



BREA OLINDA HIGH SCHOOL ATHLETICS

Physical Packet

BOHS offers the following sports

Fall Sports:

Boys: Cross Country, Football, Water Polo
Girls: Cross Country, Golf, Tennis, Volleyball

Winter Sports:

Boys: Basketball, Soccer, Wrestling
Girls: Basketball, Soccer, Water Polo

Spring Sports:

Boys: Baseball, Golf, Swimming, Tennis, Track & Field, Volleyball
Girls: Softball, Swimming, Track & Field

NO STUDENT WILL BE ENROLLED IN A SUMMER ATHLETIC PERIOD, TRYOUTS, CONDITIONING, ETC., UNTIL ALL FORMS ARE COMPLETED.

COMPLETE ALL INFORMATION AND **SIGN ALL** FORMS – **TURN INTO THE ACTIVITIES OFFICE**

FORMS REQUIRED FOR SPORTS:

1. Brea Olinda High School Athletic Clearance Form /CIF Eligibility

The student's eligibility and the team's win-loss record may depend on information provided. CIF Blue Book Rule 230 - Falsification of Information: "*Student(s) or parent(s) who knowingly fail to provide complete and accurate information regarding eligibility to participate in athletics shall be declared ineligible to represent their school in any sport for one year following the date of the discovery of the falsified information. The student(s) may be reinstated only by action of the Executive Committee.*"

2. Brea Olinda High School Physical Examination Form - 2 sided form

This Form is to be completed and signed by athletes and cheerleaders **for each sport each year**. Complete the first page of the form; the second page is to be completed by your physician. Incoming freshman athletes and student athletes new to BOHS are required to have a physical dated after June 1st of their eighth grade year. **STUDENT MUST COMPLETE HISTORY INFORMATION PRIOR TO PHYSICAL.** Please have your doctor complete the other side and have his/her **office stamp** placed below the signature line.

3. Insurance Information/Agreement Form

All athletes must have medical insurance coverage before they will be allowed to try out or practice. If you have family coverage, note the insurance company's name/policy number on the form. If you wish to purchase insurance, pick up a student accident insurance brochure from the Athletic Secretary return completed form to Activities office for processing. School insurance forms are available in the activities office if you wish to purchase insurance through Meyers Stevens & Toohey & Co. Inc.

4. Code of Ethics – Athletes please read, by signing both Parent and Student agree to the Code of Ethics for Athletes

Boys Athletic Director: Mike Knaus 714-990-7850 ext. 1501
Girls Athletic Director: Jill Matyuch 714-990-7850 ext. 1510

Email: mknaus@bousd.us
Email: jmatyuch@bousd.us

Brea Olinda High School Athletic Website: <http://bohs-bousd-ca.schoolloop.com/athletics>

BREA OLINDA UNIFIED SCHOOL DISTRICT- BREA OLINDA HIGH SCHOOL ATHLETIC CLEARANCE FORM

Student Name _____ Sex: ___M ___F Date of Birth _____ Grade _____
Address _____ City _____ Zip _____
Home Phone # (____) _____ Parent's email _____
Father's Name _____ Work # (____) _____ Cell (____) _____
Mother's Name _____ Work # (____) _____ Cell (____) _____
Neighbor/relative: _____ Neighbor/relative work or cell phone: (____) _____

Does student have any injury or physical condition that should be watched for: Yes ___ No ___

If Yes, please explain:

TREATMENT CONSENT: In the event my student becomes ill or is injured, I authorize you to have the student treated and I authorize the medical agency to render treatment. In addition, I am aware of Ed Code 35330 which provides that all persons making a field trip or an excursion are deemed to have waived all claims against the district for injury, accident, illness, or death occurring or by reason of the trip or excursion.

INFORMED CONSENT: While every precaution will be taken to insure the safety of my student, I realize that there is risk involved in athletics/activity participation and a student could be injured, paralyzed or killed in the course of his/her participation. I am aware of the responsibilities and obligations this places on my child.

