

John F. Kennedy High School

Student-Athlete Handbook



Cougars

2011-2012

JOHN F. KENNEDY HIGH SCHOOL

MISSION STATEMENT FOR THE DEPARTMENT OF ATHLETICS

The mission of the John F. Kennedy Athletic Department is to promote athletics as an extension of the classroom to provide students with additional educational and life lessons. The John F. Kennedy Athletic Department is committed to developing well-rounded student athletes academically, athletically and socially. The athletic program is dedicated to integrity, sportsmanship, student wellness, and the fulfillment of each individual's full potential.

Statements of Athletic Philosophy

1. To reinforce the academic program, by supporting the values of John F. Kennedy High School, where student athletes can and should strive to realize their maximum academic potential.
2. To provide a well-supervised, competitive athletic program for as many students as possible, while ensuring the well being of the student athlete.
3. To expose athletes to a variety of experiences which will assist them in developing sportsmanship, team cooperation, courtesy, respect, self-control, discipline, and accountability.
4. To teach basic athletic fundamentals, while stressing overall development and athleticism.
5. To provide a foundation promoting loyalty, school spirit, and ownership within the Cougar Community.
6. To be a supporter of the entire athletic community at John F. Kennedy High School.

Athletes must comply with both the standards of the school and the athletic department to remain eligible for athletic participation. At all times, coaches have the prerogative to enforce more stringent rules, provided those rules are communicated in writing to the Vice Principal in charge of athletics, Athletic Director, the athletes, and their parents prior to the beginning of the sport.

Cougar Athletics

John F. Kennedy High School proudly offers a full athletic program with highly qualified coaches and an emphasis on high scholastic and athletic achievement. Kennedy is a member of the highly competitive Metro League joining the biggest league in the Div II Athletics including the following schools: Burbank, CK McClatchy, Hiram Johnson, Sac High Charter, Valley, Florin, and Rosemont High School.

1.) John F. Kennedy offers the following sports:

- a. Fall Season of Sport (**Start Date: Aug 8th**)
 - i. Football
 - ii. Boys Soccer
 - iii. Volleyball
 - iv. Boys and Girls Cross Country
 - v. Girls Tennis
 - vi. Girls Golf
- b. Winter Season of Sport (**Start Date: November 7th**)
 - i. Boys and Girls Basketball
 - ii. Wrestling
- c. Spring Season of Sport (**Start Date: February 6th**)
 - i. Baseball
 - ii. Softball
 - iii. Boys and Girls Track and Field
 - iv. Swimming & Diving
 - v. Boys Tennis
 - vi. Girls Soccer
 - vii. Boys Golf
 - viii. Boys Volleyball

2. Additional Activities that require following the Athletic Handbook protocol include:

- i. Rugby
- ii. Cheerleading

General Rules for Student-Athletes

Eligibility

Academic

- 1.) A student is scholastically eligible if:
 - a. The student is currently enrolled in at least 20 semester periods of work.
 - b. The student passed at least 20 semester periods of work at the completion of the **previous regular grading period.**
 - c. The student is maintaining minimum progress toward meeting the high school graduation requirements.
 - d. The student has maintained during the **previous grading period** a minimum of a 2.0 grade point average, on a 4.0 scale, in all enrolled courses.
 - e. Any student entering from the eighth grade into a CIF high school must have achieved a 2.0 grade point average on a 4.0 scale in enrolled courses at the conclusion of the **previous grading period.**
 - f. **Scholastic eligibility will be determined on the second Monday following the end of the grading period.**
 - i. **The Grading Period is defined by each nine-week quarter.**
- 2.) John F. Kennedy High School is committed to developing students who excel both academically and athletically. Occasionally, students will miss class time because of athletic travel; therefore, excessive non-attendance during the season will not be tolerated and can result in suspension from the team or other disciplinary action.
 - a. In order to participate in an athletic contest, practice, or other athletic activity, a student must be in attendance for a minimum of four class periods that day.
 - i. Students should attend school for the entire day unless they are excused for such things as funerals, medical/dental appointments, religious activities, and serious family obligations. Possible exceptions to the attendance policy are subject to interpretation by the Vice Principal in charge of Athletics and the Athletic Director.
 - b. In order to remain eligible for athletic competition, student-athletes must maintain an attendance average of 90% or better throughout the grading period.
- 3.) Although teachers and staff are given team rosters and schedules, student-athletes are responsible for notifying their teachers **in advance**, and arranging to make up missed work if they cannot attend a class due to regular and post-season contests. Practices and non-traditional season athletic events are not valid reasons for missing classes. In those situations athletes should attend class and arrange with the coach to make up missed practice time.

