

"Maintaining Excellence"

Southern Kern Unified School District



**Southern Kern Unified
School District
Athletic Policy
2020-21**



Dear SKUSD Student-Athletes and Parents,

Welcome to the Southern Kern Unified School District's Athletic Program. Southern Kern has an outstanding athletic history and tradition. Our student-athletes are hard-working, disciplined and represent the Rosamond community in a positive manner. Our athletic program aims to provide competitive athletic experiences that are fun, successful, and promote individual growth within a safe and healthy environment. These positive experiences will be memories that last a lifetime for our student-athletes and their families. We are excited you have chosen to take advantage of this wonderful opportunity.

Participation in any of our athletic programs is a privilege. With this privilege comes tremendous responsibility. It is important for SKUSD student-athletes to use good judgment and display mature behavior at all times. Student-athletes are leaders both on and off the "field of play" whether they are in or out of season. SKUSD student-athletes are expected to follow all athletic policies and rules year round.

In SKUSD, we believe athletics to be an important component of the educational experience. Nationwide studies have shown students involved in competitive athletic programs achieve better grades, manage time more efficiently, better attendance records, lower dropout rates, and have less discipline problems. Athletics participation is a tremendous motivator for student athletes to successfully perform both in the classroom and on the field. This holds true in SKUSD with our top-achieving students regularly participating in multiple sports throughout their educational career.

The SKUSD Athletic Policy will acquaint you with the specific rules and procedures of all SKUSD athletic programs. We hope you also learn most problems can be solved through open and honest communication. For parents, we hope our policy will help you understand the school district's athletic philosophy so you can be confident SKUSD, its Athletic department and the coaching staff, are doing everything possible to teach athletes fundamental values and life lessons that transcend sports. If your questions or concerns are not answered within this athletic policy, please speak with your coach or feel free to call the SKUSD athletic office. Please visit our website at <http://www.skusd.k12.ca.us/domain/49> for up-to-date athletics information.

The Southern Kern Unified School district does not and shall not discriminate on the basis of race, color, religion (creed), gender, gender expression, age, national origin (ancestry), disability, marital status, sexual orientation, or military status, in any of its activities or operations.

Welcome to SKUSD athletics and please strive to make sportsmanship an integral part of your student-athlete experience. We welcome your participation in our athletic program and extend to you our assistance and best wishes for a successful experience.

Sincerely,

Athletic Director
Rosamond High School
661-256-5020 ext 380

Southern Kern Unified School District

Athletic Philosophy

SKUSD Athletic Philosophy - The philosophy of the Southern Kern Unified School District is for athletics to be an integral part of the educational program and to have a positive influence on students. We believe the athletic program contributes significantly to preparing our students for becoming productive, contributing citizens in society and especially in the Rosamond community. Our athletic program supports student participation in multiple sports and promotes equal opportunities and experiences for all students. In addition to athletic skill development, we are charged with the responsibility of instilling in our athletes proper attitudes and behaviors that reflect the ideas of citizenship, sportsmanship, and cooperation, as well as building self-discipline and self-esteem. This can only be accomplished by a well-organized goal-oriented athletic program and parental support.

SKUSD Athletic Philosophy by Level –

Tropico Middle School 6/7th and 8th grade teams – This is the introductory level of competitive sports, different from recreation in its demand and philosophy. Students will become accustomed to the daily demands of practice and competition and learn how to balance this demand with their academic success. Gaining experience through training and competition should be of utmost importance, not the win/loss record. This level focuses on learning athletic skills, rules of the game, fundamentals of team play, social-emotional growth, healthy competition, and the privilege of participating in SKUSD athletics. Student athletes are taught to respect coaches, officials, team mates, opponents, and the game itself. Student athletes are introduced to the emotional and social expectations of athletes in the district by learning how to keep a positive attitude and outlook, while becoming leaders on their campus.

