



# **Apache Athletics**

**Student & Parent Handbook  
Pursuing Victory with Honor**

**Arcadia High School**

**2019 - 2020**

Team Schedules @  
[www.apacheboosters.com](http://www.apacheboosters.com)

## **Arcadia High School**

### **Varsity Coaching Staff**

Baseball - Nick Lemas – [nlemas@ausd.net](mailto:nlemas@ausd.net)

Boys Basketball –Nick Wallace – [nickwallace87@gmail.com](mailto:nickwallace87@gmail.com)

Girls Basketball.- Adam Conover – [arcadiagbb@yahoo.com](mailto:arcadiagbb@yahoo.com)

Boys Cross Country – Chris Lee – [christopherlee@ausd.net](mailto:christopherlee@ausd.net)

Girls Cross Country – Chris Lee – [christopherlee@ausd.net](mailto:christopherlee@ausd.net)

Football – Andrew Policky – [apolicky@ausd.net](mailto:apolicky@ausd.net)

Golf.- Robert Greep – [rgreep@ausd.net](mailto:rgreep@ausd.net)

Boys Soccer – Paul Miles – [pmiles@ausd.net](mailto:pmiles@ausd.net)

Girls Soccer - Ryen Piszzyk - [rpiszzyk@ausd.net](mailto:rpiszzyk@ausd.net)

Softball – Al Gills – [agills@ausd.net](mailto:agills@ausd.net)

Boys and Girls Swim - Janice Clark – [janiceclark@ausd.net](mailto:janiceclark@ausd.net)

Girls Tennis – Ruth Lagace – [r2lagace@roadrunner.com](mailto:r2lagace@roadrunner.com)

Boys Tennis – Damon Lieu – [damon.lieu@yahoo.com](mailto:damon.lieu@yahoo.com)

Boys & Girls Track - Chris Schultz - [cschultz@ausd.net](mailto:cschultz@ausd.net)

Girls Volleyball – Stephen Bernabe – [sbernabe@ausd.net](mailto:sbernabe@ausd.net)

Boys Volleyball – Sen-ho Meng - [senho.meng@hotmail.com](mailto:senho.meng@hotmail.com)

Boys Water Polo – Janice Clark – [janiceclark@ausd.net](mailto:janiceclark@ausd.net)

Girls Water Polo - Janice Clark – [janiceclark@ausd.net](mailto:janiceclark@ausd.net)

Badminton – Mike Stiles – [mstiles@ausd.net](mailto:mstiles@ausd.net)

Athletic Director – Milica Protic- [mprotic@ausd.net](mailto:mprotic@ausd.net)

Administrative Assistant – Susan Lew – [slew@ausd.net](mailto:slew@ausd.net)

Equipment/Field Manager - Robert Vasquez - [rvasquez@ausd.net](mailto:rvasquez@ausd.net)

Athletic Trainer – Jack Sessions – [jsessions@ausd.net](mailto:jsessions@ausd.net)

Athletic Trainer – Matthew Nielsen – [mnielsen@ausd.net](mailto:mnielsen@ausd.net)

\* JV and Frosh/Soph coaches names not listed

Athletic Director Extension - (626) 821-1733 - Fax (626) 445-8564

Administrative Assistant Extension - (626) 821-8370 x1075

Athletic Trainer Extension - (626) 821-8370 x1150

## **SPORTS TEAMS**

### **Fall Season - August - November**

Boys/Girls Cross Country - V/JV/FS  
Girls Golf - V  
Football - V/JV/FS  
Girls Tennis - V/JV  
Girls Volleyball - V/JV/FS  
Boys Water Polo - V/JV

### **Winter Season - November - February**

B/G Basketball - V/JV/FS  
B/G Soccer - V/JV/FS  
Girls Water Polo - V/JV

### **Spring Season - February - May**

Baseball - V/JV/FS  
Boys Golf - V/JV  
Softball - V/JV  
B/G Swim - V/JV  
Boys Tennis - V/JV  
B/G Track and Field - V/FS  
Boys Volleyball - V/JV  
Badminton – V/JV

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## LETTER TO PARENTS

The role of the parent in the education of a student is important. The support shown in the home is often manifested in the ability of the student to accept the opportunities and challenges presented at school in the classroom and through co-curricular activities. There is a value system – established in the home, nurtured in the school – that young people are developing. Their involvement in the classroom and other activities contributes to that development. Integrity, fairness and respect are lifetime values taught through athletics. These are the principles of good sportsmanship. With them, the spirit of competition thrives, fueled by honest rivalry, courteous relations and graceful acceptance of the results.

A good sport, whether a student or a parent, is a true leader in the community. As a parent of a student at our school, your sportsmanship goals should include:

- Realizing that athletics are part of the educational experience and that the benefits of involvement go beyond the final score of the game
- Encouraging our students to perform their best, just as we would urge them on with their class work, knowing that others will always turn in better or lesser performances
- Participating in positive cheers that encourage our students; and discouraging any cheers that would redirect that focus- including those that taunt and intimidate the opponents, their fans, the officials and the coaches
- Learning, understanding and respecting the rules of the game, the officials who administer them and their decisions
- Respecting the task our coaches face as teachers and supporting them as they strive to educate our son or daughter,
  - Respecting our opponents as fellow students, acknowledging them for striving to do their best
  - Developing a sense of dignity under all circumstances
- Be a fan... not a fanatic! Pursue Victory with Honor! Honor the Game!

As fans and boosters of Arcadia High School athletics, we value your participation in our sports program. With that involvement come expectations with respect to following the principles of the CIF's Victory with Honor Program that the athletic department of Arcadia High School strongly adheres to. Over the past few years, we have developed a Coaches Code of Ethics and an Athlete's Code of Ethics. Beginning this year will ask our parents to abide by the same principles that form this Code of Ethics.

Our goal is to have the best possible athletic and sportsmanship reputation with our opponents and officials. We want anyone who witnesses an athletic contest involving any of our teams to leave saying that not only was Arcadia High School strongly competitive but the players, coaches, and parents were among the best behaved and respectful of any team we have played against. Win or

Lose- our athletic reputation is very important to the overall image of our high school, and often fan actions in the stands or on the fields makes or breaks that reputation.

The last thing we want to have to do is ask a fan to not attend our athletic contests. We are confident that by abiding by these principles the experience of both you and your fellow boosters of AHS Athletics will be positive and rewarding no matter what sport or what level you are watching.

We have included some key provisions of our Parent Code of Ethics for your review that are applicable to all fans of Arcadia High School Athletics contests. These key components of this code will be posted at the entrances to the various sports venues on campus. Join us in making our athletic events an enjoyable experience for everyone.

- Show respect for the opposing players, coaches, spectators and support groups.
  - Be respectful of all official's decisions.
  - Gain an understanding and appreciation for the rules of the contest.
- Recognize and show appreciation for an outstanding play by either team.
- Remember that a ticket to a school athletic event is a privilege to observe the contest.

These and other expectations give us a roadmap to follow toward a more educational atmosphere for interscholastic athletics. You can have a major influence on your student's attitude about academics and athletics. The leadership role your take in sportsmanship will help influence your child, and our community, for years to come. We look forward to serving you in the year ahead and appreciate your continued support.

Ryan Press  
Athletic Director

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### **Mission**

It is the mission of the Arcadia High School Athletic Program to create caring, nurturing, and competitive environments tailored for the success of student-athletes through discipline, pride and tradition.

### **Beliefs**

We believe that:

- Athletics are an important part of school and are competitive, fun, and add to the development of the student athlete.
- Athletes are students first and we are committed to their academic programs.
  - Athletes who are committed to the program will have the opportunity to participate as game conditions permit.
- Coaches will teach and model the concept of sportsmanship and athletes are expected to adhere to those concepts.

- Coaches teach skills, are patient with athletes and treat them with respect and dignity.
- Coaches get the most out their athletic abilities by adapting to different learning styles.

### **Non-Discrimination Policy**

In accordance with the Arcadia Unified District School and CIF, the Arcadia Athletic Department does not discriminate on the basis of race, religion, sex, national origin or sexual orientation in its athletic programs and related activities, in the employment of personnel or in the selection of athletes.

### **Policy on Sexual Harassment**

Arcadia Unified School District is committed to providing an educational environment which is free of discriminatory intimidation and sexual harassment. Abuse of the dignity of anyone through sexist slurs or through other derogatory or objectionable conduct is offensive behavior which will not be tolerated.

Individuals who believe that their rights in this area have been violated should report their concerns to the high school principal or to the Director of Personnel of Arcadia Unified School District.

### **Hazing**

Hazing is a violation of the Athletic Code of Ethics. Any student engaging in any form of hazing, initiation or procedure for belonging to an organization, which commits an act that injures, degrades or disgraces a person, will be given the maximum suspension allowed by law and are subject up to and including dismissal from a team.

### **Participation in the Athletic Program**

Arcadia High School requires that the following conditions be met before a student may participate in athletics:

- Pass a physical examination.
- Maintain satisfactory grades, citizenship and attendance.
- Obtain adequate insurance and parent's consent.
- Properly complete "hospital consent" and "transportation" forms.
  - Complete "informed risk" (consent) form.
  - Transportation/ASB Card
  - Complete Code of Ethics Agreement.
  - Complete Parent Code of Ethics

### **6th Period Athletics Scheduling Information**

All student athletes are enrolled in sixth period athletics while their sport is in season. Athletes on teams not coached by AHS teachers will be dismissed after fifth period every day following their season, although their schedule will still reflect enrollment in the athletics class. It is the student athlete's responsibility to get a no class permit for sixth period.

If students are going to play another sport the following season, they will be transferred into that sport's sixth period class once the roster has been submitted to the counseling office.

Teams coached by an AHS teacher will be required to report to their sixth period class throughout the school year.

### **C.I.F. Eligibility Rules and Regulations**

The athletic program at Arcadia High School is governed by the California Interscholastic Federation (C.I.F.). The following criteria must be met to meet eligibility requirements: CIF Eligibility-Minimum Requirements

- The student is currently enrolled in at least 4 classes (20 semester periods).
    - The student was passing in the equivalent of at least 4 classes at the completion of the most recent last regular grading period.
    - The student is maintaining minimum progress toward meeting the high school graduation requirements as prescribed by the governing board.
  - The student has maintained during the previous grading period a minimum 2.0 grade point average on a 4.0 scale in all enrolled courses. Other criteria that determine CIF eligibility:
    - No student, whose 19th birthday is attained prior to June 15th, shall participate or practice on any team for the following school year. A student whose 19th birthday is on June 14th or before is ineligible.
      - A student must be an amateur. He/she must not have:
        - o Competed for cash or merchandise.
        - o Competed for a personal prize of any sort over \$20.00.
        - o Coached or taught athletics for pay.
      - A student must be an undergraduate in high school.
    - A student must have attended high school for not more than eight semesters after completing the eighth grade.
    - No student may play on a Varsity football team until he/she is fifteen years of age.
      - A student must not compete on any outside team in the same sport during the school season of any sport.
    - A student must not have been a member or pledge of a high school fraternity at any time.
      - All C.I.F. eligibility rules apply in all games, including practice games.
- Any student knowingly or unknowingly playing as an ineligible player will cause the forfeiture of all contests in which the ineligible player participated and may cause the school to be suspended from all competition under jurisdiction of the C.I.F. until such time as they are reinstated.

### **Arcadia High School Eligibility Rules and Regulations**

- Students must have above a 2.0 GPA to compete
- Eligibility will be determined every 10 week grading period (Q1, S1, Q3, S2)
- A 10 week probation period will be granted if the student had above a 2.0 in the previous grading period.

