

ATHLETIC DEPARTMENT

INTEGRITY ♦ HONOR ♦ EXCELLENCE

Christian Brothers High School is a member of the CIF Sac-Joaquin Section and participates in the Capital Athletic League. Christian Brothers participates in the following interscholastic sports:

Women's Athletic Program

Basketball: Frosh, J.V., Varsity
Cheerleading: Frosh, J.V., Varsity
Cross-Country: J.V., Varsity
Diving: Varsity **Golf:** Varsity
Lacrosse: J.V., Varsity **Soccer:**
J.V., Varsity **Softball:** J.V.,
Varsity
Swimming: J.V., Varsity
Tennis: Varsity
Track and Field: J.V., Varsity
Volleyball: Frosh, J.V., Varsity
Water Polo: J.V., Varsity

Men's Athletic Program

Baseball: Frosh, J.V., Varsity
Basketball: Frosh, J.V., Varsity
Cross Country: J.V., Varsity
Diving: Varsity
Football: Frosh, J.V., Varsity
Golf: J.V., Varsity
Lacrosse: J.V., Varsity
Soccer: J.V., Varsity
Swimming: J.V., Varsity
Tennis: Varsity
Track and Field: J.V., Varsity
Volleyball: J.V., Varsity
Water Polo: J.V., Varsity

Additionally, the Athletic Department provides opportunities for a sports medicine program (Student Athletic Trainers) and a Rugby club.

ATHLETIC DEPARTMENT POLICIES FOR STUDENTS, PARENTS, AND FANS

○ *Philosophy:*

The Athletic Department at Christian Brothers High School believes that athletics and participation in our athletic program are educational activities that contribute to the physical, personal, social, and spiritual growth of our student-athletes and, therefore, develop student-athletes as Christian members of society. By supporting the philosophy of the school and participating in the achievement of its goals, the Athletic Department is an integral part of the entire school community.

○ *Goals*

- To provide an athletic program where student-athletes develop physically, personally, socially, and spiritually in order to become better Christian men and women.
- To provide a quality athletic experience for all participants in the athletic program.
- To assist and encourage interested and qualified student-athletes to continue their athletic careers beyond high school.

○ Eligibility

1. CIF eligibility requirements: Any student-athlete wishing to participate on a school team must have maintained an un-weighted grade point average (GPA) of 2.00 or better during the previous quarter's grading period. Please note that *PowerSchool* displays a weighted GPA. *Eligibility cannot be reinstated until the following quarter's grading period.* A student who is placed on academic probation at the end of the school year will remain on probation until the conclusion of the first grading period in the Fall of the next year.
2. CIF eligibility requirements: Any student-athlete wishing to participate on a school team must have maintained an un-weighted grade point average (GPA) of 2.00 or better during the previous quarter's grading period. Please note that *PowerSchool* displays a weighted GPA. *Eligibility cannot be reinstated until the following quarter's grading period.* A student who is placed on academic probation at the end of the school year will remain on probation until the conclusion of the first grading period in the Fall of the next year.
3. CIF Academic Hardship Waiver: Any student-athlete who falls below the academic standards of the CIF and the Capital Athletic League at the end of a grading period may petition for an athletic eligibility extension. Consideration may be granted only for considerable extenuating or unforeseen circumstances which prevented the student-athlete from meeting the requirements. Students not meeting eligibility requirements who wish to participate on an athletic team must petition the Principal for an eligibility extension, not to exceed one grading period, before beginning or continuing (if already in progress) the sport. The petition must be submitted in the form of a letter to the Principal's office. Once a petition is received, the Principal or the designated Assistant Principal, will hold a meeting with the Athletic Director and Counselor. Others may be invited at the principal's discretion. **An eligibility extension will normally be granted only once during a student's high school career.**
4. In addition to reviewing quarterly and semester grade reports, the Athletic Department will conduct grade checks of all athletes based on team rosters. Each school year, these checks will occur on the third Tuesday of September and the third Tuesday of February. Any student-athlete falling below a 2.0 GPA will be suspended effective the following Monday from all sport practice and contests for at least one week, until he/she meets minimum requirements. Suspended student-athletes must attend mandatory after-school study hall Monday – Thursday. Once a student-athlete acquires the minimum 2.0 GPA, and one week has passed, he/she will be immediately reinstated to his/her sport.
5. All new and returning student athletes trying out for a sport must have a current Appryse medical system enrollment and valid doctor's physical examination form on file before the first day of participation in that sport including preseason conditioning and/or try outs. A blank doctor's physical examination form can be downloaded from Appryse once the enrollment is submitted and approved. Note: This is the only physical form recognized by the Appryse system. Do not upload or fax any other documents as they will not be attached to your records. According to California Interscholastic Federation rules, the student must have this physical prior to trying out, practicing for, or participating in interscholastic competition. Physicals are valid for one calendar year per CIF rules. It is strongly recommended that parents keep a copy of the completed form for their records.