Rosamond High School Freshmen and Junior Varsity teams – Increased emphasis is placed on team play, physical conditioning, and the refinement of basic skills. Although being successful on these levels is important, winning is not the sole objective. Student-athletes will be taught how to cope with game situations and how to win and lose properly. This is the level at which the athlete displays his/her readiness for the execution of skills at game speed. Athletic abilities, commitments, and positive attitudes will be rewarded and tested in competitive game situations. An attempt will be made to allow as many participants as possible to participate, but not all will participate equally. At these levels, participation will be based on the degree of effort, skill improvement, ability to compete and execution of skills at game speed demonstrated by the student athlete in practice and during contests or have equal playing time.

Rosamond High School Varsity teams – Varsity competition is the culmination of the district athletic program. Squad size at the varsity level is limited and the number of participants on any given team is a function of the number needed to conduct an effective and meaningful practice and to participate in the contest. It is vital that each team member has a role and is informed of its importance. Teams play to win, but athletes accept the fact that important lessons are learned from losses as well. It is recognized that not all athletes may play in every contest.

Southern Kern Unified School District Athletic Goals

SKUSD Athletic Goals –

1. To develop and maintain the highest level of sportsmanship while maintaining proper attitudes toward winning and losing, success and failure.
2. To develop a student with the ability to learn a new skill and an intrinsic motivation for growth and development.
3. To develop a student who will demonstrate a willingness to accept responsibility for his/her actions, measure him/herself against standards of quality, express ideas and solutions to problems, and value fair play, honesty, and cooperation.
4. To provide opportunities for students to practice self-discipline and emotional maturity while making decisions under pressure.
5. To develop proper attitudes toward individual health habits, appearance in and out of competition, and good citizenship in and out of school.
6. To assure the amount of time required for athletic participation does not interfere with academic success. Successful participation in activities outside of the regular school day requires an extra measure of time, energy and commitment on the part of the student and his/her parents.
7. To encourage and develop respect for fellow athletes whether they are teammates, members of other SKUSD teams, or members of opposing teams.
8. To encourage competition not only for the tangible rewards, but also for the development of positive attitudes making athletic competition valuable and worthwhile.
9. Provide cooperation among athletic teams at all levels – High School, Middle School, and Rosamond Community Youth Programs.
10. Maintain open communications and collaboration within and among athletic programs and encourage multiple-sport athletes.

Southern Kern Unified School District Student-Athlete Eligibility Requirements

Only students enrolled in SKUSD are eligible to participate in SKUSD Athletic programs. Prior to tryouts, **ALL** athletes must have an annual/current Pre-Participation Physical Examination signed by an authorized physician on file with the Athletic Department **EVERY YEAR**.

Student-Athlete Eligibility Requirements for Athletic Contests:

1. **Academic Eligibility** - According to CIF, in order to participate in a sport, an athlete must take at least 20 units and earn a minimum 2.0 (C) grade point average (GPA, as based on a 4.0 grading scale) during the preceding grading period. Furthermore, in order

to participate in a sport, an athlete must also have no failing grades (grade of “F”) in any grading period. Athletes that do not meet the 2.0 and/or the no “F” requirement will not be allowed to participate in any type of athletic contest at Rosamond High School or Tropico Middle School.

2. **Athletic Packet and Policy** – Annual forms signed by student and the student’s parent/guardian stating they have read and agree to abide by the rules set forth in the Athletic packet and policy.
3. **Free from Debt** – All student athletes must be debt free prior to athletic competition.
4. **Maintain appropriate behavior and conduct** – All SKUSD student athletes are expected to follow all SKUSD behavior and conduct guidelines and rules. Any student athlete on a behavior discipline contract will not be eligible for athletic competition during the length of the contract.
5. **Maintain appropriate attendance** – All student athletes are required to be present the entire school day in order to participate in any athletic practice or contest. Any student athlete placed on an attendance contract (SARB) will not be eligible for participation in athletics.
6. **CIF Requirements for Rosamond High School Athletes** - All student athletes at Rosamond High School must meet all CIF student-athlete guidelines prior to athletic competition. For more information on CIF student-athlete eligibility requirements please refer to the CIF Central Section website at www.cifcs.org.

