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Cypress High School Athletic Standards

Eligibility Rules

Before a student may participate in any athletic activity, he/she must submit and be cleared through the Athletic Director's office by signing and completing the following:

1. Eligibility Application and Athletic Emergency Health/ Medical Consent Form (includes concussion info sheet)
2. AUHSD Assumption of Risk Form (submit one form for each sport the student-athlete will compete in)
3. Physical form "**Anaheim Union H.S. District Pre-Participation Physical Evaluation**" signed by an MD only. (**No nurse practitioners or Chiropractor**)
4. Cardiac Arrest Form
5. Emergency Card (including Insurance provider and policy #)

In addition, the student/athlete must :

Be less than nineteen years of age prior to June 15.

Be currently enrolled in, and passing, at least 20 credits of new work and have passed at least 20 credits of new work in previous grading period.

Eligibility is based on the most recent grading period. The student must be passing 4 classes and have a 2.0 or better GPA from the quarter that precedes the sport, and all grading periods during the season of sport.

In the case that a student does not meet the academic requirement probation may be used. A student may use probation as many times as needed, provided the student receives a 2.0 at the grading period before probation can be used again. The student must also pass four classes during the previous grading period in order to use probation.

If the student has transferred from another school, file an **Application of residential** Eligibility form, without corresponding valid change of residence by the parent/guardian through the CIF office. (Form 207 and 510)

I. Code of Conduct

Athletics means more than competition between two individuals or two squads representing different high schools. Athletics is a means of teaching a way of life. Athletics teaches fair play, sportsmanship, understanding and an appreciation of teamwork. It teaches that voluntarily quitting means failure while hard work brings success in many forms. Competition is a **privilege**, not a right. Along with that **privilege** is the responsibility to conform to standards established for Cypress Athletic Teams. This privilege may be revoked when an athlete fails to comply with the rules. With these goals in mind, committees of athletes, coaches, and administrators have joined together in forming this guide for the use of all concerned. If the athletics of Cypress High School will live in spirit as well as the letter of this athletic code; victories, championships and productive citizens will surely follow.

- The conduct of an athlete is closely observed in many areas of life. It is important that his/her behavior be above reproach in all of these areas:
- **On the Field** : **NO** profanity, **NO** illegal tactics, **ALWAYS** maintain self-control and **ALWAYS** congratulate the opponent (**win or lose**).
- **In the classroom** : Athletes must meet the **CIF** Eligibility Rules of a "**C**" (2.0 GPA) the grading period previous to and during participation. Athletes are allowed a **probationary period for 1 quarter**. **Probation cannot be used again until the student achieves a 2.0 for a grading period**. Freshmen are **NOT** encouraged to use their probation.

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- **On Campus** : The way athletes act and look is of great importance. Athletes should be leaders and fellow students should respect and follow them. Athletes should be neat and well groomed at all times and be polite, **NOT** use profanity,. Real leaders will accept this responsibility realizing that they influence many others on the campus.
- **Off Campus** : The athlete is known by many that he/she may not know. The athlete must accept his/her responsibility to his/her community and school in living by the **CODE** at all times.
- **On Trips** : Athletes directly represent our community, school, and other coaches; therefore, it is expected that athletes dress in an acceptable manner when traveling, and conduct themselves in a manner keeping with this **CODE**.
- **Sixth period athletic class: Adds** and drops **must** be cleared by the **HEAD** coach and Athletic Director. Cutting class may result in a transfer to a regular PE class. Tardiness will **not** be tolerated and will result in disciplinary action or a transfer. If the **HEAD COACH** is absent for any reason, the athlete will dress and report to the designated substitute for the days activities. Failure to clear equipment at the end of a season by any athlete will prevent that athlete from receiving any athletic awards (i.e. varsity letter, team awards) until all equipment is cleared. **All** questions should be directed to the coach of the sport. No athlete may go into another sport until all equipment from a previous sport has been cleared.
- **Missing practice or contest: ALWAYS** contact your coach, in person or by phone, that day if you **must** miss practice for any reason. Missing a practice or a game without a good reason may cost you your place on the squad or your letter. Illness or an emergency would be a legitimate reason for missing practice or a game. **Communication** is the key. The athlete can always leave a message in the athletic office. Failure to compete in a scheduled event without prior consent from a **Head Coach** and/or **Athletic Director** will cause an athlete to lose his/her letter.
- **End of season clearance:** All athletes must turn in **ALL equipment** (i.e. uniforms) and be cleared by the equipment manager **before** he/she may participate in another sport.
- **Awards banquet/awards: Student/athletes must** complete the entire season with the team in order to receive any school athletic awards. A policy will be provided by the coach, spelling out the criteria for earning a Varsity letter or lower level certificate.
- **Training Room:** the **trainer is absolutely in charge**. Stay out of the training room unless told to enter by the trainer. Injured athletes should attend and observe practices and games whenever possible and **must** present a **medical clearance from the doctor**, to the trainer for clearance **before** returning to participate in practice or competition.
- **Locker room procedures: You are responsible to secure your items.** Always double check that your lock is **locked!** Remove shoes with cleats, **before** walking across the blacktop and/or entering the locker room (dirt should be removed from cleats **OUTSIDE**). **No roughhousing** in the shower or locker room.

