



**KATELLA HIGH SCHOOL ATHLETICS**  
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ATHLETIC CODE

Interscholastic athletics is an integral part of the educational process at Katella High School. It appeals to those students who wish to compete at a high level, but must not detract from scholastic achievement.

Athletics is the means of teaching a way of life. It teaches fair play, sportsmanship, appreciation of teamwork, tolerance, and that hard work can result in success.

Athletics is integral to the total educational program by providing an opportunity for students to learn important life lessons and become more responsible as citizens in their home and community.

Students participating in the athletic program are encouraged to compete in as many sports as time and talents will allow. Coaches are encouraged to "share" athletes and should never discourage multi-sport participation.

The following is a CODE OF CONDUCT for the student athletes of Katella High School. It defines responsibilities and expectations as they relate to participation in athletics. Participation in athletics is a privilege, not a right, and may be revoked by school personnel when athletes violate the CODE OF CONDUCT.

ELIGIBILITY

Every year, all athletes must complete an eligibility packet that includes:

- Athletic Eligibility Application Form
- Athletic Emergency Health and Medical Consent Form
- Student Athlete Physical Examination (good for 1 calendar year)
- Acknowledgment and Assumption of Potential Risk Form
- Signature page completed with parent/guardian and athlete's signatures, which includes:
  - Verification of Code of Conduct
  - Steroid Contract
  - 6<sup>th</sup> Period Policy
  - Concussion Policy

This packet must be renewed each year. In addition, students will complete the Athletic Eligibility Application Form for each sport played.

In addition, the student athlete must:

Be less than 19 years of age prior to June 15.

Be currently enrolled in, and passing, at least 20 credits of new work and have passed at least 20 credits of new work in previous grading period.

Eligibility is based on the most recent grading period. The student must be passing 4 classes and have a 2.0 or higher GPA from the quarter that precedes the sport, AND all grading periods during the season of sport.

In the case that a student does not meet the academic requirement, a statement of probation form may be used. This probation form can be picked up in the Athletic Directors' office and must be signed by the athlete, parent/guardian, coach(s), Athletic Director, and AP in charge of athletics. If the athlete plays more than 1 sport, all coaches must sign probation form.



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Freshmen coming from the 8<sup>th</sup> grade and accepted in a four-year school are scholastically eligible for the 1<sup>st</sup> quarter. If a freshman does not meet the academic standard after the 1<sup>st</sup> quarter, then he/she will be ineligible until the next eligible grading period.

If a student has transferred from another school, a CIF Transfer form must be submitted to the CIF office. These CIF Transfer forms can be found on the CIF website or athletes can pick up from an Athletic Director.

All rules of the California Interscholastic Federation (CIF), whether or not stated in this policy, are made a part of this policy. At times, Katella High School and AUHSD District may be more stringent than that of CIF, but never in conflict and never more lenient.

**SIXTH PERIOD ATHLETICS**

Enrollment is a privilege and shall be treated as one. The following requirements and regulations have been established for the Athletic Period:

The Head Coach or Athletic Director must initiate all requests for transfer into or out of the Athletic Period. (Not a counselor)

Only athletes who complete tryouts or a summer program, or players from the previous year's roster will be enrolled. Head Coaches give the Athletic Director the names of who is to be enrolled in the class and the AD will give to the counselors.

When transferring from one sport to another, the athlete must clear up all uniform and fee issues with the 1<sup>st</sup> sport BEFORE they will be transferred to the next sport.

Cutting the Athletic Period may result in the transfer to a regular PE class and the school discipline policy will be followed.

If an athlete quits, or is removed from a sport, he/she will not be allowed to tryout or practice for the next sport until the season of the sport is over. Upon quitting, the student will be transferred into a regular PE class. The student may receive an "F" for the time spent in athletics. A junior or senior who quits may drop PE for credit, if they do not need the credits for graduation.

At times, due to limited space, some sports practice before school (0 period) and/or after school. As stated in the 6<sup>th</sup> period policy form, all school rules still apply to these athletes that leave after 5<sup>th</sup> period. (EX: no cell phones, electronic devices, etc. can be used while still on campus.)

**CONCUSSION POLICY**

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.