6. Athletes must have their own insurance; supplemental insurance is available for a nominal fee. Forms will be distributed at the beginning of the season. Football is not covered under school insurance.
7. All student-athletes are permitted to participate in as many sports as they wish. No coach should advise a student-athlete not to participate in another sport. Concurrent participation in two school sports must have prior approval from the team coaches and the Athletic Director.
8. Any student-athlete wishing to try out late for a sport, (i.e., after the CIF listed starting date or after contests have started), may do *only* if the sport program permits it; if he/she is able to present a legitimate reason for trying out late, (e.g., injury, participation in another sport, late transfer, no prior notification of the starting date, eligibility requirements); if there is sufficient equipment; and/or if there are positions available.
9. If a student-athlete is cut from a sport during the tryout period, he/she may participate in an alternate sport if approved by the head coach of that sport.
10. **A student-athlete who quits a sport or is dropped from one sport for disciplinary reasons will not be permitted to participate in a second sport until the first sport is completed (end of league play).** Appeals with special circumstances must be made to the Athletic Director.
11. **Residential Eligibility for Transfer Students:** All student-athletes who transfer to Christian Brothers from another school must fill out the appropriate CIF application before being considered for eligibility in sports. The *Transfer Eligibility Letter to Parents* and *CIF Parent/Student Transfer Paperwork* may be found at the Athletics Department website: <https://www.cbhssacramento.org/athletics/info-and-forms/>. CIF forms may also be downloaded from the section website: <http://www.cifsjs.org/> . Transfer students and their parents are encouraged to address their circumstances or concerns with the Athletic Director.

○ *Athletic Participation Expectations*

1. Student-athletes must be present for at least one-half day (over ½ the class periods) to be eligible to participate in after-school athletic practices or games. Student-athletes who are absent from school are not allowed to participate, be on campus or attend a team event on the same day unless approved by the Deans of Students.
2. Student-athletes participating in athletic events during the day or at night prior to a scheduled school day are expected to be in attendance the full school day following the event.
3. Student-athletes missing class due to an athletic event are responsible for all work missed. Student athletes should notify teachers in advance of events whenever possible.
4. Teachers have the right to keep students in class if they are struggling academically or not keeping up with work.

