

**GRANITE HILLS HIGH SCHOOL
EAGLES' ATHLETIC HANDBOOK
for
Student Athletes and Coaches**

**Authored and Compiled by
The GHHS Athletic Administrative Staff**

Interested in a particular sport?

Listen to intercom and read student bulletin for meeting dates.

Check with Dave Waastad (Athletic Director) in his office (Room 110) or at 593-5630 if you have any questions.

Attend pre-season meetings with your sport's coach.

Download and complete Athletic Clearance package from the Finance Office. Clear early. Don't wait until the final day!

Download, read, sign, and submit student/athlete and parent signature page from this Athletic Handbook with clearance packet.

Make sure you are eligible: 2.0 grade point average (minimum) in five, 5-unit classes with no U's in conduct

Purchase an ASB card.

Granite Hills High School Athletics

Athletic Administration

Cherrie Launder Athletic/AP Secretary 593-5524	Jake Gaeir Assistant Principal Men's Athletics 593-5521	Dave Watkins Assistant Principal Women's Athletics 593-5522	Dave Waastad Athletic Director, CAA Geography Instructor 593-5630
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Athletic Booster Club

Members: Principal, Athletic AP's, Athletic Director, Finance Tech,
Athletic Admin Secretary, plus volunteer staff, students, and parents

Sports:

Fall Sports

(M/W) Cross Country
(Coed) Football (Var)
Women's Golf
Women's Tennis
Women's Volleyball
Men's Water Polo
Women's Field Hockey
Jr. Var. Football
Frosh Football

Head Coach

Dave Yarbrough
Randy Dewitt
Eric Dann
Patty Tibbitts
Dan Santos
Rhett Gaeir
Amber Studer
Dustin Turley
Steve George

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ptibbitts@cox.net
dsantos@guhsd.net
rgaeir@guhsd.net
astuder@guhsd.net
dturley@guhsd.net
sgeorge@guhsd.net

Spring Sports

Baseball
Women's Softball
Gymnastics
Men's Lacrosse
Women's Lacrosse
Men's Swim
Women's Swim
Men's Golf
Men's Track
Women's Track
Men's Tennis
Men's Volleyball

Head Coach

James Davis
Erin Coyne
Jennipher Edgil
Jeff McDade
Juliette Evans
Rhett Gaeir
Cathy Elgas
Josh Barney
Eric Dann
Dave Yarbrough
Michael Waterman
Tim Stepp

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edann@guhsd.net
coachyarb@aol.com
michaeldwaterman@yahoo.com
timothystepp@gmail.com

(M/W) donates separate gender teams – Same season

Winter Sports

Men's Basketball
Women's Basketball
Men's Soccer
Women's Soccer
Women's Water Polo
(Coed) Wrestling

Head Coach

Randy Anderson
Jerry Parker
Jason Heth
Elio Bello
Danny Root
Bart Hartley
Jeremiah Larsen

E-Mail Address

randerson@guhsd.net
coachparker@gmail.com
jbh03@cox.net
juventus10king@aol.com
droot@guhsd.net
bhartley@guhsd.net

last updated: 08/08/08

*(Coed) Surfing

Robby Tuttle

rtuttle@guhsd.net

Donates a club sport w/out CIF playoffs

(Page 2)

GRANITE HILLS EAGLES ATHLETICS

MISSION STATEMENT

Athletics is an important part of the Granite Hills tradition of extra-curricular excellence. Pride in your school, team, and yourself is an important part of that tradition. By choosing to be a member of the Granite Hills High School Eagle athletics program, you are expected to make a commitment to help this program be the best that it can be. Your good attitude, your desire to excel, and your willingness to work hard at self-improvement will help us have better teams. We represent not only our sports and school, but also the surrounding community, district, section and state.

OUR OBJECTIVES ARE:

To instill knowledge, appreciation, and enjoyment of the game

To promote pride and self-discipline

To instill the need for teamwork and a cooperative attitude

To make a commitment to team and individual goals

To teach the importance of fair play, good sportsmanship, perseverance, punctuality, honesty, and develop sound, personal health habits and academic habits

To promote team and school loyalty

To learn to set team and individual goals and then pursue them

WE BELIEVE IN COMPETING! PARTICIPATION IS AN EARNED PRIVILEGE!

Competition makes us a better team.

Competition makes you a better player.

You will compete to play in games the same way you will compete for your grades, a better job, or to be a better citizen.

Just showing up **IS NOT** competing.

Your sport's coach determines who plays based the evaluations of your abilities and competitiveness as witnessed in practice and during your off-season conditioning. Playing time is not negotiable. **PERIOD.**

You will compete in the classroom to be eligible in all grading periods for any and all sports. Being a good student is your first priority.