Signature Parent/Guardian _____ Date _____

CIF ATHLETIC ELIGIBILITY

STUDENT NAME: _____ Year Graduating: _____

HOME ADDRESS: _____ HOME TELEPHONE: (____) _____

Living with: Father ___ Mother ___ Parents ___ Other (be specific): _____

Have you lived in the BOUSD School District since 8th grade? ___ Yes ___ No

Have you lived with the same parent since 8th grade? ___ Yes ___ No

Have you attended **any other High School** grade 9-12? ___ Yes ___ No

Are you a transfer student? ___ Yes ___ No If yes, last school attended _____

My participation in high school athletics is voluntary on my part and is made with the understanding that I have never received any money or valuable considerations worth more than one dollar (\$1.00) for participation in athletic events, and that I have never competed under an assumed name after I have represented my high school in any sport. I agree to abide by the Constitution, Rules, By-laws, Decisions and Interpretations of the California Interscholastic Federation. I have read and agree to abide by the information contained in the Athlete's Policy Handbook.

STUDENT SIGNATURE _____ DATE _____

Medical Insurance Information & Agreement

Complete the following insurance information **OR** Myers Stevens Insurance information below

INSURANCE REQUIREMENTS: I certify that the above named pupil is covered by insurance that meets the requirements of Ed Code 32220-24 which requires that a member of a school athletic team, including band and orchestra members, cheerleaders, team managers, or any other student participating or performing duties in connection with a team or athletic event in which the team participates has **accidental death, hospitalization, and medical insurance coverage** in an amount of at least \$1,500. This coverage must cover students while preparing for, engaging in, or being transported to and from events. **Many insurance policies exclude tackle football. Please check your policy.**

My medical coverage for at least \$1,500 is issued by:

INSURANCE COMPANY: _____ POLICY NUMBER: _____

Must have insurance company name and policy number or this form will be returned to you and you will not be cleared for athletics.

OR

Myers-Stevens Medical Insurance

Myers Stevens Insurance forms are available in the Activities Office, please complete and turn in with this form.

Myers-Stevens Insurance (please check all that apply):

- | | |
|---|--|
| <input type="checkbox"/> Student Health Care Plan | <input type="checkbox"/> School Time Plan |
| <input type="checkbox"/> Tackle Football Plan | <input type="checkbox"/> Dental add-on |
| <input type="checkbox"/> Full Time/24 Hour Plan | <input type="checkbox"/> Pharmacy Smartcard add-on |

AGREEMENT

I agree to maintain the insurance listed above during the time that my student is participating in the activity/event. I understand that the school district does not carry medical or dental insurance for my child should he/she be injured while on school premises while under school jurisdiction, or during school sponsored activities. I affirm that the information provided by me is true and accurate. I have read and agree to abide by the information contained in the Athlete's Policy Handbook.

PARENT/GUARDIAN SIGNATURE _____ DATE _____

Must have Parent/Guardian signature even if not purchasing insurance

FOR ATHLETIC DEPARTMENT USE ONLY

Date of Physical Exam on File _____ Athletic Secretary Signature _____

HISTORY – To be completed by STUDENT prior to receiving physical

DATE OF EXAM: _____

Name: _____ Grade _____ M _____ F Date of birth: ____/____/____

Activities student plans to participate in: ___ Baseball ___ Basketball ___ Cheer ___ Cross Country ___ Football ___ Golf ___ Soccer
 ___ Softball ___ Swimming ___ Tennis ___ Track ___ Volleyball ___ Water Polo ___ Wrestling

Father's Name: _____ Mother's Name: _____ Home Phone: (____) _____

Address: _____ Work Phone or Cell Phone: (____) _____

Emergency Number: In absence of parent, please call (in case of illness or accident):

Neighbor/Relative: _____ Their home phone: _____ Their work phone: _____

Explain "Yes" answers below. Circle questions you don't know the answers to.

