

ANDERSON VALLEY HIGH SCHOOL ATHLETIC POLICY

The Board of Trustees of the Anderson Valley Unified School District believes that participating on athletic teams should be a well rounded, growing experience for the student-athletes who are willing to accept the discipline, privileges and prestige which accompanies their participation. We want our school to be represented by students and coaches who have pride in themselves, their school, and who will behave in a manner which reflects on our community. There are many rewards to be gained through athletics, but these come only through hard work and dedication.

Coaches will be responsible for upholding the standards outlined in this policy

It is the duty of all concerned with Anderson Valley High School athletics:

1. To emphasize the proper ideals of sportsmanship, ethical conduct, and fair play.
2. To eliminate all possibilities which tend to destroy the value of the game.
3. To show respect and hospitality towards visiting teams, spectators, and officials.
4. To respect the integrity and judgment of officials and coaches.
5. To encourage leadership, initiative and good judgment of officials and coaches.
6. To recognize that the purpose of athletics is to promote the physical, moral, social and emotional growth of each player.
7. To adhere to the rules and regulations of the California Interscholastic Federation.
8. To promote healthy competitive spirit.
9. To encourage participation by all eligible Anderson Valley High School students.
10. To respect the civil and legal rights of students as stated in Section 5145 (c) paragraph 7 of the Anderson Valley Unified School District policy manual (Civil and Legal Rights and Responsibilities).
11. To be responsible for the conduct of all athletes on the bus.

Anderson Valley Unified School District does not condone inappropriate behavior by students outside of school or school activities, but recognizes the limits of its authority over their lives and encourages parents to discharge their responsibilities at those times.

ATHLETES:

1. Will be dedicated to the ideals of competitive athletics.
2. Will have the desire to excel and win, but not at the expense of sportsmanship.
3. Will put the team before themselves.
4. Will be willing to make personal sacrifices.
5. Will show a positive attitude toward their community, school and teammates both on and off the field.
6. Will maintain his or her grades.
 - a. Every athlete must maintain minimum CIF eligibility requirements as measured on quarter report cards. In addition, at any time a teacher feels a student is in danger of failing a class, or if a teacher feels the student is performing significantly below ability, the teacher may request a meeting with the student, principal, coach, and athletic director. At such a meeting, the parties will discuss strategies to help the student do better in his/her class work. Such strategies may include but are not limited to suspension from team practices for the purpose of additional study until the student's grades are sufficiently improved.

Anderson Valley High School Athletic Policy

ATHLETES (Continued)

7. Will maintain good citizenship.
 - a. Any athlete required to serve detention must do so prior to a contest, or they will be ineligible for that contest. If it is a two or three game weekend series, the athlete must serve the detention on a day prior to the first game or they shall be ineligible for the entire weekend.
 - b. A Discipline Referral for misconduct may constitute ineligibility for up to five (5) days following the day of issuance.
 - c. Any suspension may constitute ineligibility for up to five (5) days following the day of suspension. Any ensuing all day suspension within a season shall constitute immediate dismissal from a team for the remainder of that season of sport.
 - d. An ineligible player may not participate with the team in any way on game days, may not travel with the team, and may not wear his/her uniform during the period of ineligibility.
 - e. All ineligibility decisions based on citizenship will be made by the athletic director and principal or principal's designee.

8. All athletes are responsible to follow all rules remunerated in the student handbook.

TRAINING RULES

1. All athletes of Anderson Valley High School are subject to the rules and policies set down by the Board of Trustees and are bound by this code.
2. Athletes must meet all eligibility requirements.
3. Athletes using inappropriate language and/or behavior during school or in attendance at school activities may be suspended from the team by the coach after consulting with the teacher, athletic director, or principal who reports the inappropriate language and/or behavior.
4. Any athlete observed using tobacco products during school or in attendance at school activities, and such observance is confirmed by the coach and/or principal, will be subject to the following consequences:
 - a. First offense: In-house suspension and after school detention.
 - b. Second offense: 2 day suspension from school/1 week ineligibility.
 - c. Third offense: 5 day suspension from school/ineligibility for season or quarter.
5. The staff shall intervene whenever students use alcohol and other drugs on school property or are under school jurisdiction. Staff members who believe that a student may be under the influence of alcohol or drugs shall immediately notify the principal or designee. If the principal or designee knows, observes or suspects that the student may be under the influence of alcohol or drugs, he/she may notify the parent/guardian. The principal or designee shall not report a known or suspected instance of alcohol or drug abuse by a student to the parent/guardian if this report would require the disclosure of confidential information in violation of law. The principal or designee may refer families of these students to services that effectively deal with their drug

