

2018-2019 Portola High School Fall Athlete Parent Meeting

This evenings goal is to acquaint athletes and parents with eligibility requirements, athletic code, and clearance procedures.

Agenda:

6-7 PM: All Fall Athletes

7-8 PM: Individual Team Meetings

Questions?

katherinelevensailor@iusd.org

Bulldog Allsports Boosters:

SUPPORTING ALL ATHLETIC PROGRAMS AT PORTOLA HIGH SCHOOL

- ▶ Christina Kelly: Booster Club President
- ▶ Contact: bulldogboosters2020@gmail.com
- ▶ Donate online at:
 - ▶ www.bulldogallsportboosters.com
 - ▶ Mail in form with a check payable to:

Bulldog Allsport Booster Club,

1001 Cadence

Irvine, CA 92618

Choose Membership Level:

- **Buster: \$50** (\$0 allocated to individual sports)
 - (1) Official Bulldog Allsport Booster T-shirt
 - Recognition at Allsport Booster Events
- **Bulldog: \$150** (\$25 allocated to individual sport)
 - (1) License plate holder
 - (2) Official Bulldog Allsport Booster T-shirts
 - Recognition at Allsport Booster Events
- **Elite: \$250** (\$50 allocated to individual sport)
 - VIP line at home sporting events
 - (2) License plate holders
 - (2) Official Bulldog Allsport Booster T-Shirts
 - (1) Official Bulldog Allsport Booster Stadium Blanket
 - Recognition at Allsport Booster Events
- Additional donation: \$ _____
- Total donation: \$ _____

ASB Cards

- ▶ \$50 a student
- ▶ Free entrance into home athletic events
- ▶ Reduced ticket rates at visiting games
- ▶ Reduced ticket rates for dances and other campus events
- ▶ \$10 a card goes right into athletics!!

Breakdown:

\$8 per football game (4 home games = \$32)

\$7 per volleyball and basketball game (3 home games = \$21)

Pays for itself in 7 athletic events

Athletic Administrators

**Dr. Katie Levensailor-
Athletic Director**

Katherinelevensailor@iusd.org

949-936-8207

Athletic Periods: 3, 5, 7, and 8

Teaching Periods: 4 and 6



**Jeffrey Hernandez -
Assistant Principal**

JeffreyHernandez@iusd.org

949-936-8200



PROGRAM GOALS:



POSITIVE INTERPERSONAL
RELATIONSHIPS.

LEADERSHIP IN EVERY
COMMUNITY.

ACADEMIC AND ATHLETIC
BALANCE.

HEALTHY DECISION MAKING.

INTEGRITY IN COMPETITION.

WHAT TO EXPECT.....

While your child is involved in interscholastic athletics, they will experience some of the most rewarding and inspiring moments of their lives. It is also important to understand that there might also be times when things do not go the way you or your child wishes.

PROTOCOL FOR RESOLVING ISSUES IN AN EXTRACURRICULAR ACTIVITY:

1. PLAYER AND COACH MEETING.
2. PLAYER, COACH AND PARENT MEETING.
3. PLAYER, COACH, PARENT AND ATHLETIC DIRECTOR MEETING.
4. PLAYER, COACH, PARENT, ATHLETIC DIRECTOR AND HIGH SCHOOL ADMINISTRATION MEETING.
5. PLAYER, COACH, PARENT, ATHLETIC DIRECTOR, HIGH SCHOOL ADMINISTRATION AND DISTRICT SUPERINTENDENT MEETING.

CONCERNS.....

APPROPRIATE CONCERNS TO
DISCUSS WITH COACHES:

THE TREATMENT OF YOUR CHILD,
MENTALLY AND PHYSICALLY.

WAYS TO HELP YOUR CHILD IMPROVE
AND DEVELOP.

CONCERNS ABOUT YOUR CHILD'S
BEHAVIOR.

ISSUES NOT APPROPRIATE TO
DISCUSS WITH COACHES:

PLAYING TIME

TEAM STRATEGY

PLAY CALLING

OTHER STUDENT ATHLETES

COMMUNICATION...

EXPECT FROM OUR COACHES:

COACH'S AND PROGRAM'S PHILOSOPHY.

INDIVIDUAL AND TEAM EXPECTATIONS.

LOCATIONS AND TIMES OF ALL PRACTICES AND GAMES.

TEAM REQUIREMENTS: PRACTICES, SPECIAL EQUIPMENT, OFF SEASON CONDITIONING, ETC.

