Participation in the athletic program is a privilege that is extended to all Del Lago Academy scholars who are eligible under the regulations set forth by the California Interscholastic Federation (CIF), the Escondido Union High School District, and Del Lago Academy. As representatives of Del Lago
Academy, scholar athletes are expected to adhere to the five pillars of our school – Welcome, Choice Words, Do No Harm, Never Too Late to Learn, and Be the Best.

We strongly believe that athletics help scholars to develop character and leadership skills that will assist in their academic and career readiness. Through their participation in athletics, scholars will learn teamwork, sportsmanship, responsibility, confidence, and other life-long skills.

At Del Lago Academy academics are highly valued. Scholar athletes are required to maintain passing grades in all of their classes. In order to support our athletes in their pursuit of academic excellence, after-school tutorials are offered before practice as well as on some Saturdays.

Del Lago Academy is a member of the California Interscholastic Federation (CIF), San Diego Section and competes in the Coastal Conference.

Assurance of Non-Discrimination

Escondido Union High School District prohibits discrimination, harassment, intimidation, and bullying based on actual or perceived ancestry, age, color, disability, gender, gender identity, gender expression, nationality, race or ethnicity, religion, sex, sexual orientation, pregnancy, marital or parental status or association with a person or group with one or more of these actual or perceived characteristics. (EUHSD BP 0410, BP/AR 5145.3, BP/AR 4030, BP 5131.2) (Addendum 1)

Sports Offered at DLA:

<table>
<thead>
<tr>
<th>Fall</th>
<th>Winter</th>
<th>Spring</th>
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<tbody>
<tr>
<td>Girls/Boys Cross Country</td>
<td>Boys Basketball</td>
<td>Boys Volleyball</td>
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<tr>
<td>Girls Volleyball</td>
<td>Girls Basketball</td>
<td>Boys Lacrosse</td>
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<td>Girls Lacrosse</td>
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<td>Girls Soccer</td>
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Contact Information

Principal: Ruth Hellams (rhellams@euhsd.org)
Assistant Principal: Daniel Barajas (dbarajas@euhsd.org)
Athletic Director: Karin Helenschmidt (khelenschmidt@euhsd.org)
Athletic Secretary: Valerie Mendoza (vmendoza@euhsd.org)
Athletic Trainer: Seth Vilas (svilas@euhsd.org)

Or call Del Lago Academy if you are unsure where to direct your message (760) 291-2500.
I. Try-Out

A. Before an athlete can try-out they must complete the Athletic Clearance Packet. This is available during school registration in July. The rest of the year it is available in the office. **The completed packet is good for the entire school year.**

B. The athlete is required to pass a sports physical which is available during school registration for $25.00. Athletes may also obtain a sports physical from their own doctor. **Physicals must be dated after July 1 of the current year.**

C. The Athletic Clearance Packet and the Sports Physical must be verified by the DLA Athletic Trainer **prior** to trying out for a team.

D. Each Athlete will be given a minimum of three try-outs.

E. Athletes who play more than one school sport must be officially released from the previous sport before trying out for the next sport. For example, if an athlete is competing in the finals for cross country, they may not try out for soccer or basketball until their cross country season is officially over. Coaches will allow the athlete to tryout at a later date.

II. CIF Eligibility

A. DLA will adhere to the Constitution and Bylaws of CIF San Diego section (Green Book). These requirements include but are not limited to:

1. If an athlete attains his/her 19th birthday prior to June 15th of the current year, shall not be allowed to participate or practice on any CIF team.

2. Incomplete grades are considered failing grades for determining scholastic eligibility until such time as the incomplete grade is changed in accordance with a written school district policy and a passing grade is substituted for the incomplete grade.

3. Student Athletes must attend and be passing at least two classes to be eligible for athletic participation. **Further, student athletes must pass at least 2/3 of their classes for each grading period. If an athlete is taking two classes, then they must pass both classes. If an athlete is taking three classes, then they must pass at least two of the courses. If the athlete is taking four classes, then they must pass at least three of the courses. Incompletes are counted as F’s until they are changed to a letter grade.**

4. An athlete cannot compete on any “outside” team in that sport from the date of the first scrimmage until the season is over.

5. Participation in school athletics takes precedence over all other outside athletic activities. This includes club teams.

