

**International Studies Academy**  
***Cobra Athletics***  
**2004-2005**  
**Interscholastic Athletic Opportunities**

International Studies Academy offers a competitive interscholastic athletic program open to grades 9<sup>th</sup> through 12<sup>th</sup>. The following teams will compete during the 2004-2005 school year:

**Fall Season**

Girls' Varsity Volleyball  
Boys' Soccer  
Girls' Tennis  
Girls' Frosh-Soph Volleyball  
Boys' & Girls' Cross-Country

**Winter Season**

Girls' Junior Varsity Basketball  
Boys' Frosh-Soph Basketball  
Girls' Varsity Basketball  
Boys' Varsity Basketball

**Spring Season**

Girls' Soccer  
Boys' Tennis  
Girls' Badminton  
Boys' Varsity Baseball  
Girls' Softball  
B/G Track & Field

All ISA students are invited to try out for athletic teams. In cases where teams must be chosen, the athletic department puts its faith in the professional judgment of its coaching staff in assessing student's ability and selecting an appropriate team in a fair and impartial manner.

**Practice and Game Attendance**

Student athletes are expected to attend all practices and games. It is the responsibility of the student athlete to organize his or her time and priorities so that commitments to both academics and athletics are fulfilled. It is also the responsibility of the student athlete to notify classroom teachers of absences from class at least one day prior to the absence when the absence is caused by an athlete contest. The student athlete is responsible for make-up work resulting from such an absence. All student athletes are expected to be at school on time the day of an athletic contest. A concerted effort is made to schedule games so that a minimum of class time is missed.

Attendance on game day requirement (Rule 17-7 AAA Handbook) – to be eligible for any athletic contest, a student must be in attendance in an authorized program for which credit is received for at least two class hours on the day of the contest, exclusive of the lunch period. Exceptions may be made by principals in cases of death in family, court orders, or other extreme emergencies.

A student suspended (Rule 17-8 AAA Handbook) - from school shall be restricted from athletic participation (practices, scrimmages and games) immediately. When the student is reinstated and attends classes the student shall be eligible for athletics.

Any team member who is injured but able to attend school is expected to be at all practices and games unless personally excused by a doctor or head coach. Physical limitations do not preclude an athlete from being able to assist the team the team in some way.

Further regarding practice and game attendance, student athletes are expected to attend all practices and games unless an illness, death in the family or another significant event precludes their presence. Coaches are required to keep practice attendance records throughout the season. If a student athlete absolutely must miss a practice session or a game, the coach must be notified at least a day in advance. If no prior notification occurs, the coach immediately will call the parents of the student athlete to make them aware that an absence has occurred. If excessive absences occur, a student athlete may be dismissed from the team. However, all absences must be documented and parents made fully aware that their child's position on the team are in jeopardy well before any dismissal occurs. An athlete must hold more than 80% of practices and game and be in good standing to receive individual and team honors.

### **Transportation Guidelines**

Student athletes are to return from athletic trips via school transportation unless the coach allows the student to return with their parents. Parent's approval must be confirmed in writing in advance if a student is to ride with adults other than that of a student's parents. Student athletes are not allowed to drive to or from athletic contests unless a parent note is submitted to the principal. *In no case may an athlete drive another athlete to or from practices, scrimmages or games.* In some cases, district provided bus will transport teams to non-league or league games. Parents will be notified via SFUSD Field Trip Form as to site, date and time of such game. On days where a school bus transports an athlete, parents must pick up students at ISA upon bus return. *Student-athletes will travel as a team by foot to the nearest MUNI bus and travel by MUNI to all league contests unless noted on field trip form. After each contest, they are free to go home on their own.*

Coaches will provide a schedule for all games and practices to athletes. The practice schedule will be set monthly or seasonally. It is the athlete's responsibility to get this schedule home to the parents. Coaches will stay on campus/practice sites after games and practices until all athletes have been picked up. Parents should pick their child up 15 minutes prior to the end of practice/games. A schedule of departure and return times for away games also will be given to all athletes. Please note that the return time is approximate because we cannot control how long a game away may last. Please be considerate of the coaches in picking your child up as they also have families waiting at home.

### **Athletic Code**

Student athletes are expected not to be disruptive at any time during the school day. Student athletes should conduct themselves with poise and integrity and as role models. Academics, attendance or behavior problems may subject an athlete to athletic disciplinary actions by the coach, AD, or principal. Student athletes must respect the judgment and decisions of coaches, officials, teammates, and opponents or fans will be

handled by the head coach immediately. Profanity will not be tolerated at any time during the season on or off the athletic field. Athletes and coaches should exhibit good sportsmanship at all times.