- | | YES | NO | | YES | NO | | | | | | | | | | | | | | | | |
|---|--------------------------|--------------------------|--|--------------------------|--------------------------|-----|------|---------|-------|------|-------|------|-------|------|-----------|----------|--------|-------|-----------|--|--|
| 1. Have you had a medical illness or injury since your last check up or sports physical? | <input type="checkbox"/> | <input type="checkbox"/> | Do you have seasonal allergies that require medical treatment? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | | | | | | | | | | | | |
| 2. Do you have an ongoing or chronic illness?
Have you ever been hospitalized overnight?
Have you ever had surgery? | <input type="checkbox"/> | <input type="checkbox"/> | 10. Do you use any special protective or corrective equipment or devices that aren't usually used for your sport or position (for example, knee brace, special neck roll, foot orthotics, retainer on your teeth, hearing aid)? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | | | | | | | | | | | | |
| 3. Are you currently taking any prescription or non-prescription (over the counter) medications of pills or using an inhaler?
Have you ever taken any supplements or vitamins to help you gain or lose weight or improve your performance? | <input type="checkbox"/> | <input type="checkbox"/> | 11. Have you had any problems with your eyes or vision?
Do you wear glasses, contacts, or protective eyewear? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | | | | | | | | | | | | |
| 4. Do you have any allergies (for example, to pollen, Medicine, food or stinging insects)?
Have you ever had a rash or hives develop during or after exercise? | <input type="checkbox"/> | <input type="checkbox"/> | 12. Have you ever had a sprain, strain, or swelling after injury?
Have you broken or fractured any bones or dislocated any joints?
Have you had any other problems with pain or swelling in muscles, tendons, bones or joints? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | | | | | | | | | | | | |
| 5. Have you ever passed out during exercise?
Have you ever been dizzy during or after exercise?
Have you ever had chest pain during or after exercise?
Do you get tired more quickly than your friends do during exercise?
Have you ever had racing of your heart or skipped heartbeats?
Have you had high blood pressure or high cholesterol?
Have you ever been told you have a heart murmur?
Has any family member or relative died of heart problems or of sudden death before age 50?
Have you ever had a severe viral infection (for example myocarditis or mononucleosis) within the last month?
Has a physician ever denied or restricted your participation in sports for any heart problems? | <input type="checkbox"/> | <input type="checkbox"/> | <i>If yes, check appropriate box and explain below.</i> | | | | | | | | | | | | | | | | | | |
| 6. Do you have any current skin problems (for example itching, rashes, acne, warts, fungus, or blisters)? | <input type="checkbox"/> | <input type="checkbox"/> | <table border="0" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%;">Head</td> <td style="width: 15%;">Elbow</td> <td style="width: 15%;">Hip</td> <td style="width: 15%;">Neck</td> </tr> <tr> <td>Forearm</td> <td>Thigh</td> <td>Back</td> <td>Wrist</td> </tr> <tr> <td>Knee</td> <td>Chest</td> <td>Hand</td> <td>Shin/calf</td> </tr> <tr> <td>Shoulder</td> <td>Finger</td> <td>Ankle</td> <td>Upper Arm</td> </tr> </table> | Head | Elbow | Hip | Neck | Forearm | Thigh | Back | Wrist | Knee | Chest | Hand | Shin/calf | Shoulder | Finger | Ankle | Upper Arm | | |
| Head | Elbow | Hip | Neck | | | | | | | | | | | | | | | | | | |
| Forearm | Thigh | Back | Wrist | | | | | | | | | | | | | | | | | | |
| Knee | Chest | Hand | Shin/calf | | | | | | | | | | | | | | | | | | |
| Shoulder | Finger | Ankle | Upper Arm | | | | | | | | | | | | | | | | | | |
| 7. Have you ever had a head injury or concussion?
Have you ever been knocked out, become unconscious or lost you memory?
Have you ever had a seizure?
Do you have frequent or severe headaches?
Have you ever had numbness or tingling in your arms hand, legs or feet?
Have you ever had a stinger, burner or pinched nerve? | <input type="checkbox"/> | <input type="checkbox"/> | 13. Do you want to weigh more or less than you now?
Do you lose weight regularly to meet weight?
Do you lose weight regularly to meet weight requirements for your sport? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | | | | | | | | | | | | |
| 8. Have you ever become ill from exercising in the heat? | <input type="checkbox"/> | <input type="checkbox"/> | 14. Do you feel stressed out? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | | | | | | | | | | | | |
| 9. Do you cough, wheeze or have trouble breathing during or after activity?
Do you have asthma? | <input type="checkbox"/> | <input type="checkbox"/> | 15. Record the dates of your most recent immunizations (shots) for:
Tetanus _____ Measles _____
Hepatitis B _____ Chickenpox _____ | | | | | | | | | | | | | | | | | | |
| | | | FEMALES ONLY | | | | | | | | | | | | | | | | | | |
| | | | 16. When was your first menstrual period? _____
When was your most recent menstrual period? _____
How much time do you usually have from the start of one period to the start of another? _____
How many periods have you had in the last year? _____
When was the longest time between periods in the last year? _____ | | | | | | | | | | | | | | | | | | |
| | | | Explain "Yes" answers here: _____

