



# *Parent-Student Athletic Handbook*

**"STRENGTHENING CHARACTER TOGETHER"**

**EFFECTIVE: JUNE 1, 2019**

**7501 CARRIAGE DRIVE, CITRUS HEIGHTS, CA 95621**

**(916) 971.5299 – FRONT OFFICE**

**(916) 971.5277 – ATHLETIC OFFICE**

**MESA ATHLETIC SOCIAL MEDIA**

**ATHLETIC WEBSITE - [MESAVERDESPORTS.COM](http://MESAVERDESPORTS.COM)**

**TWITTER - @MESAVERDESPORTS**

**INSTAGRAM - MESAVERDESPORTS**

**SCHOOL WEBSITE - [SANJUAN.EDU/MESAVERDE](http://SANJUAN.EDU/MESAVERDE)**



# MESA VERDE HIGH SCHOOL

## PARENT & STUDENT HANDBOOK

### ATHLETIC DEPARTMENT CONTACTS

Athletic Director:	Kevin Anderson	<a href="mailto:kanderson@sanjuan.edu">kanderson@sanjuan.edu</a>
Athletic Director's Office:	(916) 971.5277	
Principal:	Colin Bross	<a href="mailto:cbross@sanjuan.edu">cbross@sanjuan.edu</a>
VP of Athletics:	Brett Tujague	<a href="mailto:btujague@sanjuan.edu">btujague@sanjuan.edu</a>
Baseball:	Travis Miller	<a href="mailto:tmiller@sanjuan.edu">tmiller@sanjuan.edu</a>
Basketball (boys):	Tony Watkins	<a href="mailto:twatkins79@gmail.com">twatkins79@gmail.com</a>
Basketball (girls):	Mark Toscano	<a href="mailto:markctoscano@gmail.com">markctoscano@gmail.com</a>
Cross Country:	Nichole Guccini	<a href="mailto:nguccini@sanjuan.edu">nguccini@sanjuan.edu</a>
Football:	Lenny Casillas	<a href="mailto:maverickfootball1717@yahoo.com">maverickfootball1717@yahoo.com</a>
Golf:	TBD	
Tennis (boys):	TBD	
Tennis (girls):	Kevin Anderson	<a href="mailto:kanderson@sanjuan.edu">kanderson@sanjuan.edu</a>
Track & Field:	Sarah Skubic	<a href="mailto:Sarah.skubic@sanjuan.edu">Sarah.skubic@sanjuan.edu</a>
Soccer (boys):	Jonathan Felix	<a href="mailto:thefox1604@gmail.com">thefox1604@gmail.com</a>
Soccer (girls):	Phillip Roberts	<a href="mailto:dldgencon@yahoo.com">dldgencon@yahoo.com</a>
Softball:	Charrlee Ramey-Davis	<a href="mailto:charrlee.rameydavis@sanjuan.edu">charrlee.rameydavis@sanjuan.edu</a>
Volleyball (boys):	Jessica Shoffner	<a href="mailto:jessicaannshoffner@gmail.com">jessicaannshoffner@gmail.com</a>
Volleyball (girls):	Jessica Graber	<a href="mailto:jessica.graber@sanjuan.edu">jessica.graber@sanjuan.edu</a>
Wrestling:	Nicholas Bricco	<a href="mailto:nicholas.j.bricco@gmail.com">nicholas.j.bricco@gmail.com</a>

Mascot: Maverick

Colors: Dark Green & Orange

League: Golden Empire League: Casa Roble, Dixon, Mira Loma, Pioneer, Woodland

Social Media: [www.mesaverdesports.com](http://www.mesaverdesports.com)  @mesaverdesports  mesaverdsports





# MESA VERDE HIGH SCHOOL

## PARENT & STUDENT HANDBOOK

### ATHLETIC TEAMS AND SEASONS

#### **FALL SEASON: AUGUST - NOVEMBER**

<b>CROSS COUNTRY:</b>	<b>Varsity, JV (Boys &amp; Girls)</b>
<b>FOOTBALL:</b>	<b>Varsity, JV, Freshman</b>
<b>TENNIS GIRLS:</b>	<b>Varsity</b>
<b>VOLLEYBALL GIRLS:</b>	<b>Varsity, JV, Freshman</b>