TRAINING RULES (continued)

- problems. In severe cases, if the parents/guardians or the school medical personnel are not immediately available, the principal is authorized to call an ambulance to remove the student to a hospital. Parents/guardians will be notified of this action and shall be responsible for the incurred expenses.
6. Possession or use of illegal drugs and/or alcohol
 - a. When a student uses or possesses illegal drugs and/or alcohol at school or while under school jurisdiction, the following shall result:
 - (1) Parent/guardian contact
 - (2) Contact law enforcement authority if appropriate
 - (3) One to five day suspension
 - (4) Restriction from school activities for 45 days
 - b. In addition, the following action may be taken:
 - (1) Recommendation of expulsion
 - (2) Referral to an appropriate community counseling program with the expectation that at least one counseling session will be held during the time of suspension
 - (3) Transfer/Alternative placement
 7. When intervention efforts fail and the student continues to use or possess alcohol or other drugs at school or any school activity, he/she shall be expelled. The Board may suspend the expulsion and may assign the student to a school, class or program appropriate for the student's rehabilitation.
 8. Selling or providing
 - a. When a student sells or provides alcohol or other drugs at school or while under school jurisdiction, the following shall result:
 - (1) Parent/guardian contact
 - (2) Recommendation of expulsion
 - (3) Law enforcement contact.
 - b. Staff shall notify the principal or designee immediately upon suspecting a student is selling or providing alcohol or other drugs. The principal or designee may notify law enforcement prior to confronting or searching the student.
 - c. A search for drugs may be made in accordance with the provision of law, Board policy and administrative regulations.
 - d. When there is good evidence that a student has actually sold or provided alcohol or other drugs or drug paraphernalia on or about the school premises or at school sponsored functions, law enforcement must be notified. Law enforcement authorities will decide whether they or the school will notify the parent/guardian
 9. Use of steroids to increase strength or growth can cause serious health problems. Steroids can keep teenager from growing to their full height; they can also cause heart disease, stroke, and damaged liver function. Men and women using steroids may develop fertility problems, personality changes, and acne. Men can also experience premature balding and development of breast tissue. These health

TRAINING RULES (continued)

- hazards are in addition to the civil and criminal penalties for unauthorized sale, use, or exchange of anabolic steroids.
10. Any athlete found guilty of willfully defacing, stealing or destroying school fixtures or equipment at home or away will be disqualified from further athletic participation for the balance of the sport season or five weeks if the offense occurs near the end of that season. The guilty athlete must provide restitution for any damage and write appropriate apologies for the illegal action. Legal action shall be considered with the most serious infractions. The five week suspension period under this rule is for a consecutive period and will be applied into the next sport in which this athlete participates.
 11. Every athlete is responsible for any equipment or uniforms issued. If any loss or undue damage occurs the student will be responsible for repair or replacement costs. No additional equipment will be checked out to a student until lost or damage equipment is returned or replaced.
 12. Any athlete in unauthorized possession of Anderson Valley equipment or equipment of another school may be disqualified from competition for the remainder of the school year, but shall be disqualified from his/her team for the remainder of the season or sport.
 13. Any athlete who withdraws from a sport may be reinstated in that sport at the discretion of the coach, athletic director, and principal, providing he/she meets all athletic requirements.
 14. Any additional training rules and/or rules of conduct must be in writing consistent with Anderson Valley Unified School District policies and regulations and may be added by the head coach of a specific team with the approval of the athletic director and the school principal.
 15. Regular school attendance is required for participation in games or practice. "A student must be in school a regular day on the day of the game in order to be eligible to compete in that game; unless he/she is specifically excused by the Principal or his/her delegated representative." (NCS By-law) A regular day is herein defined as the full number of school periods scheduled that day. A student must be in school the next day after a game, unless he/she is excused by the school.
 16. Power of suspension from a team lies primarily with the head coach of that team, but disciplinary efforts of other faculty and administration will also be honored by the athletic director.