5. Detentions are considered to be an unexcused tardy or absence for sports. Detentions on game days must be served on that day unless the Deans Office gives prior approval for a one-day delay.
6. All student-athletes are financially responsible for any items issued by the school. A replacement charge will be billed to parents for articles that are lost, stolen, or damaged. Any lost, stolen, or damaged equipment should be reported to the coach immediately.
7. All school equipment and uniforms must be returned in similar condition as it was when distributed within 1 week of the final contest. Student-athletes not meeting this deadline will be required to attend after school detention each day until all equipment and/or uniforms are returned or paid for. In the event the equipment or uniform is damaged or lost the student-athlete and parents take full responsibility for replacement costs.
8. Lockers are available for the purpose of storing athletic equipment. Student-athletes are required to purchase a lock through the Student Store or the male or female locker room coordinator, and combinations should remain confidential to ensure personal security.
9. Any student-athlete participating on an athletic team accepts all the rules of that team as explained by the coach(es). During school holidays and breaks, student-athletes are expected to attend all practices and games.
10. **Practices:** The usual policy is to practice every weekday except game day.
 - Head coaches are to determine and communicate, in advance, the practice schedules for their teams.
 - Saturday and most holidays practices are allowed with advance notice. No practices or meetings involving students are allowed on Sunday. Practice on major holidays must be cleared with the Athletic Department.
 - Practices may only be conducted with a coach present. Coaches will establish their own attendance policy for student-athletes.
11. During the high school season, no student-athlete can participate in the same sport with an outside organization.
12. The head coach for each team will determine the policy for allowing student-athletes to compete on a different non-school sports team during the high school season. The school's athletic program takes priority over all outside participation. Failure to abide by the coach's stated non-school participation policy can result in suspension or removal from the team.
13. **Student-Athletes moving up Classifications (Fr-JV-V):** Every effort will be made to have student athletes compete at their appropriate level. The higher-level coach will use the following criteria when considering movement of an underclassman to the JV or varsity level:
 - The student-athlete fills an obvious need that cannot be met by at-level players.
 - The student-athlete will either start or play regularly through the entire season.
 - The student-athlete is superior in ability and maturity.
 - The student-athlete's parents are supportive of the move.

All decisions to move an underclassman will be determined by the Athletic Director in consultation with all coaches affected by the move, the Deans of Students and the student's grade level counselor. A completed and approved 'athletic level advancement' form and a signed 'advancement parent agreement' must be on file prior to a student moving up in classification.

14. Student-athletes wishing to participate on an athletic team must abide by the rules of fair play and proper sportsmanship as outlined in the California Interscholastic Federation's Sac-Joaquin Section Sportsmanship Resolution and the Sportsmanship Preamble. Furthermore, profanity, fighting, hazing or other conduct unbecoming of a student of Christian Brothers High School will not be tolerated at any time. Such behavior may warrant sanctions by the head coach, the Athletic Director, the Deans of Students, or the Principal, and may include suspension, removal from the team, or dismissal from the school.
15. **Ejection:** Any student-athlete ejected from a game automatically receives a one-game suspension. Coaches will inform the Athletic Director immediately of any ejection and submit a written report to the Athletic Director within 24 hours of the incident. Repeated ejections will incur additional sanctions as deemed appropriate by CIF, league rules, and/or the school administration.
16. **Awards:** At the completion of each season and at the discretion of each head coach, certificates and/or letters and inserts will be presented to student-athletes participating on a sport team. Eligibility will be determined based on, but not limited to, participation, sportsmanship, contribution to the team, and commitment.

Capital Athletic League (CAL) Scholar-Athlete Award Criteria: Varsity team members are eligible for the award for each season for which they qualify. To qualify, the student-athlete must finish the season in good standing and must have a cumulative 3.50 (or above) weighted or unweighted grade point average, as well as a current 3.5 (or above) weighted or unweighted GPA at the completion of the grading period of the sport season in which they participated. Freshmen are not eligible as the student-athlete must have at least one year of grades, beginning with the ninth grade.

17. **Drug and Alcohol, Policies Are Consistent with School Policies:** If a coach becomes aware of any situation in which a student-athlete is involved with drugs or alcohol issues, the student-athlete will be referred to the Deans Office. Parents and student-athletes agree to build strength naturally through weight training and a healthy diet. Performance enhancing supplements are not permitted or acceptable to use under any circumstance.

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 (Bylaw 524).

By signing and submitting the athletic participation forms in the Appryse system, both the participating student-athlete and the parents, legal guardian/caregiver agree that the student

shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition. They also recognize that under CIF

Bylaw 200.D there could be penalties for false or fraudulent information, and understand that the Christian Brothers High School policy regarding use of illegal drugs will be enforced for any violation of these rules.