Transfer Students

- 1.) Any student that transfers to Kennedy High School must meet with the Athletic Director prior to the season. There are a variety of CIF Section rules regarding transfer students; therefore it is imperative to take the necessary additional steps to establish athletic eligibility.

Social Conduct

- 1.) It is considered a privilege, and not a right, to be a member of an athletic team at John F Kennedy High School. Membership on an athletic team means accepting the responsibility of representing John F. Kennedy High School in the most positive manner possible. At all times student-athletes must remember that they are representatives of John F. Kennedy High School and their teams. Any behavior that is viewed unfavorably by other individuals may create an unacceptable impression of their team, the Athletic Department, and John F. Kennedy High School.
 - a. Student-athletes may be removed or suspended from a team for unfavorable behavior at the discretion of the principal.
- 2.) Each student-athlete is expected to show a high degree of sportsmanship and to be neat, courteous, and respectful of others.
- 3.) Any behavior exhibiting racial, ethnic, religious, or sexual harassment is prohibited. Physical or verbal abuse of any member, guest, or host of John F. Kennedy High School (including officials, opposing teams, etc.); disruptive or disorderly conduct; or any offensive or anti-social behavior will not be tolerated and can result in suspension from the team or other disciplinary action.

Permission to Participate

In order to participate in athletics, the following paperwork must be on file with the athletic director prior to participation in any athletic program.

- 1.) Parental Consent
 - a. Student athletes must get signed permission to participate from their parent/guardian, on a SCUSD Sports Participation Approval Form to be provided by the school, before they participate.
- 2.) Physical Exam
 - a. A medical practitioner, on a SCUSD Sports Participation Approval Form, must certify that the student-athlete is physically fit to participate in athletics. This form is required before a student may try out, practice, or participate in interscholastic competition.
- 3.) Medical Insurance
 - a. The Sacramento City Unified School District requires that each student participating in school-sponsored events to be covered by insurance

protection for medical and hospital expenses resulting in accidental bodily injuries.

- i. Amounts of coverage are presented on the SCUSD Sports Participation Approval Form.
 - b. If the necessary coverage is not provided by private insurance, the Sacramento City Unified School District has arranged for an Accidental Insurance Plan. (See the Athletic Director for the forms.)
- 4.) Emergency Card
- a. All student athletes must complete an emergency card to be kept on file with the head coach before beginning participation.

Drug, Tobacco, and Alcohol Policy

Drugs and Alcohol

- 1.) A student may be suspended from athletic participation if he/she has:
 - a. Unlawfully possessed, used, sold or otherwise furnished or been under the influence of, any controlled substance, an alcoholic beverage or an intoxicant of any kind.
 - b. Used steroids or other performance enhancing drugs or dietary supplements.

Tobacco

- 1.) A student may be suspended from athletic participation if he/she has:
 - a. Possessed or used tobacco or any products containing tobacco or nicotine products, including, but not limited to, cigarettes, smokeless tobacco, snuff, chew packets, and betel.

The Principal, Vice Principal in charge of athletics, and the Athletic Director will determine the severity of the suspension for violation of the Drug, Alcohol, and Tobacco Policy of John F. Kennedy High School.

Before a violation occurs: Student-athletes who voluntarily disclose their substance abuse dependency to school personnel and who involve themselves in an assessment and treatment program will not be penalized under this policy. The recommendations of the assessor will be shared with the Athletic Director and/or Vice Principal in charge of athletics in order that he/she may monitor adherence to the program.