Violation of Rules

Serious infraction of the school rules may result in an athlete's removal from the team pending a hearing by the **Athletic Review Board**. Members of the Review Board shall include the Coach in charge, Head Coach, Athletic Director, Assistant Athletic director, and the Athletic Administrator. The decision of the board will be **final**.

- 1.) The athlete may be suspended from participating in the sport(s) (games, practices, etc) or removed from the athletic team and referred to the **Athletic Review Board** for his/her hearing. If a violation occurs during the off-season he/she will still be required to attend practices when the season begins, **and** may be suspended when the first contest is played. He/she has the right of appeal to the **Athletic Review Board**.
 - 2.) Any **subsequent violation** will result in automatic suspension for the remainder of the season or longer (up to one calendar year) depending upon the severity of the violation.
 - 3.) Athletes dropped from a team for disciplinary reasons before the season is over may not go out for another sport until the season if the sport from which he/she was dropped is over or the athlete may be suspended from all athletics for one year. However, the athlete may ask the **Athletic Review Board** to review his/her case if the circumstances are extending.
- **Quitting a Team:** An athlete quitting a team **must** consult the **Head Coach and Athletic Director**. Parent contact **will** be made by the coach. If an athlete who is a member of a team for fifteen (15) practice sessions, quits, he/she will be **ineligible** for another sport until the end of that season, Whether he/she notified the **Head Coach and Athletic Director** or not. A schedule change may be made, if deemed necessary by the **Athletic Director** and the **counselor** (i.e. grade penalty, unable to get above a "C" for the grading period, and /or removal from 6th period PE).
 - **Substance use:** Alcohol, drugs and tobacco (including **chewing tobacco**) are harmful to the body. For physical, mental and moral betterment, the use of these destructive agents **will not be permitted**. This includes school activities and school events on campus, off campus, or another location. Any use of illegal substances is considered a serious infraction. See policy above on violation of rules.
 - **Team Policies:** The head coach will determine starting line ups, use of team members in events (relays, races, offense and defense, etc.) and game strategy. Refusal to comply with team rules **will not be tolerated** and will be treated as a serious

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infraction of the **Athletic Code**. **NO** parent is to confront a coach during, or after, a practice or a game. **All questions** should be dealt with in a professional manner (i.e. make an appointment).

- **Procedures for handling complaints or problems:** if a parent, and/or student has a complaint or problem, it should be brought out in the open and discussed as soon as possible. The **Head Coach** is the **first** person to contact. If the problem still exists, the **next step** is to make an appointment with the **Athletic Director** in charge of that sport. If satisfaction is not met, contact the **Assistant Principal** in charge of Athletics. After all of the above contacts have been made, then the **Principal** may be contacted.

Athletic code of conduct contract

Athletics is an integral part of the school's total educational program. All school activities, curricular and extra-curricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its students. It is within this context that the following Code of conduct is presented.

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CYPRESS STUDENT-ATHLETE CODE OF CONDUCT

I AM A CENTURION STUDENT ATHLETE.

It is an honor and privilege to represent the Cypress High School athletic FAMILY. The tradition of strong academics and athletics will carry on through Me.

I AM A CENTURION STUDENT ATHLETE.

I dedicate myself to compete for Cypress High School with all the Pride and Spirit I possess.

I AM A CENTURION STUDENT ATHLETE.

I strive to excel in the classroom as well as on the field.

I AM A CENTURION STUDENT ATHLETE.

