

WUSD Athletic Guide

Washington Unified School District is proud of its athletic program and the contribution our student-athletes have made to build a strong sense of community. We expect that all student-athletes embrace the school district's tradition of outstanding sportsmanship, citizenship, and fair play. The district endorses the Athletic Principles of the State CIF, Central Section CIF, and Tri County Conference.

This guide provides the goals and objectives, along with the responsibilities and expectations of our parents and student-athletes while actively involved in our athletic program. Student-athletes are held to high standards of performance, citizenship, and sportsmanship during school and non-school functions, acceptance of these responsibilities to self and team is mandatory.

Students are expected to perform at a high level of physical fitness in their sport activity. The district has adopted training rules to ensure that students maintain a healthy body during their season of sport. Parent support for these standards of excellence is needed to ensure that the proper values are in place for our athletes as guidelines for their participation.

WHERE
great
FUTURES
begin

Washington Union Panther Athletics

6041 S. Elm Avenue Fresno, CA 93706
(559) 495-5667

Mr. Javier Gamboa
Principal
(559) 495-5680 ext. 5681

Mr. Jeff Freitas
Athletic Director
(559) 495-5680 ext. 5683

Fall Sports

Boys Cross Country
Girls Cross Country
Football
Girls Tennis
Volleyball
Girls Golf

Winter Sports

Boys Basketball
Girls Basketball
Boys Soccer
Girls Soccer
Boys & Girls Wrestling

Spring Sports

Baseball
Softball
Boys Tennis
Golf
Boys & Girls Track
Boys Volleyball

Head Coaches

Cheer
Girls Cross Country
Boys Cross Country
Girls Soccer
Boys Soccer
Girls Tennis
Boys Tennis
Volleyball
Boys Basketball
Girls Basketball
Softball
Baseball
Track
Boys Golf
Wrestling
Football
Girls Golf
Boys Volleyball

Stephanie Morris
Tori Rich
Jordan Keener
Max Zuniga
Fernando Lopez
Daniel Wissler
Daniel Wissler
Jennifer Lopez
Antoine Woods
Andrea McDonald
Tori Hildebrandt
Matt Fox
Paul Holland
Kyle Labrie
Gabriel Gonzalez
Paul Holland
Kyle Labrie
Bee Kue

West Fresno Athletics

**2888 S. Ivy
Fresno Ca. 93706
495-5607**

**Principal
Ana Vega**

**Athletic Director
Devin White**

Fall Sports

**Flag Football
Girls Volleyball
Cross Country**

Pre Winter Sports

**Soccer
Boys Volleyball**

Coaches

TBA

American Union Athletics

**2801 W. Adams
Fresno Ca. 93706
495-5650**

**Principal
James Dack**

**Athletic Director
Rashaad Reed**

Winter Sports

Basketball

Spring Sports

**Baseball
Softball
Track**

Coaches

TBA

Student-Athlete Expectations

Individual and team success in sports results from commitment. Athletes who are able to make such commitments reflect their maturity as to family, friends, school and team are what being committed is all about.

As an athlete at Washington Unified, I commit myself:

- To be a worthy representative of my teammates and coaches, abiding by school and community expectations and reflecting my team's values of commitment and hard work.
- Exhibit appropriate behavior on and off the field/court as determined by the coach and/or administration in order to bring pride to the community, students and staff.
- To maintain my health and fitness levels by following the training rules as prescribed by the Athletic Department and the Head Coach.
- To reflect the knowledge that a commitment to victory is nothing without the commitment to hard work in practice.
- To attend every practice unless excused by my coach.
- Demonstrate a positive attitude and be coachable.
- To understand that my future as a responsible adult and citizen relates to my academic and athletic activities.
- To find the time to satisfy my family relationships and responsibilities.
- To accept the responsibilities of team membership: cooperation, support of my teammates, shared responsibilities, positive interaction, and mutual respect.
- To reflect character by expressing my feelings and ideas intelligently and appropriately.
- To reflect my belief that true strength involves humility and that even the toughest athlete is sensitive to others.
- To respect and abide by the rules and policy decisions of the athletic commission.

If you are interested in Participating in Athletics (3 Steps)

Step 1

Contact the head coach listed on page 2.

Step 2

Complete the Online Athletic Clearance on **Arbiter** that contains the following: Emergency Card, Medical History, Assumption of Risk, Athletic Physical, No steroids form, Medical History, Extra & Co-curricular activities, proof of insurance and signs and symptoms of concussion form.

Step 3

Each student will be evaluated by the athletic director, coach, teacher(s), to determine their eligibility for participation. New athletes at Washington Unified will receive a fair tryout in order to make the team.