#### **WINTER SEASON: NOVEMBER - FEBRUARY**

<b>BASKETBALL BOYS:</b>	<b>Varsity, JV, Freshman</b>
<b>BASKETBALL GIRLS:</b>	<b>Varsity, JV, Freshman</b>
<b>SOCCER BOYS:</b>	<b>Varsity, JV</b>
<b>SOCCER GIRLS:</b>	<b>Varsity, JV</b>
<b>WRESTLING:</b>	<b>Varsity, JV (Boys &amp; Girls)</b>

#### **SPRING SEASON: FEBRUARY - MAY**

<b>BASEBALL:</b>	<b>Varsity, JV</b>
<b>GOLF:</b>	<b>Varsity (Boys &amp; Girls)</b>
<b>SOFTBALL:</b>	<b>Varsity, JV</b>
<b>TENNIS BOYS:</b>	<b>Varsity</b>
<b>TRACK &amp; FIELD:</b>	<b>Boys &amp; Girls Teams</b>
<b>VOLLEYBALL BOYS:</b>	<b>Varsity &amp; JV</b>





# MESA VERDE HIGH SCHOOL

## PARENT & STUDENT HANDBOOK

### • INTERSCHOLASTIC ATHLETIC PARTICIPATION PHILOSOPHY

The purpose of the Athletic Department at **Mesa Verde High School** is to provide the best opportunity for personal and team success within the governing and moral guidelines inherent to high school athletics. In particular, the athletic program constitutes an integral component of the educational program and helps to build a positive school climate. The athletic program also promotes the physical, social, and emotional well-being and character development of participating students.

**Mesa Verde High School** athletics should be a positive learning experience where athletes are given the opportunity to develop the intangibles that will be essential throughout their lives. Intangibles such as character, work ethic, commitment, responsibility, respect for self and others, sportsmanship, and teamwork are just a few.

Athletics is a competitive experience. Athletes must compete for and earn everything they achieve, including playing time. All athletes do not receive the same amount of playing time. All athletes are given the opportunity to earn playing time in practice sessions. It is the coach's responsibility to weigh all the factors and determine what will give the team the best opportunity for success.

### • AVENUES OF COMMUNICATION

We are very pleased that your son/daughter has chosen to participate in the Maverick Athletic Program. The expectation is to provide a positive experience for your student. An important ingredient to achieve this outcome is to ensure lines of communication are developed to allow for resolutions of questions before they become issues. As a parent, you have a right to know what expectations are placed on your student. A Coach/Parent preseason meeting should provide you with the following information:

- Philosophy and expectations of the coach.
- Games schedules and practice times.
- Team requirements and rules (including attendance, excused and unexcused absences).
- Participants code of conduct (Contract).
- Coaches contact information.

There are situations that may require a conference between the coach, the athlete, and the parent. These are encouraged. When these conferences are necessary, the following procedure should be followed to help resolve the concern.

- When appropriate, your son/daughter should first talk with their coach (of their team level-Fr, JV, Var) about the concern.
- If the coach/athlete meeting does not clear the situation then the parent(s) should call and set up an appointment with the coach of their student's team.
- Should a meeting with your student's coach not resolve the issue, parent(s) should contact the program Head Coach for a meeting.
- If the parent(s) need further discussion on the issue, the school Athletic Director is the next contact. Kevin Anderson – [kanderson@sanjuan.edu](mailto:kanderson@sanjuan.edu)
- It is imperative that this order of contact be followed

Please do not approach a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meeting at these times generally does not work well for any of the parties involved. A meeting time should be scheduled before a discussion of the matter takes place.





# MESA VERDE HIGH SCHOOL

## PARENT & STUDENT HANDBOOK

The following are appropriate concerns to discuss with coaches:

- Advanced notice of schedule conflicts.
- The treatment of your son/daughter.
- Ways to help your son/daughter improve.
- Concerns about your son/daughter's behavior.