I believe in Cypress High School, therefore I will conduct myself in a manner that reflects well on Cypress, my community, my teammates and myself.

I AM A CENTURION STUDENT ATHLETE.

I know no limitations and aim to succeed in all realms of my life.

I AM A CENTURION STUDENT ATHLETE.

I represent my school, bleeding Orange, White and Blue, through my blood, sweat and tears.

I AM A CENTURION STUDENT ATHLETE.

I am a leader on campus and accept the responsibilities that come with it.

I AM A CENTURION STUDENT ATHLETE.

I will never let my school or team down.

I will push past all limitations.

I will never quit.

I will never falter.

I will never fail.

“I AM A CENTURION STUDENT ATHLETE”

Mission Statement of the Empire League

As student-athletes, we believe we have roles and obligations within our communities, schools, our families, and to ourselves. As student-athletes, we believe it is our responsibility through athletics to demonstrate leadership and act as role models. We will instill pride and unite our diverse communities towards a common goal. We will provide leadership and strive to unify pride on our campuses. We will provide family pride in our school and athletic endeavors. We foster the belief that athletics builds character, self-respect and self-confidence.



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II. Steroid Contract

Conditions of Participation Androgenic/Anabolic Steroid Contract

As a condition of membership in the California Interscholastic Federation (CIF), the Board of Trustees of the Anaheim Union High School District has adopted Board Policy 8706.01 prohibiting the use and abuse of androgenic/anabolic steroids. CIF Bylaw 524 requires that all participating students and their parent/guardians sign this agreement.

By signing the agreement, we agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician, as recognized by the American Medical Association, to treat a medical condition.

We recognize that under CIF Bylaw 200.D, the student may be subject to penalties, including ineligibility for any CIF competition, if the student or his/her parent/guardian provides false or fraudulent information to the CIF.

We understand that the student's violation of the district's policy regarding steroids may result in discipline against him/her, including, but not limited to, restriction from athletics, suspension, or expulsion.

III. CIF Concussion Information Sheet

Why am I getting this information sheet?

You are receiving this information sheet about concussions because of California state law AB 25 (effective January 1, 2012), now Education Code § 49475:

- 1. The law requires a student athlete who may have a concussion during a practice or game to be removed from the activity for the remainder of the day.*
- 2. Any athlete removed for this reason must receive a written note from a medical doctor trained in the management of concussion before returning to practice.*
- 3. Before an athlete can start the season and begin practice in a sport, a concussion information sheet must be signed and returned to the school by the athlete and the parent or guardian.*

Every 2 years all coaches are required to receive training about concussions (AB 1451), as well as certification in First Aid training, CPR, and AEDs (life-saving electrical devices that can be used during CPR).

What is a concussion and how would I recognize one?

A concussion is a kind of brain injury. It can be caused by a bump or hit to the head, or by a blow to another part of the body with the force that shakes the head. Concussions can appear in any sport, and can look differently in each person. *Most concussions get better with rest and over 90% of athletes fully recover.* However, all concussions should be considered serious. If not recognized and managed the right way, they may result in problems including brain damage and even death.

Most concussions occur without being knocked out. Signs and symptoms of concussion (see back of this page) may show up right after the injury or can take hours to appear. If your child reports any symptoms of concussion or if you notice some symptoms and signs, seek medical evaluation from your team's athletic trainer and a medical doctor trained in the evaluation and management of concussion. If your child is vomiting, has a severe headache, or is having difficulty staying awake or answering simple questions, call 911 to take him or her immediately to the emergency department of your local hospital.

On the CIF website is a **Graded Concussion Symptom Checklist**. If your child fills this out after having had a concussion, it helps the doctor, athletic trainer or coach understand how he or she is feeling and hopefully shows improvement. We ask that you have your child fill out the checklist at the start of the season even before a concussion has occurred so that we can understand if some symptoms such as headache might be a part of his or her everyday life. We call this a "baseline" so that we know what symptoms are normal and common for your child. Keep a copy for your records, and turn in the original. If a concussion occurs, he or she should fill out this checklist daily. This Graded Symptom Checklist provides a list of symptoms to compare over time to make sure the athlete is recovering from the concussion.

What can happen if my child keeps playing with concussion symptoms or returns too soon after getting a concussion?

Athletes with the signs and symptoms of concussion should be removed from play immediately. There is NO same day return to play for a youth with a suspected concussion. Youth athletes may take more time to recover from concussion and are more prone to long-term serious problems from a concussion.

