



Dear Parent/Guardian and Student-Athletes,

This information is presented to you because you and your son or daughter have indicated a desire for them to participate in athletics at Patriot High School. Your family's interest in this phase of our school program is gratifying. We believe that participation in sports provides a wealth of **opportunities and experiences that enhance a student's education.**

A properly controlled, well-organized sports program promotes the educational development of all students and meets their need for self-expression, mental alertness, and physical growth. It is our intent to maintain a program that is sound in purpose and will further each student's educational and socio-emotional maturity.

When you and your child sign up for our athletic program, your family is committing to certain responsibilities. The program is governed by the regulations established by the Jurupa Unified School District. Additionally, league, district, and school procedures have been established to protect and guide student-athletes. This handbook will acquaint you with some of the specific policies that are part of our well-organized athletics program.

For informational purposes, Patriot High School is a member of the California Interscholastic Federation Southern Section, competing in the River Valley League. Here's to a great season!

Sincerely,

Chris Fowler, Athletic Director



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## Principles of the PHS Athletics Program

Participation in the athletics program at Patriot High School is a **privilege**. This participation should elicit great pride among all school community members. Part of the responsibility that goes with participation in school sports is the need to maintain satisfactory standards of behavior. This handbook clearly defines the standards for student-athlete behavior. It is the responsibility of each student-athlete and his/her parents to be familiar with the contents of this handbook.

### **The PHS Athletics Program:**

Recognizes that the purpose of athletics is to **promote the physical, mental, moral, social, and emotional well-being** of the individual players.

Is conducted in accordance with the letter and spirit of the **rules and regulations** of the league, state, and national athletic associations and;

Is conducted by **adults who have adequate training** in physical education or through coaching certification programs;

Emphasizes the proper ideals of **sportsmanship**, ethical conduct, and fair play. Abides by the **rules** of the game and the standards of **eligibility**. It also encourages **leadership**, the use of initiative, and good judgment by the players on a team.

### **1. Sportsmanship and Respect**

Our school is committed to creating an inclusive and **diverse athletic community where all individuals feel valued and safe**. Student-athletes are expected to actively promote and uphold an environment that celebrates differences, encourages understanding, and fosters unity among teammates and competitors alike. Any incidents of discrimination, whether on the field, in the locker room, or online, should be reported to coaches, school administrators, or designated personnel for immediate investigation and resolution.



**Respect** for opponents, coaches, officials, and teammates is non-negotiable. Treat all individuals, regardless of race, gender, ethnicity, religion, sexual orientation, or any other characteristic, with fairness, dignity, and respect. Discrimination, harassment, or any form of prejudiced behavior will not be tolerated and will be subject to immediate disciplinary actions.

In addition to observing regular school policies that are in effect at all times, student-athletes must display good **sportsmanship**. Avoid language, gestures, and behavior that could reflect poorly on yourself, the team, and the school. When visiting other schools, we expect student-athletes to dress, act, and **conduct themselves with respect**.

Respect the integrity and **judgment of the officials**.

## **2. Inclusion and Equity**

We expect student-athletes to lead and set an example for **inclusion**. We expect teams to be positive and welcoming environments for everyone.

- Stereotypes, Bigotry, and biased or harassing behavior have no place in our schools or on our teams.
- We expect students to be “upstanders” and not engage in bullying, taunting opposing team members or demeaning other students.
- Student-athletes may not use any racialized language, demeaning nicknames or name-calling, including profanity, vulgar, racist, sexist, or homophobic language, obscene gestures, offensive remarks, or other actions that demean individuals or the sport in person, to the media or on any private or public social media site. The use of hate speech or hate symbols is completely unacceptable.
- Student-athletes may never engage in any type of hazing, as defined by the imposition of strenuous, dangerous, and or humiliating tasks as part of a program and/or initiation.



### **3. Commitment to Academics**

Student-athletes must **prioritize their academics** above all else. Maintain good academic standing, attend classes regularly, complete assignments on time, and seek academic support when needed. Understand that being a student-athlete requires juggling responsibilities, and time management is essential to excel both in the classroom and on the

field/court/mat/track/pool. Failure to meet academic requirements may result in probation or suspension from team activities.

