

PARENT HANDBOOK

MULES ATHLETICS

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PARENT HANDBOOK FOR INTERSCHOLASTIC ATHLETICS

THE PURPOSE OF THIS HANDBOOK IS TO ASSIST PARENTS/GUARDIANS OF WOODROW WILSON HIGH SCHOOL STUDENT/ATHLETES. BEING A PARENT OF A HIGH SCHOOL STUDENT CAN BE VERY DIFFICULT. PARTICIPATING IN INTERSCHOLASTIC SPORTS SHOULD BE A POSITIVE AND REWARDING EXPERIENCE FOR ALL INVOLVED. WE HOPE TO PROVIDE A BETTER UNDERSTANDING OF ISSUES AND CONCERNS THAT MAY COME UP IN THE COURSE OF ATHLETIC PARTICIPATION ON OUR CAMPUS.

KEYS TO SUCCESS:

SINCERITY: YOU HAVE TO WORK AND WORK HARD. THERE IS NO SUBSTITUTE FOR WORK. WORTHWHILE THINGS COME ONLY FROM WORK.

EAGERNESS: YOU HAVE TO LIKE WHAT YOU'RE DOING; YOUR HEART MUST BE IN IT. WITHOUT ENTHUSIASM YOU CAN'T WORK UP TO YOUR FULLEST ABILITY.

COOPERATION: IN ORDER TO REACH YOUR FULL POTENTIAL, THERE MUST BE COOPERATION AT ALL LEVELS. COACHES, STUDENTS AND PARENTS MUST WORK TOGETHER IN ALL WAYS TO ACCOMPLISH THE COMMON GOAL. TO GET COOPERATION, YOU MUST GIVE COOPERATION.

DETERMINATION: THIS IS THE ABILITY TO RESIST TEMPTATION AND STAY THE COURSE, TO CONCENTRATE ON YOUR OBJECTIVES WITH PURPOSE AND RESOLVE. YOU MAY HAVE SETBACKS, HAVE TO START OVER, CHANGE YOUR METHOD, BACK UP AND GET ANOTHER START. BUT YOU DON'T QUIT, YOU STAY THE COURSE.

TEAM SPIRIT: THINKING OF OTHERS. WILLING TO SACRIFICE PERSONAL CONSIDERATION FOR THE WELFARE OF ALL.

CONFIDENCE: YOU MUST BELIEVE IN YOURSELF IF YOU EXPECT OTHERS TO BELIEVE IN YOU.

ACHIEVEMENT: GIVING 100% OF YOUR EFFORT, BODY, MIND AND SOUL TO ATTAINING YOUR GOALS.

“SUCCESS IS PEACE OF MIND, WHICH IS A DIRECT RESULT OF SELF-SATISFACTION IN KNOWING YOU DID YOUR BEST TO BECOME THE BEST THAT YOU ARE CAPABLE OF BECOMING.”

- COACH JOHN WOODEN, UCLA

“PURSUING VICTORY WITH HONOR”

THE WOODROW WILSON 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 TEACHERS/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 LOSE WITH GRACE, WIN WITH HONOR AND STRIVE THROUGH BOTH TO BRING PRIDE AND RESPECT TO OUR SCHOOL, OUR SPORT, OUR TEAMMATES, OUR OPPONENTS AND OURSELVES.

ATHLETIC COMPETITION OF INTERSCHOLASTIC AGE STUDENT-ATHLETES SHOULD BE FUN AND SHOULD ALSO BE A SIGNIFICANT PART OF A SOUND EDUCATIONAL PROGRAM, EMBODYING HIGH STANDARDS OF ETHICS AND SPORTSMANSHIP WHILE DEVELOPING GOOD CHARACTER AND OTHER IMPORTANT LIFE SKILLS. THE ESSENTIAL ELEMENTS OF CHARACTER BUILDING ARE INTRINSIC IN THE CONCEPT OF SPORTSMANSHIP AND THE SIX PILLARS OF CHARACTER:

TRUSTWORTHINESS
FAIRNESS

RESPECT
CARING

RESPONSIBILITY
GOOD CITIZENSHIP

SINCERE AND GOOD FAITH EFFORTS TO HONOR THE WORDS AND SPIRIT OF CHARACTER WILL IMPROVE THE QUALITY OF OUR ATHLETIC PROGRAM AND THE WELL-BEING OF OUR STUDENT-ATHLETES.