It is also essential and mandatory that spectators exhibit good sportsmanship as well and adhere to the following guidelines during competitions:

1. *Always cheer in a positive manner. Positive cheering leads to positive results.*
2. *Do not talk to officials before, during, or after the competition.*
3. *Keep all comments about officiating to a minimum. We want athletes to concentrate on what is about to happen, not what has already happened. PLEASE TRY TO LEAVE CONCERN FOR OFFICIATING TO THE COACHING STAFF.*
4. *Never communicate with our athletes from the start of warm-up until the end of competition, other than to cheer their efforts. We want our athletes to remain focused.*
5. *Fans should be seated in bleachers or remain in designated areas from the team and playing areas.*

A student-athlete's appearance is expected to be neat and clean at all times during the season as per the SFUSD dress code OR in some cases set by the head coach of each program in cooperation with the AD or principal.

Any student involved with a team whose season is still in progress may not practice with the next season's team until the current season has ended unless special arrangements are made with the head coach of the team whose season is in progress.

If a student is dismissed from a team or voluntarily leaves a team before the end of a season, that student may not compete or practice with another team during that season, nor can that student practice with the next season's team before the current season has ended. Exceptions to this policy may be considered by the Athletic Director and or Principal.

Student-athletes must adhere to the CIF/ISA Code of Conduct for Interscholastic Student-Athletes which states the following:  
Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship (the "Six Pillars of Character"). This Code applies to all student-athletes involved in interscholastic sports in California.

A copy of this document can be downloaded by going to [www.isacobras.com](http://www.isacobras.com) Click, "link/forms," click "Code of Conduct," download.

## **Injury Policy**

It is the coach's responsibility to contact the parent or guardian, AD and/or principal at school or at home, immediately after any accident or injury occurs to a student athlete. All coaches need to inform the student athlete that they (the student) or their family also should contact the coach immediately following treatment.

- *a successfully completed physical examination on file;*
- *all other completed athletic forms on file; and*
- *properly fitted equipment.*

## **Substance Abuse Policy**

Students involved with drugs or alcohol on campus or on school sponsored activities will be dismissed from athletics immediately and referred to the counseling office. Athletic participation with regard to substance abuse is as following:

*The use of drugs, alcohol or tobacco by athletes at any time during the season is prohibited. The athletic department endorses this policy for reasons of health and optimal athletic performance.*

## **Eligibility**

A student participating in interscholastic athletics at must in interscholastic athletics at ISA must earn credit for at least FOUR (4) subjects each 6 week marking period. If the student does not meet this standard, the student will not be eligible during the next 6 week marking period in accordance with SFUSD rule. *An athlete must also earn a cumulative 2.0 grade point average during the previous semester of their sport AND continue to earn a 2.0 GPA each 6 week marking period during their season of sport AND no "F" grade during any grading period.*

1. *See above minimum requirements.*
2. *A student who fails to achieve the minimal cumulative grade point average may be eligible to participate in interscholastic athletics where the student achieves a 2.50 grade point average in the marking period prior to their season of sport AND each marking period in which the student seeks to participate in interscholastic athletics AND no "F" grade or "U" citizenship mark.*
3. *A student may use a one time probation period waiver:*  
(Rule 16-8 AAA Handbook)
  - *may be granted once and only once during a student's eight semesters of eligibility.*
  - *no more than 3 unexcused absences*
  - *no U citizenship*

- *passing 4 classes (20 credits)*
- *minimum 1.5 grade point average*
- *approval by the principal and athletic director*

*To qualify a student must earn a 2.0 grade point average in the previous semester.*

*4. A student-athlete's poor behavior, academic performance and or attendance may hold students from game or practice participation.*

This is a minimum standard; the coaching staff at ISA certainly urges far higher performance in academic endeavors. The head coach of each sport is responsible for monitoring the academic progress of student athletes throughout the season. The coaching staff at ISA will not tolerate disruptive students or those who display a lack of effort regarding academic matters.

### **NEW in 2004-2005**

#### **Team Study Hall**

*Beginning Fall of 2004, all sport teams will take part in team study hall. Each team will be scheduled for a 3-5 day a week, 1-2 hour a session study time after school. In addition each team will be required to submit a progress report to their coach at the end of each week. Student-athletes who are not showing satisfactory attendance, behavior and academic progress in their progress report will be asked to attend additional tutorial and or further study time during athletic practice.*

#### **Pilot Study**

*The following teams will take part in a pilot study with the purpose of monitoring behavior and absences, tardies. Athletes on teams selected will be responsible for picking up an attendance printout at the end of each week and a behavior clearance form from the counselor. If an athlete has 1 unexcused absence in any class or one referral to the counselor (disrupting class, not following directions or school rules, unruly behavior) or 2 tardies in any one class during a week, he/she will be subject to sit on the bench during the next athletic contest. If an athlete fails to turn in his/her attendance/behavior form to the Athletic Director at the end of the week or the next day proceeding an absence, he/she will be suspended for the next athletic contest. The following sport teams will take part:*

Fall: Boys' Soccer

Winter: Boys' Varsity Basketball

Girls' Junior Varsity Basketball

Spring: Boys' Tennis

Girls' Soccer

*Teams were selected by their average grade, attendance and behavior issues last season. This study is a means to monitor not to punish, to assist and guide. I look forward in working with each individual student-athlete as we pursue victory on and off the field.*

## Uniform Policy, Rule 1 - AAA Handbook

Athletic uniforms and equipment, issued by the school to students for the purpose of practice or playing in a sport, are loaned only and must, in every case, be returned to the athletic department at the end of the season. Parents or guardians will be charged full purchase price for athletic uniforms and equipment damaged or lost.

