

Clovis North Area ELEMENTARY



ATHLETIC HANDBOOK

2022-2023

CN Area Vision Statement

To be a quality educational system providing the opportunity for all students to reach their potential in Mind, Body & Spirit.

Athletic Programs Offered to 4th, 5th & 6th Graders

Fall Season

<i>Football (Boys/Girls)</i>	<i>5th & 6th Grade Only</i>
<i>Girls Volleyball (Girls)</i>	<i>5th & 6th Grade Only</i>
<i>Cross Country (Boys/Girls)</i>	<i>4th, 5th & 6th Grade Only</i>

Winter Season

<i>Boys Basketball (Boys)</i>	<i>5th & 6th Grade Only</i>
<i>Girls Basketball (Girls)</i>	<i>5th & 6th Grade Only</i>
<i>Wrestling (Girls & Boys)</i>	<i>4th, 5th & 6th Grade Only</i>

Spring Season

<i>Softball (Girls)</i>	<i>5th & 6th Grade Only</i>
<i>Baseball (Boys)</i>	<i>5th & 6th Grade Only</i>
<i>Boys Volleyball (Boys)</i>	<i>5th & 6th Grade Only</i>

Late Spring Season

<i>Track (Girls & Boys)</i>	<i>4th, 5th & 6th Grade Only</i>
---------------------------------	---

CN Area Athletic Code of Participation

The Clovis North Area Athletic Programs will provide opportunities for students in 4th- 6th grade to be involved in athletic programs and become members of teams at each site. By allowing students to participate and experience athletics at a variety of levels, we will provide the students with many valuable life lessons and opportunities. Students will be able to participate at the level of their ability while challenging themselves to be better athletes and teammates. All schools have a “no-cut” policy which allows all students, if eligible, to experience our athletic programs. We encourage each & every child in 4th-6th grade level to participate in as many sports as they desire throughout the school year.

We do have a “code of participation” that we ask all of our student-athletes and parents/guardians to follow in order to enjoy the student- athlete experience fully in the Clovis North Area. We appreciate the support and believe many valuable lessons can be taught through the “team” experience. We also want to give our student-athletes an opportunity to develop their skills to enjoy athletics at the next level if they desire.



Guidelines for Clovis North Area Student-Athletes

*****Listed below are the guidelines for all of our student-athletes. Please take the time to review these requirements with your student-athlete.***

#1. Attendance at Practice & Games

Students are required to attend all practices/games as assigned by their coaches for the duration of the practice/games. Students must let their coach know in advance if they will be unable to attend practice/game and why they are unable to practice or play in the game (Communication is Key). Missing practice time could affect playing time in the games. Please communicate with our coaching staff. Thank you.

#2. Trying Out, Changing Sports and/or Quitting

Try-outs will determine placement of student-athletes on a Varsity or JV team. Head Coaches will make the determination as to the placement of each student-athlete. Students going out for a sport are allowed a “one-week” grace period to determine if this is the right choice for them or not. Students are not allowed to quit a team after the “one week” grace period has expired. The student may drop the sport after a meeting with parent, coach, student and/or athletic director/admin. At that time of the meeting, the school will determine if the athlete will be allowed to participate in the next season.

#3. Academic Requirements

Students must be in good standing in our classrooms, which includes music, PE, technology and school-wide behavior including attendance, in order to participate in athletics. Students must also maintain a 2.0 GPA in order to participate on our teams. A student may not have an F or an N on their progress report or report card to be eligible to play in games.

A student-athlete will be placed on probation when they are below a 2.0 at each grading period (6 week). If a student-athlete has two consecutive grading periods they will be ineligible to participate in athletics until the next grading period is a 2.0 or above. Each school site will have final say on each athlete’s eligibility.

#4. Care of Equipment and Uniforms

Students are required to take care of all school issued equipment and uniforms. Team uniforms & school equipment are the property of each school site. Students who are negligent with their uniforms and cause damage or lose their uniforms/equipment will be charged to replace the uniform/equipment. (Each School will determine replacement cost of each item lost/damaged)

Student-Athlete Code of Ethics/Conduct

All Student-Athletes participating in the Athletic Program will....