Southern Kern Unified School District Student-Athlete Expectations

Athletics in Southern Kern Unified School District is a privilege, not a right. Participation in SKUSD Athletics is a choice; therefore, student-athletes are required to conduct themselves with pride and dignity. **Because participation in athletics is a choice and a privilege, a student-athlete who violates general policies or procedures will be subject to discipline/consequences. Please refer to the student handbook for these policies and procedures.**

SKUSD has the following expectations for students who are candidates for an athletic program. As a SKUSD student-athlete, I will:

- Maximize academic performance by attending classes (on time), being attentive, and by doing all homework assignments.
- Act in a manner that reflects positively on my family, team, school, and myself.
- Place team goals ahead of personal goals.
- Respect officials, coaches, teammates, spectators, and opponents.
- Respect the facilities and be responsible for all uniforms and equipment issued.
- Maintain good habits of eating, sleeping, and exercising.
- Make a commitment to my sport by attending all practices and contests including those that occur on weekends, during vacations, and during post-season. (Student-Athletes will always be excused for observance of religious holidays, family funerals, and college course attendance without penalty and should notify their coaches of these circumstances in advance, when applicable).

- Try to develop my skills and to give my best effort in competition.
- Compete within the rules of the sport.
- Be a positive influence on the team and always practice good sportsmanship.
- Follow the team rules established by the coach.
- Recognize my behavior becomes a model others may choose to emulate.
- Take responsibility if I fail to live up to this Athletic Policy.

Student-Athlete Suspension: If an athlete is suspended in or out of school, he or she will not participate in a sports activity (practices and contests) during the duration of the suspension.

Student-Athlete Attendance:

Student-athletes are expected to make school attendance a priority. Students are expected to be in attendance every day, on time. This includes attendance both the day of and the day after athletic contests. Students are expected to be in attendance at school on time the day following any and all evening activities. All efforts are made to avoid late activities on school nights, but sometimes they are necessary.

Student-athletes are expected to be in attendance at all practices. Any athlete who has an unexcused absence from a scheduled practice or athletic contest will be subject to discipline from their coach. If the behavior continues, it could result in suspension from a contest or even removal from the team.

A student-athlete absent from school (all day) for any reason, other than a documented health care or court appointment, for participation in school related activities, for travel related to religious holy days, or for a death in the family, will not be allowed to participate in any athletic event on that day. A student who sits out of Physical Education class will be ineligible for athletic competition that same day. Weekend contest eligibility is determined by Friday's attendance.

Student-Athlete Transportation:

SKUSD Athletes must use school provided transportation when traveling to and from an away contest. Alternative return trip transportation may be arranged in writing by the athlete's parent/guardian and released by the coach only after the coach has made direct contact with the athlete's parent/guardian immediately following the contest.

Southern Kern Unified School District Parent Expectations

SKUSD coaches and teams take great pride in demonstrating leadership and sportsmanship on and off the field. Establishing an appropriate and positive learning environment is a top priority for our district athletic programs. In an effort to encourage good sportsmanship we ask each parent/guardian to discuss the importance of proper behavior at sporting events with their children and continue to model appropriate behavior so that everyone can enjoy attending our sporting events.

As a SKUSD athletic parent, I will:

- Become familiar with and review the SKUSD Athletic Policy, expectations and team rules with their student-athlete.

