

ESPERANZA HIGH SCHOOL ATHLETIC DEPARTMENT 2009-2010

Parents and Students: Please read the following information!

DEADLINE DATES FOR CLEARANCES AND TRANSPORTATION FEES:

FALL SPORTS: June 25, 2009 (Fees-Aug. 28, 2009)

WINTER SPORTS: November 6, 2009

SPRING SPORTS: February 5, 2010

(PLEASE NOTE!! Tryouts for a sport or auxiliary team are held at the digression of the coach prior to the beginning of each season. Tryout dates and times vary and are announced in the daily bulletin. It is the responsibility of the individual student to obtain a clearance packet from the Esperanza website www.esperanzahs.com and clear PRIOR to tryouts with the Athletic Secretary. Only students on the coach's cleared list will be allowed to tryout. If there are any questions, please contact the Athletic Secretary!)

ATHLETIC PHILOSOPHY

Interscholastic athletics is an integral part of the elective educational program at Esperanza High School. It appeals to the student who enjoys physical activity but must not detract from the student's scholastic endeavor. The athletic program contributes to school spirit and the well being of the entire student body in that it promotes unity, a feeling of belonging and loyalty to a common entity.

The conduct of athletes is closely observed in many areas of life. It is important that their behavior be above reproach in order that they might bring credit and honor to themselves and their school. We accept the thesis that athletics is a valuable opportunity for our students. We are concerned that all students who have an inclination are allowed an opportunity to fully participate in our program of interscholastic athletics. We discourage the limiting of our athletic program to those students who demonstrate particular promise and encourage the participation by all those interested.

Believing that opportunity for a broad base of experience is integral to the program of instruction and activities at the high school level, students are encouraged to compete in as many sports as time and talent will allow. We do not favor specialization by sports in our program.

Esperanza High School is a member of CIF and operates its athletic program under the guidance and direction of this organization. At all times, the rules and the "spirit" of the rules of the CIF will be followed. Certain rules of the CIF are stated as part of this policy for emphasis. All rules of the CIF whether or not stated in this policy, are made a part of this policy. Local school policies, at times, may be more stringent than that of the CIF, but never in conflict, and never more lenient.

The following is a code of conduct for the student athletes of Esperanza High School. It defines their responsibilities and expectations as they relate to their participation in athletics. Participation in athletics is a privilege, not a right, and may be revoked by school personnel when athletes violate the code of conduct.

BEHAVIOR/DRESS CODE

1. As a student, the athlete is subject to all of the rules and regulations of the school. The student athlete is a representative of the school and must be trusted to display appropriate conduct at many events on this campus and at locations away from the campus. A coach retains the authority to bench or suspend from the team those athletes who fail to meet expected standards of conduct. In cases of serious or repeated misconduct, a coach, with the approval of the Athletic Director, may remove an athlete from the team. Game officials, coaches, teachers, spectators, school facilities and equipment are to be treated with respect at all times.
2. Students must follow all guidelines as set forth by the School Dress Code Policy and the requirements of individual coaches for the athletic program in which they participate. Appropriate attire for the sports venue will

be worn at all times in a manner and standard set forth by the coach and athletic program. *Students may not wear bathing suits anywhere on campus except on the pool deck.*

3. Student spectators attending athletic events are required to follow all school rules and CIF rules regarding dress code. Face paint and artificial noisemakers of any type are not allowed.

CLEARANCE

1. Before a student may try out or participate in any athletic activity, a completed Athletic Clearance Packet must be read, filled out and signed, where appropriate, by the athlete and his/her parent. This packet contains pertinent information in regards to the athletic program and the student/parent responsibilities. This packet must be filled out for each school year.
2. The packet may be downloaded from the Esperanza website, www.esperanzahs.com. This packet must be turned in by the student to the Athletic Secretary with their current Esperanza ID card at break or lunches ONLY unless other arrangements have been made by the coach and Athletic Secretary. Fall sports will clear returning players prior to the end of the previous school year and new and incoming 8th graders during June. Incoming 8th graders will not have their Esperanza ID card but must obtain one at "Taking Care of Business" week in August.
3. A physical and a medical doctor's clearance are required before any participation in any form of athletics, including tryouts. All physical information including the Doctor's signature, license number and doctor's office stamp must be an original copy. No Xerox or faxed copies will be accepted. The student health history must be completed and signed by parent and student. A physical taken from January of the current school year is valid until the last day of school the following year. (i.e. physicals dated 1/1/09 are good through the last day of school in 2010). A new physical must be on file with the Athletic Secretary in order to continue in any sport. The official Sports Pre-Participation Physical form is on the Esperanza website.
4. A student must have medical and hospital insurance before participating in any sport, including tryouts. This is required by state law. If the parents have sufficient coverage of their own, they may state this on the declaration form. A front and back copy of your insurance card or a copy of your policy is required as proof of insurance. The school has available a policy that provides accident protection including medical and hospital costs that satisfies state requirements. The form and payment is to be returned to the Athletic Secretary with the clearance packet.
5. Proof of purchase of ASB membership for the year of participation must be presented at the time the paper work is completed and turned in. This is indicated on the student's ID card. Fall sport athletes clearing the previous spring/summer should purchase their ASB at "Taking Care of Business" Week in August. ASB membership will be checked following registration.
6. NO FORMS WILL BE ACCEPTED UNTIL ALL THE ABOVE IS COMPLETED. PLEASE MAKE SURE ALL FORMS AND PHYSICALS ARE TURNED IN TO THE ATHLETIC SECRETARY AND NOT LEFT WITH THE COACH OR ANY OTHER DEPARTMENT. THE COACHES WILL RECEIVE A LIST OF ALL STUDENTS ELIGIBLE FOR TRYOUTS OR SPORT PARTICIPATION.