18. **Harassment Policies Are Consistent with School Policies:** If a coach becomes aware of any situation in which a student-athlete is involved with harassment issues, the student-athlete be referred to the Athletic Director and Deans of Students. Harassment occurs when an individual is subjected to treatment or an environment which is unwelcome, hostile or intimidating. Harassment can come in the form of hazing, bullying, verbal, written, and/or physical intimidation. For more information please refer to the Harassment Policy on page 26 of the Parent/Student Handbook. Student-athletes who are found to have engaged in harassment activities are subject to suspension and/or removal from an athletic team in addition to school consequences.
19. **Athletic Training Room Procedures:** The athletic trainer will only treat student-athletes who are injured while participating on a school team. Coaches will send for the athletic trainer or send the injured student-athlete to the athletic trainer for evaluation. Any student-athlete receiving care in the athletic training room must sign in prior to treatment. The athletic trainer will inform the coach after the evaluation of restrictions or special attention needed for the student-athlete. Any student-athlete who is referred or who seeks care from a physician must be cleared by that physician before the student-athlete will be considered to be released for activity. Final clearance is the responsibility of Athletic Trainer.
20. The athletic training room will not be staffed on non-school days. The head coach will be responsible for all injury care in the absence of the athletic trainer.
21. **Concussion Protocols:** An athlete who is suspected of sustaining a concussion or head injury in an athletic activity shall be immediately removed from the activity for the remainder of the day, and shall not be permitted to return to the activity until he or she completes the following steps:
 - The athlete must be evaluated by a licensed health care provider, trained in the management of concussions, acting within the scope of his or her practice.
 - The athlete must receive written clearance to return to the activity from that licensed health care provider.
 - Once the athlete is symptom free for at least 24 hours at rest, the ImPACT Test will be administered. If the test shows deficits, the athlete must wait one week before retesting.
 - When the athlete shows a return to baseline on their ImPACT Test, they will complete the following Gradual Return to Play plan from the Acute Concussion Evaluation Care Plan:
 1. No physical activity
 2. Low levels of physical activity. This includes walking, light jogging, light stationary bike, light weightlifting (no squats or bench).

3. Moderate levels of physical activity with body/head movement. This includes moderate jogging, brief running, moderate-intensity stationary biking, moderate-intensity weightlifting.
4. Heavy non-contact physical activity. This includes sprinting/running, high-intensity stationary biking, regular weightlifting routine, non-contact sport-specific drills.
5. Full contact in controlled practice.
6. Full contact in game play.

The athlete will be progressed to the next step of the ‘Gradual Return to Play’ if they do not experience any symptoms at each level. If any symptoms return, all activity will be stopped until the athlete is symptom free for a minimum of 24 hours. They will start again at the previous step of the return to play plan.

WHAT IS A CONCUSSION? A concussion is a brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Parents or Guardians *If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:* • Appears dazed or stunned • Is confused about assignment or position • Forgets an instruction • Is unsure of game, score, or opponent • Moves clumsily • Answers questions slowly • Loses consciousness (even briefly) • Shows behavior or personality changes • Can’t recall events prior to hit or fall • Can’t recall events after hit or fall

Symptoms Reported by Athlete • Headache or “pressure” in head • Nausea or vomiting • Balance problems or dizziness • Double or blurry vision • Sensitivity to light • Sensitivity to noise • Feeling sluggish, hazy, foggy, or groggy • Concentration or memory problems • Confusion • Does not “feel right”

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

- **Tell your coaches, athletic trainer and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might have a concussion.
- **Get a medical checkup.** A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.
- **Give yourself time to get better.** If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

23. CIF Sudden Cardiac Arrest Information

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the victim to collapse. The malfunction is caused by a congenital or genetic defect in the heart's structure.

What is an AED?

An automated external defibrillator (AED) is the only way to save a sudden cardiac arrest victim. An AED is a portable, user-friendly device that automatically diagnoses potentially life-threatening heart rhythms and delivers an electric shock to restore normal rhythm. Anyone can operate an AED, regardless of training. Simple audio direction instructs the rescuer when to press a button to deliver the shock, while other AEDs provide an automatic shock if a fatal heart rhythm is detected. A rescuer cannot accidentally hurt a victim with an AED-quick action can only help. AEDs are designed to only shock victims whose hearts need to be restored to a healthy rhythm. Check with your school for locations of on-campus AEDs.

How common is sudden cardiac arrest in the United States?

