

CALIFORNIA LUTHERAN



Parent/Student Guide to C-Hawk Athletics

Revised 08/17

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For current sport schedules and information visit:

www.clhsonline.net

Athletic Director: Tim Treder

PH: 951-678-7000 x223

tt@clhsonline.net

INTRODUCTION

Welcome to the Athletic Department at California Lutheran High School. We pray that your experiences with us in athletics will be successful, positive, and rewarding. Our athletic program will offer meaningful learning opportunities not otherwise offered in the school classroom curriculum.

This handbook has been prepared to help you in your efforts to better understand our school, the function, purpose, and policies of our athletic program, and your expectations and responsibilities as an integral part of the athletic program.

INTERSCHOLASTIC SPORTS OFFERED

<u>FALL</u>	<u>WINTER</u>	<u>SPRING</u>
Football—JV and V	Boys Basketball—JV and V	Baseball—V
Girls Volleyball—JV and V	Girls Basketball—JV and V	Softball—V
Cross Country—V	Co-ed Soccer —V	Track & Field—V
	* Dance/Cheer	*Golf—V

* Indicates only offered based upon availability of a coach and interest from the student body

C-HAWK ATHLETIC ACHIEVEMENTS

FOOTBALL

1984 Academy League Champions
1985 Academy League Champions
1987 Academy League Champions
1992 CIFSS Champions
1995 Metro League Champions
1996 Metro League Champions
1996 CIFSS Finalist
1998 Metro League Champions
1998 CIFSS Champions
1999 Metro League Champions
1999 CIFSS Finalist
2000 Metro League Champions
2000 CIFSS Champions
2002 Metro League Champions
2003 Metro League Champions
2004 Metro League Champions
2007 Victory League Champions
2010 Agape League Champions
2010 CIFSS Finalist

VOLLEYBALL

1984 Academy League Champions
1994 Metro League Champions
1995 Metro League Champions
2007 Arrowhead League Champions
2007 CIFSS VAA Champions

BOYS BASKETBALL

1989 Academy League Champions
2001 Metro League Champions
2012 Arrowhead League Champions
2012 CIFSS Finalist
2012 CIF State Quarter Finalist

GIRLS BASKETBALL

1982 Academy League Champions
1983 Academy League Champions
1985 Academy League Champions
1990 Academy League Champions
1991 Academy League Champions
1992 Academy League Champions
1995 Metro League Champions
1996 Metro League Champions
1997 Metro League Champions
1998 Metro League Champions
2000 Metro League Champions
2001 Metro League Champions
2002 Metro League Champions
2003 Metro League Champions
2004 Metro League Champions
2005 Metro League Champions
2011 Arrowhead League Champions
2014 Arrowhead League Champions
2015 Arrowhead League Champions
2016 Arrowhead League Champions
2017 Arrowhead League Champions

SOFTBALL

1985 Academy League Champions
1995 Metro League Champions
2005 Metro League Champions
2006 Metro League Champions
2009 Arrowhead League Champions

BASEBALL

1991 Academy League Champions
1992 Academy League Champions
1993 Academy League Champions
2009 Arrowhead League Champions
2010 Arrowhead League Champions
2015 Arrowhead League Champions

GIRLS TRACK & FIELD

2016 Arrowhead League Champions
2017 Arrowhead League Champions

PHILOSOPHY OF ATHLETICS

The athletic program at California Lutheran is an extension of the total education program. Success is measured not in terms of wins and losses, but rather on the Christian values of love, respect, faithfulness, service towards others, and always giving a maximum effort. These values are consistent in both victory and defeat as we strive to mold the Christian leaders of tomorrow.

Our athletic department's mission is to provide a nurturing environment offering quality instruction supported by a strong foundation of Christian values. In partnership with parents we will strive to equip students to become leaders to serve God, their families, and to positively impact their communities and the world.

