

Union Hill School Athletic Handbook

2011 – 2012 School Year

Purpose of this Information Sheet

The purpose of this information sheet is to communicate guidelines, policies, goals, expectations and important dates for the upcoming school year. Please feel free to contact the Athletic Director, Chrys Dudek, at 273 8456 (182) or cdudek@uhsd.k12.ca.us, if you have any questions or suggestions for the athletic program.

Philosophy

We believe our mission in athletics is to teach students about the importance of discipline, hard work and commitment. This is accomplished through daily, structured practice with attention to details.

The athletic program shall be directed so that the welfare of all students will be the primary concern. Fundamental emphasis shall be placed on the philosophy that athletic activities are an extension of the educational program and are justifiable only to the extent that they are desirable learning experiences.

Sportsmanship will be the top priority of Bearcat athletics. Commitment to fair play, integrity, and genuine empathy for others must be taught and practiced if we are to make a difference. Athletics should assist in the development of fellowship and goodwill. Athletics will play an important role in developing a healthy self-image as well as a healthy body. Athletics will also contribute to school/community spirit and pride.

Bearcat Athletics promotes the concept of winning, while inspiring development of athletic skill for 7th and 8th grade student athletes. This concept allows successful transition of the student athlete to high school sports.

Preseason Information Meeting

Each team will have an informational meeting for students during lunch or after school to sign up for sports being offered in the upcoming season.

Participation Philosophy

While broad participation is to be encouraged, it is a privilege to compete as a team member for the school. Most teams have try-outs for coaches to assess player performance. Each coach has a unique style, but generally athletes are evaluated on skill, work ethic, “coachability”, teamwork and attitude. Cuts are an unfortunate but necessary part of the process, and a valuable learning experience for athletes. We encourage players who have been cut to discuss any questions with the coach a day or so after try-outs to see where improvements can be made.

Practices

Practices are held after school most days of the week with some possible morning practices. Students will occasionally practice on weekends, vacations or holidays. Practice will be cancelled any time school is cancelled for any reason, such as snow or power outage. It is expected that students will be in attendance at practice each and every day. Students must be in school at least 60% of the day to participate in practice.

Games/Matches/Meets

All contests are scheduled during weekdays and usually start at 4:00pm. Some sports have two or three contests each week. There are tournaments and wrestling meets that take place on weekends at various times. While all students will play in the contests most of the time, playing time may be determined by the coach or based upon performance.

Expectation of Athletes

Players should come to practice on time, ready to listen and learn. They should always show respect to their coaches, teammates, opponents, fans and officials. Sportsmanship is an important component of a successful program.

Athletes learn many skills to play their chosen sport, but the most important skill that must be learned is teamwork. To be successful, every member of the team must work together to make the whole greater than the sum of the parts.

Athletics are a privilege and players are expected to have exemplary behavior at all times to best represent their team, coach and school. Detentions and other disciplinary actions may have dire consequences for athletes.

Students must maintain a 2.0 GPA at each grading period. **See the attached Code of Conduct for detailed information.**

Equipment and Uniform Care

Equipment and uniforms issued to the student are the responsibility of that student. If a student loses the equipment or uniform, the replacement cost will be billed to the student. It is our goal to collect all clean uniforms and equipment within one week of the final day of competition so that they can be inventoried and stored.

Dropping off Gear and Equipment

Athletes are expected to safely store their equipment in designated areas in boys'/girls' locker room prior to the start of school each day. Lockers are available on a limited basis for jr. high athletes during their season of participation.

Transportation

Parents will be required to drive players to away contests. The district provides buses to all away meets only for Cross Country and Track, but does not provide transportation home. Typically contests end between 5:00 and 7:00. A player may only ride to a contest with a parent or approved driver with the appropriate paperwork filed in the office. Please see that form included in this packet for further details.

Communication

The area of communication is critical to running a smooth program. Coaches will also make every effort to keep students informed about practices, game times, and dates, usually in the form of a calendar. In the case of poor weather we try to make the cancellation decision as early as possible. In the case of rain, a contest may be cancelled, but a practice may still occur. If students have concerns about their role, position or status on the team, it is important that they have a conversation with the coaching staff at that time. This is a great time in the developmental process for the student, rather than a parent, to initiate this type of discussion.

Insurance Information

This section of the registration form shows evidence of medical coverage. If a family needs to purchase insurance from the school it may be purchased for minimal cost. Forms are available in the school office.

Role of Parents

- Model good sportsmanship at all times
- Support and encourage **all** team members
- Focus on the goals of the **team**
- Courteous behavior towards referees and the opposing team

Sports Participation Contribution

Due to the rising costs associated with the support of the district's athletic programs, we need parent support more than ever. At this time, only Cross Country and Track & Field accept donations to pay for bussing to meets. The other sports host tournaments that need parent volunteers to be successful. Please anticipate working at least one tournament during the year. The dates are below so you can mark them in your calendar.

