

Half Moon Bay High School Athletics



Code of Conduct

(Revised: January 25, 2011)

HALF MOON BAY H.S.

Mascot: Cougar
Address: Lewis Foster Dr.
Half Moon Bay, CA 94019
Telephone: 650-712-7200
Fax: 650-712-7232
Website: www.cabrillo.k12.ca.us/hmbhs
Athletic Director: Matt Ballard (ballardm@cabrillo.k12.ca.us)
A.P. of Athletics: Jarrett Dooley (dooleyj@cabrillo.k12.ca.us)
Principal: Mary Streshly (streshlym@cabrillo.k12.ca.us)

FALL SPORTS

(First practice is generally the 2nd week of August)

Football
Volleyball
Cross Country
Cheer
Girls Tennis
Boys/Girls Water Polo

WINTER SPORTS

(First practice is generally November 1)

Boys/Girls Basketball
Boys/Girls Soccer
Wrestling
Dance

SPRING SPORTS

(First practice is generally January 28)

Baseball
Boys Golf
Softball
Swimming
Track and Field
Gymnastics
Boys Tennis

For more information on sports and specific start dates, check school website, or contact the head coach or athletic director.

Mission Statement

Half Moon Bay High School Athletics aspires to be an outstanding educational-athletic organization that provides a high quality experience to every student-athlete and a safe, welcoming environment for all. A high quality experience is one in which every student-athlete:

- Is coached using the principles of positive coaching and “pursuing victory with honor”.
- Feels like an important part of the team regardless of performance.
- Understands that being a Cougar Athlete is both a privilege and a responsibility.
- Learns “life lessons” that have value beyond the playing field.
- Learns the skills, tactics and strategies of the game and improves as a player.

We are committed to creating a positive culture in which coaches, parents, teachers/staff, fans, officials and athletes work together to achieve our mission.

As a member of Half Moon Bay High School Athletics you represent more than just yourself. Your actions on and off the field can reflect both positively and negatively upon many people. As a Cougar Athlete you represent:

1. Yourself
2. Your family
3. Your coaches
4. Your School
5. Your community
6. All the Cougar players who came before you.

Being a Cougar Athlete is both a privilege and a responsibility. The following is a Code of Conduct you will be expected to follow. It will be strictly adhered to.

Athletes strive to:

- Place academics first.
- At all times represent their school in a positive manner.
- Be on time; be enthusiastic, dependable, loyal and cooperative.
- Be responsible and open to coaching.
- Be a team player and support their teammates.
- Abide by the general rules of discipline as established for you by the CIF (California Interscholastic Federation) , CIF- CCS (Central Coast Section), (PAL) Peninsula Athletic League, CUSD (Cabrillo Unified School District) and Half Moon Bay High School.
- Strive to improve.
- Maturely accept constructive criticism and take responsibility for his/her actions.
- Use appropriate language.

1. Eligibility

Students wishing to participate on an interscholastic team must meet the following eligibility criteria. These rules are the result of the combined effort of five different groups; CIF, CIF-CCS, PAL, CUSD/HMBHS and the NFHS (National Federation of High Schools).

1. A minimum of a 2.0 GPA maintained during the previous grading period (2nd semester, year prior for Fall season, 1st quarter for Winter season, and 2nd semester for Spring season). Subsequent grading periods during a season will also be utilized to determine ongoing eligibility. Each grading period has posting date which those grades become effective on. After that date, NO changes/additions can be made to rosters, except for teacher error. Exception: 1st quarter freshmen are eligible until end of 1st quarter.

In the event of an “incomplete” grade mark: the student-athlete is ineligible to participate in any competitions until a letter grade is given, and a 2.0 GPA is determined by the A.D. and/or administration.

2. Must be carrying 20 units per semester.
3. Must meet residential eligibility requirements. (more info: www.cifccs.org, under “Eligibility”)
Simple rule: When a student transfers schools (changes from School “A” to School “B”) regardless of the reason for the change, the new school (School “B”) must take steps to ensure the athletic eligibility of the student. Contact Athletic Director.
4. Doctor’s Physical (yellow form in main office at HMBHS)
5. Emergency Card (green form in main office at HMBHS)
6. Athletic Donation: \$150
7. Signed Code of Conduct (signature required on back of Emergency Card)

2. Sportsmanship

Being a good sportsman means showing respect to other competitors and everyone involved in the sport. A good player does not let his/her emotions take over, NO MATTER the circumstances.

Sportsmanship defined by CCS Policy: “A person who can take a loss or defeat without complaint or victory without gloating, and who treats his/her opponents with fairness, courtesy and respect.”