CODE OF CONDUCT

TEACHER/COACH:

- ENTHUSIASTICALLY SUPPORT AND PRACTICE “PURSUING VICTORY WITH HONOR”.
- WIN AND LOSE GRACIOUSLY
- WINNING IS ONLY PART OF INTERSCHOLASTIC SPORTS. BE SURE YOUR PLAYERS ENJOY THE EXPERIENCE. DON'T LET ANYONE YELL AT THEM OR MOCK THEM.
- GENEROUSLY PRAISE YOUR ATHLETES WHEN THEY DESERVE IT.
- SET A GOOD EXAMPLE. YOUNG PEOPLE NEED A TEACHER/COACH THEY CAN RESPECT.
- BE REASONABLE IN YOUR DEMANDS ON STUDENT-ATHLETES' TIME, ENERGY AND PERFORMANCE ON THE PLAYING FIELD.
- TEACH YOUR PLAYERS TO HONOR THE RULES OF THE GAME AT ALL TIMES.
- FOSTER RESPECT AMONG YOUR STUDENT-ATHLETES FOR THE JUDGEMENT OF REFEREES AND OPPOSING TEACHERS/COACHES AND FOR THE ABILITY OF OPPONENTS.
- STAY INFORMED ABOUT SOUND COACHING PRINCIPLES AND THE PHYSICAL, MENTAL AND EMOTIONAL DEVELOPMENT OF STUDENT-ATHLETES.

PARENT/GUARDIAN:

- REMEMBER, YOUNG PEOPLE PLAY FOR THEIR OWN ENJOYMENT, NOT YOURS.
- DON'T FORCE AN UNWILLING STUDENT ONTO THE FIELD OR COURT.
- APPLAUD GOOD PLAYS BY OPPOSING PLAYERS AS WELL AS YOUR OWN.
- SET A GOOD EXAMPLE. YOUNG PEOPLE LEARN BEST BY IMITATION.
- TEACH YOUR CHILD THAT HARD WORK AND AN ALL-OUT EFFORT CAN MATTER MORE THAN VICTORY.
- HELP YOUR CHILD IMPROVE SKILLS AND SPORTSMANSHIP IN EVERY GAME. YOUR CHILD WILL THEN BE A WINNER, EVEN IN DEFEAT.
- NEVER RIDICULE OR YELL AT YOUR CHILD FOR MAKING A MISTAKE OR LOSING A GAME.
- SUPPORT ALL EFFORTS TO REMOVE VERBAL AND PHYSICAL ABUSE FROM INTERSCHOLASTIC SPORTS.
- DO NOT PUBLICLY QUESTION A COACH'S OR OFFICIAL'S JUDGEMENT OR INTEGRITY.
- THERE ARE PROPER WAYS TO COMMUNICATE AND HAVE YOUR CONCERNS ADDRESSED. PLEASE SCHEDULE AN APPOINTMENT TO DEAL WITH THESE CONCERNS.

ISSUES THAT ARE NOT APPROPRIATE TO DISCUSS: PLAYING TIME, TEAM STRATEGY, PLAY CALLING AND OTHER STUDENT-ATHLETES

HIGH SCHOOL ELIGIBILITY

LAUSD REQUIREMENTS:

- PASS A MINIMUM OF (20) CREDITS DURING THE PREVIOUS GRADING PERIOD.
- CURRENTLY PASSING A MINIMUM OF (20) CREDITS OF CLASSES
- MAINTAIN A MINIMUM "C" AVERAGE (2.0 GPA) IN CURRENT CLASSES.
- GRADING PERIODS FOR ELIGIBILITY ARE THE 10 AND 20 WEEK GRADING PERIODS
- COMPLETE AND OBTAIN CLEARANCE OF ALL ATHLETIC PAPERWORK EVERY SCHOOL YEAR. THE ATHLETIC DIRECTOR WILL WORK DIRECTLY WITH EACH HEAD COACH IN REGARDS TO THE FOLLOWING ITEMS:

ATHLETIC RECORD ELIGIBILITY INFORMATION

ACKNOWLEDGEMENT OF RISK/INFORMED CONSENT

HEALTH INSURANCE VERIFICATION

STUDENT-ATHLETE CODE OF CONDUCT

VALID PHYSICAL

STEROID PROHIBITION USE FORM

STUDENT PHOTO/VIDEO RELEASE

- STUDENTS MUST LIVE WITH LEGAL PARENT/GUARDIAN WITHIN THE WILSON HS ATTENDANCE BOUNDARIES. IF THIS IS NOT THE CASE, THE STUDENT MUST BE ELIGIBLE BY AN ACCEPTABLE PERMIT WITH TRANSFER PAPERWORK (207/510) ON FILE AT THE SCHOOL AND ATHLETICS OFFICE.
- A SUMMER SCHOOL CLASS CAN REPLACE A SPRING SEMESTER GRADE FOR THE SAME SUBJECT WITH THE SAME CLASS TITLE FOR ELIGIBILITY IN THE FALL SEASON.