_____ | | | | | | | | | | | | | | | | | | |

I hereby state that, to the best of my knowledge, my answers to the above questions are **complete** and correct.

Student signature: _____

Date: _____



Code of Ethics - Athletes

Athletics is an integral part of the school's total educational program. All school activities, curricular and extra-curricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its 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.

As a condition of membership in the CIF, all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parents, legal guardian/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition (Article 523).

By signing below, both the participating student athlete and the parents, legal guardian/caregiver hereby agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition. We recognize that under CIF Bylaw 202, there could be penalties for false or fraudulent information.

We also understand that the _____ (school/school district name) policy regarding the use of illegal drugs will be enforced for any violations of these rules.

Printed Name of Student Athlete

Signature of Student Athlete

Date

Signature of Parent/Caregiver

Date

A copy of this form must be kept on file in the athletic director's office at the local high school on an annual basis and the Principal's Statement of Compliance must be on file at the CIF Southern Section office.

Revised 7/11

Athletic Program Donation Information

California law does not allow school districts to charge fees to students for curricular, co-curricular, or extracurricular activities. The law does allow school districts to charge fees in specific situations. Those permissible fees are outlined in a FAQ from the Orange County Department of Education's Schools Legal Services division. That FAQ is posted to our school website for your information.

Due to constraints resulting from reductions in State funding for schools over the past several years, BOUSD has looked to maintain the high level of programs expected by our community through the solicitation of donations from participants and their families. This long standing practice is still legal and acceptable.

The law is also very clear that all students must be allowed to participate in curricular, co-curricular, or extracurricular activities, without sanctions or limitations, regardless of whether a student or his/her family makes a donation.

We are working carefully with staff and all groups on campus to ensure that donations are requested only to help defer, or offset, the additional costs of running and maintaining our exceptional programs and activities at their current high level. Without your support of these programs through your donations, we will be required to redesign these programs to match the very limited funding provided by the State. While we will continue to offer as many programs as possible at no cost to students and their parents, please be aware that your voluntary donations help to make the experiences students have at our schools more enriched and extensive.

ATHLETE'S POLICY HANDBOOK

Your child has indicated a desire to compete in interscholastic athletics at Brea Olinda High School. This decision on his/her part requires certain responsibilities and an obligation to adhere to certain standards of conduct. The standards presented in this Policy Handbook have evolved out of an athletic tradition which emphasizes mental, physical and ethical values. We urge parental support of our interscholastic athletic program and hope you will be able to attend many of this year's contests. Please feel free to contact the boys' or girls' athletic directors regarding your student's welfare.