ATHLETE'S CODE OF ETHICS

It is the goal of California Lutheran High School to see that all athletes exhibit the following character qualities as they strive to be ambassadors and represent their Savior. (2 Corinthians 5:20)

Our athletes shall:

1. **BE COMMITTED TO CHRIST FIRST AND THEN THE SPORT IN WHICH THEY ARE COMPETING.**
2. **BE SELF-CONTROLLED AND DISCIPLINED.**
3. **BE COURTEOUS AND RESPECTFUL.**
4. **SACRIFICE FOR GOD AND OTHERS.**
5. **UPHOLD HONESTY AND INTEGRITY.**
6. **PROMOTE TEAM PLAY AND UNITY.**
7. **CONTINUE TO STRIVE FOR EXCELLENCE.**
8. **STRIVE TO GROW AS LEADERS.**

ATHLETIC GOALS

The objectives of the California Lutheran athletic program are to:

1. Focus on giving the glory to God, not to yourself.
2. Provide a positive image of CLHS.
3. Promote desirable attitudes in leadership and sportsmanship for all participants.
4. Satisfy both the competitive needs as well as recreational needs of the students.
5. Provide equal opportunity for all students to experience success in athletics.
6. Develop and maintain high attendance at all contests.
7. Provide an athletic program that meets the expressed needs, interest, and abilities of the students, consistent with available facilities, equipment, and quality staff.

ATHLETIC USER FEE

The California Lutheran High School Athletic Department requires each athlete to pay a user fee. This fee helps to partially offset the following athletic costs: transportation, uniforms, equipment, equipment repair, facilities, awards, league & CIF dues, tournament fees, coaches' education, officials.

Parents will be notified from the Athletic Director via email when an athlete has made one of the CLHS athletic teams. The CLHS Board of Directors has established the following athletic fees for all CLHS athletes:

Football	\$275.00	All other sports	\$175.00
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This athletic fee must be paid or arrangements must be made with the financial secretary before an athlete receives his/her uniform.

CALIFORNIA INTERSCHOLASTIC FEDERATION—SOUTHERN SECTION

California Lutheran is a member of the California Interscholastic Federation. The CIF is composed of different sections throughout the state of California. We are a part of the largest section, the Southern Section, which covers most of Southern California, minus San Diego and Los Angeles. The purposes of the CIF are to:

1. Serve as an organization through which member high schools mutually adopt rules and regulations for interscholastic athletic competitions.
2. Cultivate more cordial and friendly relations among schools through ethical standards of sportsmanship.
3. Promote acceptance of the CIF Cardinal Principles and Code of Ethics.
4. Promote equal opportunities for all youth regardless of race, sex, religion, or national origin.

ARROWHEAD & AGAPE LEAGUES

California Lutheran is a member of the Arrowhead League which includes Boys' Republic, California School for the Deaf—Riverside, Carnegie Schools—Riverside, Hamilton, La Serra Academy, Sherman Indian, and Upland Christian Academy. Principals and athletic directors of member schools handle management of this league.

Because the Arrowhead League does not offer 8-man football, we are a part of the Agape League for football only.

UNIFORMS

All CLHS athletes will be issued a standard uniform. These uniforms should not be altered or changed in any way. Uniforms are to be worn to games and on game days only; they are not to be used for personal attire. Any equipment or uniform lost or damaged beyond common use must be replaced by the athlete. The cost will be based on the replacement price. Cleaned uniforms are due in to the coach or athletic office within **one week** of the final season game. If uniforms are returned dirty, there will be a \$10 cleaning charge assessed. Late fees of \$5 per week will be assessed up to a month and then a replacement fee will be assessed after one month.

CLHS WEBSITE

All our athletic schedules and directions can be found on our school's calendar at www.clhsonline.net. Please check with this schedule frequently as it is subject to change. The athletic department uses Activities Scheduler for management of our schedules. Through this website, you can sign up for text and email alerts, notifications and reminders for when events are coming up or if there are cancelations, changes or updates to an activity. You can find that information at www.arrowheadleague.org. Athletic schedule of events will be emailed weekly. In the event that an emergency change to the schedule occurs, an email will be sent and students will be encouraged to contact their parents.

Maxpreps.com is a great resource for information regarding CLHS athletics. Just search for California Lutheran and then bookmark the page for future use. On the website is where you will be able to find information on team rosters and varsity scores and game recaps.

Please keep in mind that a coach from any school can change schedule information on Maxpreps. The CLHS website is still the best resource for schedules.

If you have any questions on the schedule, please email the coach or athletic director.