ANY DISCIPLINE THAT MAY RESULT IN YOUR CHILD'S PARTICIPATION ON THE TEAM.

COACHES EXPECT FROM PARENTS:

CONCERNS EXPRESSED DIRECTLY TO THE COACH.

NOTIFICATION OF SCHEDULE CONFLICTS WELL IN ADVANCE.

SUPPORT FOR THE PROGRAM.

ATTRIBUTES OF DEDICATION, COMMITMENT, AND RESPONSIBILITY THAT ARE INGREDIENTS FOR SUCCESS AND EXCELLENCE.

ENCOURAGE YOUR CHILD TO EXCEL.

Eligibility: IUSD Board Policies & CIF Rules

Eligibility Requirements

Students participating in any school sponsored activity which requires extensive time outside the regular school day, shall comply with eligibility requirements of the Irvine Unified School District. Eligibility requirements shall meet or exceed the California Interscholastic Eligibility policies which govern the participation of all students in athletic programs in the Irvine Unified School District.

Eligibility requirements for participation in all extracurricular activities are:

- previous Quarter GPA 2.0
- pass 4 classes previous Quarter
- enrollment in at least 25 units; enrollment in at least 20 units for second semester seniors
- no known conviction of a felony, or known adjudication as a Ward of the Court, based on the commission of a felony, unless the sentence has been served and any court-prescribed formal probation completed

G.P.A

C.I.F. Rule 205 (a) All student athletes must maintain a 2.0 or higher G.P.A. while participating in a sport(s).

Eligibility G.P.A. is calculated from the semester or quarter prior as well as during the sport of participation.

No more than one P.E. and student assistant class will be counted in this calculation.



20 Unit Rule

C.I.F. Rule 205 (b) states any student athlete who does not pass a minimum of 20 units (four classes) will become immediately ineligible.

All student athletes must pass (D or better) a minimum of 4 classes in order to be eligible. If this does not occur the student athlete becomes immediately ineligible.

A probation period is not granted to this rule. G.P.A. does not count in this rule!

Academic Probation: ONE TIME in 4 YEARS!

Academic Probation

During the four high school years, a student whose GPA during the previous quarter falls below the participation requirement is entitled to one 9-week probationary period. During the probationary period, the student may continue to participate in the activity, and the student is provided additional academic support. The school staff shall have in place a plan under which students on probation receive additional guidance and support during the probationary period.

Such support shall typically include more frequent monitoring of achievement, plans for structured study-time, and additional study support where necessary. A student who has participated under a probation period and earns a GPA of less than 2.0 during any subsequent quarter becomes immediately ineligible without provision for probation and remains ineligible until all requirements are met.

We do not recommend this for non-varsity athletes or varsity athletes that are underclassmen.

Activity During Ineligibility

Activity During Ineligibility

Eligibility is checked at the end of each 9-week reporting period. Ineligible students may not participate in scheduled performances or events during the period of ineligibility. Ineligible students may continue to participate in activities during class time; however, participation outside class time is limited to scheduled practices or rehearsals.

HINTS:
1. Select the correct year and School (PHS-CIFSS).
2. INCLUDE ALL SPORTS YOU WANT TO BE
Cleared for (Football, Soccer, Swim)

