

NEW WEST CHARTER ATHLETICS STUDENT-ATHLETE & PARENT HANDBOOK 2019/2020



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Table of Contents

Athletic Director Message.....	3
Introduction.....	4
Mission and Goals.....	4
Role of the Parent.....	4
Parent Code of Conduct.....	5
Communication.....	6
Addressing Concerns.....	6
Student-Athlete Expectations.....	7-8
Academics.....	9
Eligibility.....	9
P.E. Credit.....	10
Attendance.....	10
Commitment.....	10
Tryouts.....	11
Hazing.....	11
Bullying.....	11
Consequences for Unethical Behavior.....	12
Reasons for Non-Participation.....	13
Facility Conduct.....	13
Equipment/Uniforms.....	14
Dress Code.....	14
Athletic Fees.....	14
Athletic Apparel.....	14
Fundraising.....	14
Injuries.....	15
Transportation.....	15
College & Scholarships.....	16
NCAA Eligibility.....	16
Sports Offered.....	17
Agreement Signature Sheet.....	18

Dear Student-Athletes and Parents,

This guide has been prepared and presented to you because your son or daughter has indicated a desire to participate in the New West Charter School Athletics Program. We appreciate your interest in this phase of our school program and strongly believe that participation in athletics provides many opportunities to enhance the core values of New West Charter School.

In conjunction with the California Interscholastic Federation Los Angeles City Section (CIF-LACS), the Athletic Department sets policies and procedures that govern the spirit of competition at New West Charter School. These rules need a broad base of parental support, which can only be achieved through proactive communication. This handbook will attempt to address that objective and answer questions that you may have about your child's participation in the Athletics Program.

Competing in a sport at New West Charter School is considered a privilege. Participation carries certain responsibilities on and off the field, on campus and off. A great athletic tradition is built through hard work by many people, over many years. You and your student-athlete are a valued part of building that tradition here at New West Charter. In just a few short years, New West Athletics has become a very well-respected and accomplished program in the greater Los Angeles area.

Please read this handbook thoroughly, and then discuss it with your student-athlete(s). Then sign and date the form on the last page. These signed forms, along with the athletic packet must be on file with the Athletics Department prior to your child's participation in any sport at New West Charter.

I look forward to another very successful year in New West Charter Athletics.
Go Eagles!

Ryan Campbell
Athletic Director
New West Charter School

Introduction

The New West Charter School Student-Athlete and Parent’s Guide is a reference for student-athletes and parents, concerning the policies that govern interscholastic athletics at NWC. Participation in NWC’s athletic program is voluntary. Thus competition in high school athletics is a privilege and not a right. With this privilege, the student-athlete is expected to conform to the high standards of the athletic program. This privilege may be revoked if the athlete fails or refuses to comply with the spirit of the rules, policies, and procedures. New West Charter School’s athletic programs are governed by federal and state law, California education code, CIF Los Angeles City Section bylaws, and the Crosstown League athletic policies and procedures.

Mission of the New West Charter School Athletic Program

NWC interscholastic athletic competition strives to demonstrate high ethical standards and sportsmanship. NWC believes the highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. This Code applies to all student-athletes, coaches, parents, and staff. All NWC athletics must be congruent with New West Charter School’s academic goals and objectives established for the intellectual, physical, social, and moral development of our students. NWC teams place academic achievement as the highest priority. We show respect for teammates, opponents, officials, and coaches, as well as the integrity and judgment of game officials. NWC exhibits fair play, sportsmanship, and proper conduct on and off the playing field both by adhering to the established rules and standards of the game to be played, and by refraining from the use of profanity, vulgarity, and other offensive language and gestures. We maintain a high level of safety awareness through a respect for and use of all appropriate equipment and use it safely and appropriately. NWC athletes refrain from the use of alcohol, tobacco, illegal and non-prescriptive drugs, anabolic steroids or any substance to increase physical development or performance.

Goals of the New West Charter School Athletic Program

The goal of the Athletic Program at NWC is to provide students with opportunities for interscholastic athletic participation and competition. NWC encourages a highly competitive attitude within the athletic program and takes great pride in winning, however, the school does not condone “winning at all cost.” We discourage any and all pressures that lead to poor sportsmanship and words or actions contrary to the mission of NWC. It is the goal of the Athletic Department to field teams with the best possible examples of what it means to be a part of the NWC family.

Participation in interscholastic athletic activities is a privilege, not a right. This means that students must work to earn and keep the right to be a member of a team. With this privilege comes the responsibility to maintain the standards and conduct guidelines outlined in the NWC Student/Parent handbook and home school contract, along with the Crosstown League Constitution and the CIF-LACS Code of Ethics that each participant signs at the beginning of a particular season of sport. While specific team rules and expectations will come from the various coaches, the following portion of this handbook is intended to outline what is expected of a student-athlete at New West Charter School.