(We do not speak inappropriately to other teams' players, coaches and/or officials: Officials do not lose a game for a participant or a team. Profanity and vulgarity are unacceptable. Any form of racial slur or insult will be met with harsh consequences. Let our playing make the statement. We will remain composed at all times.)

According to **Cabrillo Board Policy**: student-athletes, coaches, parents/guardians, spectators and others are expected to demonstrate good sportsmanship, ethical conduct, and fair play during all athletic competitions. They shall also abide by the core principles of trustworthiness, respect, responsibility, fairness, good citizenship and the Codes of Conduct, as adopted by the California Interscholastic Federation (CIF) in its publication "Pursuing Victory with Honor".

Winning should not be achieved at the cost of integrity.

3. **Student Participation Conduct Penalty**

Student participation in athletic contests is an honor. Student-athletes are expected to conduct themselves in an exemplary manner at all times. During participation in all CIF competition, a student who is ejected or disqualified from participating in the remainder of a contest will be ineligible for at least the team's next contest. In addition, any student who physically assaults an official shall be banned from interscholastic athletics for the remainder of the student's interscholastic eligibility.

4. **Penalties for Competition by Ineligible Athletes**

Athletes who compete for their school in CIF contests while ineligible due to violations of CIF or CIF-CCS rules will cause the following mandatory penalty:

Team sports—Forfeiture of contest (s) plus any profit share of playoff profit to school.

Individual sports—Forfeiture of points and awards earned by the ineligible athletes (s).

5. **Work Ethic**

Winning is not our primary goal. Each player will be dedicated and give 100% effort in practice and in competitions. If you can accomplish this, wins will follow.

6. **Tryouts/ Playing time**

There are no guarantees for athletes to be included on a team regardless of his/her participation in the previous year. Every player is expected to try out every season. There is also no guarantee of playing time at the F/S, junior varsity, or varsity levels. (See Ryan Act: "**Athletic participation is a privilege, not a right**".)

7. **Adding athletes to roster**

Coaches may not add athletes to their roster after the roster deadline which will be prior to first league contest. They also cannot be added after the grading period deadlines. This includes any athlete who, at the beginning of the season was ineligible due to grades and becomes academically eligible after the grade reporting period. Overlapping Sports- In the event a team is still competing when another season begins, coaches are required to leave their rosters open for possible players that are unable to tryout because their previous season is not complete. For example, if a football player wishes to play basketball and basketball tryouts are during the football season, the basketball coach must give the football player an opportunity to try out for the basketball team after the completion of the football season.

8. **Be Accountable**

Do not come to Coaches with excuses. You are old enough to take responsibility for your actions. If you're having any kind of problem we can work to fix it together. We do not point fingers and pass blame; that has no place on our TEAM.

9. **Attendance: (Team and School)**

You are expected to be on time and attend all practices and team functions. First missed practice/function= Cougar Reminder (C.R.). Second= C.R. Third= C.R. and call home to parent.

Fourth= may be released from team. (“C.R.’s”/penalties will vary by sport/team) Organize your priorities. (1-Family 2- School 3- Athletics) There is no reason to fall behind in school. A **2.0 GPA** is a very reasonable requirement. If you cannot stay organized and on task, something will have to go, and it will be athletics. Also, missed practices during any week, excused or unexcused, may prevent you from participating in that week’s contests. Excused missed practice = family emergency, medical doctor visit for injury with prior approval from Coach. Unexcused missed practice = dentist appointment, finish homework/project, detention, birthday party, etc.

- Any Student-Athlete missing any portion of the school day (**unexcused, i.e. cutting class**) will be ineligible for competition that day. If it doesn't get recognized that day, they will be ineligible for their next competition.
- “Any player who would normally be eligible for participation on the day of a contest is required to attend four periods regardless of class schedule. Medical appointments are not considered excused absences for this purpose unless prior approval (three days) has been granted by A.D.
- Participation in Physical Education Classes- Any student enrolled in PE cannot participate in competitions and/or practices if they fail to participate in their PE class any given day. (No dress cuts, unexcused absences or medical excuses). All students are expected to run and participate completely, regardless if they have a competition that day.” - HMB Athletic Policy

10. Behavior and Academics

Your behavior on and off campus can and will affect your status on this team. Be smart. Think before you act and speak. Your conduct is as important as your athletic skills. This includes the classroom. Be on time, NEVER cut, participate in the class and show your teachers that you care about your academic success just as much as your athletic success. Academics are the number one priority for high school student-athletes. During the season, students should plan to do projects, homework, and studying outside of practice. Key lessons learned through participating in high school athletics are planning, prioritizing, and understanding one’s time limitations. If there is an unavoidable conflict involving athletics and academics, **academics always take priority**. Consequences for missing practices, tournaments, or games may still result. Many times travel to an athletic competition means missing class. Students need to recognize demands that athletics can place on academic attendance and make appropriate choices.