HIGH SCHOOL ATHLETIC PRE-PARTICIPATION EXAM FORM				Circle one: IHS NHS UHS SHS WHS	Grade: _____	M/J Circle
NAME (Last, First, Middle or Nickname)	Last _____ First _____ Middle or Nickname _____	Student ID #: _____	SPORT: _____	Fall _____ Winter _____ Spring _____		
Section A: PHYSICAL HEALTH HISTORY TO BE COMPLETED BY PARENT OR GUARDIAN						
Has your child: 6. If you answer "YES" to any questions, please explain below:						
1. Had a medical illness or injury that has disqualified him/her from athletic participation?				YES	NO	
2. Ever been hospitalized or undergone any surgical operations?				YES	NO	
3. Ever had an ongoing chronic or serious illness (such as diabetes, history of seizures, seizures or asthma)?				YES	NO	
4. Have taken any supplements or vitamins to help gain/lose weight or improve athletic performance?				YES	NO	
5. Ever passed out during/after exercise or before/after an event?				YES	NO	
6. Ever fainted earlier than expected during exercise or complained of extreme fatigue?				YES	NO	
7. Ever had chest pain or abnormal/irregular heartbeats during or after exercise?				YES	NO	
8. Ever had a history of heart problems, heart murmur, high blood pressure or high cholesterol?				YES	NO	
9. Ever had any family member or relative die because of a 10 or 10 or die of heart-related problems?				YES	NO	
10. Ever had family history of specific heart disease? *YES: Check all that apply:				YES	NO	
<input type="checkbox"/> Hypertrophic Cardiomyopathy <input type="checkbox"/> Arrhythmia <input type="checkbox"/> Marfan's Syndrome <input type="checkbox"/> Long QT Syndrome						
11. Ever had any history of concussion, head injury, loss of memory or being unconscious?				YES	NO	
12. Ever had any history of seizures, convulsions or febrile episodes?				YES	NO	
13. Had frequent or severe headaches?				YES	NO	
14. Ever had a "stinger", "burner", or pinched nerve (burniness or tingling down an extremity)?				YES	NO	
15. Ever had any problems with vision that require glasses, contacts, or protective eyewear?				YES	NO	
16. Had special protective or corrective equipment/devices that are not usually used for sports?				YES	NO	
17. Have knee, back, neck, ear, orthodontic, retainer for teeth, hearing aids?				YES	NO	
18. Been diagnosed with a contagious skin condition within the past season?				YES	NO	
19. Ever broken/fractured any bones or dislocated any joints?				YES	NO	
20. Had any recurring problems with pain in or swelling of face, hands, necks, tendons, bones or joints?				YES	NO	
21. Is your child currently under the care of a physician for any medical, orthopedic or emotional concerns?				YES	NO	
22. Ever had any history of asthma, allergies to foods, medicines, or stinging insects?				YES	NO	
23. Ever had any medical problems are used? *YES: Check all that apply:				YES	NO	
24. Does your child require any special health precautions (during the regular school day or during activities)?				YES	NO	
25. Is your child currently taking any special prescription or "over-the-counter" medications or using an inhaler or Epipen?				YES	NO	
Medication: _____				Dose: _____	Frequency: _____	
Medication: _____				Dose: _____	Frequency: _____	
Medication: _____				Dose: _____	Frequency: _____	
If you have answered "YES" to any of the above questions, please explain: _____						
1. hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.						
Date: _____ Signature of Parent/Guardian: _____						
Section B: PHYSICAL EXAM REQUIRED FOR ALL ATHLETES. Completed by a HEALTHCARE PROVIDER						
Normal		Ches/Lungs		Normal		
General: Eyes, ears, nose, throat		Neck		Visual acuity (Distance): Right: _____ Left: _____		
Cardiovascular		Abdomen		(Corrected) _____ (Uncorrected) _____		
Extremities/palms				Height: _____ Blood pressure: _____		
				Weight: _____ Pulse: _____		
Musculoskeletal: Normal		Normal		Normal		
Neck/Shoulder		Hips/Thighs		Arms/Hands		
Spine		Knees		Ankles/Feet		
Comments: _____						
Recommendation: <input type="checkbox"/> Full activity/no restrictions <input type="checkbox"/> Activity with restrictions <input type="checkbox"/> No contact sports <input type="checkbox"/> No participation <input type="checkbox"/> Other _____						
Examining Healthcare Provider (please print): _____						
Signature: _____						
DATE OF EXAM: _____ Phone: _____						
Healthcare Provider Office Stamp: _____						

Information that goes into the system:

1. All medical information
2. Medical Insurance information
3. All emergency contact
4. Code of Conduct
5. Concussion Form
6. Sudden Cardiac Arrest information
7. Non-district transportation release
8. Non-district Adopted Software release
9. Statement of Consent by parents
10. Up-to-date Physical (May/June)

Sudden Cardiac Arrest

A Sudden Cardiac Arrest Information Sheet for Athletes and Parents/Guardians

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the victim to collapse. The malfunction is caused by a congenital or genetic defect in the heart's structure.

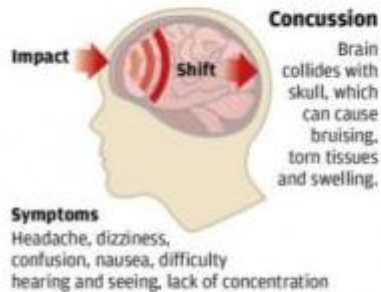
Concussion

What is a concussion and how would I recognize one?