1. Keep Athletics in Perspective
2. Be a Person of Integrity
3. Be a Leader

The Role of the Parent

Parents are vital to the NWC athletic program. There are high expectations for participation of parents in the athletic experience of student-athletes at NWC. The partnership between coaches and parents is a key dynamic to the overall growth experience of the student-athlete. As a parent, when your child becomes involved in our athletic program, you have a right to understand the expectations that are placed on your child. The most important part of this is a clear communication between the student-athlete, coach and parent.

Code of Conduct for Parents/Guardians

Athletic competition of interscholastic age children should be fun and should also be a significant part of a sound educational program. Everyone involved in an athletic program has a duty to assure that their programs impart important life skills and promote the development of good character. Essential elements of character building are embodied in the concept of sportsmanship and the six core ethical values: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "Six Pillars of Character"). The highest potential of sports is achieved when all involved consciously Teach, Enforce, Advocate and Model (T.E.A.M.) these values and are committed to the ideal of pursuing victory with honor. Parents/guardians of student-athletes can and should play an important role and their good-faith efforts to honor the words and spirit of this Code can dramatically improve the quality of a child's sports experience.

TRUSTWORTHINESS

- Trustworthiness - Be worthy of trust in all you do.
- Integrity - Live up to high ideals of ethics and sportsmanship and encourage players to pursue victory with honor. Do what is right even when it is unpopular or personally costly.
- Honesty - Live honorably. Do not lie, cheat, steal or engage in any other dishonest conduct.
- Reliability - Fulfill commitments. Do what you say you will do.
- Loyalty - Be loyal to the school and team; put the interest of the team above your child's personal glory.

RESPECT

- Respect - Treat all people with respect at all times and require the same of your student-athletes.
- Class - Teach your child to live and play with class and be a good sport. He/she should be gracious in victory and accept defeat with dignity; compliment extraordinary performance, and show sincere respect in pre- and post-game rituals.
- Disrespectful Conduct - Do not engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
- Respect for Officials - Treat game officials with respect. Do not complain about or argue about calls or decisions during or after an athletic event.

CARING

- Caring Environment - Consistently demonstrate concern for student-athletes as individuals and encourage them to look out for one another and think and act as a team.

FAIRNESS

- Fairness and Openness - Live up to high standards of fair play. Be open-minded; always be willing to listen and learn.

CITIZENSHIP

- Spirit of the Rules - Honor the spirit and the letter of rules. Teach your children to avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

RESPONSIBILITY

- Importance of Education - Support the concept of "being a student first." Commit your child to earning a diploma and getting the best possible education. Be honest with your child about the likelihood of getting an athletic scholarship or playing on a professional level. Reinforce the notion that many universities will not recruit student-athletes who do not have a serious commitment to their education. Be the lead contact for college and university coaches in the recruiting process.

- Role Modeling - Remember, participation in sports is a privilege, not a right. Parents/guardians too should represent the school, coach and teammates with honor, on and off the court/field. Consistently exhibit good character and conduct yourself as a positive role model.
- Self-Control - Exercise self-control. Do not fight or show excessive displays of anger or frustration.
- Healthy Lifestyle - Promote to your child the avoidance of all illegal or unhealthy substances including alcohol, tobacco and drugs and some over-the-counter nutritional supplements, as well as unhealthy techniques to gain, lose or maintain weight.
- Integrity of the Game - Protect the integrity of the game. Do not gamble or associate with gamblers.

Communication Expectations from Coaches to Parents

- Philosophy of the coach.
- Expectations of the coach for your student and the team.
- Locations and times of practices and games.
- Team requirements in and out of season (e.g. fundraising, conditioning, contests, etc.).
- Procedure to follow if your child is injured.
- Discipline that results from a lack of participation or cooperation of your child.
- The availability of the coach to speak with you if you have a concern.

Communication Expectations from Parents to Coaches

- Concerns are to be expressed at the appropriate time, in an office setting.
- Notification of any schedule conflicts which may involve an absence from practices or a contest, well in advance.
- Your support of the program, and of all those involved in it.

Procedure to Address a Concern

1. The NWC Athletic Department supports the student-athlete in first, meeting with the head coach of their sport to address the concern.
2. If the issue is not resolved after the student-athlete has met with the coach, the student-athlete's parent should then contact the coach directly at school via email. All Head Coaches have a NWC email. The coach will contact you within 48 hours.
 - Do not attempt to personally contact a coach in person, 1 hour before a practice, 3 hours before a game, during a game or practice, and at least 1 hour after a practice and 2 hours after a game. A coach's time during the aforementioned times is to prepare for and supervise each event.
 - The 24-Hour Rule. We respectfully request that during the 24 hours surrounding practices/games that you take to wait to contact/discuss any issue of concern with a coach. The period of time after a game is an emotional time for student-athletes, parents, and coaches, and is therefore less conducive to solving problems rationally.
3. If the issue is not resolved after the student-athlete and the parent have contacted the coach, the parent should contact the athletic director. The athletic director will investigate the concern and provide feedback within 48 hours. A meeting between the student-athlete, parent, coach, and athletic director may be conducted to discuss the situation, and to reach an appropriate plan of action.
4. If the issue is not resolved after the student-athlete and the parent have contacted the coach and the athletic director, the parent should contact the administrator in charge of athletics. The administrator will investigate the concern and will provide feedback and a plan of action to all concerned parties within 48 hours.