ELIGIBILITY

According to CIF-SS and California Lutheran High School, the following rules have been established regarding athletic eligibility:

- Athletes must maintain at least a 2.0 GPA. Any athlete who falls below this mark will be declared ineligible and cannot participate in any extracurricular activities until the end of the next grading period (approximately 4-5 weeks), pending a GPA of over 2.0. Athletes can only be reinstated with the approval of the athletic director.
- All athletes must be enrolled in at least 20 semester credits of work.
- All athletes must have the following forms on file in the office: consent to treat, physical, code of ethics, and athletic handbook agreement.
- Any student who is serving an after school suspension will not be eligible for extracurricular activities regardless of practice or game schedules.
- **If a student misses a whole day or part of a day due to illness or oversleeping, he/she may not be allowed to participate in any extracurricular activities.**
- Athletes are not allowed to participate on an outside (of school) team in the same sport during the season.
- Any athlete who turns 19 before June 15th is not eligible for interscholastic athletics.
- To play varsity football, an athlete must be at least 14 years old. NOTE: special paperwork is needed for 14 year-olds to participate in varsity football.
- No senior is allowed to play at the JV level in any sport unless there is an extenuating circumstance.

For all other CIF rules and regulations, consult the CIF Blue Book. www.cifss.org

TRANSER RULE

In accordance with the CIFSS Bluebook Rules and Regulations, California Lutheran High School follows all the transfer rules as set forth by the CIFSS. In order to be eligible to play varsity athletics at CLHS, a student must have a valid change of residence or go through the “sit out period”.

Please speak with the Athletic Director to help guide you through the transfer process.

SPORTS SPECIALIZATION

One of the most controversial topics in high school athletics today is sports specialization, or having athletes participate in and concentrate on only one sport throughout the entire school-year. Some believe that it is beneficial for an athlete to improve as much as he/she can in one sport rather than be average in a number of sports. Others believe that all students should have the opportunity to participate in many sports, and fear that burn-out will occur if an athlete focuses on just one sport. Because of this controversy, California Lutheran High School will take the following stance regarding specialization:

- The sport in season takes precedence for facilities, equipment, and weight room usage.
- NO coach or CLHS teacher is to discourage any athlete from participating in another sport.

ATHLETIC SCHOLARSHIPS

Athletic scholarships are only offered by NCAA Division I and II colleges. If student athletes are interested in pursuing college scholarships, the coaching staffs, athletic director, and college guidance counselor are always willing to inform and help.

A great guide on this subject is called the “NCAA Guide for the College-Bound Athlete.” It can be downloaded at ncaa.org.

CUTTING POLICY

Understanding that participation in athletics is a privilege and that God gives different people different gifts and abilities is a key component to our athletic program. Each coach has established criteria for participation and making the team. Some activities require roster size limitations. Cutting is a difficult process for coaches, athletes and parents. Be assured that all coaches are fair when it comes to athlete assessment, and that they are sensitive to the emotional nature of this matter.

LETTERING POLICY

CLHS athletes will be awarded a varsity letter based on the following criterion:

1. Each sport has different lettering requirements. If you are interested in these, please talk to the head coach.
2. CLHS students must have a positive, Christian attitude. A negative attitude or in-compliant actions may result in not lettering.
3. Quitting a sport before the end of the season (including playoffs) automatically forfeits a varsity letter and any season recognitions in that sport.
4. The athletic director and head coach will decide all questionable cases.

AWARDS

JV Awards:

- Certificate of participation

Varsity Awards:

- Certificate of participation
- 1st year letter—a CL letter with sport pin for athletes that qualify
- 2nd-4th year letter—gold chevron bar
- Only varsity level sports (individual and team) are eligible for championship patches/awards for league, section and state.

Tri-sport Athlete:

- A certificate is awarded to athletes who compete in three JV sports during the school year.
- A tri-sport patch is awarded to athletes who letter in three varsity sports during the school year.

Athlete of the Year: is awarded to a senior who displays excellence in sports for high school career. Athletes must letter in at least 2 different varsity sports and are nominated by the CLHS coaches. All-league, all-section, and all-state honors will be considered as well.

Scholar Athlete of the Year: Awarded to a senior who earned displayed excellence in sports while also maintaining a high GPA through their four years of high school. A seven semester cumulative GPA will be calculated to help determine the winner of this award.

Other team awards (MVP, Most Improved Player, Coach's Award) may also be offered by individual team coaches.