A. **Be Respectful** - of his/her teammates, opponents, all supervising adults, coaches, officials & spectators. Encourage others in their efforts towards our team's successes. Win with dignity and lose with grace. Put your team first while working hard to be successful as a student-athlete.

C. **Be Safe** - by practicing and playing hard, use the sport equipment in a safe manner, follow the rules of the game, play fair and be competitive without personal antagonism towards the other team or your own teammates.

E. **Be Responsible** – learn the rules of the game, take care of the equipment & uniform, be on time to practice, communicate with your coach effectively, take pride in what you do inside & outside the classroom, take care of your teammates, always do the right thing...even when no one is looking.

Student-Athlete Participant Expectations

It is a privilege to represent the Clovis North Area as a student-athlete and wear the school uniform. We expect our student-athletes to represent our school, teammates, families and community with respect and dignity as they develop skills that will help them succeed in life as a citizen. We ask that student-athletes arrive at practice on time each & every day while maintaining a positive attitude and demonstrating a work ethic that allows them to grow in the sport mentally and physically. All student-athletes should demonstrate good character during practices and games. Each school site will determine the consequence(s) for the student-athlete.

Clovis North Area Uniform & Equipment Policies

Students and Parents/Guardians must agree to return the athletic uniforms and equipment in the condition they received it. When Uniforms are returned it must be washed, dried and placed into a plastic bag with the athletes first and last name on the bag. If the uniform is lost or damaged, students and parents/guardians will be responsible for the cost of replacing the uniform or equipment. Athletes will not be allowed to participate in the next season until the uniform and/or equipment has either been turned in or paid for and the obligation is cleared by administration. Thank you for your cooperation.

CN Area Varsity Team Parent/Guardian & Student Understanding

Please read this if your child(ren) has been selected to participate on a Varsity Team at a CN Area Elementary School. The Varsity “A” team plays competitively and plays for rankings in the district. If your child(ren) has been selected to participate on a Varsity team, it means that during evaluation the coaches feel that your child(ren) is well suited to play at this competitive level. It is important that both student-athletes and parents understand that we instill the importance of “team” and that their participation as a “team member” as a vital part of a successful program. Varsity athletes are not guaranteed equal playing time during the game or season. Varsity athletes must also be willing to maintain great character and teamwork despite the amount of playing time during competition & practices. It is an important part of life skills to be a good team member despite your actual playing time.

In accordance to the CUSD Elementary Athletic Handbook: ***“It is the policy of each school that every A team member who is in good standing shall participate in at least half of regular season games. For example, if the sport has six league games, an athlete should play in at least three games.”***

At the JV, “B” and “C” team levels, the teams are considered recreational teams which build our athletes’ abilities and knowledge of the sport. The coaches will do their best to ensure that athletes in good standing will receive equal playing time and, most importantly, that they will focus on developing athletic skills. The JV teams are a great building block for our student-athletes to gain the skills, if they desire, to compete at a varsity level in the near future.

We thank you for your understanding and look forward to working with your child. Should you have any questions, please feel free to contact your child’s coach or administration at the school site.

Please consider the different levels of teams. It is important that we best meet the needs of your child. If your child has been selected for the varsity team but you would be more interested in your child participating on our JV teams then please inform the head coach of the varsity team at the start of the season (prior to games beginning). If you have any questions please do not hesitate to talk with your school site regarding your thoughts and/or questions. ***Thank You – CN Area Elementary Athletics***

Parent/Guardian Code of Conduct & Expectations

The purpose of our athletic programs in the Clovis North Area is to develop well-rounded individuals that are able to work together for a common goal, to grow individually and collectively, to compete, to exhibit good character, to battle back through adversity when it happens, to promote physical, emotional and moral growth in all of our student-athletes. We realize that our parent community is an integral part of the entire process as our students develop as young adults. It is the expectation that our parent community support all student-athletes throughout the school year! Thank you for being a positive influence while allowing them to be the best they can be in Mind, Body & Spirit.