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<b>Symptoms may include one or more of the following:</b>	
<ul style="list-style-type: none"> <li>● Headaches</li> <li>● “Pressure in head”</li> <li>● Nausea or vomiting</li> <li>● Neck pain</li> <li>● Balance problems or dizziness</li> <li>● Blurred, double, or fuzzy vision</li> <li>● Sensitivity to light or noise</li> <li>● Feeling sluggish or slowed down</li> <li>● Feeling foggy or groggy</li> <li>● Drowsiness</li> <li>● Change in sleep patterns</li> </ul>	<ul style="list-style-type: none"> <li>● Amnesia</li> <li>● “Don’t feel right”</li> <li>● Fatigue or low energy</li> <li>● Sadness</li> <li>● Nervousness or anxiety</li> <li>● Irritability</li> <li>● More emotional</li> <li>● Confusion</li> <li>● Concentration or memory problems (forgetting game plays)</li> <li>● Repeating the same question/comment</li> </ul>
<b>Signs observed by teammates, parents, and coaches include:</b>	
<ul style="list-style-type: none"> <li>● Appears dazed</li> <li>● Vacant facial expression</li> <li>● Confused about assignment</li> <li>● Forgets plays</li> <li>● Is unsure of game, score, or opponent</li> <li>● Moves clumsily or shows lack of coordination</li> <li>● Answers questions slowly</li> </ul>	<ul style="list-style-type: none"> <li>● Slurred speech</li> <li>● Shows behavior or personality changes</li> <li>● Can’t recall events prior to hit</li> <li>● Can’t recall events after hit</li> <li>● Seizures or convulsions</li> <li>● Any change in typical behavior or personality</li> <li>● Loses consciousness</li> </ul>

**What can happen if my child keeps on playing with a concussion or returns to soon?**

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete’s safety.

You should also inform your child’s coach if you think that your child may have a concussion. Remember it’s better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

**APPEARANCE**

Athletes hold a very prominent place on campus and in the community. Appearance, language and actions always influence peoples’ opinions of athletes, their team and their school. By participating in athletics at Katella High School, a student has a responsibility to uphold certain standards. Athletes will adhere to the following dress rules:

The athlete must have a neat appearance.

Some sports and/or coaches may require stricter standards of appearance than others.

Failure to comply with the above standards will result in suspension from teams.



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SUBSTANCE ABUSE

Alcohol, tobacco, narcotics and steroids are injurious to the body. Athletes must NOT use 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 Drug Administration, Surgeon General of the United States or American Medical Association. For your physical, mental and moral betterment, the use of these will not be permitted. The AUHSD has a

Zero Tolerance for alcohol and narcotics infractions. All first time offenders will be subject to transfer from Katella High School and/or expulsion from the AUHSD.

As a condition of membership in the California Interscholastic Federation (CIF), the Board of Trustees of the Anaheim Union High School District has adopted Board Policy 8706.01 prohibiting the use and abuse of androgenic/anabolic steroids. CIF Bylaw 524 requires that all participating students and their parents/guardians sign this agreement.

By signing the signature page, we agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician, as recognized by the American Medical Association, to treat a medical condition.

We recognize that under CIF Bylaw 200.D, the student may be subject to penalties, including ineligibility for any CIF competition, if the student or his/her parent/guardian provides false or fraudulent information to the CIF.

We understand that the student's violation of the district's policy regarding steroids may result in discipline against him/her, including, but not limited to, restriction from athletics, suspension, or expulsion.

First Offense- Substance abuse at any time shall result in a 1 year suspension from the athletic program from the date of the incident. A second offense shall result in a lifetime suspension from the Katella Athletic Program.

#### PARTICIPATION

The following general guidelines regulate a student's participation in the athletic program:  
When representing Katella High School: it is strongly recommended that the athlete purchase an ASB Card, as ASB is a vital source of funding for athletics.  
During the season of sport, no athlete, while representing Katella High School, may participate in a "like" sports team outside the school jurisdiction.  
In exceptional circumstances, an athlete may participate in more than one sport during a season. An agreement should be reached between the two coaches and the Athletic Director.

Participation in competitive athletics may result in severe injury, including paralysis or death. Changes in rules, improved conditioning program, better medical coverage, and improvements in equipment have reduced these risks. BUT IT IS IMPOSSIBLE TO TOTALLY ELIMINATE SUCH OCCURRENCES FROM ATHLETICS.