LETTER JACKETS

Letter jackets are available for purchase. A representative from C&L Letter Jackets will be on campus a few times a year to fit and customize jackets. Further information regarding jackets is available through the athletic director and information will also be shared with the student body at the appropriate ordering time.

SOCIAL MEDIA POLICY

Everything you post is public information - any text or photo placed online is completely out of your control the moment it is placed online - even if you limit access to your site.

1. Refrain from using derogatory or defamatory language that may harm teammates or coaches, other CLHS athletes, teachers or coaches and student athletes, coaches or representatives of other schools, including comments that may be disrespectful to opposing teams.
2. Do not post comments creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
3. Do not post comments or photos that describe or depict unlawful assault, abuse, hazing, harassment, or discrimination; selling, possessing, or using controlled substances; or any other illegal or prohibited conduct or other violations of the CLHS Student Handbook.

LOCKERS AND LOCKER ROOM

All CLHS athletes and P.E. participants will be issued a locker in the locker room. All athletes must use a lock. School locks will be provided by the athletic director. Athletes are encouraged to not bring any items of value into the locker room. **CLHS is not responsible any items that are lost or missing.** Absolutely no horseplay or hazing is allowed in the locker room. Violations of this will result in suspension from the locker room and disciplinary action.

No cell phones, cameras or video recorders or other devices that can be used to record or transfer images may be used in the locker rooms at any time. Under no circumstances can a person capture, record, or transfer a representation of a nude or partially nude person in the locker room. Any other use of a camera, video recorder, cell phone, or other recording device in the locker room requires the prior permission of the superintendent and the person being photographed, videotaped, or recorded. Anyone who violates this policy shall be subject to school disciplinary action and/or penalties under state law or local ordinance.

WEIGHT ROOM

Everyone is welcomed to use this facility as long as athletes abide by the rules. The following rules and guidelines are posted in the weight room:

1. Never enter the weight room without supervision of a coach or CLHS teacher.
2. Water is the only food or beverage allowed in the weight room.
3. Wear proper lifting clothes when in the weight room.
4. Shoes and shirts must be worn at all times.
5. Do not slam the weights.
6. A spotter must be used at all free weight lifting stations.
7. Report all injuries immediately.
8. No vulgarity or inappropriate or offensive language is allowed while in the weight room...this includes the music that is played.
9. Keep music volume at a reasonable level. Be considerate to those around you, especially when the gym is occupied.
10. Rack all weights and pick up all trash when you are finished with your work-out.
11. Remember that being in the weight room is a privilege. Take advantage of the time and opportunity to make yourself a better athlete.

Any violations of the following rules will result in you removal from the weight room and could forfeit your weight room privileges.

TRAINING ROOM

CLHS has a fully stocked training room that is available to all athletes. No students are allowed to enter the training room unless they are being treated or are accompanied by a coach to get supplies. All items in the training room are intended for the athletic program at CLHS and should not be taken for personal use.

PRACTICES

The CLHS school day ends at 3:15. All sports practices begin at 3:30 and end at 5:30. Due to schedule conflicts and availability of coaches, some practices may run at a later time. All of these changes must be approved by the athletic director and all families involved. Athletes are expected to be at all practice on time.

GAMES

Home:

Most CLHS home contests are played on the CLHS football field or in our gym. Soccer, baseball, and softball all play off campus. Home field locations can be found on the school's calendar.

Away:

CLHS has vans for transporting athletes to and from games. All coaches are covered under the CLHS insurance policy. Students are not allowed to drive themselves to away contests. All students must travel to and from events by means of school transportation. Transportation by any other means is permissible only with the consent of athletic administration and permission of the student-athlete's parent or guardian.

Students are only allowed to leave events with their parent(s) or custodial guardian. Exceptions to this rule must be approved by the athletic director.

QUITTING A SPORT

One of the goals of the CLHS athletic program is to produce athletes who are committed to the tasks and challenges that they encounter. We want our athletes to have the mindset that quitting is simply not an option because perseverance builds character. Quitting a sport does not only affect the athlete; it affects the coaching staff, the rest of the team, and the entire CLHS athletic program. Any athlete who quits a sport will forfeit all postseason awards, including lettering.

EXPECTATIONS OF PARENTS

KEEP ATHLETICS IN PERSPECTIVE:

- Emphasize that academics always comes first.
- Assist the student to structure time wisely so that athletics do not interfere with academics.
- Use athletics as a way to teach children how to react and interact with other people during tense situations.
- Help your athlete understand that God gives different natural abilities, but he gives everyone the ability to give a maximum effort.