1. **Athletes are Eligible to Participate in a Sport when they:**

- a. Have all forms in this packet completed, which includes a current physical
- b. Currently enrolled in at least five classes.
- c. Scholastically eligible (2.0 or better GPA)
- d. Have satisfied insurance requirements.

2. **Athletic Code:**

- a. Maintain academic standards.
- b. Give respectful attention to all classroom activities.
- c. Maintain proper training habits.
- d. Be prompt and maintain good attendance.
- e. Show respect for students and faculty members.

3. **Causes for disciplinary action/dismissal/suspension:**

- a. Unexcused cuts - regardless of class or classes involved.
 - b. Breaking training rules.
 - c. Use of obscene language.
 - d. Suspension from school for other than program reasons.
 - e. Insubordination to coaches or other school personnel
 - f. Violation of CIF or district rules governing eligibility.
 - g. Failure to maintain acceptable standards of conduct outside of school.
 - h. Use of alcohol, tobacco, steroids, or narcotics.
 - i. Tardiness to classes and practices.
 - j. Poor academic achievement.
 - k. Improper conduct on the bus.
 - l. Unacceptable classroom behavior.
 - m. Serious infractions of any school rule.
- ✓ On and off campus school-related violations will result in immediate suspension from school as well as actions imposed by the team coach.

4. **Student Trips:**

- a. Students shall use appropriate conduct on the bus traveling to and from contests.
- b. District bus regulations will be adhered to at all times.
- c. A quiet and courteous attitude should be maintained at the host school/location.
- d. Athletes riding the bus to an event are expected to return by bus. Any deviation from this rule must be approved by parent and sponsoring coach/Athletic Director/teacher prior to the event.
- e. Although most activity transportation is done by bus, some events and groups require the use of private vehicles.

5. **Maintaining Eligibility During the Sport Season:**

- a. A student who leaves a sport during the season, or a student who is dropped during the season, may not practice or participate in another sport until the season of the sport from which he/she left is completed without approval from both Coaches and Athletic Director.
- b. Athletes may engage in purely recreational leagues as long as the participation does not conflict in time to the sport in season.
- c. No student, while in season as a member of an athletic team, may compete in a contest on an "outside team" in the same sport, during the student's season of sport.

6. **School Equipment:**

- a. A student is financially responsible for all equipment issued to him/her.
- b. A student must treat all equipment as though it were personal property, taking care of it and keeping it locked up when not in use.
- c. Equipment is not for personal use; it is to be used only when the student is representing the school.
- d. Students who fail to turn in all equipment will be billed for its replacement.

7. **NCAA Division I and II Eligibility Requirements:**

- a. A student entering an NCAA Division I or II institution must meet certain specified academic requirements to be eligible for financial aid awarded by an institution and to practice and compete on an intercollegiate team during the first year of attendance.
- b. Academic requirement information can be obtained from the student's school counselor and/or the school website.
- c. Clearinghouse paperwork must be completed.

PARENT/COACH COMMUNICATION

1. Parent/Coach Relationship

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other to provide a greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

2. Communication You Should Expect From Your Child's Coach

1. Philosophy of the coach.
2. Locations and times of all practices and contests.
3. Team requirements, i.e. special equipment, off-season conditioning.
4. Discipline that results in the loss of your child's right to participate.

3. Communication Coaches Expect From Parents

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concern in regard to a coach's philosophy and/or expectations.

As your children become involved in the programs at Brea Olinda High School, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child's wishes. At these times discussion with the coach is encouraged.

4. Appropriate Concerns To Discuss With Coaches

1. Concerns about your child's behavior.
2. Ways to help your child improve.
3. The treatment of your child, mentally and physically.

It is very difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those below, must be left to the discretion of the coach.