Retribution

Retribution is prohibited by Athletic Department policy. Students and parents must be confident that the voicing of an opinion or concern, using the proper forum and method, is not only free from penalty or retribution, but also is strongly encouraged. The Athletic Director and coaches are committed to insuring that after a student or

parent raises an issue or concern, there shall be no 'retribution' in any form within the athletic department at New West Charter School.

Expectations of Student-Athletes

Student-athletes are to conduct themselves according to the Athlete's Code of Ethics and the Code of Conduct for Interscholastic Student-Athletes.

Athlete's Code of Ethics

Athletics is an integral part of the school's total educational program. All school activities, curricular and co-curricular, in the classroom and on the playing field, must be congruent with New West Charter School's goals and objectives established for the intellectual, physical, social, and moral development of our students.

It is within this context that the following Code of Ethics is presented. As an athlete, I understand that it is my responsibility to:

1. Place academic achievement as the highest priority.
2. Show respect for teammates, opponents, officials, and coaches.
3. Respect the integrity and judgment of game officials.
4. Exhibit fair play, sportsmanship, and proper conduct on and off the playing field.
5. Maintain a high level of safety awareness.
6. Refrain from the use of profanity, vulgarity, and other offensive language and gestures.
7. Adhere to the established rules and standards of the game to be played.
8. Respect all equipment and use it safely and appropriately.
9. Refrain from the use of alcohol, tobacco, illegal, and non-prescriptive drugs, anabolic steroids or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States, or American Medical Association.
10. Know and follow all state, section and school athletic rules and regulations as they pertain to eligibility and sports participation.
11. Win with character, lose with dignity.

Code of Conduct for Interscholastic Student-Athletes

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles:

trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "Six Pillars of Character"). This Code applies to all student-athletes involved in interscholastic sports in California. I understand that, in order to participate in high school athletics, I must act in accordance with the following:

TRUSTWORTHINESS

- Trustworthiness - Be worthy of trust in all I do.
- Integrity - Live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what's right even when it is unpopular or personally costly.
- Honesty - Live and compete honorably; do not lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.
- Reliability - Fulfill commitments; do what I say I will do; be on time to practices and games.
- Loyalty - Be loyal to my school and team; put the team above personal glory.

RESPECT

- Respect - Treat all people with respect all the time and require the same of other student-athletes.
- Class - Live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; give fallen opponents help, compliment extraordinary performance, show sincere respect in pre- and

post-game rituals.

- Disrespectful Conduct - Do not engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
- Respect Officials - Treat contest officials with respect; do not complain about or argue with official calls or decisions during or after an athletic event.

CARING

- Concern for Others - Demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to myself or others.
- Teammates - Help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

FAIRNESS

- Be Fair - live up to high standards of fair play; be open-minded; always be willing to listen and learn.

CITIZENSHIP

- Play by the Rules - Maintain a thorough knowledge of and abide by all applicable game and competition rules.
- Spirit of Rules - Honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

RESPONSIBILITY

- Importance of Education - Be a student first and commit to getting the best education I can. Be honest with myself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.
- Role Modeling - Remember, participation in sports is a privilege, not a right and that I am expected to represent my school, coach and teammates with honor, on and off the field. Consistently exhibit good character and conduct yourself as a positive role model. Suspension or termination of the participation privilege is within the sole discretion of the school administration.
- Self-Control - Exercise self-control; do not fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.
- Healthy Lifestyle - Safeguard your health; do not use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.
- Integrity of the Game - Protect the integrity of the game; don't gamble. Play the game according to the rules.

Athletic Department Policies

The constitution, by-laws and regulations of the California Interscholastic Federation – LA City Section (CIF-LACS) and the Crosstown League govern the NWC Athletic Program. Information regarding these governing bodies is available in the PE/Athletic Office. The following policies relate to participation at NWC and are intended to guide student-athletes and their parents to a successful and positive athletic experience. Individual teams and programs will have their own specific rules and student-athletes and parents can expect to be presented with this information on the first day of practice or at the pre-season parent meeting respectively.