Note: Students cannot practice and/or participate on any school team until they have been cleared by the Athletic Director's office.

Athletic Clearance will be completed, once all steps are complete.

Policies and Procedures

Athletic Philosophy

The Athletic Program at Washington Unified is recognized by the administration, faculty, student body, and community as essential and worthwhile in attempting to carry out definite and well established educational values and goals. It is further recognized that this program should provide opportunities to develop and mature as responsible citizens.

It is further recognized that students who choose to represent WUSD are looked upon by the student body and the public as leaders and responsible persons and as such are expected to conduct themselves according to established codes.

Students participating in athletics must do so in keeping with regulations established by the State and Central Section CIF, regarding proper conduct and character training regulations.

Interscholastic Athletic Goals

The promotion of athletes must be maintained at a level that is compatible with intellectual and social service aspects of school life. The responsibility of athletics must rest with the school personnel and the students. The school staff, students, alumni organizations, parents, friends, and local businessmen can be of tremendous help in a sound program of sports; however, all basic decisions and policies must rest with the school.

Objectives for Washington Unified Athletes

1. Maintain a good scholastic record.
2. Maintain a good attendance record.
3. Develop and maintain maximum physical fitness.
4. Be a contributing member of the team.
5. Show respect for leadership roles.
6. Show respect for and responsibility to other members of the team.
7. Take personal responsibility for self-discipline.
8. Control emotions in pressure situations.
9. Accept both victory and defeat gracefully.
10. Refrain from the use of profanity, vulgarity, and unsportsmanlike conduct.
11. Sacrifice individual consideration to the benefit of the team.
12. Encourage the team members to live up to these obligations.
13. Return all school issued equipment and uniforms to the head coach after completion of season.
14. Do not use tobacco, alcohol, illegal and non prescribed drugs as well as performance enhancing drugs.
15. Wear only the uniform and accessories in an appropriate manner authorized by the coach and/or administration.
16. Do not use social media sites to post inappropriate material such as alcohol, drugs, or material deemed not an appropriate representation of our school/sport.
17. To deny any participation or encouragement of bullying or hazing of my teammates and to report to a coach, teacher or school administrator if I know of any bullying or hazing taking place.

Eligibility

To be eligible to participate (or be transported) in any game, practice, or athletic event under the auspice of WUSD as part of its interscholastic athletic program, a student must have the following:

1. Athletic Eligibility completed:
 - a. Personal Information
 - b. Sports Physical
 - c. Insurance verification-you must include a copy of your insurance card, Medi-Cal etc. If you do not have insurance you may purchase it through the school. Forms are available in the athletic office. **YOU MUST HAVE INSURANCE TO PARTICIPATE IN ATHLETICS.**
 - d. Athlete's participation, trip consent, and emergency care authorization signed by parent or guardian.
2. A signed CIF Ethics Form.
3. A signed Helmet Warning form-for football players only.
4. A signed Sports May Be Hazardous form, No steroid use form, and signs and symptoms of concussion form.
5. At least a 2.0 Grade Point Average verification from the previous semester. **THERE IS NO ACADEMIC PROBATION.** The previous semester's GPA stands.
6. No outstanding athletic debts.
7. A signed Athletic Participation Agreement.
8. Be in full-time attendance within WUSD.
9. Be free of concurrent disciplinary restriction.
10. Meet all CIF regulations.
11. Ineligible athletes that are active members of their team cannot dress in uniform during events.

Attendance

1. Students shall be in attendance on the day of a game in order to participate. If any class period is missed because of a medical or dental appointment, a note on the doctor's stationary, including the time of the appointment must be cleared through the appropriate office. Verification of court ordered appearances and religious observances must be cleared through the same process.
2. Athletes are expected to attend all practices when in school. Excused absences from practice shall be based on an excused absence from school or **prior** permission from the

coach. If a student has an unexcused absence from practice the coach has the authority to not play the student athlete at the next contest.

Citizenship: The conduct of the athlete during practice and athletic events shall be under the control of the coach and administration. Citizenship reports may be turned in to the coach, by academic instructors if deemed necessary. If a student has earned a poor citizenship grade, the coach then has the authority to not allow the student to compete in the next contest.

Disciplinary Structure: The conduct of the athlete during practice and athletic events shall be under the control of the coach. Violation of the objectives shall be dealt with by the coach, after thoughtful consideration. Such violation shall be documented and records kept, by the coach, stating infractions, date of occurrence, and remedy. **A copy will be sent to the Athletic Department.** ([New Google Document](#)) Students habitually violating the objectives or training rules of the WUSD Athletic Handbook, at the discretion of the coach, may be suspended from further athletic activity.