### • EXPECTATIONS FOR PARENTS AND SPECTATORS

The many values and attitudes learned by student-athletes include responsibility, self-discipline, sportsmanship, teamwork, work ethic, integrity, and personal sacrifice for the good of others. Parents are expected to support these values at all times by displaying the behavior that is generally referred to as "good sportsmanship." Parents and spectators should abide by the core principles of responsibility, fairness, trustworthiness, respect, caring, and good citizenship as well as the Code of Conduct adopted by the California Interscholastic Federation (CIF).

Included in the display of good sportsmanship by spectators are the following behaviors:

- Spectators are expected treat players, coaches, and officials with respect. No personal, non-performance related comments will be tolerated. Show respect for the decisions made by contest officials.
- Refrain from giving instructions during a game or practice. This is confusing and un-nerving for players to hear someone other than the coach yelling out instructions during a game.
- Modeling positive support for the teams in every manner possible, including the content of cheers and signs.
- Spectators must follow all host site rules and follow directions and rules set by the administrators or designees from either school.
- Respecting and following the rules required of spectators at the venue where the contest is being held. These rules are put in place to create a safe environment where the goals of high school athletics can be fully supported.

In the high school gym or on the field, spectators are required to:

- Respect the portions of the bleachers set aside as student cheering sections for both the home and visiting schools.
- Not to bring in items, which could be disruptive to the game.
- Remain off of the court or field at all times.
- Remember that the only spirit-leaders allowed out of the bleachers are the official squads supplied by each school.
- Realize that there are no "return privileges" for the gym or field. That once a person has left, they have left the event for the evening.

### • ATHLETIC CODE OF CONDUCT

The Athletic Code is the cornerstone of our athletic program. It outlines what is expected of our athletes by both the school and the community. It's a contract that holds our athletes to a higher standard than the rest of our student body. We expect our athletes to be positive representatives for **Mesa Verde High School**. Each parent and student athlete must agree to this code prior to entering an athletic program in the San Juan Unified School District. Each student athlete is required to adhere to the rules and regulations of the California Interscholastic Federation, SJUSD and MVHS Athletic Codes.





# MESA VERDE HIGH SCHOOL

## PARENT & STUDENT HANDBOOK

### • ELIGIBILITY

Prior to participation, each athlete must complete the online clearance package which includes the following:

1. Sports Physical Form (with doctor's signature)
2. Emergency contact Information
3. Agreement for Team Participation
4. Concussion and Head Injury Information
5. Prohibited Use of Steroids Agreement
6. Transportation Form

### • SCHOLASTIC ELIGIBILITY

Student athletes are expected to maintain eligibility at all times during their season. Grading periods end on a Friday with grades due the following Monday. Grades are processed by the registrar during the week and made official to the Athletic Director on that Friday (one week after the grading period ends). The AD will check grades once they are official, and eligibility for students begins/ends on the Monday following.

Probation/Intervention – Students may use probation/intervention one time a year, **NOT once per sport or season!**

1. To be eligible for interscholastic athletic competition, students must maintain at least a **2.0 GPA** and may have **one "F"** in the most recent grading period.
2. **Below a 2.0 with one "F"** – student is placed on athletic "Contest Eligible" probation.
  - a. Student may practice and compete in a contest as long as they attend school's probation/intervention program.
3. **Below a 2.0 and two "F"** – student is placed on "Contest Ineligible" probation.
  - a. Student must attend school's probation/intervention program, they may practice, but cannot participate in a contest until athletic eligibility has been attained at the next grading period
4. **3 "F"** – they are ineligible to participate in interscholastic athletics

***\*Competition on an outside (club) team: (CIF-rule 600):*** A student on a high school team becomes ineligible if the student competes in a contest on an "outside" team, in the same sport, during the student's high school season of sport (See IF Bylaw 504.A).

### • ATTENDANCE

Athletes are to attend all classes the day of a game or match. If the athlete is found to be absent then they are considered ineligible to participate in that event. Exceptions are emergency conditions, school activities, and certain excused absences. All exceptions must be approved by the Athletic Director prior to the event. Excused absences may be cleared by the Athletic Director on a case-by-case basis.

### • EQUIPMENT

Athletes shall assume responsibility for all athletic equipment issued to them and will be expected to pay for any abused or lost equipment. The athlete will not be eligible to participate in another sport until the items are returned or paid for.