Academics

The Athletic Department's academic philosophy is to be in synch with the academic mission statement of the school, to provide an academically rigorous, highly individualized education for 21st Century students. We are committed to developing the scholar-athlete, and understand that the most important task is to prepare the student for their participation in the community as a contributing member of our society, as a citizen with responsibility. It is from sport that our student-athletes can find additional important life lessons about goal setting, sacrifice, establishing a plan, persistence, perseverance and ultimately accomplishing the goal of graduation, with skills that will open other doors.

- Student-athletes are expected to graduate with a high school diploma.
- They are expected to seek help from their teachers, study groups or other tutoring sites or methods if need be. They should learn to seek assistance from their teacher first and then other groups after.
- Students-athletes are expected to be a responsible member of each class, by punctually attending class, taking notes, cooperating with classroom rules, doing their homework, preparing properly for class and participating in classroom activities. At no time is practice or games to be used as an excuse for not 'getting the job done' in the classroom.
- Academic integrity and honesty should always be exercised. Copying, plagiarizing or cheating is never to be allowed.
- Assist your child to have disciplined time management and organization. Emphasize that we are here for academics first but balancing athletics with it.
- Ultimately, having a four year goal in areas such as classes complete, GPA, A-G requirements, and taking a curriculum filled with rigor, will help the student-athlete meet his/her goals. The effort and time put into practice should also be exerted in the classroom. The lifelong benefit of having a skill to compete in today's academic and work place is only realized with planning, sacrifice and perseverance, among other things.

Academic Eligibility

Students who earn below a 2.5 GPA or have any failing (F) grade at any point, cannot practice or participate in any CIF sponsored game or scrimmage.

Determination of academic ineligibility is as follows:

- The athletic administrator gathers all student-athlete GPA's once teachers have completed posting grades for the grading period.
- The athletic administrator provides a copy of all student-athlete GPA's to the Athletic Director.
- From the point at which the athletic administrator notifies the athletic director, the athletic director has 24 hours to notify coaches of student-athlete eligibility.
- From the point at which the athletic director notifies the coach, the coach has 24 hours to notify student-athletes of ineligibility.
- The student-athlete remains ineligible for the entirety of the current grading period in which they were notified.

Teachers can make recording and computation errors. Academically ineligible players are encouraged to check with teachers and review posted grades for accuracy.

- The only way a student that has below a 2.5 GPA will be eligible to play, is if it is deemed that the computation of the grade was an error. Permission can only be granted by the A.D. and the Administrator in charge of athletics.
- At no time what so ever, will any adult be allowed to pressure a faculty member into changing a grade for the sake of playing.

Physical Education Credit for Student-Athletes

Student-Athletes who are enrolled in Period 6 Sports Teams class have the opportunity to earn a year of P.E. credit. The requirements are the following:

1. Must be a member of one of the teams and enrolled by the coach of that team on the roster.
2. Must meet attendance, dress, work ethic and practice requirements.
3. Must follow all guidelines and requirements of the coach during the period 6 class.

A student-athlete who is on a New West athletic team and not enrolled in period 6 must meet the following criteria to receive 1 semester of PE credit:

1. Must not miss more than 1 practice during the course of the season.
2. Must attend ALL games.
3. Must turn in all required paperwork before the season in order to tryout.
4. Must attend all fundraisers and team functions and be present at the end of season athletic awards banquet.
5. In the end, the Head Coach of that particular team has the final say in that student-athlete receiving P.E. credit or not. The Head Coach will determine this at the end of the season/school year and report all information to administration and the athletic director.

A student-athlete who is enrolled in a regular P.E. class and does not dress or participate on any given day, may not participate in practice or game that day either.

Attendance

An athlete will not be eligible for practice or an athletic event on the day the athlete is absent from school with these exceptions: appearance in court, attendance at a funeral, written verification of a doctor's appointment, or by approval of the principal and/or the athletic director. An athlete missing part of a school day for an appointment on game day needs to follow the school's policy to be eligible to attend practice or participate in a contest. To be eligible, the student must be in attendance for at least half of the required classes on the day of the event. If an athlete is suspended from school, the athlete is ineligible to compete in games, participate in practice or conditioning during the time of suspension.

Commitment

Once an athlete has accepted a position on any team at NWC, the athlete is expected to attend every meeting, practice, and game. The coach should be consulted at least 48 hours in advance of any conflict. Before trying out for a team, the ability to sustain the time commitment through an entire season should be considered by the student-athlete and their family. An athlete is considered to be part of a team only if the athlete has completed the entire athletic packet and is cleared by the AD and has participated in an official practice. Tryouts do not constitute official practices. Before dropping a sport, the athlete must meet with the head coach of the sport that season and must consult with the athletic director before trying out for any other sport in subsequent seasons. If an athlete quits or is dismissed from a team, the athlete will not be permitted automatic access to athletic facilities or pre-season practice with other teams. The athletic director can grant this access with the recommendation from the head coach. Participation in more than one sport during the same season will not be allowed at any time unless by mutual written consent of both head coaches. To change sports in season, the student must have permission from both the head coach and the athletic director.