Athletics By-Laws

1. Quitting a sport by an individual
 - a. An individual may be allowed to quit a sport any time during the first two weeks of practice or prior to the first interscholastic contest, whichever comes first, without penalty. However, if an individual decides to quit after the first two weeks of practice, he or she will not be allowed to try out for the next sport until the completion of the current sport.
 - b. Any athlete leaving one sport and going to another sport within the same season must have the approval of both coaches involved and the Athletic Director.
2. Deadline:

A student can try out for a sport up to and including (20) schools days after the beginning of the sport season. Students involved in playoffs of a previous sport have an additional (5) school days at the conclusion of that sport.
3. Transportation:

All athletes must ride school transportation to and from all away contests. Only **Parents** can make alternate arrangements for the pickup of athletes at games:

 - a. Filing a written request with the principal or designee at least 24 hours in advance.
 - b. Personally contacting the coach at the game site.
 - c. A copy of the athletic travel release shall be in the possession of the head coach at all times.
4. Late bus

Students must sign up for the late bus everyday if they plan on riding the late bus. Signups are at the athletic office. **Students must sign up by 9:55 am.** **Students must also present their WUHS ID Cards to sign up and ride the bus. There is no late bus on Fridays.**

_____ Student Athlete Signature

Parent Guide

Expectations of Parents

- To accompany my child to as many orientations and informational meetings offered by the athletic department or the coach as my schedule will permit.
- To work closely with school personnel to assure an appropriate academic as well as athletic experience for my child while he or she is in high school.
- To assure that my child will attend all scheduled practices and athletic contests. I understand that this will require self-sacrifice.
- To require my child to abide by the athletic departments and coaches' rules and regulations.
- To acknowledge the ultimate authority of the coach to determine **strategy and player selection** and **playing time** of each player.
- To promote mature behavior from students and parents during athletic contests.
- To work cooperatively with other parents and school personnel to assure a wholesome and successful athletic program for the school.
- To work closely with coaches and other school personnel to identify a reasonable and realistic future for my child as a student athlete, both in high school and college.
- To be financially responsible for school issued uniforms and equipment lost or damaged.

You can play a key role in helping your child learn the values of winning and losing. On the next page are some suggested topics you can discuss with your child in these situations.

Value of Losing...Help your child learn from winning experiences by:

- Offering congratulations for winning, and identifying and discussing the efforts made by individuals and the team;
- Recognizing the improvement and growth of both individuals and the team;
- Emphasizing competitiveness and doing one's best.

Value of Winning...Help your child learn from losing experiences by:

- Crediting the play of his/her opponent or team;
 - Focusing on improvement by individuals and team;
 - Discussing what is successful;
 - Discussing what, if anything, individuals or the team could have done differently;
- Accepting the loss as something to grow by, setting individual goals, and moving forward.

Conduct: The importance of parents behaving as model spectators cannot be overstated. Parents who support the rules of conduct outlined in this handbook provide a role model for other parents and students alike. Of particular concern are parents who harass officials or make comments in the stands regarding judgment decisions made by the coach. This is counterproductive and tends to destroy the values of good sportsmanship and the game.

Issues of Concern...What are appropriate issues to discuss with the coach?

This is often the question many parents have when their children are participating in sports.

Parents are Encouraged to Discuss

- the treatment of their child
- sanctions incurred by their child
- scheduling of practices
- team rules and requirements
- ways to help their child improve
- concerns about their child's behavior
- Coaches' expectation for their child and team (holidays, summer programs, etc.)
- College participation

Parents are not Encouraged to Discuss

- placement on teams
- playing time
- strategies used by coach during contests
- other student-athletes

Special Note: It is very difficult to accept that your child is not playing as much as you hoped he or she would. Coaches are professionals. They make judgments and prospective decisions based on what they believe to be in the

best interest of the team. The coach must take into account all members of the team, not just your son or daughter.

Coach or Program Complaints:

It is imperative that parents respect the position of the coach and direct any concerns **TO THE COACH FIRST**. If you wish to discuss a problem or issue concerning your child; begin by contacting his/her coach. Often the problem or issue can be resolved at this level.

Steps for Resolution

1. Contact the Coach
2. Contact the Athletic Director
3. Contact the Principal
4. Lastly, contact the District Office

Productive Communication

Please make an appointment through the Athletic Director's Office, in order to speak with the coach. All meetings are to be held in an office. **NO conversations will take place on the field/court before, during or after practices or games.**

Student Name _____ Date _____

Parent Name _____ Date _____

Parent Signature _____ Date _____