### Violations of Sport Specific Rules

#### Physical Assault, Rule 12 - AAA Handbook, CIF Rule 522

Any student who physically assaults the person of a game or event official shall be banned from interscholastic athletics for the remainder of the student's eligibility. A game or event official is defined as a referee, umpire or any other official assigned to interpret or enforce rules of competition at an event or contest. A student after a lapse of 18 calendar months from the date of the incident, can apply for reinstatement of eligibility to the State Commissioner. An individual may be fined up to \$2,000 and/or serve one year in jail for assaulting an official.

*Definition of a physical assault: "A 'physical assault' is the intentional infliction of, or an attempt to inflict a harmful or offensive touching or contact upon the person or an official. The rule is violated even if no contact is made with the person of the official. All that is required is the attempt."*

#### Sportsmanship Rule and Penalty, Rule 11 -AAA Handbook

1. Participation in a fight will result in suspension of a minimum of two games without practice. Those players who leave the bench or team area and go onto the court / field will be suspended for the entire season.
2. A player may be ejected for use of vulgar or abusive language and ineligible for the next game (Rule 2)
3. A player who is ejected from a league or pre-season contest for flagrant misconduct or unsportsmanlike behavior will be ineligible to compete in the next scheduled contest.
4. **SOCCER:** Any player receiving a RED CARD shall be out of that game and must sit out the next league game. Any player receiving a YELLOW CARD shall sit out immediately and may enter game upon next substitution.

### Program Expectations

The three levels of competition are Frosh-Soph, Junior Varsity and Varsity. We are all part of the same program coordinated by the varsity head coach and athletic director. Frosh-Soph and Junior Varsity interscholastic teams are means for younger inexperienced students to earn the privilege to play on the varsity levels. Students will earn this privilege to play through proper attendance, citizenship, work habits and academic performance.

Frosh-Soph and Junior Varsity: Team and individual skills are honed in preparing the student for the extremely competitive varsity schedule. Playing time is at the discretion of the coach with a focus on quality playing time for all in as many games as possible. Winning is not the primary focus, but development of the player is.

Varsity: The commitment is to putting the best team on the field. Varsity selection is based on skill and maturity of the student. Each student's skill level is reevaluated at the beginning of the season for team membership. Scheduling and playing time considerations are based on what best prepares the team for the season and tournament play.

Students wishing to participate in two sports during the same season may do so only with the approval of the AD and respective coaches and must make a commitment at the beginning of the season to one of the teams in case of a conflict. In many cases, it may not be possible for a student to participate on two teams during the same season.

### **Recognition Programs**

*Two awards potluck ceremonies will recognize athletes at the end of the Fall/Winter (mid-March) and Spring seasons (3<sup>rd</sup> week of May).* Participant certificates for students and managers as well as 3 trophies for outstanding contributors to each team will be presented on these dates. Two large trophies will be presented to a male and female athlete at graduation symbolizing a Cobra tradition of excellence on and off the field. These Cobra criteria are: academic, athletic excellence, citizenship, leadership and commitment to the ISA community. Many other special awards will recognize students at award assemblies throughout the year.

### **Athletic Hotline**

The main office secretary can provide information on sport game schedules including site changes, cancelled or postponed games due to inclement weather. You may call the office after 1 pm on game days. To reach the school office, you may call 695-5866. The Athletic Office and the main office secretary will NOT have any information regarding practice cancellations. Athletes will be notified as early as possible so they may notify their parents. Information pertaining to sports contest schedule updates AND San Francisco rules and regulations by-laws AND pre-participation medical exam form AND SFUSD parent consent to participate form may also be obtained at the district athletic website: [www.cifsf.org](http://www.cifsf.org). Our Cobra sport website is [www.isacobras.com](http://www.isacobras.com). Please assist our fundraising efforts by becoming a parent booster or purchase ISA Cobra sports gear, by going to our [isacobras.com](http://www.isacobras.com) website. Highlights of your child's contests will be featured on the website as well as various athletic and school events throughout the year.

### **Mandatory Enclosures from websites**

Go to [www.cifsf.org](http://www.cifsf.org).

Click “Student-athlete participation form,” download, then click “Parental consent to play athletics form” download.

Go to [www.isacobras.com](http://www.isacobras.com)

Click link/forms, click “Medical Exam Report,” download

Click link/forms, click “Code of Conduct,” download

Note: All 4 forms must be submitted to your child’s coach prior to try-outs. There are no exceptions to this rule. Copies of these documents will also be available with the athletic director.

Thank you and Welcome to ISA Cobra Athletics!