SUPPORT YOUR STUDENT ATHLETE:

- Encourage participation by both men and ladies.
- Allow the student to select the sport based on his/her perceived ability and likes.
- Provide a pressure free environment regarding scholarship expectations.
- Attend as many of your child's contests as possible.
- Do not emphasize quitting as the best way to solve problems, but rather perseverance.
- Stress the importance of spiritual, mental, and physical preparation and nurturing.

SUPPORT YOUR PROGRAM:

- Be supportive of the coaching staff.
- Make arrangements to talk with coaches privately about perceived problems.
- During the season, take into consideration practices and games when planning family events.
- Model positive behavior towards everyone involved in athletics (coaches, players, officials, other fans) as described in the Code of Ethics.
- Volunteer to help with gate, concession stand, and other needs of the athletic program regularly.

RISK MANAGEMENT

By participating in an athletic activity at Cal Lutheran, a person exposes himself/herself to the risk of serious injury including, but not limited to the risk of: sprains, fractures, and ligament and/or cartilage damage which could result in a temporary or permanent, partial or complete impairment in the use of limbs; brain damage; or even death.

All athletes participating in athletics should have adequate health insurance; however, CLHS does cover uninsured and under insured athletes through our insurance policy.

All CLHS athletes must have a current physical form on file in the CLHS office before participating in an extracurricular activity. This form can be downloaded on the CLHS website and is sent out with the registration packet from the CLHS office.

All CLHS students are encouraged to report all injuries to their coach and make use of the training room facility and supplies.

GRIEVANCE PROCEDURE

As in all areas of life where people interact with one another, there may be times when misunderstandings and problems occur. The grievance procedure is intended to be a process whereby concerns can be addressed in a timely manner.

Parents Are Encouraged to Discuss:

1. The treatment of their child
2. Ways to help their child improve
3. Coaches' philosophy
4. Coaches' expectations for their child and the team
5. Team rules and requirements
6. Any violation of a CIF or CLHS policy
7. Scheduling
8. College participation

Parents Are Not Encouraged to Discuss:

1. Placement on teams
2. Playing time
3. Strategies used by a coach during contests
4. Win/loss record of a team

CLHS follows the guidelines as set in Matthew 18 when it comes to resolving differences:

1. First, go directly to the individual. Schedule a meeting time; never right before or after a game or practice.
2. The next step would be to speak to the athletic director to try to resolve the problem.
3. If you feel it is still unresolved, then go to the school superintendent.
4. The final step would be to take the matter to the CLHS Board of Directors.

Our loving and gracious God expects us to put the best construction on things, commands us not to gossip or slander, and wants us to come to Him in prayer when we are facing problems and challenges. Following these principles will help us to deal with one another with respect and Christian love.

CONCLUSION

Once again, it is our prayer that your total experience at CLHS will be a positive one. Athletics serve as an excellent way to build character, teamwork, commitment, success, and so many other admirable traits. That is what God commands of us, excellence ...never just good enough, or going through the motions. Keep your motivation for excellence based on your desire to serve Him with your gifts, both now and as you prepare to be a future Christian leader.

To Him Be the Glory!

ARROWHEAD & AGAPE LEAGUE SCHOOLS

ARROWHEAD LEAGUE SCHOOLS

Boys Republic—Rams

3493 Grand Ave.
Chino Hills, CA 91709
(909) 902-6690
School Colors: red/white/blue

California School for the Deaf- Riverside—Cubs

3044 Horace St.
Riverside, CA 92506
(951) 782-6500
School Colors: gray/red/black

Carnegie Schools-Riverside— Wolverines

3532 Monroe St.
Riverside, CA 92504
(951)687-0077
School Colors: blue/gold/white

Hamilton—Bobcats

57430 Mitchell Road
Anza, CA 92539
(951) 763-1865
School Colors: blue/grey/white

La Sierra Academy—Knights

4900 Golden Ave.
Riverside, CA 92505
(951) 351-1445
School Colors: navy/gold

Sherman Indian—Braves

9010 Magnolia Ave.
Riverside, CA 92503
(951) 276-6325
School Colors: purple/gold

Upland Christian Academy—Eagles

10900 Civic Dr.
Rancho Cucamonga, CA 91730
(909) 944-9224
School Colors: navy/silver

AGAPE LEAGUE (FOOTBALL ONLY)