Coaches and teachers will work together to ensure that student-athletes have the necessary resources to balance their commitments.

### **4. Attendance**

Attendance at all practices, games, and team events is mandatory. Arrive on time and notify coaches in advance of any absence or tardiness due to valid reasons. Understand that your presence and commitment are integral to the success of the team. Regular and punctual attendance to class fosters discipline, teamwork, and a strong work ethic, traits that extend beyond the athletic field and into every aspect of life.

### **5. Drug, Alcohol, and Illegal Substances**

Student-athletes are strictly prohibited from the use, possession, or distribution of drugs, alcohol, or any illegal substances. Recognize that substance abuse jeopardizes not only your athletic performance but also your health and future opportunities. Any suspicion of drug or alcohol use will be taken seriously and investigated thoroughly.

### **6. Sports Medicine**

Athletic training services will be provided to students through a certified Athletic Trainer (Ms. Cuccio) who will be available on a regular basis at PHS in the Athletic Trainer's Office, located on the westside pool entrance. Post-injury lab hours should be set between the athlete and the athletic trainer.

Student-athletes are expected to notify a certified athletic trainer and/or coach about all injuries immediately and are further required to adhere to a prescribed rehabilitation treatment program for the management of injuries.



## **7. Social Media and Online Conduct**

Maintain a positive and respectful online presence. Understand that your actions and words on social media platforms represent not only yourself but also the school and the athletic program. Refrain from posting any content that could harm the reputation of the school, teammates, or opponents. Cyberbullying and online harassment will not be tolerated, and any such behavior may result in disciplinary actions. Emphasize the importance of using social media responsibly and constructively to promote a positive team culture and uphold the values of the school.

## **8. Transportation**

Students will be transported to and from all away athletic contests by school-authorized vehicles. Parents may get prior approval to transport their own child home if there are extenuating circumstances. Forms are available in the Main Office and must be dropped off at the Main Office **24 hours before the event.**

## **9. Issuing of Team Uniforms and Equipment**

It is the responsibility of the athlete to return back to the coach all clothing and equipment issued. Failure to do so will result in an athlete paying for the missing articles. Athletes not paying for the missing articles will forfeit their right to receive any school equipment or clothing in the next sports season, be ineligible for any certification pin or letter, and have their transcripts held until payment is received.

## **10. Lockers**

If applicable, each student is encouraged to make sure that the locker is kept securely locked at all times and to share the combination with no other student. The school and district are NOT responsible for lost or stolen items left in lockers. The athletic team room lockers are for athletic practices and are cleaned out promptly at the end of each season.

## **11. Athletic Awards**

General Requirements For All Awards: To be eligible for an athletic award, a student-athlete must complete the season, although the coach may make exceptions (pending approval by the Athletic Director) in unusual cases. Letter awards will be made at the discretion of the Head Coach and only upon the recommendation of the PHS Athletics Department.



Letters: A student-athlete may receive one felt Varsity “P”, during their athletic career.

Emblem: A student-athlete will receive an emblem patch with their first letter in a particular sport.

Service Bar: A service bar is given to a student-athlete who has already received a Varsity felt “P” and emblem. A student will earn one additional bar each year they participate.

CIF Patch: A student-athlete may receive a CIF patch if they participated in a CIF contest for Patriot High School.

## 12. **Physical and Verbal Altercations**

Physical or verbal altercations, on or off the field, will result in severe consequences. Our school prioritizes conflict resolution and teaches student-athletes techniques to resolve disagreements peacefully and respectfully. Recognize that engaging in altercations not only jeopardizes your standing in the team but also damages the school's reputation. Athletes are expected to handle challenging situations with maturity and seek assistance from coaches or school administrators when necessary. The focus should always be on building a strong and supportive team environment that fosters growth and camaraderie.

## 13. **Communication of Concerns**

To address concerns, arrange a meeting with the coach outside of practice time to address an issue regarding athletic concerns. It is recommended to wait 24 hours to allow for cooling down. Do not approach a Coach or Staff member during practice time or directly afterward.

Have your players advocate for themselves first. This helps them learn how to communicate effectively with authority figures and others.

Contact your player's head coach first, then the athletic director if necessary, then the appropriate administrator who oversees athletics if necessary, and then the principal if necessary.