- Encourage my child to exert maximum effort and attend all scheduled practices and contests.
- Help my child learn life lessons through sports.
- Set an example for my child by respecting the rules, opponents, officials, teammates, supervisors, and myself.
- Acknowledge and support the ultimate authority of the coaching staff to determine playing time, player selection and strategy.
- Use self-control to avoid losing my composure if I grow frustrated.
- Honor the game and be silent if I disagree with an official's call.
- Refrain from negative comments about my child's coach in my child's presence so that I do not negatively influence my child's motivation and overall experience.
- Be as prompt as possible dropping my child off and picking my child up from practices and contests.
- Engage in "no-directions cheering", limiting my comments during the contest to encouraging my child and other players.
- Model good sportsmanship at all times.
- Use positive encouragement and cheering and avoid taunting or foul and abusive language and behavior.
- Refrain from creating disturbances that would be detrimental to the flow of the contests or the safety of the participants involved.
- Refrain from side-line coaching and criticizing physical and mental mistakes during the game. Players know what mistakes they make during a contest and should work with their coaching staff to improve these skills.
- Maintain a distance from the players and coaches during contests (team benches are for team personnel only).
- Wait 24 hours to address concerns resulting from the participation of players, coaches, or officials.
- Help their student-athletes focus on what is in their control such as fitness level, skill development, attitude, effort and contributions to the team.
- Work closely with the coaches, guidance counselors, and athletic department staff to identify reasonable and realistic post-secondary plans for your student-athlete.

Any spectator who engages in unsportsmanlike behavior at a SKUSD sporting event can be ejected and banned from attending further sporting events.

Southern Kern Unified School District Parent-Coach Communication

Parenting and coaching are both extremely challenging undertakings. We want the SKUSD student-athlete's experience to be a positive and fulfilling part of their life. 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-athlete.

A **Coach/Parent Preseason Meeting** is required for each SKUSD Athletic program and should provide you with the following information:

- Philosophy and expectations of the Coach

- Schedules and practice times
- Team requirements and rules, including discipline policies
- Injury procedures
- Coach staff contact information and procedures on how to contact the coach
- Method for team communication

If a situation arises needing the attention of a member of the coaching staff, the following **Communication Chain of Command** should be followed:

- The student-athlete should address the specific concern with the coach directly in charge of their program level.
- The student-athlete should address the specific concern with the Head coach of the program.
- The student-athlete and parent/guardian should address the specific concern with Head Coach of the program.
- The parent/guardian should contact the Athletic Director/Coordinator to set up a student-athlete, parent/guardian, Head Coach, Athletic Director/Coordinator meeting.
- The parent/guardian should contact the site secretary to schedule a student-athlete, parent/guardian, Head Coach, Athletic Director/Coordinator, Principal meeting.

Parents are asked to abide by the “24 hour” rule. Please wait 24 hours before calling or meeting with a coach about concerns. Allowing for a cooling off period creates conversations that tend to be more positive and productive, instead of emotionally based for both the coach and the parent/guardian. Parent/guardians should understand that coaches are professionals who make decisions based on what they believe to be best for all student-athletes involved. Clearly, certain aspects of participation can be discussed with the student-athlete’s coach, per the established communication chain of command. Communication **not** appropriate to discuss with a coach is the performance of other student-athletes, justification of playing time, practice-organization, play selection, and team strategy. Communication appropriate to discuss with a coach is advance notice of schedule conflicts, the treatment of your student, ways to help your student improve, un-even application of team rules in regards to your student, and concerns about your student’s behavior. Discussion and concerns shared between athletes/coaches/parents shall remain private and not be used against student-athletes.

Southern Kern Unified School District Athletic Department Contact Information and Resources

RHS Athletic Director 661-256-5020 ext 380

Tropico Middle School Athletic Coordinator: Jim Quellman

jquellman@skusd.k12.ca.us 661-256-5040

SKUSD Athletics Website: <http://www.skusd.k12.ca.us/domain/49>

Rosamond HS Athletics Website: <http://www.skusd.k12.ca.us/domain/50>

Tropico MS Athletics Website: <http://www.skusd.k12.ca.us/domain/51>

CIF Central Section Website: www.cifcs.org

Information for College Bound Student Athletes:

<http://www.skusd.k12.ca.us/Page/426>

SKUSD Athletic Policy Acknowledgment Form 2020-21

I, _____ (student name printed)

and _____ (parent/guardian names
printed), have read the 2020-21 SKUSD Athletic Policy and agree to abide by
all rules, regulations and recommendations.

Student-Athlete Signature

Parent/Guardian Signature

Parent/Guardian Signature

Date