

**JURUPA HILLS HIGH SCHOOL**

10700 OLEANDER AVENUE, FONTANA 92337

(909) 357-6300 EXT. 16202 | OFFICE HOURS 8 AM – 4 PM

**ATHLETIC DIRECTOR, CHAD REED | PRINCIPAL, CAROLINE LABONTE**

# **Athletics Department**



# **ATHLETIC HANDBOOK**

# JURUPA HILLS ATHLETICS

Office Hours: 8 am – 4 pm  
Phone: (909) 357-6300 | Fax: (909) 357-7546

## Athletic Director, Chad Reed

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Season	Sport	Head Coach	Email
Fall	Football	Citos Marinez	<a href="mailto:MariGW@fUSD.net">MariGW@fUSD.net</a>
	Volleyball	Lala Kaeo	<a href="mailto:Lala.kaeo@gmail.com">Lala.kaeo@gmail.com</a>
	Cross Country	Sam Dodd	<a href="mailto:Sam23dodd@gmail.com">Sam23dodd@gmail.com</a>
	Girls Tennis	Renee Ov	<a href="mailto:OvRene@fUSD.net">OvRene@fUSD.net</a>
Fall/ Winter	Cheer	Holly Thomas	<a href="mailto:HickHL@fUSD.net">HickHL@fUSD.net</a>
Winter	Boys Basketball	Respp Relatores	<a href="mailto:RelaRE@fUSD.net">RelaRE@fUSD.net</a>
	Boys Soccer	Armando Fresquez	<a href="mailto:FresAR@fUSD.net">FresAR@fUSD.net</a>
	Girls Basketball	Open - TBA	
	Girls Soccer	Megan Santiago	<a href="mailto:SantMN@fUSD.net">SantMN@fUSD.net</a>
Spring	Baseball	Leon Baham	<a href="mailto:Leon_Baham@sbcSS.k12.ca.us">Leon_Baham@sbcSS.k12.ca.us</a>
	Softball	Scott Cartzdafner	<a href="mailto:Zacnjac3@sbcglobal.net">Zacnjac3@sbcglobal.net</a>
	Track and Field	Sam Dodd	<a href="mailto:Sam23dodd@gmail.com">Sam23dodd@gmail.com</a>
	Boys Tennis	Renee Ov	<a href="mailto:OvRene@fUSD.net">OvRene@fUSD.net</a>

**\*Football and Cheer participants:** Please observe the year-round calendar for the entire school year. This can be located on the Football and/or Cheer link located at: [Jhills.org](http://Jhills.org)

Each sport has their own web page linked under the Athletic Tab on: [Jhills.org](http://Jhills.org)

## **MISSION STATEMENT**

The Jurupa Hills High School athletic program is committed to excellence in academics and athletics. We are dedicated to Pursuing Victory with Honor, to adhering to the rules of competition and sportsmanship, and strive to bring pride and respect to our community, our school, our sport, our teammates, our adversaries, and ourselves.

As teacher-coaches and student-athletes, we understand that **participation in our athletic program is a privilege**. Jurupa Hills High School is a proud member of the CIF program Pursuing Victory with Honor ([CIF Website](#)), the CIF Southern Section and the San Andreas League.

The Fontana Unified School Board prohibits, at any district school or school activity, unlawful discrimination, harassment, intimidation, and bullying of any student based on the student's actual race, color, ancestry, national origin, ethnic group identification, age, religion, marital or parental status, physical or mental disability, sex, sexual orientation, gender, gender identity, or gender expression; the perception of one or more of such characteristics; or association with a person or group with one or more of these actual or perceived characteristics.

## **GENERAL ATHLETIC DEPARTMENT POLICIES AND PROCEDURES**

In addition to the policies and procedures included below, each team may publish a particular set of rules and/or policies that are an addendum to and governed under the athletic department.

## **CIF GUIDELINES**

In accordance with the state of California and the California Interscholastic Federation, the following are provisions for participating in an after-school sports team:

- A student must not reach their 19th birthday on/or before June 14th of the previous year.
- A student must have attended high school for no more than eight (8) semesters after completing the eighth grade.