- 5 missed practices = dismissal from team
- 3 missed games = dismissal from team
- Only excused absences will be awarded (doctor's note, teacher's note etc.)
- Everything else is considered an unexcused absence

Out of Season Competition/Club Teams

NWC teams must take precedence over off campus/club teams. Participating on a school team and a club (off campus) team in the same sport simultaneously is a violation (CIF-LACS Bylaw 600). This rule applies to all levels of participation. If a student-athlete commits this violation they immediately become ineligible for participation on that NWC team. Upon completion of that particular CIF-LACS sport season, student-athletes then become eligible to participate on the off campus teams.

Trying Out For a Sport

Please note that not all athletes who try out will make the team. Tryout dates will be announced at school. Any questions about tryouts and the process of choosing the team can be directed to the head coach of that sport or the athletic director.

Student-Athletes trying out for a sport must meet all of the following requirements to be eligible for tryouts:

- Submit a completed Athletic Packet to the Athletic Director including the completed athletic physical (for that particular school year) and a copy of your health insurance card.
- Proof of academic eligibility (2.5 GPA), does not apply to incoming freshmen.
- Submit transfer papers to the athletic office, if you have not attended NWC from day one of your freshman year.
- Athletes and parents must attend an Athlete and Parent meeting prior to the start of the season (if chosen on one of the teams).
- Athletes and parents must sign and acknowledge that you have read and understood the Student-Athlete & Parent Handbook (if chosen on one of the teams).

Hazing

Events have made it necessary to clarify and articulate the policies regarding HAZING. As defined by the California Education Code, HAZING includes any method of initiation or pre-initiation into a student organization or any pastime or amusement engaged in with respect to such an organization which causes, or is likely to cause, bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm, to any student or other person attending any school, but the term “hazing” does not include customary athletic events or other similar contests or competitions. Additionally, the following refers to California Education Code Section 32051:

No student, or other person in attendance at any public, private, parochial or military school, community college, or other educational institution, shall conspire to engage in hazing, participating in hazing, or commit any act that causes or is likely to cause bodily damage, physical harm, or personal degradation or disgrace resulting in physical or mental harm to any fellow student or person attending the institution.

The violation of this section is misdemeanor, punishable by a fine of not less than one hundred (\$100), nor more than five thousand (\$5,000) dollars, or imprisonment in the county jail for not more than one year or both.

Please be aware that there are legal ramifications if students engage in activities that can be considered hazing. To guide you in working with your student around activities involving a school club or team, please use these guidelines:

- Check with the coach, teacher or advisor of the activity to ensure that the activity has his or her approval.
- Check with the coach, teacher or advisor for written guidelines to govern the activity.
- Get written verification that adults are involved in the activity.
- Do not assume that if a group of students from the team are organizing an event that the school is actually sponsoring it. Students who organize events in the name of any school group without authorization will be subject to disciplinary action by the school.

- Do not allow your child to travel to any school-related or school-sponsored event for which students are driving one another. Only parents whose insurance has been documented with the school are permitted to drive students.

Bullying

Players may face school consequences, including suspension, for...

- sexual harassment
- bullying or cyber bullying another person
- cause, threaten to cause or participate in an act of hate violence
- engage in harassment, threats or intimidation
- terrorist threats against school officials or property
- A new law authorizes school administrators to suspend or recommend for expulsion students who engage in bullying of either students or school staff
- If the bullying behavior significantly disrupts the school environment the school shall intervene even if the bullying originated outside of the school environment

Bullying defined is described as including but not limited to tormenting of others through:

- verbal harassment or intimidation
- physical assault; or other more subtle methods of coercion such as manipulation and exclusion
- Some bullying behaviors are illegal and must be reported to the police.
- Physical aggression
- Social aggression
- Written aggression
- Social manipulation
- Psychological intimidation
- Physical Intimidation
- Sexual and gender harassment
- Racial and culture harassment
- Religious harassment
- Public ridicule
- Hazing

This also includes

- Cyber-bullying
- The use of any type of electronic device and information, such as e-mail, instant messages, text messages, mobile phones, and web sites, used to send or post harmful or hurtful messages or images about an individual or a group.
- Any of the above may result in school discipline if they:
 - Substantially disrupt school activities
 - Invade the rights of students or staff by creating an intimidating or hostile educational environment

Consequences for Unethical Behavior

Allegations of breaking the Code of Conduct, Ethical Behavior Standards, or other behavioral expectations should be reported to the Head Coach, Athletic Director, Administrator in charge of athletics, or the Principal.

- The Head Coach is responsible for reviewing the alleged infraction, and then reports it to the Athletic Director, in written form. The report must be filed with the AD, and list pertinent facts, the action taken or penalties recommended by the Head Coach.