5. Issues Not Appropriate To Discuss With Coaches

1. Team strategy
2. Play calling
3. Other student athletes.

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

6. If you have a concern to discuss with a coach, this is the procedure you should follow:

1. Call to set-up an appointment.
2. The Brea Olinda High School telephone number is (714)990-7850. Boys Athletic Director, X1501, Girls Athletic Director, X1510.
3. If the coach cannot be reached, call the Athletic Director at the numbers listed above. They will set-up a meeting for you.
4. Please **do not** attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

7. What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

1. Call and set-up an appointment with the Athletic Director to discuss the situation. The coach will be present at the meeting.
2. At this meeting, the next appropriate step can be determined.

Research indicates a student involved in extra-curricular activities has a greater chance for success during adulthood. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school. We hope the information provided above makes both your child's and your experience with the Brea Olinda High School athletic program less stressful and more enjoyable.

MINIMUM ACADEMIC STANDARDS

SCHOLASTIC ELIGIBILITY REQUIREMENTS FOR PARTICIPATION IN EXTENDED DAY ACTIVITIES

It is the policy of the Board of Education of the Brea Olinda Unified School District to require all students who participate in extended day activities in grades 9 - 12 to meet minimum eligibility requirements. It is the intent of the Board to encourage high scholastic achievement. It is not the intent to discourage any student from participating in any extended day activity. To be eligible a student must meet the minimum academic standards as set forth below:

1. He/she should achieve and maintain good grades in all classes. He/she must meet CIF and local academic requirements to be eligible for athletic competition.
2. No student will be dismissed from a class for an activity, in which he/she is **not** maintaining a satisfactory average.
3. Freshmen coming from the 8th grade and accepted in a four year high school must be scholastically eligible by achieving a 2.0 grade point average (GPA) in enrolled courses on a 4.0 scale the previous grading period.
4. Eligibility shall be determined at the end of each quarter grading period. The date of effect is the first Monday after grades are mailed.
5. All students shall maintain a 2.0 GPA to maintain eligibility during the succeeding quarter.
6. There will be a one-time only waiver available for any student who has a GPA of less than 2.0 for any given quarter grading period.
7. If a student who has been on a waiver or has been ineligible during the previous quarter fails to maintain a 2.0 GPA for a subsequent quarter, he/she shall be ineligible until the completion of a quarter with an earned 2.0 GPA.
8. All classes in which a student is enrolled shall be used when computing the student's grade point average; however, only one class for P.E.credit will be counted.
9. Summer school may be used to eliminate ineligibility due to grades at the end of the fourth quarter. If a student attempts to improve a grade during summer school by taking the same class as that which was previously taken, the summer school grade can replace the grade received the preceding grading period, however, if a student takes a different class than that which was previously taken, the summer school grade is to be averaged with all grades received the preceding grading period. If there is a probationary period, it shall be the length of the grading period.
10. All non-seniors must be enrolled in at least six classes (this would be determined by the School Policy regarding minimum class load) each quarter and making satisfactory progress toward graduation.

THE SCHOOL'S EXPECTATION IS THAT STUDENTS WHO WISH TO PARTICIPATE IN A SCHOOL ACTIVITY WILL BE IN SCHOOL FOR A MINIMUM OF FOUR CLASSES ON THE DAY OF THE ACTIVITY or have an excused absence. It will be the responsibility of the Athletic Director and coach to determine a student's eligibility to participate in an athletic contest when the student has an unexcused absence on the day of the contest.

Higher grade point averages, in addition to specific citizenship requirements may be required to seek and hold elected office. If you are in doubt as to your eligibility, check with your counselor or the Assistant Principal of Activities.

ATHLETIC PERIOD (PERIOD 6)

The Athletic Physical Education Program is devoted to athletes and their training. It is a privilege and shall be treated as such. The following requirements and regulations have been established for Athletic Period Physical Education:

1. Admittance Requirements:

- a. All requests for transfer to the Athletic Period must be initiated with the Director of Athletics (not the counselor).
- b. All students must have permission of their physical education teacher, coach and the Director of Athletics.