## ACADEMIC ELIGIBILITY

- The student-athlete must have passed 20 semester credits of schoolwork in the previous grading period.
- The student-athlete must be currently enrolled in 20 semester credits of schoolwork.
- The student-athlete must have attained a 2.00 grade point average on a 4.0-point scale the previous grading period.
- After each grading period, the registrar will publish to the athletic department a list of students who fall below a 2.00 grade point average. The athletic department will communicate to head coaches the ineligible student-athletes for that quarter.
- **\* Procedures for Appeal:** If a student-athlete falls below a 2.00 grade point average, they may retain their eligibility, on a probationary basis, if granted by the principal. Only Varsity athletes will be considered for appeals.

## RESIDENCE ELIGIBILITY

All students who transfer (are admitted) to Jurupa Hills High School (i.e., do not begin their enrollment at Jurupa Hills High School on their first day of the ninth grade) must see the athletic director to determine eligibility.

## CONDUCT – CIF CODE OF ETHICS

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 Ethics is presented.

As an athlete, I understand that it is my responsibility to:

1. Place academic achievement as the highest priority.
2. Show respect for teammates, opponents, officials and coaches.
3. Respect the integrity and judgment of game officials.
4. Exhibit fair play, sportsmanship and proper conduct on and off the playing field.
5. Maintain a high level of safety awareness.
6. Refrain from the use of profanity, vulgarity and other offensive language and gestures.
7. Adhere to the established rules and standards of the game to be played.
8. Respect all equipment and use it safely and appropriately.

9. Refrain from the use of alcohol, tobacco, illegal and non-prescriptive drugs, anabolic steroids or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States or American Medical Association.
10. Know and follow all state, section and school athletic rules and regulations as they pertain to eligibility and sports participation.
11. Win with character, lose with dignity.

As a condition of membership in the CIF, all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parents / legal guardian/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition (Article 523).

All Spartan Athletes are expected to CIF Code of Conduct as well as school and specific team rules. Failure to do so may result in the following phases of discipline:

- 1<sup>st</sup> Offense – Warning – verbal communication between player and coach
- 2<sup>nd</sup> Offense – Parental contact – possible loss of playing time
- 3<sup>rd</sup> Offense – Meeting between player, parent and coach – possible suspension from team
- 4<sup>th</sup> Offense – Meeting with parents, player, coach and Athletic Director – possible dismissal from team.

\*Note: At any step within this process, the Athletic Director reserves the right to place the student on Athletic Probation

## **PARENT/COACH COMMUNICATION PLAN**

### *In-Season Team /Parent Meetings*

Each Varsity Head Coach will organize a team meeting at the beginning of the season to review certain information with parents of team members. Parents of those players selected are required to attend this important informational meeting. It is our hope that this meeting will be a vehicle for effective, open, and appropriate communication between the coach, players and parents.

Communication you should expect from your daughter's or son's coach:

1. Philosophy of the coach
2. Expectations the coach has for your student-athlete
3. Locations and times of all practices and contests
4. Team requirements, i.e., practices, special equipment, out of season conditioning
5. Proper behavior by student-athletes on bus trips and estimated time for return from games
6. Procedures to be followed should your student-athlete be injured during participation
7. Discipline that may result in the denial of your student-athlete's participation

It is very difficult to accept your student-athlete not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all student-athletes involved. As you have seen from the list above, certain things can be, and should be, discussed with your student athlete's coach. Other things, such as those listed below, must be left to the discretion of the coach.

Issues not appropriate to discuss with coaches:

1. Playing time
2. Team Strategy
3. Play calling
4. Other student-athletes

## **24 HOUR RULE**

If the concern or complaint regarding a coach arises out of a particular game situation or specific incident, a "24 hour cooling off period" will be required before any meeting will be held. This requirement will help ensure that the meeting be more productive and help avoid emotional responses that might otherwise occur if such a meeting were held immediately after the game or incident in question. A parent should simply inform the coach by email or phone that they wish to set up a meeting, and no further discussion should take place at that time between the coach and the parent. If the incident in question occurs on a Friday, the meeting shall be scheduled on the next school day agreeable to all parties.

