

*DIXON HIGH SCHOOL
ATHLETIC HANDBOOK*

DIXON



ATHLETICS

Mission Statement

The Mission of the Dixon Unified School District is to provide a broad based program of sports offerings that are safe and equitable with an environment that promotes high academic standards, leadership, and athletic excellence.

Welcome

Participation on an athletic team at C. A. Jacobs Middle School and Dixon High School can be a rewarding and meaningful educational experience that enhances students secondary education. It is important that students realize the time demands, responsibility, dedication and sacrifices required when making this kind of commitment. The following information defines the athletic policies and procedures for all students participating in our Junior High and High School athletic programs. The Athletic Departments hope this document provides parents and students with a better understanding of our philosophy, goals and policies. Please refer to the following information when a question about your student's athletic experience arises.

Philosophy of Athletics at Dixon Unified School District

At Dixon Unified School District, we consider athletics an integral part of the educational experience. Athletics provides opportunities that will help students develop physically, mentally, and emotionally. We view the competition of athletics as a healthy educational and physiological activity because it challenges each student to excel, to discover his or her physical limits, and to work cooperatively with team members. While winning is a natural goal in the pursuit of excellence, the principles of good sportsmanship and enjoyment of competition take precedence at all times and enhance the educational value of contests.

Governing Bodies

Dixon High School is a member of the California Interscholastic Federation (CIF), Sac –Joaquin Section (SJS), whose purpose is to organize, regulate and promote interscholastic athletics for secondary schools in California. The Sac – Joaquin Section governs the athletic participation of over 200 schools and 225,000 student athletes. The CIF-SJS believes the idea of victory with honor still carries meaning. Additional information may be found at www.cifsjs.org.

Dixon High School is a member of the Golden Empire League (GEL), which is comprised of seven schools. Those schools are Capital Christian High School, Marysville High School, Lindhurst High School, West Campus., Natomas High School, and Mesa Verde High School. Additional information can be found at www.goldenempireleague.org.

Dixon High School and C.A. Jacobs Middle School are governed by the Board Policies of Dixon Unified School District. The board policies can be found at www.dixonusd.org.

Dixon Unified School District Athletic Department Goals

Through the unique nature each sporty dictates its specific objectives, all teams will attempt to:

- Emphasize the development of basic skills, appropriate attitudes, values and team concepts
- Allow as many students as possible to participate and share the experience and benefits derived from team membership

- Compete with non-league opponents as well as members of the Golden Empire League

Participation at the Varsity level is generally limited to the most highly skilled players and those with the ability to interact constructively with other players for team success. The coaching staff will determine the level of play for each student-athlete (Varsity, Junior Varsity and Freshmen) based on what would be most beneficial to the development and progress of each player and team. It should be understood that playing time is determined by the coaching staff and is limited in some of the sport offerings.

Interscholastic Athletic Eligibility

In order for a student-athlete to be eligible to participate (try-out, practice, and/or play) on an athletic team, students must conform to the eligibility policies described below.

- Maintain a cumulative Grade Point Average of 2.0 in each grading period (CIF By-law)
- Enrolled in at least 20 Semester Credits of work (CIF By-Law)
- Passed a minimum of 20 semester credits the semester prior to the reporting period (CIF By-Law)
- Physical Examination (CIF By-Law): An annual physical examination and completion of the physical form is required before a student may try-out, practice or participate in athletics.
- Cleared and approved by the CIF-SJS as an eligible athlete
- Completed Dixon Unified School District Athletic Packet/Information Night Attendance (this includes medical physical and permission to treat, medical authorization, Agreement for team participation, and attendance at Athletic Information Night)

Note: At C. A. Jacobs Middle School, students are responsible for circulating a grade check to their teachers and presenting this document to the coach. If a student drops below the academic standard at any point in the season, he/she will not be allowed to participate in practice or competition until he/she presents a grade check demonstrating eligible status. If the student has shown no further improvement in his/her academic standing after three weeks, the student-athlete will be removed from the athletic team.

Any student-athlete injured and having required medical treatment must provide written verification from a medical doctor clearing them for participation in athletic practice or competition.