APPEAL PROCEDURE

If any athlete pleads guilty to any violation of this policy he/she will forfeit his/her right to appeal.

If, however, the athlete does not plead guilty, and wishes to appeal the disciplinary decision that has been made, he/she must follow the procedures and time line listed below:

1. Submit a written statement of their version of the event(s) which led to the disciplinary action to the administration by the end of the next school day after the discipline decision was given to the athlete. In the written statement, the athlete should clearly state the reasons that he/she feels that the decision was unfair, under the rules of the athletic policy which all Anderson Valley High School athletes and their parents/guardians have agreed to follow.
2. Upon receiving the appeal, the administration will arrange for a hearing, which will take place within one school day of the receipt of the written appeal. The hearing panel shall consist of: the AVHS Athletic Director, the AVHS Principal, and the AVUSD Superintendent.
Note: The time line may be extended, within reason, if any, or all, of the panel members are unavailable to hear the appeal within the "one day" limit...or...the Superintendent may appoint alternates to sit on the panel, if it would be appropriate, timely, and in the interests of justice to do so.
3. The athlete may allow the panel to decide the case on his/her written statement alone, or may present his/her case orally, in person. The athlete may provide witness testimony, and/or may request the presence of his/her parent/guardian at the appeal hearing.
4. The decision of the hearing panel will be final, except for the right of the athlete, and/or his/her parent/guardian to pursue any legal action open to them.
5. The athlete will be eligible to participate in all practice sessions and games or contests during the appeal process.

TEMPORARY ATHLETIC TEAM COACH QUALIFICATIONS AND COMPETENCIES (Title 5, California Code of Regulations, Section 5593)

This section applies to any person serving at any grade level as a temporary athletic team coach.

1. The district shall determine whether a temporary athletic team coach is knowledgeable and competent in the areas of:
 - a. Care and prevention of athletic injuries, basic first aid, and emergency procedures;
 - b. Coaching techniques;
 - c. Rules and regulations in the athletic activity being coached; and
 - d. Child or adolescent psychology, whichever is appropriate to the grade level of the involved sports activity.
2. The district shall establish a temporary athletic team coach's qualifications in each of the below specified four competency areas:
 - a. Care and prevention of athletic injures, basic sports injury first aid, and emergency procedures as evidenced by one or more of the following:

- (1) Completion of a college-level course in the care and prevention of athletic injuries and possession of a valid cardiopulmonary resuscitation (CPR) card; or
 - (2) A valid sports injury certificate or first aid card, and a valid cardiopulmonary resuscitation (CPR) card; or
 - (3) A valid Emergency Medical Technician (EMT) I or II card; or
 - (4) A valid trainer's certification issued by the National or California Athletic Trainers' Association (NATA/CATA); or
 - (5) The person has had practical experience under the supervision of an athletic coach or trainer, or has assisted in team athletic training and conditioning, and has both valid CPR and first aid cards.
- b. Coaching theory and techniques in the sport or game being coached, as evidenced by one or more of the following:
- (1) Completion of a college course in coaching theory and techniques; or
 - (2) Inservice programs arranged by a school district or a county office of education; or
 - (3) Prior service as a student coach or assistant athletic coach in the sport or game being coached; or
 - (4) Prior coaching in community youth athletic programs in the sport to be coached; or
 - (5) Prior participation in organized competitive athletics at high school level or above in the sport to be coach.
- c. Knowledge of the rules and regulations pertaining to the sport or game being coached, the league rules and, at the high school level, regulations of the California Interscholastic Federation.
- d. Child or adolescent psychology as it relates to sports participation as evidenced by one or more of the following:
- (1) Completion of a college-level course in child psychology for elementary school positions and adolescent or sports psychology for secondary school positions; or
 - (2) Completion of a seminar or workshop on human growth and development of youth; or
 - (3) Prior active involvement with youth in a school or community sports program.
3. The school district superintendent may waive compliance with any one or more of the competencies described in subsection 1 provided that the person is enrolled in a program leading to acquisition of a competency. Until the competencies are met, the prospective coach shall serve under the immediate supervision of a fully qualified temporary athletic team coach.