# MESA VERDE HIGH SCHOOL

## PARENT & STUDENT HANDBOOK

### • **TRANSPORTATION**

All participants will ride to and from all school related athletic events on district provided transportation when provided by the school. Any request to use private transportation must be submitted to the Athletic Director for approval prior to the event. Requests may or may not be approved. The request must be made in written form and signed by the legal guardian of the student. The only exception is if the coach knows the parent or legal guardian, who in person, requests of the coach that the parent be allowed to take their child. This should only be done in an emergency situation. All other requests should be submitted in advance to the Athletic Director. Under no conditions should the athlete be released to anyone other than the legal guardian/parent. Persons who are not team members or team coaches may not travel with the team on district provided transportation.

### • **DROP OR REMOVAL FROM A TEAM**

Athletes that are dropped or removed from a sport must be cleared by the Athletic Director prior to moving on to another sport. Athletes removed or dropped from a team may not join a subsequent team until the first sport's season has concluded. All equipment must be turned in to the respective coach and all financial obligations for missing equipment and/or team fundraising events must be reconciled. All players are strongly encouraged to remain on the team and finish the sport. The athlete must finish the season in order to receive an athletic letter and team awards.

Athletes should speak with the coach and the Athletic Director prior to dropping a sport to ensure that all solutions have been exhausted. If there has been a team rules violation that causes the removal of an athlete, both the coach and the athlete should meet with the Athletic Director as soon as possible to determine the proper course of action. Students that quit a sport are not subject to any penalty, but future participation in a sport may require parent conferences and/or written agreements to achieve the necessary level of commitment to the sport and team.

### • **ALCOHOL, TOBACCO, AND DRUGS**

The illegal use or possession of (or willingly contributing to the illegal use or possession of) tobacco, alcoholic beverages, drugs, or narcotics by a SJUSD athlete is prohibited at any time, any place, during the calendar year! If, after a thorough investigation by school officials, there is a preponderance of evidence that an offense had been committed, the athlete may be immediately suspended from participation for a period to be determined by the Athletic Director and school Administration.

### • **PERFORMANCE ENHANCING SUBSTANCES**

All student athletes are prohibited from the use of androgenic/anabolic steroids without the written prescription of a fully licensed medical doctor to treat a medical condition. If, after a thorough investigation by school officials, there is a preponderance of evidence that an offense had been committed, the athlete may be immediately suspended from participation for a period to be determined by the Athletic Director and school Administration.

### • **BULLYING, INTIMIDATION, OR HAZING**

Any student-athlete involved in bullying (including cyber-bullying), intimidation, or a hazing incident may be subject to disciplinary measures including but not limited to the following penalties: a) Suspension, expulsion, and/or arrest; b) Suspension from athletic, co-curricular, and/or extra-curricular privileges; c) Prohibition from participation in one or more





# MESA VERDE HIGH SCHOOL

## PARENT & STUDENT HANDBOOK

of the following: student reward incentives, school-sanctioned activities, including but not limited to pre-graduation activities and the graduation ceremony.

“Hazing” means a method of initiation or pre-initiation into a pupil organization or body, whether or not the organization or body is officially recognized by an educational institution, which is likely to cause serious bodily injury or personal degradation or disgrace resulting in physical or mental harm to a former, current, or prospective pupil. “Hazing” does not include athletic events or school-sanctioned events in which physical activity is a normal part of participation. However, in athletic events and school-sanctioned events, bullying and intimidation of stakeholders is not permitted.

The San Juan Unified School District Board of Education is committed to equal opportunity for all individuals in district programs and activities. District programs, activities and services shall be free from unlawful discrimination, harassment, intimidation, and/or bullying based on actual or perceived characteristics of race or ethnicity, color, ancestry, nationality, national origin, immigration status, ethnic group identification, age, religion, marital or parental status, pregnancy, physical or mental disability, sex, sexual orientation, gender, gender identity, gender expression, or genetic information, or on the basis of a person's association with a person or group with one or more of these actual or perceived characteristics.

Thank you for your help in making this a safe, fun, and entertaining season!