- The penalty is to be progressive. Examples include, but are not limited to - probation, ineligibility to practice, ineligibility to start in contests, sitting out games, suspension, or dismissal from the team.
- Student may be asked to participate in assistance programs, to address behavioral problems. The sanction for any violation shall be subject to the review and approval of the Athletic Director.
- Discipline by the Athletic Director does not supersede that imposed by a higher administrator.
- No doubt, the coach must immediately notify the parents of any infractions, as well as possible penalties.
- Personal behavior includes treating officials and opponents with respect, before, during and after a contest.
- Personal behavior includes going to class, not roaming the hallway, and being punctual. The student-athlete is expected to be a leader in the classroom. Assignments are to be logged, done, and submitted on time. Players are expected to seek the help of the teacher if that student-athlete is falling behind.
- An athlete that is suspended from school is also suspended from practices and games, for the duration of the school dictated suspension. Holidays, weekend or breaks are considered part of that time period.
- Attendance and positive participation at meetings, practices and games/scrimmages are required of the whole team. Absences not excused by the coach in advance may result in disciplinary action, including removal from the team.
- Players, coaches and/or fans may be ejected from a contest for inappropriate behavior.
- For persistent violations of the Code of Conduct, parents and/or fans may be asked by the coach or A.D. not to attend future contests.

Reasons for Non-Participation

The following is a list of reasons why a student-athlete may not be allowed to participate in a practice or game. This list is not exhaustive.

- A lack of ability, an inability to grasp and execute the concepts/plays that a coach is trying to impart.
- Any situation which would imperil the safety of the student-athlete, such as an injury, may also impact playing time.
- Included in this list of reasons, is an attitude that is detrimental to the overall team spirit/morale, by either the athlete or their parent.
- Any violations to team or school policy can also preclude a student-athlete from playing, or from playing time.
- Academic ineligibility is also a reason as to why a student-athlete would not be allowed to compete.
- Please note that the high school level is a competitive one. Talent and preparation, as well productivity, are key parts to getting playing time.
- Playing time is based on practice, attitude, ability to produce, and adherence to team rules, including a positive attitude.
- It is appropriate for the student-athlete to ask the coach why he/she is not playing, and what he/she should do to improve.

Dismissal from the team if not complying with any of the above listed guidelines, is the final option for repeat offenders of gross violations. Violations will be dealt with in a progressive manner. Continued refusal to abide by team policy may result in the student-athlete being suspended from or dismissed from the team. Suspension or termination of the participation privilege is within the sole discretion of the school administration.

Athletic Facility Conduct

Student's security and safety while using athletic facilities is a priority of the coaching staff. Each student-athlete is expected to assist in keeping the areas clean, safe and secure.

- Keep possessions secure at all times.
- Horseplay is absolutely not allowed. Injuries and/or bad feelings may result from rough housing.

- Treat the facility with respect.
- Report any damages to walls, bathrooms, lockers, or other related areas within the facility.
- Profanity will not be tolerated at any time. Use words that do not denigrate anyone.
- Keep athletic facilities clean. Remember, these are not our facilities and we are renting them.

Equipment/Uniforms

All equipment and uniforms issued to you belongs to New West Charter School. Treat it with respect. You are responsible for it if it is lost, damaged, or stolen. So be sure to secure it at all times. This includes fundraising materials or money. All equipment and uniforms are the property of NWC and are loaned to the athlete during the season of the sport, unless purchased in the spirit pack or athletic store. The athlete is financially responsible for all equipment/uniforms checked out for personal use. The athlete should make sure the equipment/uniforms are clean and in good repair at all times. Before awards are received, final exams are taken, or a new sport has begun, the athlete must return their equipment/uniforms in good condition or risk payment for the equipment that has been checked out. Seniors that have not returned uniforms will also have transcripts placed on hold until returned upon graduation.

Dress Code

It is expected that student-athletes are dressed appropriately for practice and games. The NCAA rule of uniformity is applied to game situations, where everyone is dressed in uniform fashion, representing the team concept, and not individuality. At practice, the head coach determines what the practice attire will be. This policy is to be respected while the student-athlete is on the team. Students are expected to dress in their designated or enclosed area, and not in public. Appropriate attire may include shorts, sweat pants, warm-up pants, spandex pants, or any gear deemed appropriate by the Head Coach. Clothing that contains offensive or degrading graphics or words, are not allowed. Athletic shoes and socks are mandatory. Flip-flops or any other non-athletic shoes are not allowed. No open toe shoes, sandals, dress shoes or other shoes are allowed. These only inhibit proper participation, and can be a danger to the student-athlete.

