



LIVE OAK HIGH SCHOOL

HOME OF THE LIONS

2022-2023

ATHLETIC HANDBOOK

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UPDATED 5/12/2021

LIVE OAK HIGH SCHOOL

STUDENT ATHLETIC HANDBOOK

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FALL (August)

Football
Girls Tennis
Volleyball
Cheerleading
Cross Country

WINTER (November)

Basketball
Wrestling
Soccer

SPRING (February)

Baseball
Softball
Track
Boys Tennis

WHAT IS EXPECTED OF YOU AS AN ATHLETE:

- Total commitment to the sport
- Good attitude
- Good citizenship both on and off campus
- Good grades
- Hard work and long hours in practice

IF INTERESTED:

- Talk to head coach
- Obtain clearance packet and fill out necessary forms
- Pass physical examination
- Return clearance packet and physical form to attendance office prior to first practice

INTRODUCTION

The four years in which you represent your high school in interscholastic competition under the auspices of the California Interscholastic Federation (CIF) and Live Oak High School may be four of the most enjoyable years of your life. As you compete, you will have local and state rules and regulations you must follow in order that your interscholastic participation and competition be a profitable educational experience.

The principal of Live Oak High School is responsible to certify the eligibility of all students representing the school in interscholastic athletics. The athletic director and principal have copies of all CIF, Section, and LOHS eligibility rules.

Information contained in this pamphlet highlights the important features of the CIF by-laws regarding athletic eligibility and includes all LOHS guidelines. You may lose your eligibility to represent LOHS in interscholastic athletics if you violate these by-laws/guidelines. It is extremely important that you review the material contained in this pamphlet with your parents, so that you thoroughly understand

the implications to you as an athlete at Live Oak High School. If you need assistance with respect to eligibility or any other questions regarding this handbook, contact your coach, athletic director, vice-principal, or principal.

MAJOR OBJECTIVES OF THE ATHLETIC PROGRAM

1. To improve the image of high school athletics.
2. To strive always for playing excellence. **"PURSUE VICTORY WITH HONOR!"**
3. To insure growth and development that will raise the number of individual participants and that will give impetus to increasing attendance at each contest.
4. To provide opportunities that will allow the program to serve as a laboratory where students may cope with problems and handle situations similar to those encountered under conditions prevailing in the contemporary world. The laboratory should provide adequate and natural opportunities for:
 - a. Physical, mental, and emotional growth and development.
 - b. Acquisition and development of special skills in activities of each students choice.
 - c. Team play with the development of such commitments as: loyalty, cooperation, fair play, and other desirable traits.
 - d. Directed leadership and supervision that stresses: self-discipline, self-motivation, excellence, and the ideals of good sportsmanship that make for winning and losing graciously.
 - e. A focus of interests on activity programs for student body, faculty, and community that will generate a feeling of unity.
 - f. Achievement of initial goals as set by the school in general, and the student as an individual.
 - g. Provisions for worthy use of leisure time in later life either as a participant or spectator.
 - h. Participation by the most skilled that will enable these individuals to ascertain possibilities for future vocational pursuits.
5. To provide the students and community an opportunity to view competition and participate as spectators.

ATHLETIC BY-LAWS/GUIDELINES

Any student enrolled in Live Oak High School, who satisfies the requirements of CIF and those of the District, is eligible to participate for an athletic team.

Northern Section CIF Eligibility Requirements:

1. **Age Limit-** Article 20, Section 201: Ineligible if 19 on June 14 or before.
2. **Semesters of Eligibility-** Article 20, Section 202: Student is eligible for the first eight semesters of his/her high school attendance.
3. **Amateur Standing Rule-** Article 40: A student who violates CIF Amateur or award rules shall be barred from CIF competition in that sport.
4. **Outside Competition-** Article 60, Section 600: A student on a school team becomes ineligible if he/she competes in a contest on an outside team in the same sport during the high school season of sport.
5. **All-Star Competition-** Article 90: Any pupil taking part in a prohibited All-Star contest shall be barred from **ALL** CIF athletic contests.

