



Athletics 2021-2022

HDS participates in the Silver League, a league of small middle schools which include Challenger Middle School, California City Middle School, Mojave Middle School, SOAR Prep. Academy, and Knight Prep. Academy. Students in 5th through 8th grades will have the opportunity to play Volleyball, Cross Country, Soccer, Basketball, and Track against other small middle schools within the Silver League. Each season is approximately 5 weeks long culminating in a championship tournament. **Students must maintain a GPA of 2.0 for the most recent and current reporting period to be eligible to participate in HDS Athletics.**

Team Selection Process

All students must complete the online athletics clearance prior to tryouts. <http://athleticclearance.com> Tryouts for each sport will be held approximately 6-8 weeks prior to the first game. Teams will be selected by the coach(es) and the final roster will be checked for academic eligibility by the Principal and/or Athletic Director prior to posting. Practices will begin 4-6 weeks prior to the first game.

Timeline for Silver League Games

Volleyball: Beginning of September – Mid October
CC: Late September – 1st week of November
Soccer: February – Mid March
Basketball: Mid March – April
Track & Field: April - May

Athletic Eligibility Requirements

In order to emphasize the importance of academic achievement, the following constitutes the minimum requirements for student participation in athletics:

- A grade point average of 2.0 for the most recent and current reporting period
- Full attendance on the school day of a competition
- A mandatory physical and proper athletic clearance online prior to the first tryout (Volleyball, Soccer, Basketball) or practice (Cross Country, Track & Field)

Eligibility will be determined each reporting period. Should an individual fall below the requirements, the student will not be eligible for participation in athletics during the next nine-week grading period. Academic eligibility will be updated at each reporting period while the sport is in season.

Sport	Reporting Period Used for Eligibility
Volleyball	Final Sem. 2 grades from previous year
Cross Country	Final Sem. 2 grades from previous year
Soccer	Qtr. 2 progress report from current year
Basketball	Final Sem. 1 grades from current year
Track & Field	Qtr. 3 progress report from current year

Note for incoming 5th graders: Initial eligibility for Volleyball and/or Cross Country will be waived until the 1st quarter grading period.



Uniforms and Equipment

When student athletes are issued uniforms and equipment belonging to High Desert School, all equipment and uniforms must be returned to the head coach or school office within seven (7) days of the last game. A student will be charged for the replacement cost of uniforms if they are not returned.

Illegal and Performance Enhancing Substances

Any athlete found to be in possession of or involved in the use of alcohol, tobacco, smokeless tobacco, vape, or narcotics during the season or while attending school or at any HDS sponsored activity, will be suspended from athletics for a period of time determined by the HDS Administration. Performance enhancing substances are strictly prohibited. The Board recognizes that the use of androgenic/anabolic steroids (“steroids”) and other performance-enhancing supplements presents a serious health and safety hazard. As part of the District's drug prevention and intervention efforts, the Superintendent or designee and staff shall make every effort to ensure that students do not begin or continue the use of steroids or other performance-enhancing supplements. Students in grades 7-12 shall receive a lesson on the effects of steroids as part of their health, physical education or drug education program.

Students participating in interscholastic athletics are prohibited from using steroids or any other performance-enhancing supplements. Coaches shall educate students about the District's prohibition and the dangers of using these substances. Before participating in interscholastic athletics, a student athlete and his/her parent/guardian shall sign an agreement that the student athlete shall not use steroids, unless the student has a written prescription from a fully licensed physician, as recognized by the American Medical Association, to treat a medical condition. A student athlete who is found to have violated the agreement or this policy shall be restricted from participating in athletics and shall be subject to disciplinary procedures including, but not limited to, suspension or expulsion in accordance with law, board policies and administrative regulations.

CIF Code of Ethics

Students must sign the CIF Code of Ethics. Athletics is an integral part of the school's total educational program. All school activities, curricular and extracurricular, in the classroom and on the playing field, must be congruent with the school's stated goals and objectives established for the intellectual, physical, social and moral development of its students. It is within this context that the following Code of Ethics is presented.

As an athlete, I understand that it is my responsibility to:

1. Place academic achievement as the highest priority.
2. Show respect for teammates, opponents, officials and coaches.
3. Respect the integrity and judgment of game officials.
4. Exhibit fair play, sportsmanship and proper conduct on and off the playing field.
5. Maintain a high level of safety awareness.
6. Refrain from the use of profanity, vulgarity and other offensive language and gestures.
7. Adhere to the established rules and standards of the game to be played.
8. Respect all equipment and use it safely and appropriately.
9. Refrain from the use of alcohol, tobacco, illegal and non-prescriptive drugs, anabolic steroids or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States or American Medical Association.
10. Know and follow all state, section and school athletic rules and regulations as they pertain to eligibility and sports participation.
11. Win with character, lose with dignity.



HIGH DESERT SCHOOL

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Team Transportation

All team members and student managers are required to ride their parents to events. All appropriate District required paperwork, must be provided to the Athletic Director/Principal no less than three (3) days before the scheduled athletic events for someone other than the parent to provide transportation.

Additional Team Member Costs

Other costs may be incurred for personal items required for each sport. The level of this expense primarily depends on the market price and quality of items. Every effort is made to keep the expense to a minimum. Student athletes are expected to help raise funds to defer the cost of additional items and to help build their individual team program.

Insurance

A prospective athlete must have parental consent, a physical examination, and specific insurance coverage in order to participate in tryouts. All student athletes must be cleared before being allowed to try out.

California law prescribes that students participating in interscholastic sports must carry a minimum of \$1,500 accident/health insurance. Supplying and verifying coverage is a parental responsibility, not a school responsibility. Before you may participate in a HDS sport activity, your parents will need to examine (or have your insurance agent examine with you) your insurance policies and certify on the Parental Consent and Athletic Eligibility Card the type of policy, the company's registered number of the policy, if any, and the limits of coverage. This certification process should be started well in advance of the first day of tryouts.

If you do not already have the necessary coverage under your parent's insurance, voluntary minimum insurance may be purchased through a variety of vendors. The school provides information in the Main Office regarding student insurance policies at no profit to the school. This policy covers approximately 80% of medical expenses. The state no longer requires a student to have life insurance before participating in school athletics. Student insurance will offer an optional life insurance policy for those who wish to purchase life insurance. The Parental Consent and Athletic Eligibility Card is available in the Main Office. With parent signature, the card indicates certification of the required insurance coverage and approval of a student's participation. It must be filed in the School Office before students begin tryouts or practice.

Conflicts With Other School Events

Athletes may request to miss a practice or game in order to participate in another academic or extra-curricular school activity such as college nights, various school activities or performances. Athletes must recognize that missed practices or games may result in reduced playing time in future contests.