The appearance of our athletes, student managers and student trainers should be exemplary when present at any athletic event. When the team does not travel to their game in uniform, normal school uniform is required. Coaches may require special standards of travel dress for their athletes such as jackets and ties, travel sweats, game day polo, etc. On the field of play, athletes are expected to maintain a neat and uniform appearance as prescribed by CIF-LACS regulations and consistent with principles of team unity and commitment. (i.e., shirts tucked in, uniform worn in the manner intended, etc.)

Athletic Fees

NWC may charge a fee for participation in the athletic program. The athletics fee will help offset the cost of officials, equipment, facility rentals, transportation, and awards. All inquiries for financial assistance should be directed to the athletic director. More information about athletic fees will be discussed in greater detail at the athlete and parent pre-season meeting.

Spirit Apparel

All athletes competing on any New West athletic team are strongly encouraged to purchase the Athletic Department Spirit Pack. The Spirit Pack is the main fundraiser for New West Athletics and includes a New West Athletics dri-fit t-shirt, dri-fit long sleeve shirt and an athletic duffle bag with the New West Athletics logo and athletes name embroidered. The spirit pack costs \$200. Payment plans and fundraising options can be arranged. Athletes competing on multiple teams would only need to purchase the spirit pack once. Athletes will also have the option to purchase their own apparel from the online team store. This is highly recommended, as the spirit apparel will be used as practice uniforms for all sports at NWC.

Fundraising

All NWC student-athletes may be required to participate in fundraising for the entire athletic program or for their specific team throughout the school year. More information about the fundraising process will be discussed at the athlete and parent pre-season meeting.

Hydration Safety

It is very important that student-athletes are appropriately fed, and hydrated before and after a workouts/games. Hydration is one of the keys to safe training. Ultimately, the coaching staff, athletic trainer and your doctor can help guide you as to the appropriate way to avoid things such as dehydration, heat related illness, and other dangerous situations.

Anabolic Steroids

New West Charter School does not approve the use of steroids of any kind.

“The health risks associated with steroid use are severe. Anabolic steroid use has been implicated in early heart disease, including sudden death, the increase of bad cholesterol profiles (increased LDL, lower HDL), an increase in tendon injuries, liver tumors, testicular atrophy, gynecomastia (abnormal enlargement of breasts in males), male pattern baldness, severe acne, premature closure of growth plates in adolescents, emotional disturbances and other significant health risks.”

(STEROIDS THREATEN HEALTH OF ATHLETES AND INTEGRITY OF SPORTS PERFORMANCE, American College of Sports Medicine, 2003)

It should also be noted that...

- California Department of Education prohibits the use of androgenic and anabolic steroids, unless prescribed by an AMA fully licensed physician to treat a medical condition.
- CIF By-Law 200.D states that the student may be subject to penalties, including ineligibility for any CIF competition, if the student or his/her parent/guardian provides false or fraudulent information to the CIF.
- Please consult with your doctor, coach and athletic trainer, and parents, before starting any program designed to increase weight and strength by ingestion of any supplement.

Injuries

Participating in competitive athletics may result in severe injury including paralysis or death. Changes in rules, improved conditioning programs, modern equipment, and medical coverage have reduced these risks. However it is impossible to totally eliminate such incidents from occurring. Players may reduce the chance of injury by obeying all safety rules in their sport, reporting all physical problems to their coaches and athletic trainer, following a proper conditioning program and inspecting equipment daily.

Procedure if You Are Injured

Report ALL injuries to your coach, the Athletic Trainer, and if need be, the Athletic Director immediately. They will file an Injury Report. Student-athletes and parents should be familiar with RICE: Rest, Ice, Compression, and Elevation. Often the trainer will recommend this as treatment for some injuries. The most important thing is to report your injury to the trainer, who will make the objective decision of what should be done next. At no time will the coaching staff have a decision on playing time, if the ATC or the Doctor on staff recommends rest. Additionally, you should consult your primary care physician whenever you have an injury.

Concussions/Head Injuries

CIF bylaws state that a student who is suspected of sustaining a head injury in a practice or a game shall be removed from competition at that time for the remainder of the day. A student-athlete who has been removed from play may not return until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussions and receives a written clearance to return to play from that health

care provider who diagnosed the concussion. For more information on concussions, please see the Centers for Disease Control and Prevention website's concussion page.

Transportation

- All team members are expected to ride with the team to and from contests, unless other arrangements have been made by the head coach and approved by the athletic director and athletic administrator.
- With prior permission from the head coach parents may drive their student-athlete to and from a contest.
- Busses or school vans are arranged for contests by the head coach and the athletic director.
- Student-athletes may not drive their own vehicles to a contest in which they are participating in unless approved by the athletic director and athletic administrator.
- Non student-athletes may not drive student-athletes to athletic events for the purposes of participation in said event.
- With prior permission from the head coach, parents may drive their child and other teammates directly home after a contest.
- In some instances, parent drivers may be used to transport student-athletes to and from contests. These instances must be approved by the head coach, the athletic director, and the athletic administrator. Parents must fill out the proper paperwork within the student-athlete packet for approval.
- Transportation fees may be charged to athletes and families to cover transportation including buses, vans or other methods.