6. **Transfers**- All transfers must be approved by the Northern Section CIF and if approved, the students' playing status will be determined according to Article 20, Sections 206 and 207. Transfer eligibility will be granted **ONLY** when **ALL** conditions are met. Questions about these conditions should be addressed to the athletic director at LOHS.

Note: Because penalty for allowing an ineligible athlete to participate is severe (the team must forfeit all contests in which the athlete participates) any deviations from the above rules should be brought to your coach's attention at the beginning of the season, so that he/she can make sure all appropriate forms and approvals are on file. An athlete who is dishonest about these rules places an entire team in jeopardy. Any athlete known to be violating any of these rules should be immediately reported to the coach to avoid penalizing the entire team.

ACADEMIC ELIGIBILITY

It is the policy of Live Oak Unified School District and Live Oak High School that students who desire to participate in the Interscholastic Athletic Program will be making satisfactory progress toward graduation. To be eligible to participate in scholastic athletics the following rules apply:

1. The student will have earned a GPA of no less than 2.0 in all classes attempted while making minimum progress toward graduation requirements.* Eligibility will be determined at the end of each grading period. The GPA of athletes will be determined the Monday after grades have been turned in to the counseling office. CIF rules also apply.
2. A student who does not meet the educational eligibility requirements listed above will be allowed to exercise **ONE** (1) academic probationary period during their eight semester eligibility.
3. If a student does not achieve a 2.0 GPA in the previous grading period, he/she may be placed on academic probation. The student will not then be eligible until the next grading period.
4. All students must also pass an equivalent of at least 20 semester units in the most recent grading period. NOTE: This requirement cannot be waived with the use of the one time academic probation.
5. The athletic director will notify the coaches of ineligible athletes.

*Students not on track to meet minimum graduation requirements are those 20 units or more behind the minimum track needed for graduation.

OTHER ELIGIBILITY REQUIREMENTS

Along with academic eligibility, students must complete all of the following to be eligible for an athletic team.

1. Fill out a pre-physical/history evaluation form and pass a physical examination, conducted by a licensed physician, and submit to the school office.
2. Have adequate insurance as required by CIF (\$5,000 accidental injury) before participating in the high school season of sport. The parent must have a written verification listing the name of the company and the policy number. Parents of athletes purchasing school insurance must realize that the plan is intended as a secondary coverage and in most cases will not cover the full amount of medical bills for most injuries. It is intended to help defray the cost of medical bills not compensated by other primary coverage.
3. Students must have on file a signed statement by their parents testifying that they have read "The Live Oak High School Student Athletic Handbook" and "Parent Consent" form, as well as the C.I.F. "Pursuing Victory With Honor" and C.I.F. Steroid Policy forms.

4. All fines and school debt must be paid, or a payment schedule plan be arranged in the main office.

SCHOOL ATTENDANCE

1. The student is to attend all classes regularly and punctually, and make every effort to complete all class assignments on time and to the best of his/her ability.
2. **The student must attend all classes, on a given day, in order to participate in an interscholastic contest, unless he/she has a legitimate excuse arranged 24 hours ahead of the game. This arrangement shall be made with the attendance office with the approval of the athletic director, vice-principal, or principal. A parent note is necessary to confirm that the student will be absent for part or all of the day in question. In the case of a medical or dental appointment the day of the contest, the student is required to bring in a doctor/dentist note with the appointment time listed. Students must return to school within 2 hours of the appointment time unless other arrangements are made with an administrator. Unforeseen circumstances of an emergency nature may be excused by the administration.**
3. A student is temporarily ineligible to practice or participate in any way on an athletic team while under disciplinary suspension from school.
4. All students are ineligible to participate after 30 minutes late to a class. Anything prior to 30 Minutes is considered a tardy for attendance purposes.

PRACTICE ATTENDANCE

1. Students who participate in athletics make a commitment to a team and are expected to maintain good attendance.
2. Students are expected to attend all practices and contests unless they are absent from school due to illness or they are excused by their coach. Students are expected to communicate directly with the coach when they cannot attend practice.
3. Unexcused absences from practice or failure to maintain good attendance may be cause for removal from the team.
4. Coaches may adopt individual rules for practice and contest attendance to reinforce and strengthen existing rules.

FINES

Students must pay outstanding fines or make arrangements to make monthly payments. The minimum payment will be \$10 per month or the total fine amount divided by the number of months left in the school year, whichever is greater.

CARE OF ATHLETIC EQUIPMENT

The district provides a great deal of money to maintain and purchase proper equipment. Equipment is to be handled properly for financial reasons and also to insure safety.

1. All equipment will be inventoried, numbered, and checked out by coaches.
2. Students are expected to turn in the same piece(s) of equipment checked out to them.
3. Equipment should be returned in the same condition it was issued within reason. Equipment and uniforms should be cleaned and washed before returned. Students are expected to make arrangements to have torn or ripped clothing repaired prior to returning.
4. Students are responsible for the security of their equipment and uniforms. Students will be financially responsible for replacing any lost or stolen equipment or uniforms. In some cases,

particularly with game uniforms, the replacement fee may be higher than the original purchase price because special processing and printing may be required to duplicate a uniform.

5. No awards (letters, trophies, etc.) will be issued until all equipment is returned and/or paid for.

INJURIES

Injuries are a fact of life in athletic practice and competition. The following procedures shall be met at Live Oak High School.

1. All injuries will be reported to the coach and an accident report completed. Unless there is an immediate emergency, the coach should complete an accident report before the student goes to a doctor.
2. LOHS coaches have basic first aid and CPR training. Minor injuries, such as minor abrasions, cuts, or sprains will be treated by the coach on the spot if necessary. In the case of serious injury the athlete will not be moved and medical professionals will be called if not already on scene (a stand-by ambulance will be in attendance at all home football games).
3. If a parent is not present when a student is transported by ambulance, a responsible adult (coach, administrator, other teacher or parent) will ride with the student. That adult will stay with the student until a parent/guardian arrives.
4. Medical release cards, the responsibility of each coach, shall be available to be taken with the student to the hospital.
5. Athletes who have been injured and have required medical attention shall not return to active participation until they have written permission from the doctor to participate.
6. A signature on the Athletic Waiver Paperwork included in this packet is required for participation.

TRANSPORTATION/ROAD TRIPS

The district provides transportation for most away contests. Students are normally expected to go and return on the district provided transportation. The following guidelines will be followed:

1. Buses will leave on time. Students who miss the bus may not participate in the contest except as provided below:
If for some acceptable reason (such as a doctor's appointment) a student cannot leave on a regularly scheduled bus, the student may contact his/her coach, the athletic director and administrator before the date of the contest to see if other transportation arrangements can be made.
2. Parents may request permission from the administration for the student to return from an away contest with a parent, legal guardian, or immediate member of the family listed on the emergency card and designated by the parent or guardian. Permission must be in writing, approved and initialed by the administration, and on file in the office by noon on the day of the contest. If the team is scheduled to leave before noon, the request must be made the day prior. Parents unable to send a note may request permission by phone following the same guidelines. It is the responsibility of the parent to ensure they have spoken to adult office staff regarding their request – voicemails may not be received in time and office aides may not take these requests. Coaches will be provided copies of approved notes.
3. At no time will any student be allowed to drive or ride with another student to or from an away contest.
4. All athletes will dress in an appropriate manner for bus trips. Coaches will establish requirements for attire.
5. Students are expected to conduct themselves in a mature, responsible manner. Profanity and inappropriate behavior will not be tolerated.
6. All athletes will remain under the supervision of their coach while attending an away contest.

7. All transportation policies in the Student Handbook will be observed in addition to those above.

TRAINING RULES

Students should understand that the coaches at Live Oak High School and the administration of the district believe the use of tobacco, alcohol, and drugs, including the use of anabolic steroids/supplements, are not acceptable for high school athletes for health and safety reasons. The coaches believe that the current trend in the abuse of controlled substances by some professional athletes is misleading and believe that high school students should be aware of the negative effects of tobacco, alcohol, and drug use.