(Page 3)

WE EXPECT THAT:

With 9th graders, there may be some problems,
With 10th graders, there will be fewer problems,
With 11th graders, there will be **NO** problems,
And 12th graders will help us solve problems.

We will pursue victory with honor, following the six pillars of character espoused by the state offices of CIF:
trustworthiness, respect, caring, citizenship, fairness, and responsibility (www.charactercounts.com).
Character counts, and as individuals and stakeholders of the Granite Hills athletic,
scholastic, and alumni community, we will make good choices.

ATHLETIC ISSUES (listed alphabetically)

Alcohol, Drugs, & Illegal Dietary Supplements

The Governing Board of the Grossmont Union High School District is committed to meet its legal and moral responsibilities to safeguard the health, character, citizenship, and personality development of students. Certain student offenses, including those of drug and alcohol abuse, and barriers to the positive development of students and if such offenses are committed by students, are grounds for suspension or expulsion. Students need to refer to their Granite Hills Student Handbook and Behavior Code booklet for specific consequences. A student involved in possession, use, sale, furnishing or being under the influence of alcohol or drugs should also expect to be removed from the team for at least the remainder of the season.

Appeals:

A. Conduct

- Students receiving one or more “U’s” in conduct in any one grading period from a single teacher will still be eligible.
- Students receiving “U’s” in conduct in any one grading period from a second teacher will have the potential for one probationary eligibility period as determined by the school administrator. Student must initiate the appeal process.
- Student receiving “U’s” in conduct in any one grading period from three or more teachers are ineligible and not entitled to probationary consideration.

B. Number per Year

Only **one** probationary period per student per school year is allowed. Any ninth grade student placed on probation for any grading period will be ineligible without additional probationary option during that year if ineligible for any reason during a second grading period of that year.

C. Obtaining an Appeal

The student-athlete wishing to apply for a probationary period must see the Assistant Principal’s secretary and make an appointment with Maria Vidal (Assistant Principal, Athletics). Both student and a parent/guardian must attend this meeting.

Appearance

Student athletes will wear assigned uniforms and practice gear at all team functions that bear the school’s logos and colors of navy blue, Columbia, and white.

Attendance

It is the expectation that student athletes need to be in attendance all periods of the day of the event or practice (or in attendance the day prior to a weekend event or practice) unless excused by the Athletic Assistant Principal in advance.

Booster Club

The Athletic Booster Club supports the various athletic programs at Granite Hills High School. The Booster Club conducts various fundraisers throughout the school year, in addition to running the concession booths at the stadium and in the gym, so they are able to honor the requests of our athletic teams. Booster club membership is available for \$20. Members may denote a particular sport on their membership form and \$10 of their membership fee goes directly into the trust account for that sport. The Booster Club also encourages parental participation and asks that each sport send at least one parent representative to each meeting. Meetings are held the second Wednesday of each month at 1:00 p.m. in Administrative Workroom.

Clearance Packet:

Obtain a clearance package at the Finance Office prior to the beginning of your season of sport. You must go through this process before each new sport season. Begin the Athletic Clearance process early and avoid the long lines that form at the Finance Office several days before each new season of sport begins practice. Students must follow the clearance guidelines by each season’s clearing dates.

NOTE:

Parent signature is required on ALL clearance packet documents.

Coaching Requirements

Coaches are selected by a team of interviewers after the position has been advertised. Every attempt is made to hire the best-qualified coach for each position. All coaches hired must be registered at the District Office, be fingerprinted, and be certified in First Aid and CPR. Coaches must also attend training sessions required and conducted by the Grossmont Athletic League, and attend pre-season and post-season meeting hosted by the school responsible for their particular sport.

Conduct, Behavior, and Respect

Athletes represent their team, sport, school, family, and community. Proper conduct, behavior, and respect are expected at all times. Athletes are to show respect for all coaches, teammates, teachers and administrators, officials, spectators, opponents, school facilities, support staff, and equipment **AT ALL TIMES**.

Cuts

The Athletic program at Granite Hills High School wants to encourage all students to go out for a sport and participate. All of our coaches want to include as many student athletes in their programs as they are able to accommodate. It is not always possible, however, for all students to make every team they try out for. Each coach determines their own specifications and conducts as try-out to select the most capable student athletes for their particular team. **The coach has the final decision on student athletes who will participate on their team.**

Dedication

An athlete must be willing to dedicate himself or herself to sports. The athlete should be aware that nothing worthwhile is accomplished without hard work and a sincere desire to succeed. The athlete must work out of season as well as during the season. He or she must also be willing to sacrifice his or her own desires for the good of the team. "A team will only be as strong as its weakest link."

Drug Testing

The Governing Board of the Grossmont Union High School District has adopted a policy, which offers a drug-testing program, free of charge, to parents and student in our schools. Students who participate in this program will become a part of a random selection testing pool. Test results will be sent directly to a designated private physician for review. Should a specimen test positive for any of the screened drugs, the physician will contact the parents only. Several of our teams in the last few years have elected to join this voluntary drug-testing program as a group.

