

Scripps Ranch Athletics

Our Philosophy

We believe that a sound athletic philosophy is an integral part of the total educational experience, and should be centered around the CIF Victory with Honor Program, and Six Pillars of Character. (respect, responsibility, trustworthiness, fairness, caring and citizenship)

We believe that high school athletics offers a positive and beneficial experience that will assist in the physical, social, intellectual, and emotional well-being of every participating student-athlete.

Scripps Ranch High School student-athletes are expected to exemplify outstanding conduct, sportsmanship, and citizenship, which include abstaining from the use of tobacco, alcohol, drugs, and performance enhancing substances. While it is understood that winning is the reward of excellence, it is also emphasized that winning must be done with integrity and good sportsmanship.

The Athletics Department coaches and staff are proud of the traditions that have been established over the years. As Scripps Ranch High School athletes, you are part of that rich tradition.

GO FALCONS!

Scripps Ranch High School

Enrollment: Mascot: Falcons
Colors: Navy Blue, Maroon and White
Conference: San Diego City Conference

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San Diego, CA 92131

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FALL SPORTS

Cross Country	Field Hockey
Girls Tennis	Football
Girls Volleyball	Girls Golf
Boy's Water Polo	

WINTER SPORTS

Boy's Basketball	Girl's Basketball
Boy's Soccer	Girl's Soccer
Wrestling	Roller Hockey
Girl's Water Polo	

SPRING SPORTS

Baseball	Softball
Boy's Lacrosse	Girl's Lacrosse
Boy's Tennis	Boy's Volleyball
Boy's Golf	Swimming
Track & Field	Badminton

SCRIPPS RANCH ATHLETICS MISSION STATEMENT

The Scripps Ranch High School Athletic Program is committed to excellence in academics and athletics. We are dedicated to Pursuing Victory With Honor, to adhering to the rules of competition and sportsmanship, and to displaying the Six Pillars of Character (trustworthiness, respect, responsibility, fairness, caring, and citizenship) on and off the playing field.

As teacher-coaches and student-athletes we understand that participation in the athletic program is a privilege. We gladly accept our responsibility to be role models, to exercise self-discipline, and to be hardworking, prepared, persevering, empathetic, courageous, fair, and self-sacrificing team players. We will give our best effort in all that we do for ourselves and for our team. We will lose with grace, win with honor, and strive through both to bring pride and respect to our school, our community, our sport, our teammates, our adversaries, and ourselves.

Athletic competition is an integral part of the high school experience. Athletics are uniquely positioned to foster student growth in values and ethics. The ideals of “Pursuing Victory with Honor,” provide the opportunity to dramatically influence the actions of student-athletes. Scripps Ranch High School strives to strengthen the integrity of students and adults in our community by promoting the concepts of sportsmanship and quality academics. These priorities advance the highest principles of character—trustworthiness, respect, responsibility, fairness, caring, and good citizenship.

Purpose of High School Athletics

The purpose of athletics is to contribute to the overall educational experience of the balanced and total student. Concepts learned through athletics include teamwork, integrity, sportsmanship, restraint, persistence, leadership, self-esteem, discipline, and humility. Team leadership is provided through captains, equipment managers, and coaches dedicated to youth.

Student-athletes will be expected to adhere to the following code of behavior:

We expect that SRHS Athletes will strive to

- At all times represent their school in a positive manner.
- Be on time, be enthusiastic, dependable, loyal, and cooperative.
- Be responsible and open to coaching.
- Be a team player.
- Abide by the general rules of discipline as established for you by the CIF, CIF San Diego Section, San Diego City Conference, and Scripps Ranch High School.

Athletes expect staff to always

- Place academics first.
- Strive to improve.
- Be positive.
- Support their teammates.
- To seek education assistance when required.
- Demonstrate respect for teachers, coaches, and fellow athletes at all times.
- Maturely accept constructive criticism.
- Take responsibility for their actions on and off the field/court.
- Use appropriate language.

Student-Athlete Responsibilities

Competition in high school athletics is a privilege. Accompanying that privilege is the responsibility of the student to conform to standards established by the school teams and instituted by the NFHS, CIF, CIF-SDS, SDUSD, and school athletic conference.

