is suspended from school for any reason, or violates rules in Section 3 (above), he/she will automatically be dropped from the team. Participants dropped from a team shall forfeit all honors and awards related to that team, and will no longer participate or practice with any school athletic team during the remainder of that season (defined as the first day of practice until the last contest is completed, including any post-season games or meets).

The AD will notify parents and the JCS Superintendent by letter of violations of the Athletic Contract rules involving a student. If the parents desire, a meeting on their student's eligibility will be set up with the Athletic Committee, teacher, or coach involved. The decisions of the Committee are final.

Any athlete who has had their eligibility taken away twice because of violations of rules in Section 3 will have to meet with the Athletic Committee to discuss future eligibility of JCS athletic teams. The Board will decide whether to remove the athlete's eligibility for JCS athletics permanently.