## **CONFLICT RESOLUTION**

Students and/or parents who have a concern should follow these procedures in order:

- NEVER approach a coach on the field after a practice or game.
- Student-athlete approaches the coach and asks for a time to meet to discuss the issue.
- If resolution is not reached, the parent should contact the coach to arrange for a meeting.
- In the rare instance that there is still no resolution to the issue, the parent should contact the athletic director and arrange for a meeting with the student-athlete, the parent, the coach and the athletic director.
- Other administrators are generally involved only to discuss the athletic director's handling of the situation.

## **EVALUATIONS**

At the end of each season of sport, every student-athlete will have an opportunity to evaluate their coaching staff through the Coaches' Performance Evaluation administered by the athletic department.

## **FACILITIES**

Student-athletes may use Jurupa Hills High School facilities only with Jurupa Hills High School athletic department approval and under the supervision of a faculty or staff member.

## **HAZING**

Hazing is prohibited. Any attempt to hold a "rookie night" or any other type of initiation, even if held privately, will be cause for dismissal from the team. Jurupa Hills High School and the Fontana Unified School District will uphold the dignity of every student. Hazing is unacceptable conduct, as well as illegal, and will not be tolerated.

## **FUNDRAISING**

All campus fundraising must be done through approved Jurupa Hills ASB clubs only. The law expressly forbids fundraising for outside organizations or for

individual profit; violators will be disciplined. Only fundraising activities with Jurupa Hills ASB approval are allowed. If a student violates these terms, THE ITEMS AND MONEY WILL BE CONFISCATED AND PARENTS WILL BE NOTIFIED.

## **PARTICIPATION IN MULTIPLE SPORTS**

The Jurupa Hills High School athletic department seeks to work cooperatively with students to allow them to pursue interests in as many areas as possible during their time at Jurupa Hills. All athletes who compete for a Jurupa Hills team are allowed to try out for a team in the next season of sport upon the conclusion of the previous season. Coaches and teachers will try to work cooperatively with families to allow participation in multiple activities (dance, theatre, band, etc.) when possible. However, coaches have the ability to set the minimum requirements for team membership.

## **PRACTICE SESSIONS**

A coach may, at their discretion, determine whether practice sessions are open or closed to parents/spectators. Oftentimes the presence of parents puts undue pressure on student-athletes and serves as a distraction to the coaching process. There are no Sunday practice sessions.

## **SPORTSMANSHIP**

Beyond the guidelines and regulations that Jurupa Hills High school is obligated to follow, it is the hope that everyone associated with our athletic programs recognize the purpose of our sportsmanship policies.

Anyone associated with an athletic contest has a responsibility to uphold the highest standards of sportsmanship before, during, and after a contest.

Sportsmanship includes, but is not limited, to the following:

- Show respect for teammates, opponents, and officials.
- Treat opponents as guests in your facility.
- Accept both victory and defeat with grace and dignity.
- Refrain from heckling, jeering, or using profane language.
- Be positive in words and actions.

Parents are the primary role models for their children. It is critical that parents set the best example of sportsmanship, particularly when they are spectators at an athletic contest.



## **SPECTATOR GUIDELINES**

Parents and spectators at Jurupa Hills High School athletic contests are expected to demonstrate good sportsmanship at all times. The administration and staff at Jurupa Hills High School will hold all spectators at our athletic events to the highest standards of good sportsmanship. Spectators who are unable to exhibit the necessary sportsmanship to attend our athletic events may be subject to some or all of the following disciplinary action:

- Verbal reminder
- Removal from the site for the remainder of the contest
- Meeting with Jurupa Hills administration
- Permanent banning from Jurupa Hills athletic contests
- Student-Athlete removed from the team

CIF STATE Bylaw 503. M. and Article 22.C.(1)(2)(3)(4)

If a spectator is ejected from a contest, it is the responsibility of the school to ensure that person does not attend that team's next contest. If the same spectator is ejected a second time, it is the responsibility of the school to ensure that person does not attend any of the remaining contests for that season.