As the leading cause of death in the U.S., there are more than 300,000 cardiac arrests outside hospitals each year, with nine out of 10 resulting in death. Thousands of sudden cardiac arrests occur among youth, as it is the #2 cause of death under 25 and the #1 killer of student athletes.

Who is at risk for sudden cardiac arrest?

SCA is more likely to occur during exercise or physical activity, so student-athletes are at greater risk. While a heart condition may have no warning signs, studies show that many young people do have symptoms but neglect to tell an adult. This may be because they are embarrassed, they do not want to jeopardize their playing time, they mistakenly think they're out of shape and need to train harder, or they simply ignore the symptoms, assuming they will "just go away." Additionally, some health history factors increase the risk of SCA.

What should you do if your student-athlete is experiencing any of these symptoms? We need to let student-athletes know that if they experience any SCA-related symptoms it is crucial to alert an adult and get follow-up care as soon as possible with a primary care physician. If the athlete has any of the SCA risk factors, these should also be discussed with a doctor to determine if further testing is needed. Wait for your doctor's feedback before returning to play, and alert your coach, trainer and school nurse about any diagnosed conditions.

The Cardiac Chain of Survival

On average it takes EMS teams up to 12 minutes to arrive to a cardiac emergency. Every minute delay in attending to a sudden cardiac arrest victim decreases the chance of survival by 10%. Everyone should be prepared to take action in the first minutes of collapse.

Early Recognition of Sudden Cardiac Arrest

Collapsed and unresponsive. Gaspings, gurgling, snorting, moaning or labored breathing noises. Seizure-like activity.

Early Access to 9-1-1

Confirm unresponsiveness. Call 9-1-1 and follow emergency dispatcher's instructions. Call any onsite Emergency Responders.

Early CPR

Begin cardiopulmonary resuscitation (CPR) immediately. Hands-only CPR involves fast and continual two-inch chest compressions-about 100 per minute.

Recognize the Warning Signs & Risk Factors of Sudden Cardiac Arrest (SCA) Tell Your Coach and Consult Your Doctor if These Conditions are Present in Your StudentAthlete:

Potential Indicators That SCA May Occur

- Fainting or seizure, especially during or right after exercise
- Fainting repeatedly or with excitement or startle
- Excessive shortness of breath during exercise
- Racing or fluttering heart palpitations or irregular heartbeat
- Repeated dizziness or lightheadedness
- Chest pain or discomfort with exercise
- Excessive, unexpected fatigue during or after exercise

Factors That Increase the Risk of SCA

- Family history of known heart abnormalities or sudden death before age 50
- Specific family history of Long QT Syndrome, Brugada Syndrome, Hypertrophic Cardiomyopathy, or Arrhythmogenic Right Ventricular Dysplasia (ARVD)
- Family members with unexplained fainting, seizures, drowning or near drowning or car accidents
- Known structural heart abnormality, repaired or unrepaired
- Use of drugs, such as cocaine, inhalants, "recreational" drugs, excessive energy drinks or performance-enhancing supplements

What is CIF doing to help protect student-athletes?

CIF amended its bylaws to include language that adds SCA training to coach certification and practice and game protocol that empowers coaches to remove from play a student-athlete who exhibits fainting-the number one warning sign of a potential heart condition. A student-athlete who has been removed from play after displaying signs or symptoms associated with SCA may not return to play until he or she is evaluated and cleared by a licensed health care provider. Parents, guardians and caregivers are urged to dialogue with student-athletes about their heart health and everyone associated with high school sports should be familiar with the cardiac chain of survival so they are prepared in the event of a cardiac emergency. I have reviewed and understand the symptoms and warning signs of SCA and the new CIF protocol to incorporate SCA prevention strategies into my student's sports program.