Athletic Offerings

C. A. Jacobs Middle School

Fall Sports

- 7th Grade Girls Volleyball
- 8th Grade Girls Volleyball
- Boys and Girls Cross Country (7th and 8th Grade)
- Wrestling

Winter Sports

- 7th Grade Girls Basketball
- 8th Grade Girls Basketball
- 7th Grade Boys Basketball
- 8th Grade Boys Basketball

Spring Sports

- Boys Soccer
- Girls Soccer
- Boys and Girls Track and Field (7th and 8th Grade)

Dixon High School

Fall Sports

- Football (Varsity and Junior Varsity)
- Girls Cross Country
- Boys Cross Country
- Girls Golf (Varsity and Junior Varsity)
- Girls Volleyball (Varsity, Junior Varsity, and Freshmen)
- Girls Water Polo (Varsity and Junior Varsity)
- Boys Water Polo (Varsity and Junior Varsity)
- Cheer (Varsity and Junior Varsity)

Winter Sports

- Girls Basketball (Varsity, Junior Varsity and Freshmen)
- Boys Basketball (Varsity, Junior Varsity and Freshmen)
- Wrestling (Varsity and Junior Varsity)
- Girls Soccer (Varsity and Junior Varsity)
- Boys Soccer (Varsity and Junior Varsity)
- Dance Team

Spring Sports

- Boys Swimming (Varsity and Junior Varsity)
- Girls Swimming (Varsity and Junior Varsity)
- Softball (Varsity and Junior Varsity)
- Baseball (Varsity and Junior Varsity)
- Girls Track and Field

- Boys Track and Field
- Boys Tennis
- Girls Tennis

Levels of Play

Freshmen: Freshmen level of play is offered in a restricted number of sports and is considered an option when there is a large number of student athletes wanting to participate in the sport. Only 9th grade students are allowed to participate on Freshmen teams. Student athletes are expected at every practice. Learning to balance the time requirements of sport teams and academic needs is a key aspect of Freshmen sports. In addition, the student athletes should expect to develop fundamental skills, an understanding of the rules of the game, an understanding of the skills necessary to participate in the next level of play, and an appreciation of team effort.

Junior Varsity: This level of play is designed as a transitional level for high school athletics. Student athletes may not move to the Varsity level and back down to the Junior Varsity. Once a player has participated at the Varsity level, they must remain at that level for the conclusion of the season. Student athletes are expected at every practice while also maintaining grades necessary for eligibility for the team. In addition, the student athletes should expect to refine the fundamental skills, an understanding of team roles, understanding of more sophisticated game strategies, a focus on physical conditioning, and an evaluation of the athlete's attitude and skills as they relate to varsity level participation.

Varsity Level: At the highest level of athletic competition in high school athletics, athletes and parents should expect the following concepts to be emphasized

- Developing a high level of proficiency in the physical skills of the sport
- Having the coach's evaluation of an athlete's attitude, skills, and team role determine playing time
- Developing sophisticated strategy, situation analysis, and other mental aspects of the sport
- Specifically defining an individual athlete's role within the team concept
- Fostering maximum commitment to the athletic team
- Understanding and valuing the physical conditioning components of one's sport
- Understanding the importance of individual sacrifice for the good of the team
- Winning within the rules of sportsmanship and fair play.

There are many decisions made on a regular basis by members of our coaching staff that may include which athletes should start a contest, which athlete should play at what position, and the amount of playing time an athlete will be given. Only members of our coaching staff make these very difficult coaching decisions after weighing a considerable number of factors. Generally, the most competitive, skilled team members will play the major portion of contests; however, teams cannot be successful without committed substitutes. These athletes must work as hard as they can to help make their respective teams as competitive as possible and be ready at all times to step forward to compete. They must also demonstrate the perseverance and commitment to strive to advance to a starting role.

Team Tryouts and Selection

Unfortunately, many of the sports offered in Dixon Unified School District will have to limit the number of student athletes able to participate on a team. During the tryout period, each coach will provide an explanation of his / her expectations. It is the duty of the student to demonstrate to the coach that they can fulfill these expectations. If a student is not selected for a team, he/she may contact the coach personally for an explanation. Student athletes will be given three days of practice, from the start date of a season, before selection of a team is made. Students who are not selected are encouraged to explore other Dixon Unified School District. Athletic opportunities on teams that have not finalized their rosters may be available. Student athletes attempting to join a team after the start of the season, are not required to be given three days of practice with the team. The coaching staff of each sport has the sole responsibility for selecting members of the team, determining the level of play, and apportioning the amount of playing time for each student athlete.

If an overlap of seasons occurs between participation in one sport and a second season of sport, the student-athlete will be provided three days of practice to try-out for participation in the new season of sport.