2. General Information:

- a. The Athletic Period is governed by the same rules and regulations as the regular physical education classes.
- b. There should be no student enrolled who is not an active member of an athletic squad, in season or out of season.
- c. When transferring from one squad to another, the student must obtain a release from his coach and the Athletic Director and present it to the coach of the new squad.
- d. The cutting of this period will result in a schedule change, including the possible transfer of the student to a regular physical education class.
- e. Tardiness to class will not be tolerated and will result in disciplinary action or transfer out of 6th period athletics.
- f. If the coach is absent for any reason, the student will dress and report to the designated substitute for the day's activities.
- g. In-season athletes are usually assigned to the 6th period athletic class which normally begins at 1:40 p.m., however, due to impacted practice schedules, 6th period students may be required to practice at a time other than 1:40 p.m. In such cases, the athletes do not report at 1:40 p.m., but at their assigned practice time.
- h. On certain occasions, all team members will need to report during 6th period (competition days, meetings, etc.); however, during the remainder of the in-season, the athlete is the responsibility of the parents from the end of 6th period (usually 2:35 p.m.) until the beginning of the practice session.
- i. Please discuss with your students where you expect them to be, what behavior you expect of them, and what family consequences will be imposed for inappropriate behavior during the time between the end of their classroom day and the beginning of athletic practice.

ATHLETIC PHILOSOPHY

The following principles are established for athletes at Brea Olinda High School in order to complement the total educational program on campus and in the community:

1. Interscholastic athletics is an integral part of the educational program at Brea Olinda High School. It appeals to the student who enjoys physical activity but must not detract from his/her 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.
2. The conduct of an athlete is closely observed in many areas of life. It is important that his/her behavior be above reproach in order that he/she might bring credit and honor to himself/herself and his/her 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 the opportunity for full participation in our program of interscholastic athletics. We discourage the limiting of our program to those students who demonstrate particular promise and encourage participation by all those interested. However, actual playing time in contests will be determined by the coaches.
3. Believing that opportunity for a broad base of experience is basic in the program of instruction and activities at the high school level, we encourage students participating in the athletic program to compete in as many sports as time and talent will allow. We do not encourage specialization by sports in our program.
4. Brea Olinda High School is a member of the CIF and Century League and operates its athletic program under the guidance and direction of those organizations. 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 they are never in conflict and never more lenient.

CODE OF CONDUCT

The CIF Constitution, Article 522 states: "Any student who physically assaults the person of a game or event official shall be banned from interscholastic athletics **for the remainder of the student's eligibility. A game or event official is defined as a referee, umpire or any other official assigned to interpret or enforce rules of competition at an event or contest.** A student may, after a lapse of 18 calendar months from the date of the incident apply for reinstatement of eligibility to the State Commission."

The Century League Sportsmanship Policy states: Any athlete ejected from a contest due to unsportsmanlike conduct will be suspended from the next contest. The player may not attend the contest from which they are suspended. Upon the second ejection during the same season, that athlete will then be suspended for the next two contests and may be suspended from school and be removed from the team.

Any athlete who leaves the "bench/sidelines" to go on the playing area during an altercation, and who in the judgment of the school officials, is engaged in behavior which serves to perpetrate the altercation, that athlete will be suspended from the next contest. Any athlete who willfully defies the order of a game or school official and does not remain on the "bench/sideline" area during an altercation will be suspended from the next contest.

ATHLETE'S CODE OF ETHICS

Athletics is an integral part of the school's total education program. All school activities, curricular and extra-curricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its 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. Achieve a thorough understanding and 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 of 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. Eliminate all possibilities which tend to destroy the best values of the game.
12. Stress the values derived from playing the game fairly.
13. Encourage leadership, use of initiative, and good judgment by the players on a team.
14. Recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of the individual players.
15. Remember that an athletic contest is only a game - not a matter of life and death for player, coach, school, officials, fan, community, state, or nation.
16. Win with character - lose with dignity.