NOTE: Authority cited: Education Code Sections 33031, 35160 and 35179.5.
Reference: Education Code Sections 33352 and 35179.5

ATHLETE/COACH
EJECTION POLICY NOTIFICATION FORM*
(North Coast Section Ejection Policy)

Anderson Valley High School

The following rules and minimum penalties are applicable to players as adopted by the NCS Board of Managers on April 21, 1995. This policy will be in effect beginning with the 1995-96 school year, (and will include non-league, league, invitational tournaments/events, post-season; league, section or state playoffs, etc.).

1. Ejection of a player from a contest for unsportsmanlike or dangerous conduct.
Penalty: The player shall be ineligible for the next contest (non-league, league, invitational tournament, post-season {league, section or state} playoff, etc.).

2. Illegal participation in the next contest by a player ejected in a previous contest.
Penalty: The contest shall be forfeited and the ineligible player shall be ineligible for the next contest.

3. Second ejection of a player for unsportsmanlike or dangerous conduct from a contest during one season.
Penalty: The player shall be ineligible for the remainder of the season.

4. When one or more players leave the bench to begin or participate in an altercation.
Penalty: The player(s) shall be ejected from the contest-in-question and become ineligible for the next contest (non-league, league, invitational tournament, post-season {league, section or state} playoff, etc.).

I have read and understand the rules and regulations of the Ejection Policy. Athletes may not participate in any contest until this document is filed with the school.

(Student's or Coach's Signature)

(Date)

SPORT _____

VAR JV FS Fr
(Circle one)

*These signed policy statements are to be maintained at each school. An Ejection Policy Notification Form-SCHOOL (see page 4) is to be filed, according to league policy, either with the league commissioner or with the North Coast Section.

COACHES' HANDBOOK

The following are the general duties for a coach and Anderson Valley Unified School District:

1. File a current roster of all team members with the athletic director.
2. Individual preparation of reports on all injuries to be sent to the principal and athletic director.
3. Provide all necessary supervision and direction of athletic team members while in an activity. Each coach shall remain on the premises until each member of his/her squad has cleared the locker room after a game or practice.
4. The head coach will submit an inventory after the close of the season.
5. Responsible for conduct of all athletes on the bus and must check the bus to make sure all athletes are on the bus. The coach will also check the bus at the end of the event to make sure it is clean. Coaches must ride the bus unless there is prior approval from the principal or athletic director.
6. It is the responsibility of the coach to check facilities used before and after use by team members.
7. No student may drive himself/herself to a sporting event.
8. Coaches must have all athletic policy forms signed and returned to the athletic director or principal's secretary. These forms will be provided by the athletic director or principal's secretary.
9. Any additional training rules by a coach must be in writing and approved by the athletic director or principal.
10. Coaches using volunteer drivers to transport students must ensure that signed copies of the Voluntary Driver form, Waiver of Liability form, and proof of insurance for each driver are on file at the high school office.
11. Coaches must obtain parental permission in writing or by telephone for any student to be transported in a private vehicle. This must also have prior approval by the high school principal.
12. Volunteer drivers must carry permission slips and medical releases for each student being transported.

GUIDELINES AND REQUIREMENTS FOR A CERTIFICATED OR WALK-ON
COACH OR ASSISTANT COACH

1. CPR and First Aid card.
2. Fingerprinting
3. TB test
4. Driver's license and DMV printout
5. Proof of age requirement of at least 21 years of age.
6. Must meet all state requirements as stated in section "Temporary Coaches"

COACHES' RESPONSIBILITIES - GYM USE

1. Coaches are responsible for locking up all equipment after practice.
2. Be sure both locker room doors are locked, Boys and Girls.
3. Check ALL gym doors to be sure they are closed and locked.
4. Turn off gym lights after the last practice.
5. Lock front door of gym.
6. Coaches are not to leave students unsupervised in the gym. If the next coach is not there, either wait or ask students to wait outside.
7. After each practice straighten up the locker room and check for any damage.
8. Do not give students keys or leave keys where they may be picked up by any unauthorized person.