Fall Sports (August – October)

4th – 8th Cross Country – Students must provide running shoes. The school will provide uniforms and bags. A donation of \$20 for bus costs is appreciated.

7th & 8th Coed Flag Football: Students must provide cleats, and a mouth guard. The school will provide uniforms, and flag belt.

7th & 8th Girl's Basketball: Students must provide basketball shoes and practice clothes. The school will provide game uniforms, practice jerseys and basketballs. *Bearcat Tournament – September 16th & 17th*

Fall/Winter Sports (October – February)

4th – 8th Co-ed Wrestling – Students must provide wrestling shoes, mouth guard and practice clothes. Specific wrestling kneepads are optional. The school will provide a singlet and headgear

7th & 8th Boy's Volleyball: Students must provide court shoes and kneepads. The school will provide game uniforms, and volleyballs. *Bearcat Tournament November 4th & 5th*

7th & 8th Boy's Basketball: Students must provide basketball shoes and practice clothes. The school will provide game uniforms, practice jerseys and basketballs. *Bearcat Tournament January 20th & 21st*

Winter/Spring Sports (February - May)

7th & 8th Girl's Volleyball: Students must provide court shoes and kneepads. The school will provide game uniforms, volleyballs. *Bearcat Tournament March 2nd & 3rd*

4th – 8th Track & Field – Students must provide running shoes/spikes. The school will provide uniforms and bags. A donation of \$20 for bus costs is appreciated..

UNION HILL SCHOOL

STUDENT ATHLETE CODE OF CONDUCT

"It is an honor to be a student athlete at Union Hill School."

Students who participate in extra curricular activities at Union Hill School are expected to demonstrate outstanding citizenship and behavior. These students represent their school to the public and set examples for their fellow classmates. The following have been established as expectations of students who represent Union Hill School in extra curricular activities.

Student Extracurricular Code of Conduct

In order to be eligible to participate in extracurricular activities at Union Hill, I understand that I must meet the following expectations. Failure to meet these expectations will result in immediate ineligibility for the remainder of the season.

- Maintain a minimum of a 2.0 GPA, with no failing grades, on the most current mid-trimester or trimester reports.
- No disciplinary issues that result in a suspension (OCS included).
- Have no more than 3 detentions during the trimester in which the activity is in season.

As a student involved in extracurricular activities at Union Hill School, I understand that:

- I will display exemplary behavior at school, during the competitions, and in the community.
- I will attend school the day of practice, game, event, or activity. If I do not attend school for at least 4 periods (1/2 day), I will not be eligible to participate that day.
- I will attend all practices, games, and events unless excused by the coach or advisor. If I do not, I understand that consequences may affect participation time, or dismissal from the team.

I agree to meet the expectations established in the Union Hill extracurricular Code of Conduct.

Student Signature

Date

I will support my child in meeting the expectations of the Union Hill extracurricular Code of Conduct.

Parent/Guardian Signature

Date

8/17/11

UNION HILL SCHOOL

11638 Colfax Highway
Grass Valley, CA 95945
(530) 273-8456 FAX (530) 273-0152
Susan Barry, Superintendent/Principal

SPORTS PERMISSION FORM

This must be completed and turned in to the coach in order to tryout for any sport.

_____ has my permission to participate in extracurricular sports. I understand he/she will be transported by private automobile to and from games.

Parent/Guardian Name (please print)

Date

Parent/Guardian Signature

E-mail Address

Phone Number (Home)

Phone Number (Work/Cell)

Sport/Activity

Grade/Homeroom Teacher

My son/daughter is covered by _____ health insurance.
(Name of insurance company)

Please indicate whether you would be able to help drive to/from games:

_____ Yes, I will file the Private Automobile Form in the school office.

_____ Yes, my Private Automobile Form in the school office for another sport.

_____ No, I am sorry I am unable to assist at this time.

NEVADA COUNTY ATHLETIC LEAGUE

PARENT PLEDGE

_____ I will remember that children participate to have fun, and that the game is for and about kids, not adults.

_____ I will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy to players, coaches, and spectators.

_____ I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.

_____ I will respect the officials and their authority and will not confront them at the game.

_____ I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.

_____ I will not engage in unsportsmanlike conduct such as booing, taunting, cursing, threats, or physical assaults.

_____ I will refrain from coaching my child or other players during games or practices.

_____ I will teach my child that doing one's best is more important than winning.

I understand and accept the league policy that if I violate the pledge I may be asked to leave the game. I also understand that continued violations of the pledge may result in my being banned from further attendance at games for the remainder of the season.

Please put your initials next to each item of the pledge and sign your name below.

Student Name: _____

Student Signature: _____ Date: _____

Parent Signature: _____ Date: _____

Please see other side.