

Helix Charter High School

Enrollment: 2350 Mascot: Highlanders
Colors: Green and Grey
Conference: Grossmont
League: Grossmont Hills

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La Mesa, CA 91941

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Athletics Josh Stepner ext. 127
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FALL SPORTS

Cross Country	Field Hockey
Girls Tennis	Football
Girls Volleyball	Girls Golf

WINTER SPORTS

Boys Basketball	Girls Basketball
Boys Soccer	Girls Soccer
Wrestling	

SPRING SPORTS

Baseball	Softball
Boys Lacrosse	Girls Lacrosse
Boys Tennis	Boys Volleyball
Boys Golf	Swimming
Track & Field	

The CIFSDS designated non-contact period for Helix Charter H.S. is July 24—August 6, 2009

HELIX ATHLETICS MISSION STATEMENT

The Helix Charter 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. Helix Charter 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:

Athletes 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, CIFSDS, and Helix Charter High School.

Athletes will always:

- Place academics first.
- Strive to improve.
- Be positive.
- Support their teammates.
- Attend tutorial and seek education assistance when required.
- Demonstrate respect for teachers, coaches, and fellow athletes at all times.
- Maturely accept constructive criticism.
- Take responsibility
- 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, GUHSD, 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.
- 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.

- Pay admission fees when appropriate.

In addition, if parents want to discuss an issue with a coach, the parent must call and make an appointment. If the parent does not receive satisfaction after speaking with the coach, he/she should schedule an appointment with the Athletic Director/Assistant Principal in charge of Athletics.

During home games, only student-athletes and their team are allowed on the field, in the dugout, or on the court. **Animals are not permitted on school grounds.**

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 our teams.
- Communicate your expectations of your athlete and team.
- Communicate with individual 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

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 shown 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 or 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 of Spectators

- Applaud at the end of the contest for all performances of all participants, as they shake hands with each other, regardless of the contest outcome.
- Show concern for injured players regardless of team affiliation.
- Encourage people around you to display only sportsmanlike conduct.
- Refrain from blaming the loss of contest on officials, coaches, or participants. Leave with a positive attitude.

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.
- Location, dates, and times of all practices and games.
- NFHS, CIF, Conference, GUHSD, and school rules.
- Transportation.

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.

Inappropriate to discuss:

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

Steps for resolution:

1. First contact the coach.
2. Contact the Athletic Director.
3. Contact the Assistant Principal in charge of athletics.

Please know that any anonymous communication will be disregarded

Athletic Clearance

Obtain a clearance packet at the Finance Office prior to the start of the season of sport. This packet must be completed before each new season. The packet includes:

- Clearance Card
- Parent Permission
- Census Information
- Emergency Information (Pink)
- Medical History Form
- Pre-Participation Physical Exam Form **Physicals must be completed by a M.D. One physical per year is required.
- Insurance Forms
- Informed Consent Form
- Eligibility Questionnaire
- Drug Testing Consent Form

**Student-athletes are encouraged to purchase an ASB Card

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.

Academic Eligibility

A student is academically eligible if:

1. The student is currently enrolled in at least 12.5 quarter units of work, **and**
2. Maintains a minimum 2.0 GPA **and**
3. Maintains minimum progress toward meeting the high school graduation requirements as prescribed by the school **and**
4. The student has no "U" grades in conduct.

Eligibility Appeals/Probation

9th grade students are allowed one appeal per school year to regain eligibility. 10th, 11th, and 12th grade students are not allowed an appeal for grade point average.

Students receiving one "U" in conduct in any one grading period will be afforded one appeal each year to regain eligibility. Students receiving two "U's" are not eligible for probation. Any student-athlete wishing to apply for a probationary period must see the Assistant Principal of Athletics to initiate this process.

Attendance

Student-athletes are required to attend all periods of their school day in order to be eligible to practice or play in a scheduled match, game or contest unless excused by their parent/guardian.

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 of this before class on the day of the event. Students are responsible for any and 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 athletics and to maintain at least a 2.0 GPA. 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, administrator's. 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.

Conflicts That Prohibit Full Participation

An individual student who attempts to participate in too many extra-curricular activities will, undoubtedly, be in a position of conflict of obligations. The Athletic Department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities, and to that end, will attempt to schedule events in a manner so as to minimize conflicts. Students have a responsibility to do everything they can to avoid conflicts. This would include being cautious about committing to too many activities where conflicts are bound to happen. It also means notifying the staff members involved and communicate immediately when a conflict does arise. When conflicts do arise, the student-athlete will be responsible for contacting those involved and developing a solution so that the student learns to prioritize.

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. Persons violating this policy shall be subject to District discipline, misdemeanor penalties and loss of privileges.

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 it is returned or fine paid in full.
- 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, or pay for such items.

Missing Practices

Athletic teams will usually practice weekdays, Monday through Friday (some teams will also hold Saturday practices). An athlete should always consult his/her coach before missing practice and leaving

campus. Missing practice or a game without good reason will be dealt with according to each coach's individual rules (Illness or a family emergency would be a good reason for missing a practice or a game). In any circumstance, however, it is expected that the coach will be notified in advance. Communication with coaches should be a priority.

Removal from the Team

An athlete who is removed from a team/sport in season due to disciplinary/academic reasons will not be allowed to participate or practice in another sport until the end of the regular season of the team from which he/she was dropped. In addition, all awards, letters, and certificates will be forfeited.

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. Talk with your coach.
2. Return all equipment and uniforms issued to you.
3. Student-athletes must have the consent of both coaches if transferring sports during the season.

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 will forfeit any awards they would have received.
2. A Varsity letter and sports specific figure will be awarded to each athlete the first year he/she letters. Each subsequent year that the athlete letters, he/she will receive a bar.
3. CIF Championship emblems, patches, or medals will be provided to all athletes of a team that has won the CIF Team Championship of that sport providing that the athlete has also earned a letter award in that sport for the same year. Awards recognition will be presented at the appropriate sports banquet at the end of each season.

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 to establish and maintain excellent high school athletic programs. For more information, visit their website www.cifsds.org.

National Collegiate Athletic Association

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

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 Clearinghouse online @ www.NCAA.clearinghouse.net.

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.

NCAA Athletic Scholarship Information

Seminars are held throughout the county for student-athletes and their parents to explain the procedure for obtaining an athletic scholarship. The NCAA Guide for the College-Bound Student-Athlete is available online @ www.NCAA.org. If you have questions, see your counselor or athletic director.

NCAA Initial-Eligibility Clearinghouse
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(319) 339-3003 (24 hour voice response)
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