1. Students are to follow all Live Oak High School rules regarding tobacco, alcohol and drug use. Failure to do so will result in immediate discipline in accordance to those rules.
2. **If an athlete is suspended from school due to the use of, or possession of tobacco, alcohol, illegal drugs, or controlled substances, he/she will be ineligible to participate in any form for that athletic season (Fall, Winter, Spring) and the subsequent athletic season. Steps under “Procedures Regarding Suspension of an Athlete” will be followed.**
3. Additional training rules may be adopted and enforced by the coach of each sport.
4. STEROID USE WILL NOT BE PROMOTED OR TOLERATED AT LIVE OAK HIGH SCHOOL

LEAVING A TEAM

Students are encouraged to participate on athletic teams at Live Oak High School. Participation is a commitment by students, coaches, and administrators alike. Leaving or quitting that commitment hurts all concerned. The coach’s commitment and ability to perform their duties are the responsibility of the athletic director and administrators at LOHS. The student’s commitment is first to themselves, then their peers and coaches. The following rules apply to students who quit or are suspended from a team.

1. If a student quits a team after the first scheduled contest without permission of the coach he/she shall be ineligible for another team during that sport season and half of the following season (including practices). The date to return will coincide with the NSCIF Sit-Out-Period date. For example, if an athlete quits a fall sport, they will be ineligible for all fall sports plus half of the following winter sport season. It is the student’s responsibility to notify the coach that he/she no longer wishes to participate. The coach may request that the student explain the reason(s) for leaving the team. If the coach, athletic director, and school administration agree that the student can leave the team, the student may do so without penalty. If there is any question over the student leaving the team, the coach, athletic director and an administrator will meet with the student and parent to decide the issue. Failure to notify the coach will result in the penalty being enforced.
2. If a student is suspended from a team due to disciplinary reasons, he/she shall be ineligible for another team during that sport season.
3. If an athlete who has quit without permission or has been suspended from a team chooses to participate in that same sport the following year, the coach will have the discretion as to whether or not the student has shown responsibility and commitment to the sport and thus allowed to participate.

Note: These rules are not intended to be punitive and penalties will be imposed only after careful consideration. The intent of these rules is to encourage students to be responsible in their actions and to communicate in an adult manner when they plan to end a commitment to a sport or when they disagree with a coach.

AWARDS

1. Individual Awards (3) will be given by the coach at a sports banquet. Awards may be determined by the coach or by team vote. **Varsity** Northern Section Championship teams will receive a team picture plaque.

GENERAL BEHAVIOR

PURSUE VICTORY WITH HONOR! Profanity, unsportsmanlike conduct, and disrespect to any person or institution will not be tolerated. Athletes accept responsibility for their actions both on and off the field. An athlete's language and behavior should not embarrass his or her self, the team, the school, the district, or the community. All Live Oak High School disciplinary rules are in effect.

1. Throwing of equipment, profanity, or any similar displays of unsportsmanlike behavior will not be tolerated.
2. Defiant behavior and back talk toward any coach, school official, opposing player or game official will not be tolerated. Any disagreements should be handled in private adult discussions.
3. Any student who steals, damages, defaces, or possesses without permission a teammate's property, LOHS property, school property, or property from any other school may be ineligible to participate in any interscholastic contests for that sports season.
4. School Detention: Student athletes must serve all detention assigned. Disciplinary detention will take precedence over athletic practice. If an athlete has detention assigned on the day of a game, the student may opt for an additional day of detention, to be added to his/her current assignment.
5. Students and coaches ejected from any contest by game officials will not be allowed to participate in the next regularly scheduled contest as per Northern Section, C.I.F. Rule – Article 50, Section 503.3. Further disciplinary action may be taken by the coach or by the administration.
6. **HAZING WILL NOT BE TOLERATED UNDER ANY CIRCUMSTANCES AND MAY LEAD TO SUSPENSION AND POSSIBLE EXPULSION FROM THE LIVE OAK UNIFIED SCHOOL DISTRICT.**
7. **DURING ANY LEVEL OF ATHLETIC COMPETITION, ANY STUDENT THROWING A PUNCH OR BLOW DIRECTED TOWARD ANOTHER INDIVIDUAL, WHETHER CAUGHT BY OFFICIALS OR NOT, THAT STUDENT WILL SERVE SCHOOL SUSPENSION AND GAME SUSPENSION AS A RESULT OF THEIR BEHAVIOR.**