Eligibility:

NOTE: The key word in "student/athlete" is STUDENT. ALL athletes are students first before any athletic considerations are taken into account. ACADEMICS will be the priority for every Granite Hills Eagle student/athlete. ALL athletes will take care of business in the classroom and at home before anything that happens on the field of play.

A. Grade Point Average

Students must achieve a 2.0 grade point average (C average) for all courses in which the student was enrolled during the preceding grading period and for which a letter grade was assigned.

B. Course Enrollment

Students must be enrolled in five 5-unit courses during the regular school day and maintain this enrollment throughout the grading period. If you decide to drop a class, you **MUST** check with your academic counselor to be sure that dropping the class won't make you athletically ineligible because of too few classes.

C. Conduct Grade

Students will be declared ineligible for the next school-wide grading period upon receipt for an unsatisfactory ("U") grade from more than one teacher in conduct (See Appeals).

Equipment

Athletes shall assume responsibility for all athletic equipment issued to them and will be expected to pay for any abused or lost equipment. Dustin Turley, in the Equipment Room, inventories all athletic equipment and uniforms. All uniforms and equipment must be turned into the coach and received by Dustin Turley before you will be allowed to participate in the next season of sport. Any fine incurred must be paid before you may begin practice in the next sport. Questions involving equipment can be directed to Dustin Turley at 593-5582.

Expectations

Coaches generally review specific expectations for their sport at the beginning of every season. Many coaches also distribute written expectations/discipline to the student athletes and their parents.

Fundraisers

Teams may fundraise during various times throughout the year. This can be done to augment the money distributed by the ASB and can be used to purchase additional equipment and accessories, hire additional coaches, and enter tournaments. All fundraising events must be first approved by the coach and then submitted to ASB for approval. All monies earned in any fund-raiser is submitted to the Finance Office and placed in a trust account for that team. The "Fund Raiser Approval and Profit/Loss Form" must be completed for all fundraisers.

Hazing

A direct violation of school rules and district policy, hazing may result in an athlete's removal from the team **AND** school disciplinary action. This includes physical, verbal, and/or emotional varieties.

Injuries

Coaches make every attempt to provide a safe environment to prevent injuries. All coaches are trained in First Aid and CPR and always carry with them the Emergency Information Cards that parents have completed. The coach will file an Accident Report form within 24 hours after an injury has occurred with the Granite Hills' Health Office.

Language

Anyone associated with athletics needs to use socially accepted and appropriate language. Profanity or vulgar language will not be tolerated on or off the playing field at any time.

Leaving a Sport

Student athletes cut from one sport may want to try out for a second sport during the same season and are encouraged to do so. Student athletes need to make contact with the second coach responsible for the sport. See the Athletic Director, Dave Waastad, to arrange this contact. Student athletes who **quit** a sport after it starts **ARE NOT** eligible to participate in any other sport during that same season (fall, winter, or spring).

Letter Requirements

In order to receive a junior varsity or varsity letter in any sport, a student athlete must meet all requirements determined by the coach and must finish the season in good standing. Good standing means all requirements have been met and the student is academically eligible. **The coach will make all final lettering decisions.**

Non-Contact Period

In an effort to allow for student athletes and their families to have a break from High School sports, the Board of Managers of CIF has created a "non-contact period." The non-contact period will allow a two-week break from the requirement of practicing sports year round at the high school level. The non-contact period will not allow any school personnel contact with athletes. This includes but is not limited to, handing out gear, physicals, practice sessions, and participation in club team seasons. The non-contact period for Granite Hills this year is Saturday, July 19- Sunday, August 3, 2008.

Off-Season Workouts

The CIF does not permit teams to work out as school teams during the off-season. Many opportunities are available through the AAU, other agencies, and club teams for students to work out year round. Participation in off-season programs will not be a factor in a coach's decision as to whether a student is cut from a squad or not.

Parental Concerns

Parents who have concerns about their child's participation should first speak to the head coach for that particular sport. Parents may call Granite Hills and leave a message to be placed in the coach's front office box. Coaches in season check their boxes on a daily basis; coaches not in season periodically stop by Granite Hills to check messages. Issues or concerns that have already been discussed with the coach may be referred to the Athletic Director, Dave Waastad. Coach Waastad can be reached at his office (593-5630) between classes, before and after school, or you may leave a message for him in the front office. You may also contact the Assistant Principals, Jake Gaeir (men) and Dave Watkins (women), if you wish to further discuss any matter, **after speaking with both the coach and the Athletic Director.**

Physicals

Student athletes are required to obtain a physical from a licensed physician as part of the Athletic Clearance process. Dr. Butcher, our team physician, conducts physicals in our gymnasium during the school year for \$20. Dates will be announced. Physicals may be obtained from the student's own physician. Physicals are good for one calendar year.