COACHES' RESPONSIBILITIES

1. Varsity Boys and Girls coaches will call in your box scores and JV scores only to the press 1-800-660-5056.
2. The coach is responsible to have people to run the clock, scoreboard and book.
3. After last game of the night, the coach needs to put away the score clock and turn the scoreboard off.
4. The scoreboard switch is on the stage in the electrical box.
5. Last game of the night coach must lock up gym unless the seniors have concessions, then their advisor will be responsible to lock up.
6. Coaches are responsible to have First Aid kit at all games.
7. Coaches, after each game home or away, will check for any uniforms that are left behind and straighten up the locker rooms and check for any damage.
8. Dismissal times on the schedule are the only times students will be released from class.
9. Coaches must ride the bus.

FOOTBALL POLICY

In the interest of safety for our athletes, the NCL II league has policies that allow teams to play nine man football if the team is short of players. Teams that play nine man are able to compete for the league championship and are eligible to win the championship pennant. The only negative consequence for playing nine man is that the team can not be the league representative to the playoffs. Once a team shifts to nine man, they must complete the rest of the season in nine man.

Anderson Valley High School has set up the following guidelines to help the coaches assure the safety of our players. In order to play eleven man football, a coach must have thirteen players at the start of the game who are suited-up, eligible and cleared to play. The board and administration feels that this minimum of thirteen players is required for the safety of the players. This rule may be waived only by written permission from the principal.

RUNNING CLOCK IN FOOTBALL

In the interest of safety and good sportsmanship, the principals of the NCL II approved the following rule:

At the start of any quarter, if one team is behind by thirty or more points, the clock will run continuously for that entire quarter. If for example team A is losing 39-0 at the start of the second quarter, the clock will run continuously for the entire second quarter. If at half, team A narrows the score to 39-12, the clock will not run continuously the third quarter. At the start of the fourth quarter, the score would be checked and the decision as to whether to run the clock will be based on the thirty point differential.

This rule shall be carried out in any NCL league or practice game. It is not an option for the coaches or athletic director but a rule considered essential for the safety of the teams.

POLICY FOR MOVING ATHLETES UP TO VARSITY AS FRESHMEN AND SOPHOMORES

GENERAL PHILOSOPHY

When there are no extenuating circumstances we believe that it is best for a student to compete at his/her age and class appropriate level. In certain circumstances to maintain programs at both JV and Varsity levels, it is necessary to move students to a varsity program as sophomores or freshmen. Before a student is moved up to a higher level, it is important to consider the need of the varsity team, the effect on the JV team and most importantly, the readiness of the individual as an athlete and the personal maturity of the individual to play at a higher level. It is our goal that all our teams work together to support each other and build a strong overall program.

PROCESS

To insure that the needs of teams and individuals are considered the following process will be put in place:

1. If a varsity coach decides he would like to move a player or players up, he should notify the athletic director before he notifies the player.
2. The athletic director will convene a meeting between the JV coach, Varsity coach, principal and athletic director where the merits and demerits of the case will be discussed. The committee can reach consensus that will be the committee's decision. If the committee cannot reach agreement, the principal and athletic director will render a decision.

3. Only after the committee has given the okay for a student to go up to the varsity level will a coach discuss the issue with the student and his/her parent or guardian.
4. Parents will be contacted and will need to agree if the student is to move up. No student will be pressured by either coach. If a student wishes to remain at their age appropriate level, that is their option. If a student agrees to try the varsity during pre-season and is not comfortable, he/she may move back down for league.
5. It is our goal that coaches work together in a cooperative fashion to help the entire program.

EQUIPMENT

1. All equipment will be checked out to the coach by the athletic director.
2. All equipment checked out to students should be marked by a number or other appropriate method. Equipment checked out to students should be recorded on an inventory sheet kept by the coach with a copy given to the athletic director.
3. Equipment must be accounted for, and returned by the student not more than five (5) school days after the close of the season. If it is not returned, the student is to be billed for it by the coach.
4. All equipment must be returned to the athletic director by the coach before he or she can receive their stipend.
5. The easiest way to collect uniforms is to have a large plastic garbage bag and collect them after the last home and away games. Don't let them go home. The school will launder all uniforms.

CERTIFICATION

I hereby certify that I have read and understood the enclosed "Coaches' Handbook". I also certify that I will abide by all policies included in the handbook.

Signature of Coach

Date

Principal

Sport

CERTIFICATION OF PRIOR EXPERIENCE

This letter is to certify the this person has had prior coaching experience in the sport or game being coached at this high school.

Robert Pinoli
Athletic Director

Date: