

Castro Valley High School

Home of the Trojans



2018-2019

Athletic Department

Student Parent/Guardian Handbook

CVUSD is committed to providing equal opportunity for all individuals in education. District programs, activities, and practices shall be free from discrimination, intimidation, harassment and bullying based on race, color, ancestry, national origin, ethnic group identification, age, religion, marital or parental status, physical or mental disability, sex, sexual orientation, gender, gender identity or expression, or genetic information; the perception of one or more of such characteristics; or association with a person or group with one or more of these actual or perceived characteristics. Violations of this policy should be reported immediately to the site administrator(s) at District Schools. Inquiries regarding the non-discrimination policies: Director of Student Services, 4400 Alma Avenue, Castro Valley CA 94546, [510-537-3000](tel:510-537-3000) x 1257

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BULLYING STATEMENT

CVUSD believes that all students have a right to a safe, healthy and nurturing learning environment. The community recognizes schools must be physically and emotionally safe for all students in order to promote and support academic achievement, citizenship, student attendance and engagement.

CVHS will not tolerate behavior that infringes on the safety and emotional well-being of any student or adult. The school does not tolerate any acts of bullying, intimidation or harassment of any student through words and actions.

“Bullying”, as legally defined by California education code 48900(r), is any severe or pervasive physical or verbal act or conduct, including communications made in writing or by means of an electronic act. These acts can be reasonably perceived as being dehumanizing, intimidating, hostile, humiliating, threatening, or otherwise likely to evoke fear of physical harm or emotional distress and may be motivated either by bias or prejudice based upon any actual or perceived characteristic, such as race, religion, ancestry, national origin, gender, sexual orientation, gender identity or expression; or a mental, physical or sensory disability or impairment; or by any other distinguishing characteristic. An "electronic act" means the transmission of a communication, including, but not limited to, a message, text, sound, or image, or a post on a social network internet web site, by means of an electronic device, including, but not limited to, a telephone, wireless telephone or other wireless communication device, computer, or pager. A "Reasonable pupil" means a pupil, including, but not limited to, an exceptional needs pupil, who exercises average care, skill, and judgment in conduct for a person of his or her age, or for a person of his or her age with his or her exceptional needs.

There is an expectation all students, staff, parents, and volunteers demonstrate behavior that is respectful and civil and not tolerate bullying. It is essential adults model behaviors as positive examples for student behavior. CVHS expects students, staff and parents to immediately report any incident of bullying to the principal or designee. Students, parents and staff members, who observe or experience any incident of bullying are also encouraged to complete and submit the “Student Harassment” form available on the school’s website. Staff members are expected to immediately intervene when they observe bullying. Each complaint of bullying will be promptly investigated and logged. Students can rely on staff to promptly investigate each complaint of bullying in a thorough and confidential manner. CVHS expects all students to conduct themselves in a manner that demonstrates the proper regard for the rights and welfare of other students, staff, parents, and community members. All teachers will discuss this policy with their students in an age-appropriate manner and should assure student that they need not endure any form of bullying. Students who bully are in violation of these guidelines and are subject to disciplinary action up to and including expulsion (Education Code 48900(r)).

District procedures for preventing and intervening in bullying behavior include, but are not limited, to the following:

- All staff, students and parents will receive a copy of these guidelines prohibiting bullying at the beginning of the school year, and as part of the student handbook
- The school’s principal or designee will keep a report of bullying and the results of investigation confidential
- All staff will immediately intervene to an appropriate degree whenever they observe or become aware of a bullying
- Non-staff members who observe or become aware of bullying are strongly encouraged to report the incident in order to support the school’s efforts to promote a safe learning environment

This statement applies to every form of bullying, harassment, and/or cyber-bullying/harassment, whether in the classroom, on school premises, when a student is traveling to or from school, or at a school-sponsored event. Bullying or harassment, including cyber-bullying/ harassment, that is not initiated at a location defined above is covered by this policy if the incident results in a potentially material or substantial disruption of the school learning environment for one or more students and/or the orderly day-to-day operations of any school or school program.

CASTRO VALLEY HIGH SCHOOL ATHLETICS

Message to Student-Athletes and Their Parents

Dear Student-Athletes and Parents,

You are receiving this handbook because you have indicated a desire to participate in the interscholastic athletic program at Castro Valley High School. We are very pleased that you have an interest in our athletic program and we hope that your experiences will be positive as well as educational. Participation in athletics is a privilege. Athletics can give students the opportunity to learn leadership skills, foster self-confidence, self-discipline, organizational skills, decision-making skills, and encourage setting goals. We believe a comprehensive athletic program is vital for the educational development of our students.

Once students have been selected to represent CVHS, Home of the Trojans, there are often many questions that students and their parents may have regarding our Athletic Program. We hope this booklet will be of assistance and we encourage you to use it as a reference throughout the year. If you have additional questions, feel free to contact the Varsity Coach, Athletic Director, or the Assistant Principal supervising Athletics.

School Information

Castro Valley High School
19400 Santa Maria Avenue
Castro Valley, California 94546
Phone (510) 537-5910 Fax (510) 582-3924

Athletic Office (510) 537-5910 ext. 3360 Fax (510) 538-4143
Blaine Torpey, Principal
Nic McMaster, Assistant Principal supervising Athletics
Marie Gray, Athletic Director

Mascot: Trojan
Colors: Dark Green and Gold
League: Western Alameda County Conference (WACC)
Section: North Coast Section (NCS)

Fall Sports

Football
Women's Volleyball
Cross Country
Women's Tennis
Women's Golf
Spirit Squad
Women's Water Polo
Men's Water Polo

Winter Sports

Women's Basketball
Men's Basketball
Women's Soccer
Men's Soccer
Women's Wrestling
Men's Wrestling
Spirit Squad

Spring Sports

Badminton
Men's Golf
Men's Tennis
Men's Volleyball
Baseball
Softball
Swimming
Track

Castro Valley Athletic Stakeholders List of General Roles

Student Athlete:

- Takes responsibility for clearance and eligibility
- Treats teachers, coaches, officials, teammates, and opponents with respect
- Puts forth his/her best effort in practice and contests
- Attends all practices and contests unless the coach has granted permission
- Conducts himself/herself in a manner that brings honor to Castro Valley High
- Remembers that participation in athletics is a privilege, not a right
- Understands unacceptable conduct may result in forfeiting the privilege to participate
- Accepts team rules, team behavioral standards, and responsibility for equipment

Coach:

- Works to maintain a team environment free of bullying, harassment, or other forms of unsafe behavior
- Treats other coaches, players, officials, and parent/guardians with respect
- Follows CIF, NCS, WACC, school policies, and school philosophy
- Communicates with parents (philosophy, expectations, times, locations, and discipline, etc...this is to be done at the annual student/parent orientation)
- Prepares his/her team to the best of their ability (technical, conditioning, emotional)
- Emphasizes skill development
- Is fair and impartial in dealing with students in his/her program
- Makes himself/herself available to answer questions or discuss issues with students/parents
- Will promote high academic achievement expectations for all students. The first priority of students should be a serious commitment to education
- Models respectful behavior and demands that athletes refrain from disrespectful conduct, i.e., verbal abuse of opponents or officials, profane and belligerent trash-talking, taunting, complaining, inappropriate celebrations, and poor attitudes
- Attends clinics and other professional development opportunities

Parents/Guardians:

- Treat other parents/guardians, athletes, coaches, and officials with respect
- Model appropriate adult behavior – no instruction to players
- Respect the decisions and judgments of coaches regarding discipline, strategy, playing time, and technical preparation
- Communicate and express concerns directly to the coach at the time of concern—please avoid waiting until the end of a season to express concerns.
- Avoid discussing inappropriate concerns: playing time, team strategy, other student athletes, technical preparation
- Notify coach of any schedule conflicts well in advance
- Set an appointment to speak with coach by following the conflict resolution steps –please avoid waiting until the end of a season to express concerns.
- Encourage student to accept responsibility, not complaining or making excuses
- Honor the commitment and expectations of the coach
- Attend contests with an attitude to enjoy the event as a spectator
- Remain positive in their comments about the student, coach, program
- If possible, help support team by volunteering, fundraising, and/or helping the CVHS Athletic Boosters

Castro Valley High School Athletic Department Parent – Coach Communication Expectations

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 others and provide greater benefit to the student. As parents, when your son(s) and daughter(s) become involved in our athletic programs, you have the right to understand the coach's expectations.

Communication You Should Expect From the Coach:

1. Philosophy of the coach for all levels of play.
2. Expectations the coach has for your son/daughter and the team (i.e. academics, attendance, player conduct, substance policy).
3. Discipline measures (i.e. missing practice, being late, etc.).
4. Locations and times of all practices and contests.
5. Transportation procedures and fees (if applicable).
6. Team requirements (i.e. fees, special equipment).
7. Procedures should your son/daughter become injured during practice or game.
8. Team budgets including team financial status.

Communication Our Coaches Need From Parents/Guardians:

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

Appropriate Concerns to Discuss With Coaches:

1. Treatment of your son/daughter.
2. Ways to help your student improve and handle team membership roles.
3. Concerns about the student's behavior.

It may be difficult to accept your child not playing as much as you had hoped. Coaches are professionals, and they make judgment decisions based on what they believe is best for all students involved, and we ask that you support their decisions. Below are areas that are left to the discretion of the coach.

Issues Not Appropriate to Discuss With Coaches:

1. Playing time, line-ups, player rotation.
2. Team strategy.
3. Play calling.
4. Other student-athletes in any capacity other than to report concerns.
5. Presenting issues immediately after a game; please observe a 48 hour reflection period to formulate a concern.
6. It is significantly less effective to express concerns at the end of a season.

Conflict Resolution Procedure

In order to keep communication open among students, parents/guardians, coaches, and administration, we ask that the following procedure be followed. We encourage conferences to take place if they are needed:

1. The student is encouraged to discuss concerns with the coach if the issue is not resolved
2. Parent/guardian contacts the coach with concerns.
3. Parent/guardian, coach, and student meet.
4. If the concern is not handled at the coach/parent/guardian level, then the parent/guardian must put the concerns in writing to the Athletic Director.
5. The Athletic Director will meet with the coach and present parent concerns and discuss possible solutions.
6. The Athletic Director will set up a meeting with all parties concerned.
7. If the concerns cannot be resolved at this meeting, the Athletic Director will take the matter to the Assistant Principal in charge of athletics.
8. If the matter cannot be resolved at this level, it may be taken to the Principal.

We are hopeful that this step-by-step procedure will help foster positive communication and promote a resolution to the issue of concern.

CASTRO VALLEY HIGH SCHOOL

Student-Athlete Rules and Guidelines for Athletics

A. As an athlete I am expected to abide by the following guidelines:

1. To apply myself to my studies and maintain to the best of my ability satisfactory grades minimum GPA of 2.0 with no more than 1 F, as per District policy and to be enrolled in a minimum of five classes (20 semester units) at CVHS.
2. Castro Valley High School does not condone the use of illegal drugs, alcohol, tobacco, vaping, and/or the abuse of legal substances. Any student found using, selling, distribution, or participating in any of the aforementioned activities, may be removed from the team.
3. To participate in an athletic event, a student must have attended a full day of classes on the day of the event. If a student has a medical appointment on the day of an athletic activity, a note of verification must be presented to the house office as well as the coach for safe measure.
4. All transportation to athletic contests will be in accordance with the CVUSD policies and the provisions of the State Education Code including approval of all parent drivers.
5. To treat all opponents with the respect due to them as guests or hosts and to exhibit good sportsmanship.
6. Athletes will be personally responsible for all school equipment checked out to them. The student must pay for any lost or willfully damaged equipment. The cost will be determined by the replacement price of said equipment.
7. Any student accused of theft will be suspended from all extracurricular activities/team competition pending judgment of the case (but may participate in practices).
8. Any student who initiates or participates in a physical assault on an official, opposing Coach, spectator, or opposing competitor shall be:
 - a. Suspended from activity/team competition pending the results of an investigation by the Athletic Director and Assistant Principal. The student may participate in practice pending judgment of the violation.
 - b. A second violation will result in automatic suspension from the team for the remainder of the season.
9. To inform the Athletic Director and Coach that I am a transfer student.
10. To follow guidelines necessary to try out for an athletic team – submit Athletic Clearance Packet to the Athletic Director.

B. Training Rules and Standards Behavior:

1. Athletes are prohibited from sale, possession, or use of any form of tobacco, alcohol, or any illegal drug or narcotics. Drug sales can also result in significant school consequences including potential expulsion from school.
2. If after two (2) weeks into any season, an athlete withdraws from a team, he/she cannot participate in another sport until the current season ends.

C. Sanctions for infractions of Rules and Standards:

1. Athletes may be suspended from team activity for infractions of the rules. The Athletic Director and the Assistant Principal supervising Athletics will be informed of the infraction immediately.
2. After due process athletes found to be in violation of team or school rules before or during the official season of that sport may be removed from the team.

California Interscholastic Federation Steroid Policy

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 or legal guardian 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 (by law 254).

Both the student athlete and parent/guardian 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 also recognize under CIF bylaw 200.D, there could be penalties for false or fraudulent information. We also understand that the Castro Valley High School policy regarding the use of illegal drugs will be enforced for any violations of these rules.

CASTRO VALLEY HIGH SCHOOL ATHLETICS

General Athletic Information

What to do Before Tryouts:

It is your responsibility to know when tryouts will be held. Meetings may be announced over the PA system during school days as well as through emails to returning students and postings on the school website. Coach emails are listed on the school website and it is encouraged that students contact the Varsity coach if you have questions or concerns. For information related to CVHS Athletics, please click: <http://www.cv.k12.ca.us/cvhs/athletics/athletics>

Official Start of Season Dates:

Fall Sports, August 13th, 2018 (Football July 30th and Volleyball August 6th)

Winter Sports, October 29th, 2018

Spring Sports, January 28th, 2019

*Please note that athletic clearance dates occur well before these dates and that most teams will be participating in various forms of general training prior to these dates

Athletic Clearance:

In order for a student to participate in a sport, they must first complete the Athletic Clearance Packet. This packet consists of all required documentation to be collected, verified, and approved in order for any student athlete to participate. As of the 2018-2019 school year, this process has gone “paperless”. The Online Athletic Clearance Packet and process can be found through: <https://sites.google.com/cv.k12.ca.us/cvhsathletics/athletic-clearance>

*You will receive an email confirming successful completion of the process or if anything is missing. Please note that this process must be completed in conjunction with the student athlete meeting academic requirements. When you initially receive athletic approval, it will be based on completion of the online process without grades having been reviewed.

Athletic Clearance Deadlines:

Fall Sports, July 25th, 2018

Winter Sports, October 19th, 2018

Spring Sports, January 18th, 2019

Dates of Determination:

CVHS student athletes earn and maintain satisfactory grades as a component of eligibility before and during a season. Dates of determination are the official dates when the grades of a marking period take effect. The dates of determination for the 2018-2019 school year are as follows:

- 8/3/18, Start of Fall Season, Semester 2 grades from the previous year and any summer school marks considered.
- 10/29/18, Continuation of Fall Season and start of Winter Season, Quarter 1 grades.
- 1/28/19, Continuation of Winter Season and start of Spring Season, Semester 1 grades.
- 4/2/19, Continuation of Spring Season, Quarter 3 grades.

***Any grade changes that take place in a class after each respective date of determination cannot be considered for athletic eligibility.

Physicals:

The State of California Education Code requires a physical examination for each year a student participates in a sport. Physicals are valid for one calendar year from their examination date and must be signed, stamped and dated

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by a physician. Physicals performed by a chiropractor will not be accepted so please be sure to complete a full physical with a licensed doctor.

Insurance Coverage/Risk of Participation:

All student athletes must have insurance coverage to participate in a sport. Our school district offers a program for those students who do not have insurance coverage of their own but this is not automatically applied and must be set-up ahead of time. No student will be permitted to participate without insurance coverage as participation in interscholastic athletics can lead to possible injury. Although most injuries are minor in nature, it is possible that an injury could occur and could be severe enough to cause a person to become a paraplegic, quadriplegic, or result in death. Castro Valley High School and its staff take every precaution to prevent such injuries, but such risk does exist.

CVHS Athletic Booster Club:

Athletic Boosters is an organization that supports all of our athletic teams. This organization, comprised of volunteer parents, contributes approximately \$30,000.00 annually to supplement our Athletic Department budget. We strongly urge you to attend monthly meetings as well as volunteer for the many positions that are available. CVHS Athletic Boosters meets the first Monday of each month in the CVHS large conference room. Please join and support over 900 student athletes. Check out <http://www.cvhsathleticboosters.org/> for more information.

Sports Night and Team Meetings:

For each sport season, an Athletic Parent Sports Night Meeting is held to provide parents with valuable information concerning the Athletic Program as well as specific team information. Parents and athletes are asked to attend this important informational evening which will occur proximal to tryouts. It is our hope that this meeting will be informative as well as a vehicle for effective, open, and appropriate communication among the coaches, players, and parents. Meeting dates occurring in the 2018-2019 school year include:

Fall (2018) Sports Night, Wednesday, August 22nd, 6:00 PM to 8:00PM, Cafeteria

Winter Sports Night, TBD, 6:00 PM to 8:00 PM, Cafeteria

Spring Sports Night, TBD, 6:00 PM to 8:00 PM, Cafeteria

Fall (2019) Sports Night, TBD, 6:00 PM to 8:00 PM, Cafeteria

Individual teams host breakout meetings at the conclusion of the Sports Nights and may have additional team meetings after tryouts have occurred and teams have been selected.

Signing Ceremonies:

CVHS has a history of accomplished student athletes that have received athletic scholarship offers. If a student has received a full or partial athletic scholarship offer, we ask that families communicate this to us so that we can adequately prepare to host a signing ceremony. At the conclusion of the school year, during the Senior Awards Night, students and student athletes earning various scholarships are recognized.

Vacations During Season:

When parents and student athletes choose to take a family vacation during a sport season, it must be understood that the time missed by the student athlete can affect team chemistry and personal conditioning. Student athletes, who miss practices or competitions for any reason, may have their playing time or position adjusted. Coaches shall make every effort to inform parents and student athletes of the season's schedule as far in advance as possible.

Religious Holidays:

In the event that a student athlete needs to miss a practice or game due to the observance of a religious holiday, the

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student athlete will not be penalized although playing time may naturally be affected due to any significant time missed and/or lack of preparation. Student safety is of the highest importance at CVHS.

Transferring Schools:

Transferring from one school to another may affect a student's athletic eligibility under the rules of the North Coast Section (NCS) and the California Interscholastic Federation (CIF). Students must check with the Athletic Director if they have transferred to CVHS from another school after the first day of 9th grade.

Practices:

The coaches and facility availability will determine practice times. Depending on the sport, practice could be in the morning, right after school, or in the evening. All practices are to be completed by 9:30 p.m. and no practice should normally exceed a 3 hour time period (this does not include study hall. No teams will practice on Sunday. Many of our teams will have Saturday practices, games/or and tournaments. CVHS operates with closed practice sessions. Our primary concern is for the safety and security of our students, coaches and facilities.

Quitting or Being Removed from a Team:

Each athlete will have a two-week period, after a previous season ends, to decide if he/she wants to stay on a team. If the athlete quits after two weeks, they will not be allowed to participate on another team until the sport to which they was committed to concludes or if they are cleared under special circumstances by the A.D. If an athlete is removed from the team, the athlete may not participate in another sport until the team he or she was removed from completes its season. Any athlete who quits or is removed from a team no longer qualifies for team-associated recognition including participation certificates, the team banquet, and earning a varsity block.

Herculean Award:

A historical award that has been celebrated at CVHS since its inception is the Herculean Award. This recognition is given to student athletes that earn 7 or more Varsity Letters in their four years at CVHS. Within the context of this award it is important to note that individual teams issue varsity letters in different ways.

Fighting:

Student athletes that participate in any physical fight may be removed from the team. This will not apply to any student athlete that is determined by CVHS Administration to have acted in self-defense. Student athletes that instigate, spectate, and/or film fights may also be removed from the team. It is the expectation that student athletes at CVHS will immediately report fights to the nearest adult on campus and do their best to take themselves out of harm's way. Any student removed due to direct or indirect participation in a fight may have the opportunity to work with their coach and school administration to rejoin a team based on an identified plan of reinstatement.

Funding of Athletics:

CVHS wants to ensure that all eligible students who are interested in the playing sports have the opportunity to do so. No public school program can require student athletes to pay to cover costs however we do operate on the generosity of our families and community through voluntary contribution donations to athletic teams. While the athletics program receives partial funding from CVUSD (Coaching Stipends), the large majority of our operating costs are covered by the aforementioned donations. Voluntary contribution donation amounts are based on the operating costs of each team which vary across sports. Families can make contributions through the school finance office or through the online webstore with installment options being available. We ask that any family making a voluntary contribution donation wait until their student is confirmed to be on a team as we cannot refund donations. Almost all teams hold fundraisers throughout the season with some going directly towards offsetting operation costs. It is important that our teams and coaches communicate the intention of each fundraiser so that families are aware of outcome of such efforts.

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Although CVHS is committed to providing a complete athletic program we can only do so through voluntary contribution donations as well as the additional efforts that programs make. If contributing to the athletic program is a hardship for your family, please work to support the team through the various fundraising opportunities as well as parent-support roles. No student will be penalized in any way for not making a voluntary contribution donation as this information is not shared; only overall contribution balances are available to stakeholders.

The Funding Structure:

1. CVUSD contributions/support (Coach Stipends and a few other costs)
2. Voluntary contribution donations from families
2. Amounts fundraised by teams to offset team budget and/or to support program enrichment
3. Boosters fundraising for program-wide needs

The Prioritization of Expenditures:

1. Operating costs
2. Mandated equipment and apparel
3. Transportation
4. Enrichment

Expenditures based on enrichment will need to be authorized by school personnel as we must work to ensure that we are not targeting “extras” over necessities. We cannot allow expenditures to precede their place in the order of priority or we risk sustainability.

WACC and the NCS:

The Western Alameda County Conference (WACC) includes twelve (12) schools: Alameda, Arroyo, Berkeley, Bishop O’Dowd, Castro Valley, Encinal, Hayward, Mt. Eden, Piedmont, San Lorenzo, San Leandro, and Tennyson. Castro Valley competes in the North Coast Section (NCS). The NCS is comprised of approximately 160 schools starting in the Bay Area and moving north to the California border. Teams have an opportunity to compete in the NCS Championships if they meet the criteria for being selected into this postseason competition.

Non-CVHS Outside Competition Rule:

A student on a high school team becomes ineligible if the student competes in a contest on an “outside” team in the same sport. This means that a student participating in a competitive outside or club team in the same sport for which they participate at CVHS will have to discontinue or complete that commitment prior to competing in any respective CVHS contest. If you are unsure of this rule applying to you, please contact the AD.

Making a CVHS Team:

Due to the competitive nature of athletics in Castro Valley and the high interest paired with limited spots on select teams at CVHS, making a team is no guarantee. Some teams at CVHS have limited spots while others have unlimited spots. It is important that you seek and understand the requirements of each team as well as the tryout process so that there are no misunderstandings about selection criteria. If a student does not make a team, it is appropriate to inquire with the coach about the individual evaluation but it is inappropriate to include other students or comparisons of other students in this conversation. *Selecting teams is the sole responsibility of the coaches.*

Participating on Two CVHS Teams During the Same Season:

CVHS Students will not be permitted to participate on more than 1 team for each of the three competitive seasons in a school year. This means that the maximum number of CVHS teams that a student can participate on in a school year is 3 total.

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Athlete Recognition at CVHS:

We primarily recognize student athletes and teams by highlighting academic achievements along with athletic achievements. Recognition of student athletes and teams are given at end-of-season team banquets as well as other ceremonies and may include the following:

Student NCS Scholar – Students with a 3.5 (unweighted GPA) or higher, Team NCS Award – Teams with a 3.0 (unweighted GPA) or higher, Participation certificates, CV Varsity Letter “block” for varsity athletes, The Herculean Award (7 or more varsity letters in CVHS athletic career), WACC League Championship patches and stars when applicable (school provided), All WACC All-League recognition – varsity (patches and stars for those selected, school provided), and Scholarship Recognition

Varsity Letters/Lettering Guidelines:

The criteria for earning a letter may vary from sport to sport. Each varsity head coach will be permitted to determine the criteria necessary for earning team awards and he or she will make athletes aware of the criteria at the beginning of the season in writing. Students that do not finish the season on the team will not be eligible for team-related recognition. The requirements for a student athlete to earn a letter in each sport will be provided by the head coach of that program. We ask that you request such policies and be familiar with them prior to the start of season. Letter jackets are purchased by families and the process is independent of CVHS involvement. The CVHS official “block” color is yellow/gold.

Transportation:

If bus transportation is not budgeted for a team, Coaches will work with families to arrange CVHS *approved* carpools. Parents and athletes must have all appropriate forms and documents on file with the school administration prior to driving to and from athletic events. All carpooling will begin and end on school property. Students may not transport themselves to any athletic contest when transportation is provided by bus or carpool. There are no exceptions to this policy. Students may not transport themselves to and from offsite practices without appropriate paperwork filed. Under no circumstances are students, as drivers, to transport other students to or from contests or practices.

Admission Prices:

**Generally Football, Basketball, Volleyball, and Wrestling*

Adults & Students (w/o ASB)	\$6.00
Students (with ASB)	\$4.00
Senior Citizens (60) & Children under 12	\$4.00

**Online ticket purchasing to be available starting this year. Please check the athletics website proximal to contests for this feature.

Spectator Conduct:

Unsportsmanlike behavior will not be tolerated during athletic events. In accordance with WACC Fan Expectation Guidelines, violations of expected behavior by spectators could result in removal from the contest and/or a revocation of the privilege to attend contests. Let’s work together to create a positive environment for our student athletes.

CVHS Athletic Boosters Game Passes:

The CVHS Athletic Boosters offers a game pass each year in accordance with membership offerings. These passes will be accepted at all athletic contests where tickets are required for entry EXCEPT playoff contests (WACC and/or NCS/CIF).

CVUSD is committed to providing equal opportunity for all individuals in education. District programs, activities, and practices shall be free from discrimination, intimidation, harassment and bullying based on race, color, ancestry, national origin, ethnic group identification, age, religion, marital or parental status, physical or mental disability, sex, sexual orientation, gender, gender identity or expression, or genetic information; the perception of one or more of such characteristics; or association with a person or group with one or more of these actual or perceived characteristics. Violations of this policy should be reported immediately to the site administrator(s) at District Schools. Inquiries regarding the non-discrimination policies: Director of Student Services, 4400 Alma Avenue, Castro Valley CA 94546, [510-537-3000](tel:510-537-3000) x 1257

Castro Valley High School
PLAYER & COACH EJECTION POLICY
(North Coast Section Ejection Policy)

The following rules and minimum penalties are applicable to players and coaches as adopted by the NCS Board of Managers. This policy will be in effect during non-league, league, invitational tournaments/event, post-season, league, section or state playoffs, etc.

1. Ejection of a player from a contest for unsportsmanlike or dangerous conduct.

PENALTY: The player shall be ineligible for the next contest (non-league, league, invitational tournament, post-season {league, section, or state} playoff, etc.).

2. Ejection of coaches, assistant coaches and/or coaching representatives for unsportsmanlike conduct as defined in sport Specific NCS Ejection Policy rules summaries.

PENALTY: The coach, assistant coach and/or coaching representative will immediately remove themselves from their coaching responsibilities in accordance with National Federation or sport governing rules for the respective sport. The coach, assistant coach, and/or coaching representative must leave the vicinity of the playing area immediately and is prohibited from any contact, direct or indirect, with the team players and other team personnel during the remainder of the game. If there is no other coaching representative who is certified by the school in accordance to CIF bylaw 506, the game shall be terminated and declared a forfeit. The offending coach's school will be credited with a loss and the opposing school shall be credited with a win. The ejected coach, assistant coach and/or coaching representative will be prohibited from coaching or attending the next interscholastic contest for that team or any other team in the same sport prior to serving the penalty.

3. Illegal participation in the next contest by a player or coach ejected in a previous contest.

PENALTY: The contest shall be forfeited and the ineligible player or coach shall be ineligible for the next contest.

4. Second ejection of a player for unsportsmanlike or dangerous conduct from a contest during one season.

PENALTY: The player shall be ineligible for the remainder of the season (includes pre-season, league season and post-season play). The coach, assistant coach, and/or coaching representative are employees of the school. The NCS does not have the authority to terminate employment of school employees, which would be the effect of the balance of the season suspension. Therefore, the penalty for a second ejection for a coach, assistant coach, and/or coaching representative shall be that the coach, assistant coach, and/or coaching representative shall be prohibited from coaching or attending the next two interscholastic contests for that team and shall also be prohibited from coaching or attending any NCS post-season contest for which the team qualifies.

5. When one or more players leave the bench to begin or participate in an altercation.

PENALTY: The player(s) shall be ejected from the contest in questions and become ineligible for the next contest (non-league, league, invitational tournament, post-season {league, section, or state} playoffs, etc.).

6. Coaches are responsible for determining the cause of ejection for any of their players and are responsible for enforcement of the Ejection Policy. Confusion over the cause for a player's ejection shall not be the basis for allowing a student who has been ejected under an applicable rule to avoid the sanctions required by the Ejection Policy play in a subsequent contest.

*These signed policy statements are to be maintained at each school. An Election Policy Notification Form is to be filed, according to league policy, either with the league commissioner or with the North Coast Section.

WESTERN ALAMEDA COUNTY CONFERENCE SPORTSMANSHIP POLICY

Spectators/Fans/Team Followers

- Understand that high school athletics takes place in a “classroom.” The gym/pitch/field/diamond/court is just another high school classroom
- Focus on positive team support and rooster spirit and refrain from obscene, unsportsmanlike and unacceptable cheers and yells
- Work closely with the rooting section and take a positive role in controlling unacceptable behavior by that rooting section; must model appropriate behavior
- Understand the role of educational athletics as one part of a comprehensive high school experience
- Refrain from obscenities, race-baiting, personal insults and other unacceptable comments directed at opposing cheerleaders and fans before, during, and after athletic contests
- Refrain from disrupting the athletic contest in any way
- Stay off the field/court/pitch at all times; must stay in the designated seating/standing area
- Refrain from confronting officials, coaches, players, and others before, during, or after an athletic contest

WE ARE EDUCATIONAL ATHLETICS

ACADEMIC, ATHLETIC EXCELLENCE IS OUR PRIMARY FOCUS!

WESTERN ALAMEDA COUNTY CONFERENCE SPORTSMANSHIP POLICY

Each of the WACC schools has agreed to enforce these expectations:

Student athletes:

- Refrain from racial slurs/name calling/baiting opponents/disrespectfully addressing officials
- Share responsibility for the conduct of their teammates
- Refrain from all unsportsmanlike conduct, including those unacceptable behaviors listed in the NCS Ejection Policy for their sport
- Know his/her school's consequences for unacceptable behavior
- Know and understand the NCS Ejection Policy
- Understand that they don't "get in free" at the visitor's site

Coaches:

- Model appropriate behavior/maintain decorum consistent with the values of educational athletes
- Communicate with other coaches about department/team developments
- Have appropriate passes for all league contests and must show those passes to gate personnel
- Understand that if they do not have a pass, they will not be admitted to a league contest
- Attend preseason and postseason meetings
- Review sportsmanship, conduct and the NCS Ejection Policy with players on a regular basis and always before a "big" game
- Insist that their players model appropriate behavior
- Monitor their team at all times and be cognizant of developing problems, especially at the end of heated contests. For example, it might be necessary for a visiting team to go directly to their bus at the end of a game while the home team stays in the immediate vicinity of the contest site
- Communicate unacceptable fan behavior of which they are aware to site administration
- Accept officiating decisions appropriately, do nothing that might incite undesirable crowd reaction
- Follow league's and NCS guidelines for evaluating officials

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