Even though a traditional brain scan (e.g., MRI or CT) may be "normal", the brain has still been injured. Animal and human research studies show that a second blow before the brain has recovered can result in serious damage to the brain. If your athlete suffers another concussion before completely recovering from the first one, this can lead to

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prolonged recovery (weeks to months), or even to severe brain swelling (Second Impact Syndrome) with devastating consequences.

There is an increasing concern that head impact exposure and recurrent concussions may contribute to long-term neurological problems. One goal of this concussion program is to prevent a too early return to play so that serious brain damage can be prevented.

Signs observed by teammates, parents and coaches include:

- Looks dizzy ■ Slurred speech
- Looks spaced out ■ Shows a change in personality or way of acting
- Confused about plays ■ Can't recall events before or after the injury
- Forgets plays ■ Seizures or has a fit
- Is unsure of game, score, or opponent ■ Any change in typical behavior or personality
- Moves clumsily or awkwardly ■ Passes out
- Answers questions slowly

Symptoms may include one or more of the following:

- Headaches ■ Loss of memory
- "Pressure in head" ■ "Don't feel right"
- Nausea or throws up ■ Tired or low energy
- Neck pain ■ Sadness
- Has trouble standing or walking ■ Nervousness or feeling on edge
- Blurred, double, or fuzzy vision ■ Irritability
- Bothered by light or noise ■ More emotional
- Feeling sluggish or slowed down ■ Confused
- Feeling foggy or groggy ■ Concentration or memory problems
- Drowsiness ■ Repeating the same question/comment
- Change in sleep patterns

What is Return to Learn?

Following a concussion, student athletes may have difficulties with short- and long-term memory, concentration and organization. They will require rest while recovering from injury (e.g., avoid reading, texting, video games, loud movies), and may even need to stay home from school for a few days. As they return to school, the schedule might need to start with a few classes or a half-day depending on how they feel. If recovery from a concussion is taking longer than expected, they may also benefit from a reduced class schedule and/or limited homework; a formal school assessment may also be necessary. Your school or doctor can help suggest and make these changes. Student athletes should complete the Return to Learn guidelines and return to complete school before beginning any sports or physical activities, unless your doctor makes other recommendations. Go to the CIF website (cifstate.org) for more information on Return to Learn.

How is Return to Play (RTP) determined?

Concussion symptoms should be completely gone before returning to competition. A RTP progression involves a gradual, step-wise increase in physical effort, sports-specific activities and the risk for contact. If symptoms occur with activity, the progression should be stopped. If there are no symptoms the next day, exercise can be restarted at the previous stage. RTP after concussion should occur only with medical clearance from a medical doctor trained in the evaluation and management of concussions, and a step-wise progression program monitored by an athletic trainer, coach, or other identified school administrator. Please see cifstate.org for a graduated return to play plan. ***[AB 2127, a California state law effective 1/1/15, states that return to play (i.e., full competition) must be no sooner than 7 days after the concussion diagnosis has been made by a physician.]***

Final Thoughts for Parents and Guardians:

It is well known that high school athletes will often not talk about signs of concussions, which is why this information sheet is so important to review with them. Teach your child to tell the coaching and training staff if he or she experiences such symptoms, or if he or she suspects that a teammate has had a concussion. You should also feel comfortable talking to the coaches or athletic trainer about possible concussion signs and symptoms that you may be seeing in your child.

References:

- American Medical Society for Sports Medicine position statement: concussion in sport (2013)
- Consensus statement on concussion in sport: the 4th International Conference on Concussion in Sport held in Zurich, November 2012
- <http://www.cdc.gov/concussion/HeadsUp/youth.html>

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By signing the Eligibility Application and Emergency Health and Medical Consent Form, I acknowledge that I have received, read and signed the CIF Concussion Information Sheet.

IV. 6th Period Policy

Due to game days or later afternoon practices it may be necessary to dismiss your son/daughter during sixth period athletics to go home. In order to release you son/daughter we need your authorization to permit him/her to leave campus during sixth period. By signing on the signature page, it is understood that your son/daughter will proceed directly home on these occasions.

Expect verification of Eligibility to take a **minimum** of 48 hours.

No athlete will be cleared the day of a game.

Thank you for taking the time to fill out all of the forms completely. If you have any questions please feel free to contact us.

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