6. Transfer Students: Must have written approval from the CIF San Diego Section.
B. DLA Eligibility

Scholar athletes are responsible for understanding the unique DLA grading policy. **It is the responsibility of the scholar to keep track of their grades and to clear their NM’s as soon as possible.** DLA athletes must adhere to the following eligibility requirements:

1. During one 6-week grading period an athlete is considered on **probation** if they have one class with a NM. They may practice and play in competitions.

2. During one 6-week grading period, if an athlete has 2 or more classes with NM’s they are **ineligible** for games and may only participate in practices.

3. If an athlete has a NM in the same class for two consecutive grading periods, the athlete is **ineligible** for games and practices until one of the NM’s is cleared.

4. If an athlete has 3 or more classes with NM’s they are **ineligible and may be removed from the team.**

**CONCUSSION PROTOCOL**

Del Lago Academy and the Escondido Union High School district follow the CIF protocol when an athlete is showing signs of a concussion. CIF states “A student-athlete who is suspected of sustaining a concussion or head injury in a practice or 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 to play until the athlete is evaluated by a licensed health care provider trained in education and management of concussion and receives written clearance to return to play from that health care provider.”

**ATHLETIC DEPARTMENT COMMUNICATION GUIDELINES.**

**COMMUNICATION PARENTS AND PLAYERS CAN EXPECT FROM THE COACH:**

- Philosophy of coach
- Expectations of both individual athlete and team, including academics
- Location and times of all practices and games
- CIF, District, DLA and Team rules
- Athletes role on team
- Requirements to earn a varsity letter

**COMMUNICATION THAT COACHES CAN EXPECT FROM PLAYERS:**

- Notification of possible ineligibility due to academics
- Notification of tutorial attendance
- Upcoming absences and/or tardiness
- Notification of injuries
- Any team problems or issues

**COMMUNICATION THAT COACHES CAN EXPECT FROM PARENTS:**

- Concerns expressed directly to coaches
- Specific questions about philosophy or expectations
- Notification of any injuries or illness
- Any absences prior to practices or games
- Any changes in transportation to and from the game
APPROPRIATE CONCERNS TO DISCUSS WITH COACHES:
- Treatment of your child (mentally or physically)
- Ways to help your child improve
- Concerns about your child’s behavior
- Failure to meet coaching responsibilities listed in philosophy statement

INAPPROPRIATE CONCERNS TO DISCUSS WITH COACHES:
- Playing time
- Team strategy
- Play calling
- Another student athlete

We believe that the DLA coaches make the best decisions for the team. In order to build strength and unity coaches must consider the entire team and not just a single member. Sometimes this can be hard when your athlete is not playing as much as you would like. As noted in the above lists, certain concerns should be discussed with the coach. Other decisions like the examples on the list of, “Inappropriate Concerns” must be left to the discretion of the coach.

If you have a concern to discuss with the coach, please follow this procedure:
- Call or email the coach to set up an appointment.
- Please do not attempt to confront a coach before or after a contest. This can be an emotional time for the player, the parent and the coach. Confrontations of this nature do not promote positive resolutions.

If a satisfactory resolution between parent and coach does not take place after the initial communication:
- Contact the Athletic Director, Karin Helenschmidt, at 760-291-2500 and leave a detailed message.
- The Athletic Director will set up a meeting with the parent, athlete, and coach if needed.
- The Athletic Director will attempt to mediate a resolution. It is our intention to do our best in resolving any situations between athletes, parents, and coaches. For this to happen, all of the parties involved must be willing to work together to find the best possible solution.

CONDUCT

We expect all Del Lago Academy scholars to adhere to school, district and CIF rules. These rules are to be followed during all practices and competitions.

DLA Scholars adhere to the following pillars:
A. Welcome – Coaches, athletes and their families are expected to welcome opposing teams in a professional manner.
B. Choice Words – Coaches, athletes and their families are expected to use choice words during home and away competitions. Profanity will not be tolerated.
C. Never Too Late to Learn – Everyone involved in sports is learning something – how to be a team mate, a better player, a better coach, or even a better spectator. Please keep in mind that this is not a professional level program and all athletes and coaches are learning.