Clovis North Area Parents/Guardians will be asked to do the following;

- #1. *Read & Understand the Guidelines of our Participation Handbook.*
- #2. *Be a Positive Role Model who encourages all of our student-athletes.*
- #3. *Display a positive attitude and behavior to all student-athletes, coaches, supervising adults, officials, opposing players, coaches & parent community. Thank you in advanced for modeling proper behavior & sportsmanship.*
- #4. *Please sign your student-athlete out with their coach if they are not going to ride the bus back to their school from away games. Failure to sign a child out at an away game will result in consequences for the following game.*

District Rules & Regulations

The Clovis Unified School District has policies and procedures in place to ensure equality and fairness in all of our programs -(see CUSD Board Policies). In addition, our district has an Elementary Athletic Commission (EAC), which represents all our elementary schools in the area of athletics and the policies and procedures that govern the programs. The commission meets multiple times a year to review, change and adjust policies and procedures as necessary. Each area has staff representation on the committee. If you ever have any questions, concerns or suggestions please feel free to speak to your site's administration or athletic director. Thank You.

***Thank you in advance for being a positive support for all
of our student-athletes in the Clovis North Area!***

Concussion Information Sheet



Parent/Athlete Concussion Information Sheet

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports one or more symptoms of concussion listed below after a bump, blow, or jolt to

Did You Know?

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

the head or body, she should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says she is symptom-free and it's OK to return to play.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETES
Appears dazed or stunned	Headache or "pressure" in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Looses consciousness (even briefly)	Feeling sluggish, hazy, foggy, or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can't recall events prior to hit or fall	Confusion
Can't recall events after hit or fall	Just not "feeling right" or "feeling down"

CONCUSSION

A Fact Sheet for Student-Athletes

WHAT IS A CONCUSSION?

A concussion is a brain injury that:

- Is caused by a blow to the head or body.
- From contact with another player, hitting a hard surface such as the ground, ice or floor, or being hit by a piece of equipment such as a bat, lacrosse stick or field hockey ball.
- Can change the way your brain normally works.
- Can range from mild to severe.
- Presents itself differently for each athlete.
- Can occur during practice or competition in ANY sport.
- Can happen even if you do not lose consciousness.

HOW CAN I PREVENT A CONCUSSION?

Basic steps you can take to protect yourself from concussion:

- Do not initiate contact with your head or helmet. You can still get a concussion if you are wearing a helmet.
- Avoid striking an opponent in the head. Undercutting, flying elbows, stepping on a head, checking an unprotected opponent, and sticks to the head all cause concussions.
- Follow your athletic department's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Practice and perfect the skills of the sport.

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

You can't see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury. Concussion symptoms include:

- Anxiety.
- Confusion.
- Headache.
- Loss of consciousness.
- Balance problems or dizziness.
- Double or fuzzy vision.
- Sensitivity to light or noise.
- Nausea (feeling that you might vomit).
- Feeling sluggish, foggy or groggy.
- Feeling unusually irritable.
- Concentration or memory problems (forgetting game plays, facts, missing times).
- Slowed reaction time.

Exercise or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headaches or tiredness) to reappear or get worse.

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

DON'T HIDE IT. Tell your athletic trainer and coach. Never ignore a blow to the head. Also, tell your athletic trainer and coach if one of your teammates might have a concussion. Sports have injury timeouts and player substitutions so that you can get checked out.

REPORT IT. TELL YOUR COACH – TELL YOUR PARENTS! Do not return to participation in a game, practice or other activity with symptoms. The sooner you get checked out, the sooner you may be able to return to play.

GET CHECKED OUT. Your team physician, athletic trainer, or health care professional can tell you if you have had a concussion and when you are cleared to return to play. A concussion can affect your ability to perform everyday activities, your reaction time, balance, sleep and classroom performance.

TAKE TIME TO RECOVER. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a repeat concussion. In rare cases, repeat concussions can cause permanent brain damage, and even death. Severe brain injury can change your whole life.



**IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.
WHEN IN DOUBT, GET CHECKED OUT.**

For more information and resources, visit www.cdc.gov/health/safety/ & www.cdc.gov/concussion/