- If a student is still below a 2.0 after 10 weeks, they are ineligible for the next grading period
- A student cannot be on probation for the start of a grading period if they were below a 2.0 for the previous grading period

Comparable summer school academic grades may be substituted for a failing academic grade at the end of the spring semester only. Citizenship grades may not be made up in summer school. Citizenship: All members of Arcadia High School athletic teams are expected to maintain satisfactory conduct both on and off the athletic field. Any action by an athlete that would be a detriment to the reputation of the athletic program at Arcadia High School could result in the loss of eligibility status at anytime during the school year. Ineligibility and future reinstatement will be handled on an individual basis by the assistant principal/deans and the coach(es) involved.

Attendance: Unsatisfactory attendance, which will be determined by the Assistant Principal in charge of Student Services, may also be considered a cause for a student being declared ineligible at any time during the school year. These cases will be treated on an individual basis and arrangements will be made with the coach to determine eligibility in the future. Participation by an individual student declared ineligible under paragraph 1 or 2 above will result in the forfeit of all contests in which the ineligible student has participated.

***Notification of ineligibility and probationary status is a formality. Students and parents are expected to know a student's eligibility status based on their grade reports regardless of their notification.***

#### **Team Participation Requirements**

In addition to meeting the C.I.F. and Arcadia High School eligibility requirements, there are other requirements necessary in order to remain on an athletic team. To participate in any athletic contest on any given day in which Arcadia High School is competing, a student must be in attendance at school on that same day for a minimum of 4 class periods, or he/she cannot participate.

Exceptions and variations:

- Unless previously excused by the administration (examples: death or illness in the family which requires his/her staying home, school holidays and Saturdays)
  - Minimum day: He/she must be in regular attendance for a minimum of 1 class period, excluding 6th period, on the day in which the contest is held.
  - Any day in which a student attends school he/she is expected to be at team practice for the entire season whether he/she dresses or not, unless excused by his coach.
- Students who are not able to participate in physical education classes during any one day cannot practice with their team after school that day, but are expected to attend practice and observe.
- A student may be cut from a Squad for one or all of the following reasons:
  - \* Failure to maintain eligibility



\* Temporary suspension due to a minor infraction of rules and training regulations of coaches or school

\* Permanent suspension due to major infractions of rules and regulations set up by the coaches and school. Example: smoking, drinking of alcoholic beverages No student will be suspended from any athletic team without the approval of the Athletic Director. Any student who has been permanently suspended from a team or quits a team of his or her own accord before the season of sport for that team is completed may not go out for another sport until the team from which he or she quit or was suspended has completely finished its season.

### **Transportation Policy**

For reasons of liability, all athletes must ride the bus to and from away games at all times. The use of private transportation will be granted on special occasions only if a written parent request is approved by the Athletic Director on each occasion 24 hours prior to the contest. Any athlete may jeopardize his/her position on the team if he/she does not comply with this policy.

### **Athletic Insurance and Injuries**

Athletics can play an important role in an athlete's development; however, there is a risk of injury, even serious injury, while participating in athletics. In the event an injury occurs, the athlete must contact the coach and/or trainer immediately for reasonable care to be given. The use of proper techniques and equipment is also essential. It is required that all athletes have medical insurance while participating in school sports.

The school does provide information for parents to purchase additional insurance coverage that will provide some coverage for injuries occurring during school athletics. Parents should contact the Athletics Office for additional information on this insurance plan.

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### **Athletic Training Office**

The Arcadia High School Athletic Training Room is open 20 hours a week with a flex schedule depending on the schedule of events. The office is located in the CTE Building. The office is staffed by a N.A.T.A. certified trainer.

### **Injury Treatment Basics for Home**

As a parent, you may find yourself treating a sports injury at home. When treating an injury at home, remember R-I-C-E. This stands for:

- Rest - Stop working the injured area and rest. Avoid anything that causes pain in the injured area.
- Ice – Apply ice to control swelling and reduce pain. Do not apply heat. While applying heat may “feel good,” this actually increases swelling and recovery time. Always apply ice first.
- Compression – Wrap the injured area to control swelling. If the skin is discolored (blue or purple), a doctor should be consulted.

- Elevation – Elevate the injured area.

Please inform your son or daughter's athletic trainer and coach about any injuries as soon as possible.

These are guidelines only and should not be interpreted to supplant a qualified medical evaluation.

### **Sports Medicine - Supplements National Federation of High School Associations**

The use of supplements and ergogenic aids to enhance athletic performance is becoming more prevalent in athletics; however, there exists considerable safety concerns and myths surrounding their use. It is imperative that athletes, parents, and coaches be educated as to the current state of knowledge regarding these products, which are currently not regulated by the Food and Drug Administration (FDA).

Several organizations, including the NFHS (National Federation of High Schools, national governing body for high school sports), have created policies regarding the use of supplements by athletes. For the most part, these organizations discourage the use of supplements by athletes due to the lack of published research addressing their long-term adverse effects, particularly in the adolescent or young teen-age athlete.

#### **General Concern about Supplements: Safety**

- \* Nutritional supplements are not evaluated or regulated by the Food and Drug Administration.
- \* With no FDA Standards, there is no guarantee of amount or concentration of ingredients.
  - \* With no FDA controls, products frequently lack purity and are laced with other compounds.
- \* Very few studies exist on the short-term or long-term side effects associated with their use.
  - \* There are even fewer studies addressing the side effects in children and adolescents.

#### **Effectiveness**

- \* Very few controlled scientific studies have been done to evaluate effectiveness.
- \* Many supplements, even though legal to obtain, are banned by governing bodies of sports organizations.

#### **Existing Policies/Standards**

The National Federation of High Schools position on food supplements (including creatine and Adrostenedione)

- \* School personnel and coaches should not dispense any drug, medication, or food supplement except with extreme caution and in accordance with the policies developed in consultation with parents, health-care professionals, and senior administrative personnel of the school or school district.
- \* The use of any drug, medication, or food supplement in a way not described by the manufacture should not be authorized or encouraged by school personnel and coaches.
  - \* In order to minimize health and safety risks to student-athletes, maintain

ethical standards, and reduce liability risks, school personnel and coaches should never supply, recommend, or permit the use of any drug, medication or food supplement solely for performance enhancing purposes.

**The American College of Sports Medicine's stand on dietary supplement states:**

- \* Performance will not be improved in individuals, consuming nutritionally adequate diets, who use nutritional supplements.
- \* Only athletes with a defined nutrient deficiency will benefit from supplementation of the limiting nutrient(s).
- \* A registered dietitian experienced in counseling athletes should evaluate concerns about the nutritional adequacy of an athlete's diet.
- \* Athletes should consume a diet that includes a variety of foods to optimize vitamin and mineral intakes rather than nutritional supplements.
- \* Use of megadoses of vitamins and minerals is not recommended due to potential adverse affects.
- \* Physically active people who intermittently use a vitamin or mineral supplement as prophylaxis (health aid) should use a product that does not exceed the RDA (recommended daily allowance) for essential nutrients.

**Common Myths about Supplements**

- \* If a substance is natural, it must be safe. NOT TRUE
- \* If a substance is natural, it must be healthy and beneficial. NOT TRUE
  - \* If a little bit is good, then a whole lot is better. NOT TRUE
  - \* Athletes are deficient in important compounds. NOT TRUE
- \* If a substance increases muscle size, then sports performance is enhanced. NOT TRUE

**Notes on Preventing Athletes from Taking Supplements:**

- \* If it's too good to be true, it probably is.
- \* There is no short cuts to excellent performance. It takes hard work.
- \* Let the buyer beware: If someone can gain from your decisions, check it out thoroughly before you choose.
  - \* If you win naturally, you will know it was you who won.
  - \* No drug is harmless and free of consequences.
- \* Even natural substances in unnatural amounts may have short-term or long-term negative health risks.
- \* We have rules against the use of creatine and androstenedione because we believe they are too risky to be used by young athletes.
  - \* There is not enough research on the long-term risks of creatine or androstenedione to make these substances worth the risk of using them.
- \* As coaches and athletic administrators the use of these substances are not a good choice for you or the team.
  - \* French experts link Creatine to possible cancer risk.