D. Do No Harm – Coaches, Athletes and their families are expected to treat all facilities with respect, regardless of home or away competitions. This includes the busses.

E. Be the Best – Every athlete and coach is expected to be the best both during competitions and during practices.

DEL LAGO ACADEMY ATHLETIC POLICIES

Practice Rules
A. Practices may not start earlier than 4:30. This allows athletes to attend tutorial before practice.
B. All athletes are responsible for knowing their academic status and eligibility.
C. If an athlete is absent from school all day they will not be allowed to practice or play in any competition on that day.
D. Athletes are not allowed in the locker room unattended.
E. All athletes must keep their shirts on during practice.

Transportation
A. All athletes will travel to away contests using EUHSD authorized vehicles.
B. All athletes will follow the rules provided by the EUHSD transportation department.
C. Students are not allowed to drive themselves to any competitions.
D. If there is an extenuating circumstance in which a parent/guardian must drive the athlete to an away contest, the parent/guardian and athlete must complete and Alternative Transportation Form at least 48 hours in advance of the away competition. This form is available in the office and turned into Mrs. Garduno.
E. In order for parents/guardians drive athletes other than their own, they must complete the appropriate paper work with our office administrator.
F. UNDER NO CIRCUMSTANCES MAY ATHLETES TRANSPORT OTHER ATHLETES.

Varsity Letter
A. In order for an athlete to qualify for a varsity letter they must be eligible for at least 50% of the season.
B. Athletes must meet the requirements stated by the coach.
C. Only players may receive varsity letters. Managers, score keepers or other team support members may not receive a varsity letter.

Uniforms
A. Uniforms must be kept in good playing condition.
B. Uniforms will be checked out and in by each coach.
C. When checking in the uniform at the end of the season it must be clean.
D. Players will not receive their varsity letters until the uniform has been returned.
Addendum 1

TITLE IX COMPLIANCE

Under the law, students shall receive fair and equitable opportunity to participate in all academic opportunities, including athletics. Below we have outlined your rights, the Compliance Officer for the Escondido Union High School District and the process to file a complaint. If you have any questions or concerns, please contact our Compliance Officer:

Compliance Officer

Dr. Olga West, Assistant Superintendent of Human Resources
Equity and Title IX Compliance Officer
302 N. Midway Dr.
Escondido, CA 92027
(760) 291-3281
owest@euhsd.org

Your rights under the law:

- You have the right to fair and equitable treatment and you shall not be discriminated against based on your sex.
- You have the right to be provided with an equitable opportunity to participate in all academic extracurricular activities, including athletics.
- You have the right to inquire of the athletic director of your school as to the athletic opportunities offered by the school.
- You have the right to receive equitable treatment and benefits in the provision of all of the following:
  1. Equipment and supplies.
  2. Scheduling of games and practices.
  3. Transportation.
  5. Coaching.
  6. Practice and competitive facilities.
  7. Medical and training facilities and services.
  8. Publicity.
- You have the right to have access to a gender equity coordinator to answer questions regarding gender equity laws.
- You have the right to contact the State Department of Education to access information on gender equity laws.
- You have the right to file a confidential discrimination complaint with the United States Office of Civil Rights or the State Department of Education if you believe you have been discriminated against or if you believe you have received unequal treatment on the basis of your sex.
- You have the right to pursue civil remedies if you have been discriminated against.
- You have the right to be protected against retaliation if you file a discrimination complaint.

For Additional Information, please visit the California Department of Education, Office of Equal Employment Opportunity:
https://www.cde.ca.gov/re/di/co/genequitytitleix.asp
Filing a Complaint

For complaints regarding Title IX, you may complete a Uniform Complaint using the links below:

- [UCP English](#)
- [UCP Complaint Form in English](#)
- [UCP Spanish](#)
- [UCP Complaint Form in Spanish](#)

In addition, the United States Department of Education, Office of Civil Rights has additional information on their website. A complaint must ordinarily be filed within 180 days of the last act of discrimination. If your complaint involves matters that occurred longer ago than this and you are requesting a waiver, you will be asked to show good cause why you did not file your complaint within the 180-day period. You may also contact the Office of Civil Rights at 800-421-3481 or [ocr@ed.gov](mailto:ocr@ed.gov).

United States Department of Education – [Office of Civil Rights](#)