Physical Education Exemptions

Student Athletes may earn an exemption from a portion of the required coursework

In physical education for successful participation in District-sanctioned athletics programs during their sophomore and/or junior year of high school (participation in club sports will not qualify for this exemption). Specifically, the student may be exempted from 5 units of physical education coursework for successful completion of up to two athletic seasons (a maximum of 10 units exemption during their 10th and 11th grade years). No credits are awarded for participation in athletics or for the PE exemption. Exemption from physical education does not reduce the total number of credits (220) required for graduation. It is recommended by coaches that student athletes consider physical education classes as an elective option to maintain top physical conditioning. You should see your counselor and specific requirements and guideline would be discussed at that time.

Pursuing Victory with Honor

Granite Hills' athletes, parents, and coaches will pursue victory with honor, following the six pillars of virtue espoused by the state offices of CIF: trustworthiness, respect, caring, citizenship, fairness, and responsibility.

Residential Eligibility

Students in the Grossmont Union High School District are residentially eligible to participate in extracurricular athletics from the date of their enrollment until graduation, unless:

1. Otherwise determined by the site administration; or
2. They are not in compliance with the rules and regulations as stated in the Grossmont Conference Constitution, the CIF, SDS Green Book; or
3. They are not in compliance with the rules and regulations as stated in the Extracurricular Eligibility Book (Yellow Book); or
4. A student transfers to a second school in the same school year (including summer sessions) without a residential change on the part of the student's original Custodial parent(s), legal guardian(s), or original caregiver(s). Said student shall be residentially ineligible to participate in ALL SPORTS of 12 calendar months from the date of transfer.

Risk of Injury/ Assumption of Risk

Participation in competitive athletics may result in severe injury, including paralysis or death. Changes in rules, continuing education of coaches, improved conditioning programs, better medical coverage and care, and improvements in equipment have reduced these risks. **BUT**, it is impossible to totally eliminate such occurrences from competitive athletics. Players/ Athletes can reduce the chance of injury by obeying all safety rules in their sport, reporting all physical problems to their coaches, by following a proper conditioning program both in and out of season, and by inspecting their own equipment daily. Faulty and/or defective equipment is to be replaced immediately. Even if all these requirements are met, and even if the athlete is using excellent protective equipment and training techniques, a serious accident may still occur.

SDCIF Code of Ethics

The CIF-SDS Board of Managers requires that the Code of Ethics be issued to and signed by each student athlete, coach and officials' association as a guide to govern their behavior. Failure to follow the Code of Ethics as outlined will result in penalties as established by the Commissioner.

Be courteous at all times (with school officials, coaches, support staff, teammates, opponents, game officials, and all fans).

Exercise self-control.

Be familiar with all the 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 game officials.

Refrain from the use of illegal and nonprescription 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 State, or the American Medical Association.

Win with character, lose with dignity. Pursue victory with honor.

Sexual Harassment

A direct violation of school rules and district policy, sexual harassment may result in an athlete's removal from the team **AND** school disciplinary action. This includes all forms of physical, verbal, and/or emotional varieties of harassment.

Transportation

Athletes will generally ride to and from all away contests on school provided transportation. In special instances, athletes may ride with their parents or guardians. This must be approved by the coach in advance. Parents must complete a Use of Private Vehicle form if they will be transporting students other than their own children to sporting events. These may be obtained in the Assistant Principal's office. Parents wishing to contact the Grossmont District Transportation Department after hours may do so at 644-8186.

Tobacco

Each incident will involve proper disciplinary action as outlined in the Behavior Handbook. Athletes may receive additional consequences from their coach, including being removed from the team.

Tutoring

Students may go to the counseling office any lunch period to obtain free tutoring in any subject. Tutors are CSF juniors and seniors. Students may also attend a zero or seventh period tutorial class. Also, Mr. Root's Eagle Link Program tutors freshman periods one and seven and also at lunch in Room 257. Some freshman teachers offer extra credit for tutorial attendance regarding their classes.

GHHS Eagles' Student/Athlete Handbook Signature Page

Note: Please print, sign, and submit **this page** (pg. 10) with your athletic clearance packet when you clear for your season's sport at the **FINANCE OFFICE**.

Risk of Injury/ Assumption of Risk

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Student Name: _____

Student ID #: _____

List all sports for participation and /or tryouts this year:

Fall: _____

Winter: _____

Spring: _____

We have read and discussed the contents of the Granite Hills High School Student/Athlete Handbook. We are aware of and understand these expectations for student/athletes as outlined in this handbook.

Parent Name: _____

Parent Signature: _____

Student Signature: _____