**Quick Facts on Commonly Used Ergogenic Aids**

**Creatine:** A synthetic version of a compound produced in the body from three amino acids. It is available in diet form from meat and fish. Producers suggest that it increases the level of creatine and phosphocreatine in the skeletal system. It is advertised as boosting muscle stores of creatine and to increase the ability to

do more intense short-term work. Side effects include nausea, GI distress, muscle cramping, strains, sprains and decrease in the body's production of creatine. Long term effects are unknown. There are major theoretical concerns about the extra load placed on kidneys and other organs and the effects on muscle/bone junctions in the skeletally immature. Creatine is available over the counter.

**Androstenedine:** An adrenal hormone that converts to testosterone in the body. Producers suggest that its use results in a short-term increase in testosterone in the body. It is advertised as allowing one to train harder and recover more quickly from exercise. Side effects include enhancement of female characteristics and increased risk of heart disease and pancreatic cancer. Long term effects are unknown. Androstenedine is banned by the International Olympic Committee, the NCAA and the NFL. It is available over the counter.

**Anabolic Steroids:** A synthetic version of the male hormone testosterone. Producers suggest that it increases the levels of testosterone in the body. It is advertised to increase muscle development and strength. Side effects include affect on liver and cardiovascular function and increased aggression. Long term effects include liver and heart disease, stroke, drug dependence, menstrual abnormalities and an increase in male or female sex characteristics. Adolescent use may result in serious health problems during puberty and premature physical closure (decrease in adult height). Anabolic steroids are banned by the IOC, NCAA, NFL and MLB.

**Human Growth Hormone:** A polypeptide hormone secreted by the pituitary gland. Producers suggest that it increases the level of growth hormone in the body. It is advertised to increase muscle mass and strength. Side effects include harmful impact on cardiovascular and liver function. Long-term effects include thickening of the soft tissue, excessive bone growth, pathological growth of the heart, kidneys and colon, cardiomyopathy and insulin resistance. Adolescent use may result in potentially serious health problems during puberty.

**Stimulants:** Caffeine, ephedrine and mephedrone are the typical stimulants found in products such as soda, tea, coffee or energy drinks. These substances are not regulated by the FDA. As such, in energy drinks for example, the concentration of the stimulant can be very high. These substances cause an increase in heart rate, blood pressure, metabolic rate and respiration which give the sensation of a "lift." They also act as a diuretic. In other words, they dehydrate the athlete, the exact opposite of what an athlete wants before or during exercise. They are advertised to allow for increased workload, endurance and energy. Side effects include nervousness, dehydration, nausea, muscle tremors, heart palpitations and diarrhea. Long-term effects include addiction and withdrawal symptoms such as headaches, irritability, fatigue and upset stomach. They are banned by the IOC and NCAA.

### **Board Policy BP 5131.63 – Students: Anabolic Steroids and Performance Enhancing Drugs/Supplements**

The Governing Board recognizes that the use of anabolic steroids (and other performance enhancing drugs/supplements) presents a serious health and safety hazard. As part of the district's drug prevention and intervention efforts, the

Superintendent or designee and staff shall make every effort to ensure that students do not begin or continue the use of anabolic steroids or other performance enhancing drugs/supplements.

(cf. 5131.6 - Alcohol and Other Drugs)

(cf. 5131.61 - Drug Testing) The Superintendent or designee shall ensure that students in grades 7-12 receive a lesson on the effects of anabolic steroids as part of their science, health, physical education or drug education program. The

Superintendent or designee shall provide teachers and coaching staff with training in the symptoms and dangers of the use of steroids or performance enhancing drugs/substances and strategies for helping students terminate the use of such substances. The Board values athletic competition; however, the health and safety of students is of paramount concern. Students participating in athletics are prohibited from using anabolic steroids or other controlled performance enhancing drugs. Coaches shall provide information and inform students and parents on an annual basis about this prohibition and the dangers of using such drugs. Additionally, the Board recognizes that both controlled and uncontrolled performance enhancing substances pose long- and short-term health risks and strongly opposes their use. The Board holds coaches accountable for educating students regarding the risks of controlled and uncontrolled performance enhancing substances and for establishing a climate that discourages use of any of these substances to improve athletic performance.

