

## **Philosophy**

The athletic program of Ripon High School is an integral component of the high school curriculum. The athletic department's objectives place an emphasis upon the development of the competitive spirit, positive self-esteem, self-discipline, healthy bodies and minds, sportsmanship and athletic skills. The primary aim of the athletic department is the positive development and personal growth of each participant. The athletic program also strives to promote a sense of pride and loyalty within the student body.

## **Athletic Program**

Ripon High School is a member of the Trans Valley League (TVL) which is a part of the Sac-Joaquin Section of the California Inter-Scholastic Federation (CIF). The athletic program at Ripon High School is governed by Ripon Unified School District policy, and TVL, Sac-Joaquin Section, and CIF rules, regulations and by-laws.

Ripon High School currently fields the following teams during their respective seasons:

### **Fall**

Cross Country (boys and girls)  
Football  
Girls Golf  
Girls Volleyball  
Waterpolo (boys and girls)

### **Winter**

Boys Basketball  
Girls Basketball  
Wrestling  
Boys Soccer  
Girls Soccer

### **Spring**

Baseball  
Boys Golf  
Softball  
Tennis (Coed)  
Track and Field  
Swimming  
Boys Volleyball

### **Ripon High School Staff**

Principal- Kieth Rangel  
Vice- Principal- Victor Rameriz  
Athletic Director- Rod Wright  
Activities Director- Jill Mortensen

## **Responsibilities of a Ripon High School Student Athlete**

In order to participate in athletics at Ripon High School the following must be completed **BEFORE** participation may begin.

1. **Physical Exam-** student must be cleared by a physician **BEFORE** participation in athletics may begin. This includes any off-season conditioning. Physical examinations are usually scheduled for athletes through the school in the spring of each year for a nominal fee. If an athlete does not receive an exam at this time, he/she will be required to obtain an examination from a physician of their choice at their own expense.
2. **Proof of medical insurance-** the parent(s) of each athlete must provide proof of medical insurance before participation may begin. If the family does not have insurance, contact the school to find out about activity insurance.
3. **Transportation Donation-** The Student Transportation Donation is \$85 per student per one activity per year. The fee for each activity a student participates in past the first one is an additional \$50 each. The maximum fee per student per year is \$135. The maximum fee per family per year is \$150. The fee is required for use of transportation to away events only. The fee does not effect student participation in athletics. Students who do not pay the fee will need to pre-arrange district approved transportation to and from away contests. This request must be in writing, approved by the principal and be in possession of the head coach. Failure to follow this procedure will make the student ineligible for away contests. Volunteer drivers of district vehicles will be required to submit the same forms prior to driving any district vehicle.
  - **All Athletes must travel to and from athletic contests in transportation approved by the Ripon Unified School District. All exceptions to this policy must be approved by the principal a MINIMUM of 24 hours prior to the event.**
4. **Eligibility-** The following criteria are used to determine a student's eligibility for participation in athletics at Ripon High School.
  - **Bill List-** A student must be cleared of all outstanding bills to the school. The student is financially responsible for equipment, fees, books etc. not returned prior to participating.
  - **Attendance Area-** The student must live in the Ripon Unified School District attendance area or be officially enrolled at Ripon High School.
  - **Foreign Student-** all foreign exchange students wishing to participate in athletics require approval of CIF prior to participation
  - **Age requirement-** The student will not be 19 years of age prior June 15 of their junior year.
  - **Continuing Scholastic Eligibility-** A student is scholastically eligible if they meet the following:
    1. The student is currently enrolled in at least 30 semester periods of work.

2. The student has a passing grade in at least 20 semester periods of work at the completion of the last grading period. (CIF Rule)
3. The student is maintaining minimum progress toward meeting the high school graduation requirements of the governing board:

**Ripon High Schools Academic Eligibility Policy**

The student has maintained during the previous grading period a minimum of passing grades which is defined as at least a 2.0 grade point average in all enrolled classes on a 4.0 scale. In addition, the student may not have any F grades.

**Note:** Any student who is dismissed from a team during a fall or winter sport due to scholastic ineligibility may be cleared to participate in a sport of the succeeding season providing his/her grades meet the above criteria on the start date of that sport season. An official grade report verifying the student's current grades must be submitted to the Athletic Director and the counseling office no later than the start date of the season of that sport. Any student who is scholastically ineligible at the end of the spring sport season may become eligible by attending summer school.

- All first quarter freshmen enter Ripon High School academically eligible.
- It is up to the discretion of the head coach to allow an academically ineligible player to practice with the team until eligibility can be determined (quarter grades).

## **TRAINING RULES AND REGULATIONS**

Medical research substantiates the fact that use of tobacco, alcohol and mood altering substances pose a substantial health risk to the human body. Simply put, athletics and use of tobacco, alcohol and controlled substances do not mix.