Suspension

- 1.) If a student is suspended from school by the administration, that student-athlete is suspended from all school related activities. They are not allowed to attend or participate in any school-related functions, including athletics.

- 2.) If the Administration, Athletic Director, or Coach suspends a student from a specific sport activity, it will be up to the head coach's discretion as to whether or not the student athlete will be allowed to attend practices or contests.

Quitting a Sport or Disciplinary Dismissal

- 1.) A student-athlete who quits a team or is dismissed from a team for a disciplinary reason loses all rights of a team member including, but not limited to, awards and/or post-season honors.
- 2.) Any athlete who quits a sport or is dismissed from a team for disciplinary reasons shall not be allowed to practice and participate in another sport until the season of the sport that he/she quit is completed.
- 3.) A student-athlete may "change" sports at any time until the final cuts for the team are made. After that time, leaving a sport constitutes "quitting." If a student-athlete is cut, he/she will have the opportunity to try out for another sport.
- 4.) Upon quitting a sport or being dismissed from a team for disciplinary reasons, the student-athlete must meet with his/her coach to clear all equipment. The athlete may not participate in any future sport until equipment is cleared.

Awards/Letters

- 1.) In order to qualify and receive awards and letters:
 - a. The student-athlete must complete the entire season in good standing as determined by the head coach and the standards stated in this handbook.
 - b. The student-athlete must have turned in or accounted for all equipment checked out to him/her.
 - c. The student-athlete must purchase an ASB sticker for his/her student body card.
- 2.) Student-athletes will receive one Frosh/Soph Block "K" and one Varsity Block "K". The student-athlete will receive an emblem for every sport in which he/she has participated.

Equipment

- 1.) Student-athletes are responsible for all equipment that is issued to them during the season of their sport. Upon the conclusion of the season, the student must turn in all equipment that has been borrowed from the school. If the equipment is lost or stolen, the student-athlete will be responsible for finding or paying for the equipment. Unreturned equipment could result in suspension from participation in subsequent sports seasons. For seniors, unpaid equipment bills could result in a delay in the receipt of the student-athlete's high school diploma.

Parent/Guardian – Coach Communication

- 1.) Parents/guardians and coaches have very different, yet vital, roles to play in the educational life of a student. Understanding each other's roles and following the proper channels of communication will enable parents/guardians and coaches to effectively work together to provide a meaningful experience for student-athletes while participating in athletics at John F. Kennedy High School.
- 2.) Communication you should expect from your child's coach:
 - a. Locations and times of practices and games.
 - b. Expectations of the players and the team.
 - c. Team rules and consequences for violations.
 - d. Emergency procedures.
 - e. Role of the parent/guardian to support the athletic program.
 - f. Discipline that may result in the suspension of your child's participation.
- 3.) Communication coaches expect from parents:
 - a. Notification of any schedule conflict well in advance.
 - b. Concerns expressed directly to the coach. Appropriate concerns to discuss with coaches include:
 - i. The treatment of your child, mentally and physically.
 - ii. Ways the parent/guardian can assist in the improvement of the child's skills.
 - iii. Concerns about your child's behavior.
 - c. Inappropriate issues to discuss with coaches.
 - i. Playing time
 - ii. Team strategy
 - iii. Play calling
 - iv. Other student-athletes
- 4.) Should an issue arise that needs to be discussed with the coach, set up an appointment with the coach either by telephone, in writing or personal contact with the coach.
 - a. **Please do not attempt to discuss emotional issues with a coach immediately following a game or practice.** Meetings of this nature do not promote resolution. A waiting period of 24 hours is necessary to address any potential concerns.
 - b. Should a meeting with the coach not promote a satisfactory resolution, the Athletic Director should be contacted in an effort to solve the problem.

Eligibility Paperwork Checklist

_____ Academic Eligibility – 2.0 GPA or higher and no more than 1 F in the last academic grading period.

_____ SCUSD Sports Medical/physical Form

_____ SCUSD Sports Participation Approval Form

_____ SCUSD Accidental Insurance Plan (If Necessary, See Athletic Director)

_____ Completed Emergency Card

_____ Multi-School Agreement Form (If Necessary)