Please note **CIF Rule 35** which states that a student athlete participating in any sport must have at least 10 days of practice (Football players must have 15 days of practice) before competing in an official game. For this reason, an athlete will not be allowed to join a team after its third official practice without the approval of the Athletic Director and Coach. Switching sports is also not allowed after the first contest.

Commitment

The coach of each team will provide handbooks for their prospective team. Each sport has requirements specific to that sport. In addition, each coach is allowed to set his or her own rules and procedures for the season. With that said, it is important to remember that each member of an athletic team **MUST**:

- Commit to being present at all team activities, including try-outs, practices, meetings and contest with other schools
- Dedicate himself/herself to becoming an excellent team member and school citizen
- Strive to continually improve as an athlete
- Demonstrate pride in team performance and in himself/herself as members of a team
- Maintain academic eligibility for the duration of the season

Athletic seasons are long and difficult. The parent/guradians and student athletes must remember that joining a team is a season long commitment.

Game and Practice Sessions

Practices are held daily for approximately 2 to 2 ½ hours, or as appropriate to the activity. Some practices and games may be held on Saturday. Most practice sessions do not begin before 3:15 PM. Any

team member who must be late or miss practice, games, or meetings must confer with his/her coach. Practice and game schedules include school vacation weeks. That is, teams of sport continue to practice and play games during academic vacations and members of a team are expected to attend athletic games and practices during academic vacations. Students and families should take this into consideration when deciding to try-out for our teams.

Attendance Eligibility

In accordance with Dixon Unified School District Policy, CIF-SJS Policy and League Policy, only students enrolled in C.A. Jacobs Middle School and Dixon High School can participate in their respective athletic teams. Student-athletes must attend school on the day of the practice or game. A student suspended from school is not eligible to participate in practices or games on the day of the suspension. A student-athlete who is marked absent due to illness is not eligible to participate in practice or games. A student must attend a minimum of 4 periods of school to be eligible to participate in athletic games or practices. Student-athletes must participate fully in Physical Education curriculum. (Being part of a team which has a competition does not excuse an athlete from participating in Physical Education class.)

Absence Policy

Unexcused absences from practices may jeopardize retaining a position on the team, an opportunity to earn a varsity letter, and/or playing time at the coaches' discretion.

Excused absences from practices may impact position on the team and playing time, not as a punitive measure, but for the safety of that individual, fairness to the rest of the team, and strategic reasons.

Athletic Credit

Athletes who have successfully completed both semesters of PE-9 may earn physical education credit by completing a season of sport. Five credits will be awarded for each of up to two seasons of sport. A maximum of ten credits may be earned by each student-athlete and will count toward Physical Education graduation requirement. Only students enrolled in grades 10 and 11 may earn Physical Education credit by participating in athletics. 12th grade students must enroll in Physical Education classes to earn Physical Education credit. An athlete must be eligible and participate for the entire season to receive the Physical Education credit. All recommendations for the awarding of Physical Education Credit will be reviewed by the Athletic Department Staff and sight administration.

Multiple Sport Athletes (Quitting, Adding or Entering a sport)

Student-athletes are encouraged to try a variety of the athletic offerings in Dixon Unified School District, Student-athletes may leave a team or sport during the first three weeks of practice and meetings, without penalty, by personally notifying the coach that they are no longer going to participate. After this three week "try-out" period, students who quit a team or sport or have been removed for disciplinary reasons may not participate in organized conditioning and/or practices, use school equipment or come in contact with the coach of another sport until the previous sport or activity has completed its season. This includes participation in post-season, playoffs or section meets.

Dual sport athletes are permitted in Dixon Unified School District. This unique student-athlete participates in more than one CIF sanctioned athletic team during a season of sport. Dual sport participation is allowed by mutual written consent of both head coaches involved in the specific season of sport.

Coaching Qualifications and Expectations

Coaches in Dixon Unified School District must be cleared by the Human Resources Department before they are allowed to coach. This includes TB Test, finger-prints / background check, and interview with site administration.

Coaches are expected to treat all individuals associated with athletic teams with respect. This includes the student-athletes, parents, officials, and fans. Site administration recommends coaches are familiar with the practices of the Positive Coaching Alliance. These practices are viewed as the gold standard for coaching and behavior.

Conflict Resolution

Athletic involvement can be highly emotional and issues about playing time, team selection, honors and awards can arise. It is very important that these issues be addressed as soon as possible, and as directly as possible, so that they can be resolved promptly. Additionally, it is asked that parents and coaches respect the emotions that are generated during an athletic competition by refraining from confronting the coaches for 24 hours after a game. (This is referred to as the 24 hour rule.) The following model will be used when a problem arises.