The main objective of the coaching staff at Ripon High School is to aid in the overall development of the students. **Tobacco, alcohol and drug use will not be permitted.** Any student who chooses to experiment with tobacco, alcohol or drugs jeopardizes team morale, the school's reputation, team success and risks physical harm to him or herself.

### **Athletic Policy**

*Any student-athlete possessing or using alcohol or controlled substances, including anabolic steroids or performance enhancing substances, or who is in possession of drug related paraphernalia will be suspended from the team for the remainder of the*

*season. This may result in suspension from future athletic participation for up to 90 days to be determined by the principal.*

Any student-athlete possessing or using tobacco at school or in the community:

1<sup>st</sup> offense- suspension from next contest

2<sup>nd</sup> offense- removal from the team for the rest of the season

### **District Policy**

Possession or use of alcohol or a controlled substance

1<sup>st</sup> offense- Suspension and expulsion hearing

Possession or use of tobacco

1<sup>st</sup> offense- Three day suspension

2<sup>nd</sup> offense- Five day suspension, possible expulsion

### **Practice and Game Attendance**

The purpose of athletic practice is to prepare for competition.

**Parents and student athletes need to be aware that the decision to participate in high school athletics is a serious commitment and you should not schedule vacations, trips etc. during the season. In sports that are affected by cuts; vacations, trips, etc. may affect the student's chances of making the team.**

There may be times when a student is unable to attend practice. In every instance the coach should be made aware of the absence **BEFOREHAND**.

### **Excused Absences**

- a. Academics is the first priority- students will not be penalized for meeting with teachers, receiving extra help, meeting with a tutor etc. \*
  - b. Medical appointments\*
  - c. Family emergencies- example: illness or death in the family
  - d. School attendance policy- if a student does not come to school or suspended, they are not allowed to be at practice.\*
  - e. Co-curricular activities\*
- **Students will not be removed from the team for an excused absence.**
  - **Head Coaches have discretion to ask for documentation, concerning the excused absence, which may effect playing time.**

### **Unexcused Absences**

- a. Detention
- b. Any school disciplinary action

- c. No prior notification- not showing up

### **Consequences for absences:**

Excused absence- Head coach has discretion if/how absence will effect playing time

### Unexcused absence

1<sup>st</sup> offense- suspension from next contest

2<sup>nd</sup> offense- removal from the team for the remainder of the season

- **Coaches have some discretion in this area as to what consequences may be for unexcused absences.**

### **School Attendance**

**A Student must be in school the entire day of the contest in order to compete. The only exception being a scheduled medical appointment in which case the student must bring a note ON THE DOCTOR'S LETTERHEAD verifying the appointment. Students must be in school for all post-lunch time classes in order to be allowed to practice unless for medical appointment. (See above)**

### **OPERATING PROCEDURES AND CUT POLICY**

**The number of athletes kept on an athletic team is at the discretion of the head varsity coach. He/she, with the input from the coaching staff, will determine the number of athletes needed to run a competitive program and to conduct organized, productive practices.**

1. A minimum of five formal practices will be held before any cuts are made.
2. All cuts must be made prior to the first scheduled league game of the season.
  - An exception shall be made for athletes who are participating in a sport whose season has been extended by playoffs. When the playoffs are completed, athletes wishing to try out for the team will participate in a minimum of five formal practices before the coach makes the final cut involving those athletes. Playoff participants will not participate in any scheduled games until the five practices are completed. A 2<sup>nd</sup> cut may be made at this time.
    - A. All cuts will be final. If the number of players on a team is depleted due to injury or ineligibility, the team will complete the season with the reduced number of players. Cut players will not be recalled to the team to fill a vacancy. New players cannot be recruited to fill vacancies.

B. If an underclassman is to be elevated to the varsity team, that decision is to be made prior to the last cut for the teams involved. Prior to elevating the athlete, the coach is to meet with the parents and discuss the reasons for the elevation.

- At the varsity level, a player may be brought up for any reason to fill a vacancy for a good reason. This action must be discussed with the athlete and the athlete's parents and must be approved by the Athletic Director.

C. **Athletes selected to play on a team are not guaranteed any minimum amount of playing time in games. The amount of playing time a player receives is the coach's decision. Students and parents should be made aware there is no expectation of "minimum playing time" just because an athlete is selected to play on a team.**

D. Dropping or transferring sports may occur. Athletes should be instructed to:

1. Talk with his/her head coach.
2. Coaches should report the situation to the Athletic Director.
3. Athletes must check in all uniforms and equipment issued immediately.