11. Off -Season

A student-athlete’s off season behavior and attendance can affect his/her status on their team. You are expected to be respectful, hard working, punctual and participate whether you are in season or not. The HMBHS Code of Conduct applies to student-athletes year round.

12. Drugs/ Alcohol

By CIF and the HMBHS signed Code of Conduct, students are prohibited from using any form of alcohol, tobacco, illegal drugs, steroids, and performance enhancing drugs while attending a school activity or event. These have no place in an athlete's life. Student-Athletes will be held to zero tolerance for drugs and alcohol. Anytime during the school year, **a student suspended for drugs or alcohol** (i.e.: drunk at school, a football game, prom, etc. = violation of HMBHS student policy code #48900)

1. **Three consecutive season suspension** (including the current season, regardless of whether or not the student is currently participating in athletics). Effective date for a season is the first legal PAL practice date through the last game including playoffs.
OR
2. For a first time offense and with pre-approval, students can earn back their eligibility for their 2nd and/or 3rd seasons by completing **8** hours of family/drug alcohol counseling (at your own expense) and **8** hours of Saturday campus beautification. They are eligible once the administration has acceptable documented completion.

****A second drug offense will include a recommendation for expulsion.****

A student that receives a second applicable offense and is not recommended for expulsion is not eligible for the alternative to suspension (#2 above) and their effective date for participation in athletics is the date of the second offense.

13. Quitting the team/ Removal from team

Any player who quits a team after the first scheduled contest will not be able to compete in any other sport that season, nor will he/she be able to participate in any sport in any capacity the following season until the current season is over. For example, if a volleyball player quits after the first game of the volleyball season, she cannot then choose to run cross country, nor may she participate in basketball until the conclusion of the volleyball season. Any player that is removed from a team will be treated as if he quit after the first contest regardless of when the player was removed. Any athlete who loses his/her eligibility because of grades forfeits all right to letters and awards that he/she may have otherwise been entitled to receive for that sport. On occasion, an in-season athlete may find it necessary to drop out of a sport. If this is the case, the following procedure is suggested.

1. Talk with your coach.
2. Report the situation to the Athletic Director.
3. Return all equipment and uniforms issued to you.

Athletes who quit their teams or are removed from the team by the coach at any time during the season will forfeit any awards they would have received.

14. Competition on an Outside Team

A student on a high school team becomes ineligible if the student practices or competes in a contest on an "outside" team in the same sport, during the student's high school season of sport. This includes club teams.

15. Conflicts with Outside Club Teams

Participation in our high school team athletics takes precedence over all other outside athletic activities. If conflict occurs, the high school event will come first. Athletes need to make sure their participation in outside club sports in no way negatively affects the team on which they are participating, or they may be asked to leave that team.

16. Locker Room Procedures

This is your locker room; take care of it and keep it clean! No cleats should ever be worn in the locker room. There should be NO horseplay. Students may not be in the locker room without a certified coach supervising. Any theft or vandalizing will be prosecuted to the full extent.

17. Equipment (Care and Maintenance)

Athletes are financially responsible for their uniform and any equipment issued them. You need to take care of, and clean, all equipment issued to you. You will be charged (replacement price) for any equipment that is lost or damaged (other than normal wear). All equipment must be turned in as soon as your season is complete. When players lose uniforms or equipments, they may not take part in any other sport until it is returned or paid in full. Graduation privileges may be withheld for failure to return team uniforms, equipment, or pay for such items.

18. Hazing

Hazing in any form, including initiation which is degrading, is strictly forbidden by California State Law. No student shall conspire to engage in hazing, participate in hazing or commit any act that causes or is likely to cause bodily danger, physical harm, or personal degradation or disgrace resulting in physical or mental harm to any fellow student or other person. Persons violating this policy shall be subject to District discipline, misdemeanor penalties and forfeiture or entitlements.

19. Injuries/Sickness

All Injuries and health issues need to be reported to a coach as promptly as possible. Coaches cannot determine how YOU feel. If you tell a coach you are hurt/ injured, they will remove you from play. If you hand your coach a doctor's note stating you can no longer participate due to injury, then the doctor must also clear you to return to activity with a note.