## **14. Parents/Guardians/Family**

Parents and guardians play a vital role in supporting student-athletes in their academic and athletic pursuits. Our school encourages parents to engage positively in their child's sports experience, attend games and events, and communicate openly with coaches.

We want you to enjoy watching your child participate and ask that you encourage all student-athletes on the team. Review and discuss our policy with your child. We expect you to follow the Principles of the PHS Athletics Program while in attendance at school programs.

Parents and Spectators are expected to not disrupt practices, games, or events or interfere with the work of PHS staff assisting with practice or supervision during practice, games, or events. Do not communicate with the referees before, during, or after games.



## Spectator Code of Conduct

Patriot High School spectators represent our community, our school, and our team.

The spectator must recognize that the purpose of co-curricular activities is to promote physical, mental, moral, social, and emotional well-being of participants.

1. It is important that every spectator be an exemplary role model and maintain the highest standard of conduct at all times.
2. Enthusiastic cheering for one's own team is encouraged. Protect the integrity of the game and encourage your team regardless of their play.
3. Respect officials, visiting coaches, players, and cheerleaders as guests in our Warrior Community and extend all courtesies to them. Booing, whistling, and disrespectful remarks are prohibited and may result in removal from the event.
4. Allow athletes to compete honestly; discourage unsportsmanlike conduct.
5. There will be no ringing of bells, sounds of horns, or other noisemakers at indoor contests during play.
6. The throwing of debris, confetti, or other objects from the stands is prohibited.
7. No smoking, drinking, or drugs on campus.
8. Spectators will respect and comply with all school rules, officials, and supervisors onsite. Be Positive, Be Supportive, and Enjoy the Game.

Improper behavior should be reported to the school supervisors and administration. Anyone who does not abide by these rules will be asked to leave the premises.

**Any violation of this code of conduct will be thoroughly investigated. The PHS athletic department and Student Management Department take all code violations seriously and will apply disciplinary actions based on the severity and frequency of the offense. The purpose of these consequences is not only to enforce compliance, but also to promote personal growth, accountability, and positive behavioral changes.**





**Agreement to the Principles of the PHS Athletics Program**

This document serves as a commitment to uphold the highest standards of sportsmanship, integrity, and dedication to both academics and athletics. I understand and agree with the information listed above and understand the need to exercise good judgment and conduct

myself with honesty, integrity, and respect for others at all times. Before a student is permitted to participate on an athletic team, both the student and parent must sign and return it to either their coach or the Athletic Director.

Failure to abide by these expectations may result in additional consequences.

*Provide a signature signifying that you have reviewed the Principles of the PHS Athletics Program, and acknowledge and agree to the guidelines and standards contained herein.*

Student-Athlete Name \_\_\_\_\_

Student-Athlete Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent Name \_\_\_\_\_

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_

Sport \_\_\_\_\_



# Principles of the PHS Athletics Program

## 1. Sportsmanship and Respect

**Excerpts from the CIF Constitution-A Member of The National Federation of State High School Associations**

The CIF Operating Principles are the 16 principles of Pursuing Victory With Honor program as follows:

A. The essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is achieved when competition reflects these six pillars of character.

H. School boards, superintendents, school administrators, parents and school sports leadership must ensure that the first priority of their student-athletes is a serious commitment to getting an education and developing the academic skills and character to succeed.

K. Everyone involved in the competition including parents, spectators, associated student body leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect. Coaches have a special responsibility to model respectful behavior and the duty to demand that their student-athletes refrain from disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent trash-talking, taunting, and inappropriate celebrations.

To safeguard the health of athletes and the integrity of the sport, school sports programs must actively prohibit the use of alcohol, tobacco, drugs and performance-enhancing substances, as well as demand compliance with all laws and regulations including those related to gambling and the use of drugs.

### 14. NON-DISCRIMINATION POLICY

It is the policy of the CIF **not to discriminate on the basis of disability, sex, gender, gender identity, gender expression, nationality, race or ethnicity, religion, or sexual orientation** in its athletic programs and related activities, in the employment of personnel, or in the selection of delegates to the Federated Council, committee members, officers or other such positions.