**\*No athlete who has dropped a sport after two weeks may participate in another sport until all events of the dropped sport have been completed. If a coach drops a player for disciplinary reasons that player may not participate in another sport until the conclusion of the sport from which he/she was dropped**

## **Lettering Requirements**

In order to receive credit for participation in a sport an athlete must successfully complete the entire season, including playoffs. **Letters can be earned only by athletes who are members of Block R. Athletes who do not join Block R must purchase their own letters through the school.**

**Varsity Letter-** 7<sup>th</sup> block, certificate of participation, pin if already awarded varsity block

**Frosh/Soph-** 4<sup>th</sup> block, certificate of participation, patch if block already awarded

**Frosh-** certificate of participation

Students may earn 5 credits per sport up to a maximum of 30 total credits during high school.

## **Victory With Honor**

Ripon High School supports and follows the program Pursuing Victory With Honor, a program endorsed and promoted by the CIF which focuses on sportsmanship and positive character attributes through athletics. It is based on the “six pillars of character:

**TRUSTWORTHINESS, RESPECT, RESPONSIBILITY, FAIRNESS, CARING AND CITIZENSHIP-** both on the field and off.”

## **Athlete’s Code of Conduct**

- Play by the rules and Pursue Victory With Honor
- Remember; the goals of the game are to have fun, improve skills and feel good
- Don’t play to please your parents or coach
- Win or lose graciously
- Treat other athletes as you would like to be treated
- Play the game with your best effort
- Be a team player- work as hard for them as you do for yourself
- Cooperate with coaches, teammates, opponents, and officials
- Don’t argue with officials or complain about calls
- Control your temper.

## **Parent’s Code of Conduct**

- Remember, young people play for their own enjoyment, not yours.
- Don’t force an unwilling high schooler onto the field or court.
- Applaud good plays by opposing players as well as your own.
- Set a good example. Young people learn by imitation.
- Teach your son/daughter to play by the rules.
- Show your son/daughter that an all out effort can matter more than victory.
- Help your son/daughter improve skills and sportsmanship in every game.
- Never ridicule or yell at your son/daughter for making a mistake or losing a game.

- Support all efforts to remove physical and verbal abuse from high school sports.
- Do not publicly criticize a referee's judgment or integrity.
- Recognize the value of coaches and officials and give them clear signs of respect.

### **Spectator's Code of Conduct**

- Treat all players, coaches, officials, and opposing fans as you would like to be treated.
- Model sportsmanship for your organization (you represent all of us).
- Cheer your team, don't jeer the opponents.
- Cheer for good plays by either team.
- Be a fan, not a fanatic.

### **Spectator Rule Violations:**

\*1<sup>st</sup> offense- Warned by administrator in charge

2<sup>nd</sup> offense- Removed from contest

Subsequent Offense- Suspended for the remainder of the season

\*Dependent on the severity of the offense, the administrator in charge may proceed directly to the consequence for the 2<sup>nd</sup> offense. If an official requests the removal of a spectator from a contest, that will be considered their 2<sup>nd</sup> offense.

### **Communication**

Parenting and coaching are both very demanding and difficult vocations. It is important for athletes, parents and coaches to establish and practice clear and effective communication in order to develop positive relationships and an understanding of the others role. This will result in a greater benefit for the athlete.

### **What Can Parents Expect From the Coach?**

- Philosophy of the coach
- Expectations for players and the team
- Location and time of practices and games
- Cut policy and procedure
- Team rules and guidelines
- What happens if your son or daughter is injured

### **Communication Expected From Parents and Players to the Coach**

- Concerns expressed directly to the coach
- Advance notice of any schedule conflicts
- Notification of injury or illness as soon as possible
- Discipline that results in denial of your son or daughter's participation

### **Appropriate Things to Discuss with the Coach**

- Treatment of your son or daughter
- Ways to help your son or daughter improve
- Concerns about your son or daughter's behavior



### **Things That are at the Discretion of the Coach**

- Playing time
- Team Strategy
- Play Calling
- Other Players

### **Conference Procedures**

There may be situations that require a conference between a coach and a player or a coach and a parent. When a conference is necessary, the following steps should be followed to resolve any conflict as quickly and efficiently as possible.

1. Have your son or daughter talk to the coach one on one. (**This is a very important part of growing up.**)
2. If the above does not resolve the situation, the parent should contact the coach and request a phone conversation or a private meeting
3. Please **DO NOT** confront a coach before or after a contest or practice. These are emotional times for both the parent and the coach and rarely bring about positive resolutions.
4. If the above steps do not resolve the situation, then call the school and schedule an appointment with the Athletic Director:

**Rod Wright**

**[rowright@sjcoe.net](mailto:rowright@sjcoe.net)**

**209-599-4287 x2342**

5. At this meeting the next appropriate step will be determined.



# RIPON HIGH SCHOOL



## Acknowledgement

I/we have read, and understand without question, the rules of the Ripon High School Athletic Handbook and I agree to the provisions therein.

Student Name: \_\_\_\_\_  
(Print)

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent(s)/Guardian Name: \_\_\_\_\_  
(print) (print)

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# RIPON



## **High School**

Student/Parent Athletic Handbook

2017-18