Academy of Careers and Exploration— Eagles

13943 Rivers Edge Road
Helendale, CA 92342
(760) 952-1266
School Colors: navy/red

Hesperia Christian—Patriots

16775 Olive Street
Hesperia, CA 92345
(760) 244-6164
School Colors: red/white/blue

Lucerne Valley High School—Mustangs

33233 Rabbit Springs Rd.
Lucerne Valley, CA 92356
(760)248-2124
School Colors: royal blue/vegas gold

Victor Valley Christian—Royals

15260 Nisqualli Road
Victorville, CA 92395
(760) 241-8827
School Colors: purple/gold/white

Upland Christian Academy—Eagles

10900 Civic Dr.
Rancho Cucamonga, CA 91730
(909) 944-9224
School Colors: navy/silver



ARROWHEAD LEAGUE SPORTSMANSHIP STANDARDS



The members of the Arrowhead League met in a summit to establish a list of goals and standards by which we want our fans, coaches and players to act during all contests and on all levels.

SPORTSMANSHIP STATEMENT:

The Arrowhead League should demonstrate a positive attitude on the courts and fields. We should respect each other, show appreciation for good plays, play honestly, exhibit good character and each person should play hard, and do it all in the spirit of fair play.

FANS:

Should be respectful to the other team, respect referee decisions, show school spirit, respect school property, respect policies, and cheer positively.

PLAYERS:

Before the game: greet and welcome the other team, be respectful and glad that you can compete, no trash talk, focus on the positive, no animosity.

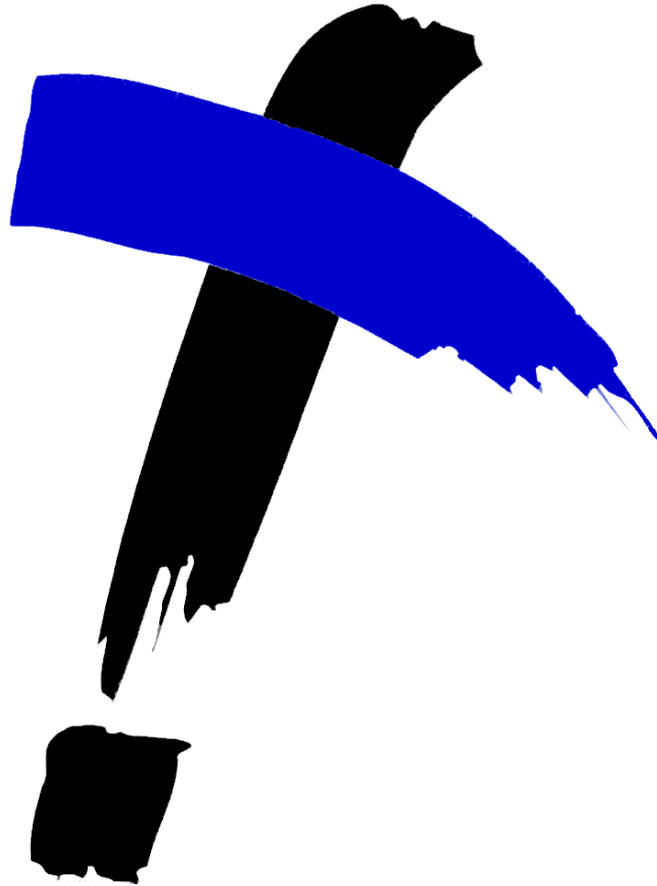
During the game: be an encourager, if you knock someone down, pick them back up, don't have an attitude or an ego, be humble build each other up, no bad language, control your temper and respect the officials' calls.

After the game: leave what happened on the field, on the field!

COACHES:

Be friendly with other coaches, don't treat them like enemies. After the contest, the coach should interact with the opponents and coaches. They should pull out players who are acting unsportsmanlike. Win or lose, the coaches should demonstrate positive attitudes. They should always support and encourage their athletes!

Molding the Christian Leaders of Tomorrow



California Lutheran High School
31970 Central Ave.
Wildomar, CA 92595
Phone: (951) 678-7000
Fax: (951) 678-0172
www.clhsonline.net