For more information about Sudden Cardiac Arrest visit:

California Interscholastic Federation	http://www.cifstate.org
Eric Paredes Save A Life Foundation	http://www.epsavealife.org
CardiacWise (20-minute training video)	http://www.sportsafetyinternational.org

24. **Game Day Attire during school day for Student-Athletes:** To promote school spirit at CB, our student-athletes are encouraged to wear “Game Day Attire” on the day of competition and on Fridays preceding Saturday games. For Game Day Attire during the school day student-athletes may wear:

- Game jerseys that have sleeves with dress code pants, walking shorts, or capris.
- Team polo shirts designating sport representation with dress code pants, walking shorts, or capris.
- No warm-up pants may be worn, but warm-up jackets and sweat shirts that comply with regular dress code requirements.
- All “Game Day Attire” must observe CB dress code standards of modesty, moderation, and good taste.

25. **Travel and Game Attire:**

- Students are expected to be in the following attire when they arrive at sites for competition as directed by the head coach:
 - Athletic game uniform
 - Professional Dress
 - Christian Brothers Travel Attire
- Students are expected to be in appropriate clothing for all practice sessions regardless of location. Attire should be of like fashion to what is worn in contests. Swim suits should be worn at pool facility only.

○ *Athletic Fees*

1. **Athletic Participation Fee:** Athletes participating in a sport will be charged a non-refundable athletic fee for each season of sport in which they participate. This fee helps offset costs associated with participation, (i.e. officials, uniforms, travel, facility rental, equipment, tournaments, strength and conditioning program etc.) This applies once a roster has been submitted and the student-athlete has participated in one contest. Even if a student-athlete quits or is removed from a team, he or she is financially responsible to pay this fee. This fee will be added to the tuition account.
2. **Spirit Packs:** With the approval of the Athletic Director, each sport may offer “spirit packs” to the members of their team. These packages usually include sport-specific logo wear which is designed for use in practice and contests. Packages may include mandatory and/or optional items. Spirit packs will be purchased online and delivered directly to the Athletic Department for distribution to studentathletes.
3. **Equipment and Uniforms:** Equipment and uniform costs vary from sport to sport. Christian Brothers makes every attempt possible to ensure our student-athletes have the best equipment available. There will be instances where certain sports require their student-athletes to purchase uniforms or a limited amount of equipment. Please see the head coach of the respective sport for more information.

○ **Transportation**

The school's interscholastic and other athletic programs consist of a variety of competitive sports teams, membership on a competitive sports team, participation in try-outs, games, tournaments, meets and matches, both at the School and at other locations, training, practice, fund raisers, and other related activities and events. Participation in the School's athletic program may involve travel beyond the confines of the School campus and to various locations both within and outside California. This policy is applicable for all activities of the School athletic program throughout the entire academic year.

1. Transportation will be provided for all necessary travel for athletic contests except:
 - Varsity teams traveling to schools within the greater Sacramento area*.
 - Any contest starting after 6:00 pm.
 - Transportation home from sub-varsity contests ending after 6:00 pm and within the greater Sacramento area.
 - Any contest on a non-school day or weekend.

*If for any reason, buses are used within the greater Sacramento area, they will for drop off only and parents will be expected to plan for transporting their student home.

2. Parent(s)/guardian(s) are responsible for all athletic event transportation arrangements for their student with the exception of transportation provided by the School as outlined above. When School transportation is provided, student must travel to the event in the provided transportation, unless the parent/guardian notifies the coach in writing that they will be transporting the student. If the School provides travel associated with the event, the School will utilize chartered buses or employee-driven School-owned vehicles.
3. If the School is not providing transportation to and from an event, it is the responsibility of Student-Athlete and his/her parent(s)/guardian(s) to provide all necessary transportation. If no parent or guardian is able to provide transportation to/from an event in situations where the School is not providing transportation, parent(s)/guardian(s) must arrange for alternative transportation if Student-Athlete intends to participate in the event. The School assumes no responsibility for arranging alternative transportation.
4. In such situations, the Student-Athlete's parent or guardian may arrange for his or her student to obtain transportation from a private volunteer driver, including another student or another student's parent ("private volunteer driver"). A private volunteer driver is one who is not employed by the School, or if employed is acting outside of the scope of his or her employment, and who is not utilizing a School-owned vehicle. The School is not responsible for transportation by private volunteer drivers and assumes no liability for any accidents or injuries arising out of transportation provided by private volunteer drivers, as set forth below.
5. Private volunteer drivers providing transportation to athletic contests for students subject themselves to their own risk of liability and to use of their private insurance coverage. The School does not assume any liability to either the students who ride with private volunteer drivers or to private volunteer drivers for any accidents or injuries arising out of transportation provided by private volunteer drivers.