STEP ONE: Personal Contact between Student-Athlete and Coach

As a general rule, the issue should be presented as soon as possible to the coach by the individual student-athlete. If personal contact is not practical, a student-athlete may ask his/her team captain to talk with the coach. If these recommended routes are not successful, the coach should be contacted by the student-athlete's parent(s) at an appropriate time. Times to be avoided are:

- Either prior to or immediately after a competition
- During a practice session
- During a time when other students maybe present or when it may be readily apparent to others that a discussion is taking place
- At a time when it is apparent that there would not be sufficient time to provide for a complete discussion

Usually the best solution is to ask the coach either over the phone, via email or in person if an appointment could be made to discuss the issue. A parent or student-athlete could also contact the coach via the Athletic Office. It is strongly recommended that the student-athlete join their parent(s) at this meeting to ensure that all sides of the issue can be thoroughly discussed.

STEP TWO: Personal Contact Between Coach, Student-Athlete and Athletic Director

If a satisfactory resolution is not reached through direct contact with the coach, the student-athlete and/or parent(s) should contact the Athletic Director. As a courtesy, the coach should be informed that this contact is being made. If this discussion does not result in a satisfactory conclusion, then a meeting will be scheduled involving all concerning parties in an attempt to reach a satisfactory resolution. It is very important for all student-athletes and their parent(s) to know that any comments, concerns, or issues raised to the athletic director will be addressed with the coach. Issues concerning coaching personnel may or may not be communicated to others.

STEP THREE: Student-Athlete – Administration Contact

If there is not a satisfactory resolution, the student-athlete and/or parent(s) should contact the High School Assistant Principal or Principal. As a courtesy, the Athletic Director should be informed that this contact is being made. While there is no guarantee, that all parties will agree with all resolutions or findings, a thorough, respectful airing, or different perceptions and experiences can lead to more productive relationships and clearer understandings in the future.

Sportsmanship Policy

Dixon Unified School District expects all parties present at a contest to display the highest possible level of sportsmanship. Players, coaches, and spectators should treat opponents, game officials and visiting spectators with respect at all times. Dixon Unified School District reserves the right to warn, censure, place on probation or suspend (for up to one calendar year) any player, team, coach, or school official determined to be acting in a manner contrary to the standards of good sportsmanship. Spectators who do not adhere to standards of good sportsmanship may be asked to leave the contest and/or be prohibited from future contests. If you are not sure what details good sportsmanship, please follow this simple rule: Cheer for your own team, but do not belittle opposing teams and officials.

School Athletic Equipment Policy

Students are responsible for and expected to maintain proper care of all equipment issued to them. Students are responsible for payment of any lost, stolen or damaged items. Each item not returned will be assessed at a rate comparable to the current replacement cost. All equipment is to be returned at the completion of the season. Grades will be withheld for those who do not return or pay for lost/damaged equipment. Additionally those student athletes will not be allowed to participate in another sport. Student-athletes are not to wear uniforms, either practice or game, at any time other than those allowed by specified team regulations.

Dixon Unified School District Drug Policy

Dixon Unified School District has an extensive drug policy. The policy has been written and modified in recent years. For the complete policy, please refer to the Dixon Unified School District Web Site at www.dixonusd.org. The policy numbers are BP5131.61 and AR5131.61.

This extensive policy includes specific language regarding use and possession of drugs and a student-athlete drug testing policy.

Personal Conduct Policy

Athletic teams represent Dixon Unified School District and the community of Dixon. As such, we expect athletes to have excellent personal behavior. Rules for behavior that apply during the school day apply during participation in athletic events as well. This behavioral expectation applies both during school hours and during athletic practices, activities, and games. In addition, student athletes are expected to maintain proper conduct when traveling to and back from athletic competition. Any behavior issues will be referred to site administration for consequences.

Transportation

Transportation to sanctioned league games and playoffs or post-season competition will be provided by the Dixon Unified School District. This may include buses or vans depending upon the number of student-athletes participating in the event. Non-league competition will be the responsibility of the individual teams. At times this may include private vehicles, and as such an adult who drives must complete and have processed a Dixon Unified School District Volunteer Private Vehicle Driver form. **At no time may a student-athlete transport him/herself or other students to an away athletic event. Violation of this standard may result in suspension from future athletic competition.**