PURSuing VICTORY WITH HONOR

The Operating Beliefs and Principles of the California Interscholastic Federation

1. The essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character."
2. It's the duty of School Boards, superintendents, school administrators, parents and school sports leadership - including coaches, athletic administrators, program directors and game officials - to promote sportsmanship and foster good character by teaching, enforcing, advocating and modeling these "six pillars of character."
3. To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical and ethical development of student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible.
4. Participation in school sports programs is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules and they must conduct themselves, on and off the field, as positive role models who exemplify good character.
5. School Boards, superintendents, school administrators, parents and school sports leadership shall establish standards for participation by adopting and enforcing codes of conduct for coaches, athletes, parents and spectators.
6. All participants in high school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.
7. The importance of character, ethics and sportsmanship should be emphasized in all communications directed to student-athletes and their parents.
8. School Boards, superintendents, school administrators, parents and school sports leadership must ensure that the first priority of their student-athletes is a serious commitment to getting an education and developing the academic skills and character to succeed.

9. School Boards, superintendents, principals, school administrators and everyone involved at any level of governance in the CIF must maintain ultimate responsibility for the quality and integrity of CIF programs. Such individuals must assure that education and character development responsibilities are not compromised to achieve sports performance goals and that the academic, social, emotional, physical and ethical well-being of student-athletes is always placed above desires and pressures to win.
10. All employees of member's schools must be directly involved and committed to the academic success of students-athletes and the character-building goals of the school.
11. Everyone involved in competition including parent, spectators, associated student body leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect. Coaches have a special responsibility to model respectful behavior and the duty to demand that their student-athletes refrain from disrespectful behavior and the duty to demand that their student-athletes refrain from respectful conduct including verbal abuse of opponents and officials, profane or belligerent trash-talking, taunting and inappropriate celebrations.
12. School Boards, superintendents, and school administrators of CIF member schools must ensure that coaches, whether paid or voluntary, are competent to coach. Training or experience may determine minimal competence. These competencies include basic knowledge of: 1) The character building aspects of sports, including techniques and methods of teaching and reinforcing the core values comprising sportsmanship and good character. 2) The physical capabilities and limitations of the age group coached as well as first aid. 3) Coaching principles and the rules and strategies of the sport.
13. Because of the powerful potential of sports as a vehicle for positive personal growth, a broad spectrum of school sports experiences should be made available to all our diverse communities.
14. To safeguard the health of athletes and the integrity of the sport, school sports programs must actively prohibit the use of alcohol, tobacco, drugs and performance enhancing substance, as well as demand compliance with all laws and regulations, including those related to gambling and the use of drugs.
15. Schools that offer athletic programs must safeguard the integrity of their programs. Commercial relationships should be continually monitored to ensure against inappropriate exploitation of the school name or reputation. There should be no undue interference or influence of commercial interests. In addition, sports programs must be prudent, avoiding undue financial dependency on particular companies or sponsors.
16. The profession of coaching is a profession of teaching. In addition to teaching the mental and physical dimensions of their sport, coaches, through words and example, must also strive to build the character of their athletes by teaching them to be trustworthy, respectful, responsible, fair, caring and good citizens.

Athletic Eligibility Checklist

There are many forms to fill out in the athletic packet, please make sure all forms are complete and **signed** by Parent/Guardian and student. Any forms that are not complete will be returned and participation in the athletic program will be delayed.

- ✓ **Complete Athletic Clearance/CIF Eligibility form – *signatures required***
- ✓ **Physical Examination Form – 2-sided form *Doctors Stamp/Signature is required***
- ✓ **Insurance Information/Agreement Form – *signatures required***
- ✓ **Athletes Code of Ethics- *signatures required***

DOUBLE CHECK YOUR FORMS

Incomplete forms will not be processed and you will not be eligible until forms are completed.