## **TRANSPORTATION**

In order to travel with a team, student-athletes must be eligible to compete in the contest to which the team is traveling. The only time athletes may arrive at an athletic contest without traveling in transportation coordinated by the school is: On a Saturday or non-regular school day if school is not in session, then it is the parent's responsibility to provide transportation to the site of the contest.

## **UNIFORMS/EQUIPMENT**

Uniforms and any equipment issued to the players must be returned in good condition\* within one week of the last competition. Players who do not turn in equipment/uniforms will not be allowed to participate in the next sport until it is received, or Jurupa Hills High School has been monetarily reimbursed for the cost of replacement.

\*Good condition is defined as usable for the next sports season. Uniforms should not have any tears, rips, holes, or discoloration from improper washing (wash all uniforms in cold water and hang-dry).

## **QUITTING A TEAM**

To emphasize the importance and great degree of commitment asked of the Jurupa Hills athlete: any student-athlete who quits a team once they have been selected for that team, may not join any other Jurupa Hills team until the conclusion of that first sport's season. This rule may be waived at the sole discretion of athletic administration.

## **MEDICAL PROCEDURES**

Jurupa Hills has an on staff athletic trainer to assist student-athletes during practice or contests. If a student-athlete suffers an injury during practice or contests, the onsite medical personnel will respond first. If the trainer is not available, the on-site coach will assess the extent of the injury and call the student-athlete's parents (non-serious injury) and/or 911 for emergency medical treatment.

## **MEDICAL CLEARANCE – PHYSICAL EXAM FORM**

Students wishing to participate in an interscholastic sport must show evidence of having a physical examination given by a licensed California physician that covers their entire season of sport. Jurupa Hills High School hosts on-site physicals in May that are good for one year. There is a nominal fee for the examination. Student-athletes who miss the examinations must arrange for one on their own.

## **DOCTOR'S NOTE**

All athletes that have seen a doctor for *any* reason require a **written medical release** in order to participate in practice and/or contests. No athletes under the care of a doctor for an infected wound may participate in practices or contests without a **written medical release** from their attending physician.

## **ATHLETIC PARTICIPATION – REGISTRATION AND CONSENT FORM**

No student-athletes may tryout, practice or compete for a team or with a team until their Athletic Clearance Packet has been completed electronically at <https://www.athleticclearance.com/>

## **OUTSIDE COMPETITION**

According to CIF rules, no student-athlete may participate on a non-school team of the same sport during the same season. This includes leagues, tournaments, charity games, all-star games, 3-3 tournaments, college classes, etc. Since participation in a non-school event of the same sport will render an athlete ineligible and force the forfeiture of any Jurupa Hills contest, student-athletes must check with the Athletic Director if there is any doubt as to whether a competition is permissible according to CIF by-laws.

## **AWARDS**

The athletic department presents four types of awards: Letter Awards, Varsity Pins/Patches, Participation Certificates, and Scholar Athlete Awards.

### **LETTER AWARDS**

Each head coach determines which athletes are to receive letters based on criteria that includes playing time, attendance at practice, and exemplary attitude. If a student athlete wants to purchase his/her letter and/or pin, he/she may purchase through the ASB bookkeeper. Letters and pins are available in the athletic office.

### **VARSITY PINS**

Each student-athlete who successfully completes and varsity season and meets all varsity criteria will receive a pin.

### **PARTICIPATION CERTIFICATES**

These certificates are presented to all athletes who were active and consistent members of a particular team on any level.

### **SCHOLAR ATHLETE AWARD**

Varsity Letterman will receive a scholar athlete patch. Lower-level scholar athletes will receive a certificate only. This award is presented to students who have participated in athletics and who have maintained a 3.5-unweighted grade point average (with no F's) during the season of sport.

Fall Sports – Quarter 1  
Winter Sports – Semester 1  
Spring Sports Quarter 3

## **COST OF AWARDS**

**Letters-** \$5 with an ASB Card/ \$20 without ASB Card

**Pins/Sport patch-** \$1 with an ASB Card/ \$5 without ASB Card

**Scholar Athlete Patch-** \$2 with an ASB Card/ \$10 without ASB Card