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Players can reduce the chance of injury by obeying all safety rules in their sport, reporting all physical problems to their coaches, following a proper conditioning program and inspecting their own equipment daily. **DAMAGED EQUIPMENT MUST BE REPLACED IMMEDIATELY.**

**EVEN IF ALL THESE REQUIREMENTS ARE MET, AND EVEN IF THE ATHLETE IS USING EXCELLENT PROTECTIVE EQUIPMENT, A SERIOUS ACCIDENT MAY STILL OCCUR.**

### CIF Code of Ethics – Athletes

Athletics is an integral part of the school's total educational program. All school activities, curricular and extra-curricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its students. It is within this context that the following Code of Ethics is presented. As an athlete, I understand that it is my responsibility to:

1. Place academic achievement as the highest priority.
2. Show respect for teammates, opponents, officials and coaches.
3. Respect the integrity and judgment of game officials.
4. Exhibit fair play, sportsmanship and proper conduct on and off the playing field.
5. Maintain a high level of safety awareness.
6. Refrain from the use of profanity, vulgarity and other offensive language and gestures.
7. Adhere to the established rules and standards of the game to be played.
8. Respect all equipment and use it safely and appropriately.
9. Refrain from the use of alcohol, tobacco, illegal and non-prescriptive drugs, anabolic steroids or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States or American Medical Association.
10. Know and follow all state, section and school athletic rules and regulations as they pertain to eligibility and sports participation.
11. Win with character, lose with dignity.

### CONDUCT OF ATHLETES

An important part of the educational aspect of high school athletics is the learning of behavior appropriate to given circumstances. Because athletes perform publicly, their behavior is subject to more than usual scrutiny.

Good sportsmanship is one of the most critical components of interscholastic competition. Attitude is an integral factor in becoming a champion in any sport. Katella athletes should demonstrate a positive attitude by:

Cooperating with coaches, officials, and fellow players in order to conduct a fair contest.

Respecting the officials' judgment and interpretation of the rules. Do not argue or make non-verbal gestures that indicate disagreement.

Demonstrating self-control at all times.

Treating opponents with respect.



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Shaking hands with opponents prior to and at the conclusion of the contest.

Refraining from the use of profanity or vulgar language at all times on or off the playing field.

Showing respect for fellow students, faculty, and staff members.

Lead by example.

### **Unsportsmanlike Conduct**

If an athlete is ejected from a game for any reason, he/she shall be prohibited from competing in the next contest.

### **Interaction with Officials**

If an athlete physically assaults an official, he/she shall be banned from interscholastic athletics for the remainder of his/her term eligibility.

## **EQUIPMENT**

Athletes shall assume financial responsibility for all equipment and uniforms issued to them. Any abuse, loss, or theft of this property will result in the athlete being billed for its replacement. Equipment and uniforms must be turned in or paid for prior to the date of the awards banquet and/or before being allowed to participate in the next sport. Seniors will be prevented from graduating until bills are cleared. School equipment or uniforms are not to be worn to school (except on game day) or in the community.

## **TRANSPORTATION**

When athletes ride to and from contests on district provided transportation, conduct on the bus is important to the morale and spirit of the team. District bus regulations shall be adhered at all times. In special circumstances, an athlete may ride with his/her parents or guardians only.

District transportation forms must be completed and turned in if other drivers are going to provide transportation to games in which district is not providing transportation.

## **TRAINING ROOM**

The training room is under the supervision of the athletic trainer(s), who will be available each afternoon for the treatment and care of our athletes. No student is to be in the training room unless under the supervision of the trainer or coaches. Athletes will adhere to the rules posted by the trainer and should conduct themselves properly at all times. Ice is to be used for injuries only and is not for personal consumption. Any reusable medical supplies (i.e., ace bandages, crutches) provided to an athlete are to be returned to the trainer or must be paid for as lost equipment.



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**TEAM ROOM**

All athletes will be issued a locker in the team room or other designated area. Athletes will be expected to help maintain the facility in a neat, clean, and orderly fashion.

- All trash shall be put in proper receptacles
- Clean shoes outside the locker room
- No cleats shall be worn in the locker room
- No horse play
- No swearing
- No breakable bottles
- No sharing lockers or combinations (unless authorized by a coach)

At the end of a given season, lockers will be cleared out, assessed for damage, and reissued for the next season of sport. Any damage incurred to an assigned locker, may be the responsibility of the athlete.

**WEIGHT ROOM**

The weight room is for the use of all Katella athletes and physical education students. Athletes are to use the weight room only when supervised by a coach or trainer, and when properly dressed for activity. The following guidelines should be adhered to when using the weight room.

- No food, drink or gum allowed
- Work with a partner when lifting, especially from free weights
- Shoes should be worn at all times
- Replace all weights and bars on racks.
- Return all equipment to its original location.
- Report any equipment needing repair to coach or equipment managers.
- Leave the room in better condition than when you entered.

**BANQUET**

All athletes are encouraged to attend the post-season awards ceremony for his/her sport. Certificates will be presented to each participant and team award recipients will be acknowledged.

**LETTERING - Varsity Sports**

Each sport has determined the criteria athletes must meet in order to receive a Varsity letter. In all sports, athletes must also successfully complete the season, including the last game/match/meet AND transportation ride home.