○ ***Official Dates***

Official dates for each season (Fall, Winter and Spring) are published on the Athletic Department web site <https://www.cbhs-sacramento.org/athletics/> .

○ ***Collegiate Athletics***

There are many opportunities to pursue athletics at the collegiate level; NCAA, NAIA or NJCAA. If a student is interested in pursuing athletics after high school he or she should consult his or her counselor and head coach. For complete information about requirements visit the respective organizations' website:

NCAA www.ncaa.com , NAIA www.naia.org or NJCAA www.njcaa.org .

CIF SAC-JOQUIN SECTION SPORTSMANSHIP RESOLUTION

Code of Ethics:

It is the duty of all concerned with high school athletics:

1. To emphasize the proper ideals of sportsmanship, ethical conduct, and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a happy relationship between visitors and hosts.
6. To respect the integrity and judgment of sports officials.
7. To achieve a thorough understanding and acceptance of rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative, and good judgment by all players on the team.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.
10. To remember that an athletic contest is a game and not a matter of life and death for the player, coach, school, officials, fans, community, state, or nation.

California Interscholastic Federation New Article 5 By-Law 522

“Any student who physically assaults the person of a game or event official shall be banned from interscholastic athletics for the remainder of the student’s eligibility. A game or event official is defined as a referee, umpire or any other official assigned to interpret or enforce rules of competition at an event or contest. A student may, after a lapse of 18 calendar months from the date of the incident, apply for reinstatement of eligibility to the State Commissioner.”

○ *Guidelines for Parents and Procedures for Communicating Concerns*

1. Good sportsmanship is expected from everyone at Christian Brothers. The coaches and players are expected to and are held accountable for representing Christian Brothers High School with dignity and integrity. The same high standards of behavior are expected from all adults and fans.
2. Not all players get the same playing time. The nature of athletics and high school competition means we try to put the best team on the court or field. It is the coach’s job to decide who the most qualified players are so the team has its best chance for success. Part of any player’s maturation process includes putting one’s personal desires aside for the betterment of the team.
3. Coaches are to be treated with the same respect accorded any other professional.
4. If you have a concern, express it at the appropriate time and place. If you have any concerns about your child’s coach or your child’s athletic participation on a team, please use the following procedure in order until you feel the issue is resolved:
 - **Have your child speak to his/her coach.** Sometimes the coach is unaware of your child’s concern or feelings. It is also important that we teach our students how to communicate effectively with adults in a mature manner.
 - **Arrange an appointment to speak with your child’s coach.** Our coaches will respond to your request as quickly as possible.
 - **Arrange an appointment with the Athletic Director.** The athletic department will investigate the situation promptly.
 - **Arrange an appointment with the Principal** if you feel the issue still has not been resolved.
5. Playing time, game strategy, and play calling are not appropriate issues to discuss with the head coach, athletic director or principal.

○ *Guidelines for High School Fans*

High school athletics is also a place for learning. Following is a list of guidelines that all high school fans should follow, whether they are adults, students, or children.

1. Since the playing field is an extension of the classroom, *all student-athletes should be allowed to try and fail without judgment.* Since all humans are fallible, mistakes will happen. It is another part of the game and adds to the excitement and unpredictability of high school sports.

2. **Keep comments positive and supportive.** Criticism is easy, and it is destructive because it only points out faults and shortcomings.
3. **Respect a coach's ability to teach.** Keep in mind that many factors influence game-time decisions. Some factors are obvious and others more subtle, but each leads to decisions that are made in the best interest of the team.
4. The school and the Athletic Department reserve the right to remove or refuse admission to persons who belittle, chide, berate, taunt, or bait any player, coach, or official. Profanity is never acceptable language no matter the reason. Even though an admission fee is charged for some high school contests, payment does not give license to the fans to "speak their minds." This is high school and a proper perspective must be maintained.