A concussion is a mild traumatic brain injury, which results in a temporary disruption of normal brain function and may cause immediate, short-term or long-term impairment of neurological function. A concussion can be caused by a bump, blow or jolt to the head or body, that may or may not result in loss of consciousness. A student-athlete does not have to lose consciousness (“knocked-out”) to suffer a concussion. A second concussion that occurs before the brain recovers from the first can slow recovery or increase the chances of long-term problems. In rare cases, brain swelling can result leading to permanent brain damage or even death (Second Impact Syndrome).

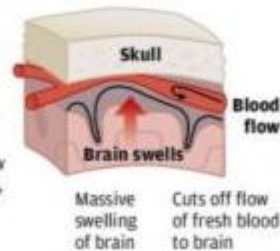
Traumatic head injuries

A concussion occurs when a blow to the head results in the brain slamming against the skull.



Second impact syndrome

When a player who is not fully recovered from a concussion suffers a second blow to the head, it can be fatal.



SOURCE: American Academy of Neurology, U.S. Centers for Disease Control and Prevention, KRT

State Journal

Return to Learn

What is Return to Learn?

Following a concussion, student athletes may have difficulties with short- and long-term memory, concentration and organization. They will require rest of the brain, while recovering from injury (e.g., avoid reading, texting, video games, television), and may even need to stay home from school for a few days. As they return to school, the schedule might need to start with a few classes or a half-day, depending on how they feel. If recovery from a concussion is taking longer than expected, he or she may also benefit from a reduced class schedule and/or limited homework. In some cases, a formal school assessment may also be necessary. Your school or your child's medical doctor can help suggest and make these changes. Student athletes should complete the Return to Learn process first before beginning any sports or physical activities, unless your doctor makes other recommendations.

Return to Play: 7 Day Minimum

How is Return to Play (RTP) determined?

Concussion symptoms should be completely gone before returning to competition. A RTP progression involves a gradual, step-wise increase in physical effort, sports-specific activities and the risk for contact. If symptoms occur with activity, the progression should be stopped. If there are no symptoms the next day, exercise can be restarted at the previous stage.

RTP after concussion should occur only with medical clearance from a medical doctor trained in the evaluation and management of concussions, and a step-wise progression program monitored by an athletic trainer or other identified school administrator. Please see cifstate.org for a graduated return to play plan.

*[AB 2127, a California state law effective 1/1/15, states that return to play (i.e., full competition) must be **no sooner** than 7 days after the concussion diagnosis has been made by a physician.]*

Athletic Trainer: Brittany Frymire

brittanyfrymire@iusd.org

ImPACT



ImPACT™ Immediate Post-Concussion Assessment and Cognitive Testing

To assist IUSD in its goal of identifying possible concussions, and preventing premature return to play, the District shall utilize a program called ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) to gather baseline information. ImPACT is a computerized test that takes about 25 minutes to complete. ImPACT recommends that it be administered by an ImPACT trained athletic trainer, school nurse, athletic director, team doctor or psychologist. If a concussion is suspected, the baseline report will serve as a comparison to post-injury ImPACT tests, which licensed healthcare providers can use to assess potential changes or damage caused by a concussion.

It is the District's intention that all of the following athletic teams (at all levels) complete the ImPACT baseline test:

Fall Sports

Football
Volleyball (Girls)
Water Polo (Boys)
Pep Squad

Winter Sports

Basketball (Boys & Girls)
Soccer (Boys & Girls)
Wrestling
Water Polo (Girls)

Spring Sports

Baseball
Lacrosse (Boys & Girls)
Volleyball (Boys)
Softball

Student and Parent Codes of Conduct

General Student Conduct

Academic and personal integrity is to be adhered to at all times. Any issues related to problems of a disciplinary nature, in or out of school, including threats, bullying, harassment, or hazing may result in disciplinary consequences. Students convicted of a crime, including violation of Technological Resources Acceptable Use Policy, theft or acts of violence/vandalism, will also warrant consequences.

Conduct of Parents and Spectators

At the high school level, the importance of parents behaving as model spectators cannot be overstated. Spectators, both students and adults, are an important and integral part of all athletic events. Spectators serve to validate the positive values learned through athletic experiences and to support the personal efforts and successes of individual athletes.

Learning Through Winning in Competition

In winning, as in losing, the long-range value of the experience is promoted under certain conditions. An undue emphasis on winning can easily leave the false impression with student athletes that their athletic activity has value ONLY if the competition results in a "win."

Parents can help athletes learn the real value of winning by:

- Offering congratulations for winning AND identifying and discussing the efforts made by individuals and by the team.
- Rewarding the winning efforts AND rewarding the growth in individuals and in the team - the growth that contributed to the win.
- Emphasizing competitiveness.
- Emphasizing doing your best.
- Reinforcing a growth mindset by emphasizing the process of development, the effort and choices one can personally control.