- Be on time.
- Be at all practices and games.
- Represent your high school in a positive manner at all times.
- Come prepared to be a part of the team.
- Come prepared to do your best. This includes proper nutrition, sleep and care of injuries and illness.
- Be positive.
- If you don't understand something, ask your coaches.
- Be respectful of yourself, your teammates, your coaches, your parents, the officials, and the fans at all times.
- Maintain a G.P.A of 2.0 or above throughout your season of sport.
- Take care of all equipment, uniforms issued and return at the end of the season.
- Respect rules and policies.

Parent Responsibilities

- Help your student-athlete to understand that the team comes before the individual.
- Schedule appointments, vacations, and college visits outside of school, tournaments, practice, or game time.
- Encourage your student-athlete to know, and understand game rules, as well as team rules.
- Help your student-athlete to come prepared to do his/her best by encouraging them to be physically and mentally prepared. This includes proper nutrition, sleep, and care of injuries.
- Encourage your student-athlete to communicate appropriately and respectfully with the coach.

Coaches' Responsibilities

- Understand that academics are #1 priority.
- Provide schedules for practices, tournaments, and games.
- Communicate changes in season schedule in a timely manner.
- Be on time.
- Come prepared for all practices and games.
- Encourage all student-athletes to do their best.
- Apply all school and team rules to all athletes equally.
- Be professional in all actions and words.
- Create a positive environment for your team.
- Communicate your expectations of your athlete and team.
- Communicate with athletes as to their role on the team.
- Clearly communicate all NFHS, CIF, GUHSD, Conference, and team rules to athletes and parents.
- Return parent phone calls/emails in a timely manner.
- Explain vacation/absence policy
- Prepare a player contract for student athletes and parents.

Event Behavior

1. Losing as well as winning is part of the game. All should be gracious in defeat and modest in victory. Good sportsmanship is expected by all persons, at all times. Discipline from coaches and the school will result if unsportsmanlike behavior is demonstrated by team members. Accept loss as something to grow by, setting individual goals, and moving forward.
2. Self-control and maturity are expected.
3. Game officials ensure that participating teams will compete fairly and safely.
REMEMBER: Officials do not lose a game for a participant or a team.
4. It is tradition, and a rule, that no one except the coach can talk to the officials. The players' bench should be enthusiastic, but mannerly, at all times during a contest. No derogatory remarks should be made to or about the officials or to the opposing team.

Expectations and Grievance Procedure

Both parenting and coaching are extremely challenging in today's world. We must realize that at the core, coaches and parents have the same goal—to see that each young person has a positive experience and become well-rounded individuals.

Communication you can expect from your athlete's coach:

- Philosophy of the coach.
- Expectation of individual athletes and team. (*Player Contract*)
- Location, dates, and times of all practices and games.
- Adherence to CIF, Conference, and school rules.

Communication that coaches can expect from parents:

- Non-confrontational situations.
- Appropriate concerns can be expressed directly to the coaches outside of practice, games, or the playing field.
- Specific questions about philosophy or expectations of their child.
- Notification of any absences prior to practices or games.
- A phone call to set up an appointment to discuss a concern.

Appropriate to discuss

- Treatment of your child (mentally or physically).
- Ways to help your child improve.
- Concerns about your child's behavior/academic problems.
- Eligibility
- Work Ethic

Inappropriate to discuss

- Playing time
- Coaching
- Team strategy
- Play calling or substitutions
- Another athlete
- Practice Organization

Steps for resolution

1. Player speaks directly to the position coach
2. Player speaks directly to the head coach
3. Parent may talk to the head coach (by appointment)
4. Parent may contact the Athletic Director (by appointment)
5. Parent may contact the Vice Principal for Athletics (by appointment)
6. Parent may contact the Principal (by appointment)

Athletic Clearance

Obtain an *Athletic Participation Packet* prior to the start of the season of sport. This packet must be completed before each new season. The packet includes

- Emergency Card
- Parent Permission
- Residential/Eligibility Verification
- Student-Athlete Agreement
- San Diego Unified School District Hazing Policy
- San Diego Unified School District Alcohol/Tobacco Policy
- Procedure for Concerns
- Ethics in Sports Policy
- CIF Victory with Honor Principles/Six Pillars of Character
- Ejection Policy
- Medical History Form
- Pre-Participation Physical Exam Form **Physicals must be completed by a M.D. One physical per year is required.
- Insurance Verification
- Physical Form (**To be completed annually, anytime after May 1**)