PROCEDURES REGARDING SUSPENSION OF AN ATHLETE

1. The coach of the sport in progress will inform the student of the infraction.
2. The student will have the opportunity to explain his/her actions.
3. After consideration of the facts of the incident, the coach along with the athletic director and an administrator will take appropriate action, which would include notifying the student's parents.
4. If the student's parents wish to appeal the decision, the case may be presented in writing to the athletic director.
5. The athletic director will convene an Athletic Review Board made up of the athletic director, the coach involved, and an administrator to consider the matter.
6. The Review Board will convene within (10) school days after the athletic director receives the request and as soon as it is convenient for those involved to meet. The athlete and his/her parents will be encouraged to participate in the meeting. A decision by the Board will be rendered within 24 hours of the hearing.
7. In the event that the athlete/parents feel it is necessary to appeal the decision, the next step would be the Superintendent or his designee. The final step of appeal would be to the Board of Trustees.

SPORTSMANSHIP

Participation in the athletic program of this district requires adherence to the highest standards of good sportsmanship. Aspects of good sportsmanship include ensuring fairness in competition and exhibiting

respect for the people and institutions associated with athletic contests. In order to promote fairness in competition a series of rules governing each sport have been adopted. Good sportsmanship requires that athletes adhere to the rules of the game. Further, it requires that athletes comply with the spirit of those rules, which were written to promote fairness. Athletes of Live Oak High School will be required to comply with the rules of each sport and to further ensure that fairness in competition is not limited by their actions in any way.

An additional aspect of good sportsmanship includes respect for all people and institutions associated with athletic competition. Athletes of LOHS will be required to exhibit respect for officials, coaches, fans, and opponents.

Athletes must understand that compliance with the standards of good sportsmanship is an absolute, which is required by athletes experiencing success or failure, victory or defeat. Athletes who find themselves unable to comply with these standards must understand that their opportunity for participation may be limited or removed.

EJECTION RULE-BEHAVIOR AND EXPECTATIONS

In the event that a student athlete is ejected from a contest during their four years at Live Oak High School the following consequences will be served:

- (a) On a first ejection the student will serve the punishment of the Northern Section CIF Rule – Article 50, Section 503.3 and a letter will be sent home explaining school expectations and consequences.
- (b) On a second ejection the student will serve the punishment of the Northern Section CIF and a meeting including the athlete, athlete's parent, principal, and Athletic Director will be called to discuss the behavior and expectations and a behavior contract will be signed by the athlete and parent.
- (c) On a subsequent ejection the athlete will serve the punishment of the Northern Section CIF and the student will be suspended from Live Oak High Athletics for a period of 5 weeks from the day of the ejection.
- (d) On a subsequent ejection the athlete will serve the punishment of the Northern Section CIF and the student will be suspended from Live Oak High Athletics for a period of 1 year from the day of the ejection.

AT LIVE OAK HIGH SCHOOL, STUDENT-ATHLETES AND COACHES WILL *PURSUE VICTORY WITH HONOR.*

PARENT/FAN/STUDENT ATHLETE BEHAVIOR:

- a. To stress the values derived from playing the game fairly.
- b. To show cordial courtesy to visiting teams and officials.
- c. To establish a happy relationship between visitors and hosts.
- d. To respect the integrity and judgment of sports officials.
- e. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
- f. To encourage leadership, use of initiative, and good judgment by the players on a team.
- g. To recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of the individual players.

h. To remember that an athletic contest is only a game-not a matter of life and death for player, coach, school, officials, fan community, state of nation.

i. Any parent or fan that is ejected from a CIF event will be required to complete the NFHS online course; "Role of the Parent in Sports".

GENERAL REMARKS

A student athlete is a special individual- special both in terms of the opportunities and responsibilities encountered. Working hard, playing hard, and living up to high behavior standards will help students in their future endeavors. We are pleased to have you as a part of our athletic program. Your coaches want to work with you to make this one of the most important and enjoyable experiences of your high school career.

Revised 4/26/2022