EQUIPMENT/UNIFORMS

Equipment and uniforms issued to the student becomes the responsibility of the athlete. Any abuse or loss of this property will result in being billed for its replacement. Equipment and uniforms must be turned in or paid for by the athlete at the conclusion of the season and/or before being allowed to participate in the next sport. This procedure is handled through the Director of Athletics. School equipment or uniforms are not to be worn to school or in the community on non-game days. The athlete will incur a debt on his/her student account if he/she is negligent in returning school property.

INJURIES

Athletes should report all injuries to the coach immediately. At the time of an injury/accident, the athlete may be referred to the training room for evaluation and treatment. An accident report will be completed by the athlete, the coach and/or the trainer.

PARTICIPATION

1. OUTSIDE PARTICIPATION – CIF regulations prohibit participation in the same sport during that season of sport (e.g. playing travel ball during season of sport). In addition, athletes who are competing on a school team and are in-season, may compete on a team in a different sport outside the school's jurisdiction during that season

- of sport (e.g. playing club soccer during football or volleyball season), but only with permission from the school coach. The athlete should make his/her school team/sport a priority.
2. **DUAL SPORT PARTICIPATION** - Esperanza High School students are to be discouraged from playing on more than one school team during any one season. In exceptional circumstances, when agreement is reached between the two coaches and the Director of Athletics, dual participation may be permitted.
 3. **OUT OF SEASON PARTICIPATION** - From time to time, students will engage in recreation-sponsored, church-sponsored, or out of season league teams (e.g. spring/summer leagues). These activities are to be purely recreational from the point of view of participants and sponsors, as long as the participation does not conflict, in time, to the sport in season and does not conflict with any CIF or league regulation.

QUITTING/REMOVAL FROM A TEAM

A TRUE ATHLETE DOES NOT QUIT! If an athlete leaves a sport without approval from the Athletic Director and all coaches involved, the athlete shall not practice or participate in other sports until the season of the sport the athlete left is completed. Athletes dropped from a team for disciplinary action before the season is completed may not go out for another sport without the approval of the Athletic Director.

SIXTH PERIOD ATHLETICS

The Athletic Physical Education Program is devoted to athletes and their training. It is a privilege and shall be treated as such. In the development of our athletic program we have found that, in order to provide the best opportunity, it becomes necessary to extend our practice and game schedule to different time slots. It may be necessary for an athlete to be released early so that he/she may practice or play a game at a more appropriate time. The following requirements and regulations have been established for the Athletic Period Physical Education:

1. **Admittance Requirements**
 - a. All requests for transfer to the athletic period must be initiated by the Director of Athletics (not the counselor, coach, student or parent).
 - b. The student must have the permission of the coach and the Director of Athletics.
2. **General Information**

The athletic period is governed by the same rules and regulations as the regular physical education classes. In addition:

 - a. There shall be no student enrolled who is not an active member of an athletic squad.
 - b. When transferring from one sport to another, the student must obtain a release from his coach and Athletic Director and present it to the coach of the new sport.
 - c. The cutting of this period may result in the transfer of the student to a regular physical education class.
 - d. Tardiness to class will not be tolerated and will result in disciplinary action or transfer out of 6th period athletics.
 - e. If the coach is absent for any reason, the student will dress and report to the designated substitute for the day's activities.

TRAINING ROOM

The training room is under the supervision of the athletic trainer who will be available each afternoon for the treatment and care of our athletes. No student is to be in the training room unless under the supervision of the trainer or a coach. Athletes are expected to adhere to the rules posted by the trainer and should conduct themselves properly at all times. Ice is to be used for injuries only and is not for personal consumption. Any reusable medical supplies provided to an athlete are to be returned to the trainer or must be paid for as lost equipment.

TRANSPORTATION

1. The Placentia Yorba Linda Unified School District has established transportation fees for those students who use the bus to travel to and from extra curricular activities. The parent must state which mode of transportation their student is permitted to take on the District form included in this packet. The transportation fee is necessary to continue with our existing programs. The fees are determined by bus usage for each individual sport. The fee becomes delinquent 2 weeks after the due date and will be entered as a debt on the student's school account. A District fee reduction and waiver application is available from the Athletic Secretary.

2. Conduct on the bus while traveling to and from contests is important to the morale and spirit of the team. District bus regulations shall be adhered to at all times.

Pertinent and important information is also noted on each form in the attached PYLUSD Athletic Program packet that is to be read, completed and signed by parent and student. If you are interested in the PYLUSD Athletic Participation: An Information Guide for Students and Parents, pamphlet, you may obtain it from the Athletic Secretary.

IF ANY PARENT AND/OR STUDENT INFORMATION CHANGES, IT IS THE RESPONSIBILITY OF THE PARENT AND STUDENT TO INFORM THE ATHLETIC SECRETARY AND ATHLETIC DEPARTMENT IMMEDIATELY SO THAT ALL PERSONAL RECORDS ARE KEPT CURRENT.

We urge parental support of our interscholastic athletic program at Esperanza High School and hope you will be able to attend many of the contests this year. Please feel free to contact us regarding your athlete's welfare.

Mrs. Keri Walters
Women's Athletic Director
714-986-7540 ext. 13010

Mr. Gary Meek
Men's Athletic Director
714-986-7540 ext. 13012

TBD
Athletic Secretary
714-986-7540