20. Athletic Awards & Letters

Letter awards are earned by participating on a varsity or frosh/soph squad. In order for a player to letter, minimum standards and requirements must be met. Because of the differences in many sports, each coach will set his/her own award requirements. Athletes who quit their teams or are removed from the team by the coach at any time during the season will forfeit any awards they would have received. Junior Varsity "H" (smaller h) = awarded to all players on the Frosh/Soph roster at the end of the season in good standing. Varsity "H" (larger H) = awarded to all players on the Varsity roster at the end of the season in good standing. Varsity Star= awarded to a 1st Team PAL Varsity Player. Cougar Head = Awarded to a player on their fifth Varsity Star.

21. Coach's Code of Conduct

Our coaches main goal/ objective is to help foster the characteristics in our players that will teach them to be successful, not only on the field or court, but also give them life long tools to become respectful, hard working and successful young men/women.

- A. ON FIELD/COURT/MAT - Coaches will be held to the same standards expected of the players in all aspects of the program on the field and in the locker room. We will be on time for practice, properly prepared for the instructions of the day, and will provide the players with affirmative, constructive directions for techniques and the philosophy required in order for the program to be successful. Players are to be specifically directed as to what is expected of them each and every week. Constructive criticism will be used at all times. Coaches will make themselves readily available to clarify any questions that a player might have pertaining to his/her position or responsibility.
- B. OFF FIELD/COURT/MAT - Coaches will be held to standards that exceed that of players as they are important mentors for the players. At all times coaches will be a positive reflection of our players, program, and school. In our associations off the field, whether media, parents, boosters, alumni, or friends, we will speak with the highest regard for those involved in our program. This program belongs to ALL of us.

Coaches' Responsibilities

- Understand that academics are #1 priority.
- Be alert to your student's academic performances.
- Provide schedules for practices, tournaments, and games.
- Communicate changes in season schedule in a timely manner.
- Be on time.
- Come prepared for all practices and games.
- Encourage all student-athletes to do their best.
- Apply all school and team rules to all athletes equally.
- Be professional in all actions and words.
- Create a positive environment for our team.
- Communicate your expectations of your athlete and team.
- Communicate with individual athletes as to their role on the team.
- Clearly communicate all NFHS, CIF, HMBHS, PAL, and team rules to athletes and parents.
- Return parent phone calls/emails in a timely manner.
- Explain vacation/absence policy.
- Allow students time away from practice to make-up tests due to athletic competition or to attend tutoring.

22. Parents/ Guardians

Thank you for supporting your son's/ daughter's commitment to their team. It is our hope that we can all work together and avoid any undermining of one another; and focus rather on positive experiences for our athletes.

Here at Half Moon Bay High School we **"We Honor the Game"**. We cheer and support our Cougars; win or lose! We do NOT "boo" or disrespect our opponents, their fans or the officials. Cougar fans know that winning should not be achieved at the cost of integrity. (See #2 Sportsmanship Section)

Parent Responsibilities

- Understand that academics are #1 priority.
- Attend seasonal sport night to learn about your student's team and meet the coaches.
- Help your student-athlete to understand that the team comes before the individual.
- All sporting events are to be alcohol and substance free.
- Schedule appointments, vacations, and college visits outside of school, tournaments, practice, or game time.
- Encourage your student-athlete to know and understand game rules as well as team rules.
- Help your student-athlete to come prepared to do his/her best by encouraging them to be physically and mentally prepared. This includes proper nutrition, sleep, and care of injuries.
- Encourage your student-athlete to communicate appropriately and respectfully with the coach.
- Pay admission fees when appropriate.
- Any events hosted by parents where students are present need to be alcohol and substance free.

23. Communication that coaches can expect from parents:

- Non-confrontational situations.
- Appropriate concerns can be expressed directly to the coaches outside of practice, games, or the playing field.
- Specific questions about philosophy or expectations of their child.
- Notification of any absences prior to practices or games.
- A phone call to set up an appointment to discuss a concern.

Appropriate to discuss:

- Treatment of your child (mentally or physically).
- Ways to help your child improve.
- Concerns about your child's behavior/academic problems.

Inappropriate to discuss:

- Playing time.
- Coaching.
- Team strategy.
- Play calling or substitutions.
- Another athlete.

Steps for resolution:

1. First contact the coach to set up a meeting.
2. Schedule appointment with the Athletic Director.
3. Schedule appointment with the Assistant Principal in charge of athletics.

“I have read and understand the Half Moon Bay High School Student-Athlete’s “Code of Conduct.”

Player’s name: (print): _____

Player’s signature: _____

Parent/Guardian signature: _____

Date: _____

The Code of Conduct is available through your coach or online at:

<http://www.cabrillo.k12.ca.us/hmbhs/forms/CodeofConduct.pdf>