## 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, it is my responsibility to

Place academic achievement as the highest priority.

**Show respect** for teammates, opponents, officials, and coaches.

**Respect** the integrity and judgment of game officials.

Exhibit fair play, **sportsmanship**, and proper conduct on and off the playing field. Maintain a high level of safety awareness.

Refrain from the use of profanity, vulgarity, and other offensive language and gestures. Adhere to the established rules and standards of the game to be played.

Respect all equipment and use it safely and appropriately.

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.

Know and follow all state, section, and school athletic rules and regulations as they pertain to eligibility and sports participation.

Win with character, lose with dignity.



## CIF Athletes' Bill of Rights

The right to fair and equitable treatment and freedom from sex discrimination. The right to be provided with an **equitable opportunity to participate in all academic extracurricular activities.**

- The right to inquire about athletic opportunities at the school.
- The right to apply for athletic scholarships.
- The right to receive equitable treatment and benefits in the provision of athletic equipment, services, and facilities.
- The right to have access information on gender equity laws from the StateDept. of Education and the California Interscholastic Federation
- The right to file a discrimination complaint if discriminated against.
- The right to pursue civil remedies if discriminated against.
- The right to be protected from retaliation if a discrimination complaint is filed.



## **DISCRIMINATORY LANGUAGE**

As part of our commitment to fostering a supportive and inclusive school climate, students are encouraged to use **inclusive language and refrain from discriminatory speech**. This includes but is not limited to discriminatory writing, texting, and images. To prevent and respond to hate violence, racism, and bias-related incidents, PHS staff and students will participate in educational opportunities to **promote tolerance, acceptance, and sensitivity**. All pupils have the right to participate fully in the educational and athletic process, free from discrimination and harassment. Students who violate this policy will receive disciplinary action.

### **Defined Terms**

**Bigotry**: An unreasonable or irrational attachment to negative stereotypes and prejudices.

**Bullying**: The terms bullying and victimization are used to describe a situation during which students use indented, unprovoked, continuous, and repeated violence and aggressive behavior to intimidate, oppress, and inflict physical and emotional pain to their peers, inside or outside the school environment. Bullying and violence may be physical, verbal, psychological, or social. There is also another form of bullying, called cyberbullying which is expressed through the use of new technologies and social media.

Bullying usually manifests through:

- Gestures, shoving, beatings
- Verbal assault, swearing, insults, threats, defamation
- Destruction of personal items, thefts
- Sexual harassment and abuse
- Exclusion and isolation from groups, team games and social activities

**Discrimination**: The denial of justice and fair treatment by both individuals and institutions in many arenas, including employment, education, housing, banking and political rights. Discrimination is an action that can follow prejudicial thinking.



Hate Speech and Symbols: Speech or symbols that incite attacks or threatens a group on the basis of national origin, ethnicity, color, religion, gender, gender identity, sexual orientation, or disability.

Prejudice: Prejudging or making a decision about a person or group of people without sufficient knowledge. Prejudicial thinking is frequently based on stereotypes.

Racism: Prejudice, discrimination, or antagonism directed against a person or people on the basis of their membership of a particular racial or ethnic group, typically one that is a minority or marginalized. Racism affects every single one of us, whether we recognize it or not.

Personally mediated racism lives in individual people as the devaluation and dehumanization of others based on race. It is usually the most recognizable kind of racism, existing in the form of

stereotypes, bias, and selective exposure. Internalized racism is the acceptance of racist attitudes by members of a stigmatized race and the adoption of negative messages about their own abilities and values as a person. Institutional/Systemic racism means that social and political institutions provide unequal opportunity to people based on their race.

Racist Incident: Any incident that may be perceived as racist by the victim or another individual. It holds a wider meaning to that of misconduct or a crime since a racist incident may include a behavior that if it wasn't linked to a specific characteristic of a person it would not be considered as a criminal action. Racist incidents usually result in the exclusion, marginalization or discrimination against other people or groups of people because of their specific traits.

Stereotype: The overgeneralized, evaluative, simplified, extravagant perception/representation of a group of people, to justify our attitudes towards them, e.g. are not normal people. Stereotypes create wrongful positive or negative expectations of people who belong to a specific group