BUS TRANSPORTATION

BELOW IS THE CIF CITY SECTION RULE NUMBERS AND DESCRIPTION

ATHLETES MUST RIDE BUSES

- 604-1 When a bus is furnished to transport athletic teams to contests, only those participants traveling by bus will be eligible to compete. Students assigned to bus travel must return by bus. Travel by private car is not permitted unless specifically approved in writing by the principal/designee of the school and must be done prior to the event. This notification may need to be made available to the opposing school, if requested. If there are any students that have been approved to take private transportation, the team coach or other supervisory personnel from the sending school must arrive at the playing site at the same time or prior to, the student athletes. In LAUSD, if a student does not travel by the bus provided and has not received prior permission in writing from the principal/designee and/or completed the appropriate paperwork, and subsequently participates in the contest, the student shall be considered an ineligible athlete, and forfeiture rules will apply.
- 604-2 *This rule may be waived during the season, as well as in City playoffs and championships, if the need for private transportation is the result of involvement in the college entrance tests, or when used to decrease the number of buses used at the school. (See Rule 604.1 above.)*
- Beginning with the 2009-10 season, when triple-header games are scheduled in the sport of basketball, varsity players are allowed to travel to and from the contest in private cars if prior approval has been granted by the principal and all required paperwork has been filed at the school as per current LAUSD transportation guidelines.
- 604-3 Effective on all school buses operated by or for the Los Angeles Unified School District, no pupil shall be permitted to leave a bus between home and school except for a non-recurring emergency. Such activities as regular Scout meetings, music lessons, etc., are not sufficient reasons for exceptions to this rule. Any exceptions shall be approved in writing by the individual school principal.

FOR FURTHER REFERENCE ON LAUSD POLICY FOR TRANSPORTATION, SEE BULLETIN 5310.0 AT THE FOLLOWING WEBSITE

http://notebook.lausd.net/pls/ptl/docs/PAGE/CA_LAUSD/FLDR_ORGANIZATIONS/FLDR_COO/GUIDELINES%20ON%20USE%20OF%20PRIVATELY%20OWNED%20VEHICLES.PDF

GRADUATION REQUIREMENTS

REQUIRED CLASSES:

ENGLISH:	40 CREDITS	TECH. ART:	10 CREDITS
SOCIAL STUD.	30 CREDITS	HEALTH:	5 CREDITS
MATH:	20 CREDITS	LIFE SKILLS	5 CREDITS
SCIENCE:	20 CREDITS	ELECTIVES:	70 CREDITS
PHYS. ED.	20 CREDITS		
VIS./PERF. ART:	10 CREDITS		

ALL GRADUATES MUST MEET THE FOLLOWING REQUIREMENTS:

- COMPLETE 230 CREDITS
- COMPLETE ALL COURSE REQUIREMENTS
- PASS THE CALIFORNIA STATE HIGH SCHOOL EXIT EXAM (CAHSEE)
- COMPLETE A SENIOR PORTFOLIO
- COMPLETE A SERVICE LEARNING PROJECT

CREDITS NEEDED TO PROMOTE TO THE NEXT GRADE LEVEL:

- 55 CREDITS 10TH GRADE
- 110 CREDITS 11TH GRADE
- 170 CREDITS 12TH GRADE

COLLEGE REQUIREMENTS

UC/CSU ADMISSION REQUIREMENTS:

ENGLISH:	40 CREDITS
MATH:	30 CREDITS-40 REC. OF COLLEGE PREP MATH
SOCIAL STUDIES:	20 CREDITS
SCIENCE:	20 CREDITS-30 REC
FOREIGN LANG.:	20 CREDITS-30 REC.
VIS./PERF. ART:	10 CREDITS-MUST BE YEARLONG CLASS
ELECTIVES:	10 CREDITS-COLLEGE PREP ELECTIVES

SCHOLARSHIP ATHLETE REQUIREMENTS:

ENGLISH:	40 CREDITS
MATH:	30 CREDITS-ALG. 1 OR HIGHER
SOCIAL STUDIES:	20 CREDITS
SCIENCE:	20 CREDITS-NAT./PHYS. (1YR OF LAB)
ACAD. ELECTIVE:	10 CREDITS-ADD. ENG., MATH OR SCI.
ADD. COURSES:	40 CREDITS-FOR. LANG. OR ANY ABOVE AREA

ADDITIONAL REQUIREMENTS:

- GRADUATE FROM HIGH SCHOOL
- COMPLETE A MINIMUM OF (16) CORE COURSES
- PRESENT A MINIMUM (GPA) IN CORE COURSES
- PRESENT A QUALIFYING TEST SCORE ON EITHER THE SAT OR ACT

ATHLETIC SCHOLARSHIP WEBSITE INFORMATION:

www.NCAA.org

www.eligibilitycenter.org

FOR MORE INFORMATION CONTACT

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