Release Time

Because of the nature of athletics and the travel involved, it is often necessary for athletes to be released from class. This in no way releases the athletes from any academic responsibility. Athletes are expected to respectfully notify the teachers in advance of their release time, leave class only at the time announced by the Athletic Director and Head Coach, and make up all assignments and tests. Early dismissal due to athletic events does not exempt a student from turning in assignments by the due date. If student-athletes demonstrate an inability to perform these functions, athletic privileges may be curtailed or revoked. Student-athletes should go to school ready for travel. We allow fifteen minutes from the time of release to departure.

College & Scholarships

Playing at the collegiate level is in part determined by your ability and projectability (ability to perform at the collegiate level), grades, test scores, and character. According to the National Center for Educational Statistics, 5.2% of 8th graders received college sports scholarships, and only 2.2% received a scholarship at a Division I school. In other words, it is easier to become a National Merit Scholar Finalist than to receive an athletic "full ride" scholarship.

Parents can improve the odds of their students participating at the college level by:

- Becoming familiar with the various divisions.
- Researching the scholarships that are available.
- Asking your child if they want to play at the college level, a very demanding experience.
- Having a realistic, unbiased evaluation of what your student can do at the collegiate level.
- Knowing the odds of getting a scholarship, and the fact that there are over 25,000 high schools in the nation.
- It is important to understand that high school coaches are not responsible for getting student-athletes scholarships. The coaches will work hard to make sure that the student-athlete maximizes their potential in both the athletic and academic arena.
- Encourage your child to select his or her own sport, based on their ability and interest.
- Stress the importance of both mental and physical preparation.

NCAA Eligibility

The National Collegiate Athletic Association (NCAA) is an organization, which has established rules on eligibility, recruitment and financial aid. The NCAA has three levels of membership: Division I, Division II and Division III. Membership in these divisions is based on the size and scope of their athletic programs and on if they offer college scholarships.

- You can get more information at NCAA.org, Eligibility Center. Be sure to visit the NCAA's Guide for the College Bound Athlete.
- If you plan on playing at a Division I or II School, you must register with the NCAA Eligibility Center, formerly known as the NCAA Clearinghouse. If granted the right to participate in a college sport, you would have five college years to play in four seasons.
- The high school must receive permission to provide transcripts to college coaches.

Students who wish to determine and maintain NCAA eligibility are responsible for the following:

- You have registered with the NCAA Eligibility Center.
- You have given the NCAA Eligibility Center your completed Student Release Form and fee.
- You have given the NCAA Eligibility Center your official transcript from every high school you have attended.
- You have given the NCAA Eligibility Center your ACT or SAT scores.
- Be on time to all your classes.
- Come prepared and ready to learn every class.
- Sit up front in class.
- Take good notes.
- Do your homework promptly.
- Study at least two hours a night; do not just do your homework.
- Seek help when needed, from your teachers, study groups, as well as other athletes that take the same class.
- Know the NCAA required courses, as well student requirements for high school graduation, and the requirements to get into a four-year university/college.
- Set academic goals that are numerically measurable.
- Be persistent.
- Invest your time; sacrifices must be made to be academically stellar, and athletically eligible.
- Use maturity at all times. Do not get caught up with behavior or individuals that will derail your college dreams.
- Use discipline learned from athletics, in the classroom as well.

Overnight Trip Policy

In the event that New West Athletic teams compete at the state level or travel to an out of town tournament, overnight trips may take place. All travel arrangements will be determined by the head coach, including room assignments for each athlete. Same gender rooms are required at all times. It is highly recommended that athletes stay with each other in the same rooms/hotel and parents stay in separate rooms.

Sports Offered at New West Charter

Fall

Boys Cross Country
Girls Cross Country
Girls Volleyball

Winter

Boys Soccer
Girls Soccer
Boys Basketball
Girls Basketball

Spring

Boys Track & Field
Girls Track & Field
Boys Volleyball

Agreement Signature Sheet

Thank you very much for taking the time to read the New West Charter School Student-Athlete and Parent handbook in good faith. Your support and contribution to NWC athletics is cherished. We look forward to an exciting year of amazing performances by our teams and student-athletes.

“My signature below indicates that I have reviewed, understand, and agree to all parts of the New West Charter School Student-Athlete and Parent Handbook.”

Printed Parent Name: _____

Parent Signature: _____

Printed Student-Athlete Name: _____

Student-Athlete Signature: _____

Sport (s): _____

Date: _____

Please remove or print this page and submit it to the Athletic Director with your athletic packet.