(cf. 6145.2 - Athletic Competition)

(cf. 4131 - Staff Development)

(cf. 4231 - Staff Development) The Board supports the ideals of good sportsmanship, ethical conduct and fair play, and expects student athletes, coaches, spectators and others to demonstrate these principles during all athletic competitions. In preparing for and participating in athletic competitions, students and staff shall abide by the core principles of trustworthiness, respect, responsibility, fairness, caring and citizenship, as adopted by the California Interscholastic Federation (CIF) in its publication "Pursuing Victory With Honor."

Legal Reference:

EDUCATION CODE

51262 Use of anabolic steroids; legislative finding and declaration

CIVIL CODE

1812.97 Warning statement; posting in athletic facilities

First Reading: Arcadia Unified School District

March 11, 2003 Arcadia, California

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### **What is Sportsmanship?**

"Sportsmanship, in its very essence, is respect - respect for others and for one's self. Sportsmanship encompasses all that which is good in human nature.

It is a concrete measure of the understanding and commitment to fair play, ethical behavior and integrity."

For Coaches:

Coaches bear the greatest burden of responsibility for sportsmanship. Their influence upon the attitudes and behavior of the players, the student body, and

the community is unequalled. Coaches must always set a good example for others to follow. They must publicly display respect for officials before, during and after a game. Coaches must control their players and demand that their players respect the opponent and the officials.

For Players:

Players must treat opponents with the respect that is due them as guests and fellow human beings. They must exercise self-control at all times, accepting decisions (without complaint) and abiding by them. Players must respect the officials' judgment and interpretation of the rules and never argue or make gestures indicating dislike for a decision. Players must let their "play" speak for itself and avoid trash talk at all times.

For Students/Spectators/Parents:

Students, spectators and parents must respect the fact that athletics is an extension of the classroom and, therefore, an environment for learning. Students should respect and cooperate with cheerleaders, respect the authority of the school officials, and show positive support at all times. Spectators show good sportsmanship by being positive, refraining from booing and exhibiting respect for officials and the opponents.

#### **ACCEPTABLE BEHAVIOR**

- Applaud during introduction of players, coaches, and officials.
  - Accept all decisions of officials.
  - Cheerleaders lead school cheer in a positive manner.
- Handshakes between participants and coaches at end of contest, regardless of outcome.
  - Treat competition as a game, not a war.
- Recognize opposing participants for outstanding performance or coaching.
  - Applause at end of contest for performances of all participants.
    - Show concern for injured player, regardless of team.
  - Encourage surrounding people to display only sportsmanlike conduct.
    - Respectful behavior during playing of National Anthem.

#### **UNACCEPTABLE BEHAVIOR**

- Yelling or waving arms during opponent's free-throw attempt.
  - Disrespectful or derogatory yells, chants, songs or gestures.
    - Booing or heckling an official's decision.
- Criticizing officials in any way; displays of temper with an official's call.
  - Yells that antagonizes opponents.
- Refusing to shake hands or give recognition for good performances.
  - Blaming losses on officials, judges, coaches or participants.
    - Laughing or name-calling to distract an opponent.
- Use of profanity or displays of anger that draw attention away from the game or activity.

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#### **Booster Club**

The Arcadia High School Booster Club is dedicated to the physical, emotional, and financial support of all Arcadia High School athletic teams. The Booster Club strives to provide all AHS student athletes with the finest equipment and

facilities available. Booster Club members work in conjunction with each athletic coach to assure that team needs are met which will promote the highest level of athletic competition. Various fund raising events throughout the year, plus individual contributions, make it possible for the Booster Club to meet the financial needs of all AHS athletic teams. Funds generated from the Century and Millennium Clubs memberships benefits the whole athletic program.