CIF Ethics in Sports Policy (To be signed by parent/guardian and student-athlete)

- Be courteous at all times (with school officials, opponents, game officials and fans).
- Exercise self-control.
- Be familiar with all rules of the contest.
- Show respect to players, officials, and other coaches.
- Refrain from the use of foul and abusive language.
- Respect the integrity and judgment of the game officials.
- Refrain from the use of illegal and nonprescription drugs, anabolic steroids or any substance to increase physical development of performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States or the American Medical Association.
- Win with character, lose with dignity.
- Pursue Victory with Honor

Academics

Academics are the number one priority for high school student-athletes. Key lessons learned through participating in high school athletics are planning, prioritizing, and understanding one's time limitations. If there is an unavoidable conflict involving athletics and academics, academics always takes priority.

Attendance

Student-athletes are required to attend the equivalent of 4 periods of the school day in order to be eligible to play in a scheduled match, game or contest.

Early Release from Class

It is the responsibility of athletes to communicate with their teachers before they depart because of an athletic contest. Athletes with an early release time should remind their teacher a minimum of 48 hours prior to the day of the contest. Students are responsible for all work and tests missed due to an early release. Students will not be permitted to leave class prior to a release time. It is an athlete's choice and privilege to leave school early to participate in an athletic contest. It is a teacher's choice to release a student.

Residential Eligibility

A student has residential eligibility upon initial enrollment in

1. The ninth grade of any CIF high school, a CIF junior high school, or a junior high school under provisions of CIF Bylaw 302 or
2. Tenth grade of any CIF high school from the ninth grade of a junior high school in California.

Changing Schools - Transfers

A student may have transfer eligibility provided the student is compelled to move from any school to a CIF school due to

1. A valid change of residence from one school attendance area to the attendance area of the new school by the parent(s) or legal guardian(s) with whom the student was living when the student established residential eligibility at the prior school, or
2. A ruling by the Board of Education of a school district that has two or more high schools, provided the change of schools is not the result of disciplinary action, or
3. A family decision to transfer the student prior to the first day of the student's third consecutive semester of attendance.

Students, parent(s) or legal guardian(s) and school administration must declare if the student has had any contact with the new school's coaches, boosters, or administrators. A student transferring to a new school to follow a coach or move to a club coach must document that the move is not athletically motivated.

Changing Schools - Hardships

If a student changes schools, and the parent(s) or legal guardian(s) do not move to the attendance area of the new school, eligibility could be restricted for one year unless qualifying for a hardship. A hardship is defined as an *unforeseeable, unavoidable, or uncorrectable act*, condition, or event, which causes the imposition of a severe and *non-athletic* burden upon the student or his/her family. Always check with the school principal or athletic director before changing schools to determine whether it will affect athletic eligibility.

Age Limitations

No student whose nineteenth (19) birthday is attained prior to June 15 of the prior school year shall participate or practice on any CIF team. For example, a student whose 19th birthday is on June 14 or before is ineligible, for the next school year.

Semesters of Attendance

A student who first enters the ninth grade of any school following the student's completion of the eighth grade in any school may be eligible for athletic competition during a maximum period of time that is not to exceed eight consecutive semesters following the initial enrollment in the ninth grade of any school. Eligibility must be used during the student's first eight consecutive semesters of enrollment at that school or any other school.

Competing Under An Assumed Name Or With A Falsified Address

Any student who provides false information in order to achieve athletic eligibility will be ineligible in all interscholastic athletic competition for a period of up to 24 calendar months from the date the infraction is verified.

Undue Influence - Recruitment Of Athletes

The use of undue influence by any person or persons to secure or retain a student or to secure or retain one or both parents/guardians of a student as residents may cause the student to be ineligible for high school athletics for a period of one year and shall jeopardize the standing of the high school in the CIF.

Competition On An Outside Team

A student on a high school team becomes ineligible if the student competes in a contest or participates in any way, including practice, on an "outside" team in the same sport, during the student's high school season of sport.