PHS Athletic Code: Use of illegal substances

Steroids: Synthetic substances similar to the male sex hormone testosterone. They do have legitimate medical uses. Sometimes doctors prescribe ***anabolic steroids*** to help people with certain kinds of anemia and men who don't produce enough testosterone on their own. Doctors also prescribe a different kind of steroid, called corticosteroids, to reduce swelling. Corticosteroids are **not anabolic steroids** and do not have the same harmful effects. Doctors never prescribe anabolic steroids to young, healthy people to help them build muscles. Without a prescription from a doctor, steroids are illegal.

Drugs, Alcohol, Tobacco (E-Cigs and Vaping)

Please note: IUSD does not recommend use of any dietary supplement without the consent of a California licensed medical doctor (protein/creatine).

PHS Athletic Code: Use of illegal substances

I.U.S.D. POLICY 5131.2 *Not including Sales/Manufacturing

First violation of the policy disciplinary action:

1. Suspension from school a minimum of two days.
2. Required participation in a 3 day Substance Abuse Program.
3. Suspension for 10 days from any extracurricular activity. This includes practice and games or 20% of the games if it happens during the off-season or summer.
4. Possible recommendation for expulsion.

PHS Athletic Code: Use of illegal substances

I.U.S.D. POLICY 5131.2 *Not including Sales/Manufacturing

2nd violation of the policy disciplinary action:

1. Suspension from school for 5 days.
2. Recommendation of transfer to Creekside.
3. Recommendation for expulsion.
4. Suspension from all extracurricular activities for the rest of the year.

PHS Athletic Code: Hazing

Hazing is a term used to describe various ritual and other activities involving harassment, abuse or humiliation used as a way of initiating a person into a group.

Hazing will NOT be tolerated.

IUSD has a zero tolerance policy and student(s) found guilty will be removed from school!

Transportation

When a student athlete rides a bus to an athletic event it is mandatory that the athlete ride back on the bus.

An exception would be made only in an emergency situation. This would be cleared by the head coach or athletic director only.

Leaving School Early for an Athletic Event

We do not like students to miss class for an athletic event however, sometimes this is necessary.

It is the athlete's responsibility to make up all work that is missed. This includes test, quizzes, and class work.

Locker Room

Please make sure you do NOT leave any valuables in your locker.

If you do have specific valuables please give them to the coach to lock up.

Make sure your lock is completely locked . Pull on it to make sure it is secure.

Equipment Check out

Every sport has some equipment/uniform check out.

It is the athlete's responsibility to take care of all items checked out to them.

General care is important e.g. washing. If equipment/uniforms are lost it is the athlete's responsibility to pay for the items.

Non-compliance with this can cause a uniform to be withheld (next sport) until payment has been made.

Off-Season

Not every sport has an off-season.

It is the responsibility of the athlete to attend 7th period off-season if enrolled in the course.

This class may be instructed by their coach or another coach on campus.

There is a grade and credit given so it is imperative that each athlete attends and participates in the class. Failure to do so will cause a failure in the class.

The truth about athletic scholarships and athletic careers

A study published by the National Federation of State High School Associations, of which the California Interscholastic Federation (CIF) is a member, showed that only two percent of the nation's high school athletes get college athletic scholarships. The average athletic scholarship is just less than \$11,000.

- The study adds that 0.08 percent of all high school football players will be selected in the NFL draft, 0.45 percent of high school baseball players will play Major League Baseball, and 0.03 percent of high school boys' basketball players will be taken in the NBA draft *(as reported by Steve Fryer, Orange County Register)*.

Athletics offers the opportunity to learn many skills valuable in all aspects of life. Engagement and success in school overall is one clear benefit. The data below was collected using information from the Arkansas Public School Computer Network (APSCN) and archival sources.

Time to meet the head coaches:

Cross Country - Victor Quiros



victorquiros@iusd.org

Football- Peter Abe



peterabe@iusd.org

Girls Tennis- Natasha Schottland



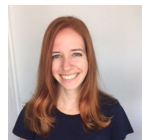
natashaschottland@iusd.org

Girls Volleyball- Heidi Martasian



heidimartasian@iusd.org

Girls Golf - Wind Ralston



windralston@iusd.org

Cheer- Allie Leyva & Courtney Donovan



courtneydonovan@iusd.org

Boys Water Polo - Kate Avery



kateavery@iusd.org