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### **Pacific League**

Arcadia is a member of the Pacific League of the CIF Southern Section (CIF is the California Interscholastic Federation – HS governing body for sports)

<http://www.cifss.org> Pacific League Schools and Directions:

#### **Burbank HS (Bulldogs) Blue/White**

902 North Third Street

Burbank, 91506

I-5 to Burbank Blvd – E to school

#### **Burroughs HS Burbank (Indians) Red/White**

1920 Clark Avenue

Burbank 91506

I-5 to Burbank Blvd – R to Victory – L to Clark

#### **Crescenta Valley HS (Falcons) Lt. Blue/Navy**

2900 Community Avenue

La Crescenta, CA 91206

210 W to Pennsylvania –N to Community – E to Ramsdell

#### **Glendale HS (Dynamiters/Nitros) Red/Black**

1440 East Broadway

Glendale, CA 91205

134 W to Harvey S which turns into Broadway

#### **Hoover HS (Tornadoes) Purple/White**

651 Glenwood Road

Glendale, Ca 91202

134 W to Pacific – N to Glenwood – W on Glenwood

#### **John Muir (Mustangs) Blue/Gold**

1905 North Lincoln Ave

Pasadena, CA 91103

210 W to Lincoln – N on Lincoln

#### **Pasadena (Bulldogs) Red/White**

2925 East Sierra Madre Blvd

Pasadena, CA 91107-1898

210 Freeway West to Sierra Madre Blvd – North to the school

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Arcadia High School Athletic Department Complaint Procedures

This complaint procedure is intended to:

- Encourage solving problems between the people most directly involved
  - Resolve problems in a timely way
- Assist in communication about the problem and the desired solution

- Provide an orderly process so everyone knows the procedural steps. When necessary for communication, an interpreter will be provided if possible.

**Level 1 (required before proceeding to Level 2)**

Talk to the coach with whom you have the complaint. This person is in the best position to address the complaint quickly and has the most information about the concern. Coaches should be contacted directly about: tryouts including cuts from the team, playing time issues, position issues, rules and regulations specific to that sport, etc. At Arcadia High School we hold Varsity coaches accountable for their programs- complaints about lower level coaches should be either addressed with the coach him or herself or with the Varsity coach. The only exception to this “golden rule” is if you think the coach may have broken the law, or the complaint is extremely sensitive. If that is the case, you should direct the complaint to the Athletic Director. If you are still not satisfied after talking to the coach:

**Level 2 (required before proceeding to Level 3)**

Talk with the Athletic Director (821-1733). The Athletic Director will talk with the coach involved, and any other people who may have useful information in an attempt to help in resolving the issue informally. This should be done in a timely way, but may still take 1-2 weeks, depending upon the nature of the complaint. If investigation of your complaint will take longer than two weeks, the Athletic Director will explain that to you. Of course, we encourage meetings at this level with the coach, parent, student (if necessary) and the athletic director to resolve concerns. If you are still not satisfied after meeting with the coach and athletic director:

**Level 3 (required before proceeding to Level 4)**

Meet with school administration. The contact person is the Principal.. At this meeting the decision will be made to over-rule or modify the coaches decision or action or not over-rule or change the coaches decision or action. At this meeting the coach or athletic director may be present depending upon the nature of the issue being brought forward. That decision will be made clear prior to the meeting. For overall concerns about an athletic program it is permissible to start with Level 3 and meet with athletic administration individually or collectively as a parent group.

**Level 4**

If you are still not satisfied, then you file a written complaint to the Principal of Arcadia High School. Complaint forms are available in the school office. After receiving a completed complaint form, the principal will investigate the complaint. A copy of the written complaint will be provided the coach or other involved parties as appropriate. The investigation will be done in as timely a way as possible. The Principal will over-rule or modify the coach's decision or action or not over-rule or change the coach's decision or action. The decision will be communicated to the complainant. From that point forward any further appeals can be directed to the Arcadia Unified school district office by contacting the community liaison, Denise Fong at 626-821-6613