Conflicts with Outside Club Teams

Participation in our high school team athletics takes precedence over all other outside athletic activities. If conflict occurs, the high school event will come first. Athletes need to make sure their participation in outside club sports in no way negatively affects the team on which they are participating, or they may be asked to leave that team.

Hazing

Hazing in any form, including initiation, which is degrading, is strictly forbidden by California State Law. No student shall conspire to engage in hazing, participate in hazing, or commit any act that causes, or is likely to cause bodily danger, physical harm, or personal degradation, or disgrace, resulting in physical or mental harm to any fellow student or other person. Hazing is absolutely forbidden.

Equipment and Uniforms

- A. Uniforms and equipment are loaned (unless purchased in a spirit pack) to student-athletes by the school and must be returned at the end of the athlete's season of sport.
- B. When players lose uniforms or equipments, they may not take part in any other sport until the equipment is returned.
- C. Athletes are financially responsible for all uniforms and equipment issued to them.
- D. Graduation privileges may be withheld for failure to return team uniforms, equipment, etc.

Missing Practices

Athletic teams will usually practice weekdays, Monday through Friday. Some teams may practice on Saturdays. **CIF RULES PROHIBIT SUNDAY PRACTICES.** An athlete should always consult his/her coach **BEFORE** missing a practice. Communication with coaches should always be a priority.

Dropping or Transferring Sports

On occasion, an in-season athlete may find it necessary to drop out of a sport. If this is the case, the following procedure is suggested.

1. Speak with your coach.
2. Return all equipment and uniforms issued to you.

Athletic Awards & Letters

1. Letter awards are earned by participating on a varsity squad. In order for a player to letter, minimum standards and requirements must be met. Because of the differences in many sports, each coach will set his/her own award requirements. Athletes who quit their teams, or are removed from the team by the coach at any time during the season are not eligible to receive athletic letters, awards, etc.
2. Student-athletes who letter, may also consider membership in the **Scripps Ranch High School VARSITY CLUB**. Varsity Club membership requires a one-time membership fee, and includes a handsome Varsity Club Patch, SR Chenille Letter, Swiss inserts for all lettered sports, and Scholar Athlete patch(es) for Union Tribune All Academic Team honorees.
VARSITY LETTER WINNERS ARE ENCOURAGED TO CONSIDER MEMBERSHIP IN THE VARSITY CLUB.

CIF San Diego Section

The CIF-San Diego Section is a voluntary association of public, private, and parochial high schools. The Board of Managers is the governing body. The members of the Board are public school superintendents and private school representatives of 97 member high schools and 135,000 students. It is one of ten sections throughout the State of California.

The San Diego Section encourages and assists high school students, through participation in interscholastic athletics, to develop and strengthen values, attitudes, and skills that will promote their personal growth as individuals and as members of a diverse society. In addition, its purpose is to cultivate more friendly relations among schools through good standards of sportsmanship. The San Diego Section administers and conducts varsity level championship playoffs in 26 sports for the young men and women attending our member schools. The CIF-SDS is committed to preparing young men and women for a better tomorrow and to working with educators, parents, and the community establish and maintain excellent high school athletic programs. For more information, visit their website www.cifsds.org. You may also visit the state website at www.cifstate.org.

National Collegiate Athletic Association

All student-athletes expecting to play NCAA Division I & II athletics must meet freshman eligibility standards established by the NCAA Eligibility Center.

Playing in college can be a very rewarding experience. It can also be a very challenging one where the students involved must be extremely responsible and pro-active in gathering the information they need to try out and participate. In order to play athletics in college, especially a Division I or II school, the student-athlete will need to fill out a core class worksheet and register with the NCAA Eligibility Center.

Qualifier

To practice, compete, and receive an athletic scholarship as a freshman, the requirements are

- Satisfy high school graduation requirements.
- Complete 16 core courses.
- Achieve a core-course grade point average and ACT or SAT test score as described in the index.

NOTE: Grade point average and ACT/SAT scores vary according to the NCAA core GPA index.

Requirements can change from year-to-year. Consult with your school counselor, Athletic director, or NCAA Eligibility Center for annual updates.

Go Falcons!

