

2018-19

STUDENT ATHLETE

And PARENT/GUARDIAN

HANDBOOK



FOLSOM CORDOVA UNIFIED SCHOOL DISTRICT

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Welcome...

On behalf of the coaches, advisors, teachers and administrators of the Folsom Cordova Unified School District (FCUSD), we welcome you to our District's athletic program and wish you a successful season. In order to ensure an enriching and rewarding experience as you participate in school athletics, the Student Athlete and Parent/Guardian Handbook is provided to help guide and assist you with our rules and policies.

IMPORTANT-Please Read This Handbook In Its Entirety

An important value we stress with all of our student athletes is integrity. We stress this quality with our coaches and ask it of our parents/guardians as well. Because of this, we ask that you do not sign on the dotted line until you have read the handbook and agree to abide by its rules and guidelines.

Philosophy of Student Athletics

FCUSD recognizes athletic competition as an integral part of the school experience. As such, all athletes should have the opportunity to participate in some form of interscholastic athletics within the limitations of each individual sport and such participation should encourage positive scholastic growth and achievement. Both the student athlete and the sport itself should be a credit to the school and the community. FCUSD realizes that an effective interscholastic athletic program is a product of the responsible cooperation among its five major contributors: the student athlete, the parents/guardians, the coaching staff, the school site and our District administration.

FCUSD strives to strengthen the integrity of students and adults in the community by promoting the concepts of sportsmanship, honesty, and quality academics. These priorities advance the highest principles of character, trustworthiness, respect, responsibility, fairness, caring, and good citizenship.

Participating in Athletics

Participation in school sports programs is a privilege, not a right. To earn that privilege, students must abide by the rules and they must conduct themselves as positive role models who exemplify good character. The school intends to maintain programs that are well managed and meet the needs of the students and the school community. Athletic schedules and coaching information can be found on our individual school websites. To find your school, go to <http://www.fcusd.org>, click on *Our Schools*, find your school, and then the appropriate link.

The FCUSD athletic program will (1) promote sportsmanship, (2) foster the development of good character by enhancing the academic, emotional, social, physical, and ethical development of students, and (3) teach positive life skills that will help students become personally successful and socially responsible.

Through their participation as a member of an athletic team or program, students are considered representatives of FCUSD, and as such, are expected to maintain exemplary behavior and citizenship. All students will be held responsible for any involvement in acts specified in the Student Handbook (Campus Rules / Policies) whether on campus, at school activities, or in the community.

Student Accident Insurance

The Folsom Cordova Unified School District does **NOT** carry dental or medical insurance for students injured on school premises, while under school jurisdiction, or while participating in school district activities.

You are responsible for the medical bills if your child gets hurt during school activities.

Insurance coverage may be arranged by parents/guardians through individual policies, group insurance or through a voluntary insurance program of the *Student Insurance Company*. The *Student Insurance Company* policy covers accidental injuries sustained by a student traveling to and from school and while participating in regular school activities including athletics. *See chart on reverse side for rates.*

Insurance Requirements for Athletics/Extra Curricular Activities *Please Read Carefully.*

California State Law (Education Code 32220-32224) requires every *member of an athletic team** to have accidental bodily injury insurance providing at least \$1,500 for all medical and hospital expenses. Insurance must be applicable to practicing for, participating in, and traveling to or from interschool contests. These requirements can be met by private insurance if the student already has such protection, or a plan can be purchased through *Student Insurance* at reasonable rates.

** “Member of an athletic team” means a member of any extramural athletic team engaged in athletic events on or outside the school grounds, maintained or sponsored by the educational institution or a student body organization thereof. “Member of an athletic team” also includes members of school bands or orchestras, cheerleaders and their assistants, pompon girls, team managers and their assistants, and any student or pupil selected by the school or student body organization to directly assist in the conduct of the athletic event, including activities incidental thereto, but only while such members are being transported by or under the sponsorship or arrangements of the educational institution or a student body organization thereof to or from a school or other place of instruction and the place at which the athletic event is being conducted.*

Before a student may participate in any extramural athletic squad practice or contest, the student must present evidence of:

1. A physical examination by a California licensed physician
2. A concussion and head injury information sheet
3. Accidental injury insurance that covers medical and hospital expenses
4. Parental permission
5. Either School Time or 24-hour Accident Insurance for extramural athletics; however,
Football Requires Interscholastic Tackle Football Insurance Coverage.

All extracurricular participation forms must be completed and on file with the Vice-Principal or Athletic Director before a student is issued a uniform, allowed to practice, or participate/compete.

Athletic Eligibility and Guidelines

All athletes will abide by the California Interscholastic Federation (CIF) rules. For more specific information, athletes and their families can visit the CIF website at www.cifsjs.org.

1. Residential Eligibility

- i. CIF requires that students who participate on a school team must be living with parents or legal guardians who reside within the school's attendance boundaries.
- ii. If a student is transferring from another high school, they **MUST** contact the athletic director immediately to determine eligibility and complete CIF Transfer paperwork.

2. Academic Eligibility

- i. The participant must be a full time student at their high school or middle school. Exception: Juniors and Seniors on graduation track may have a reduced schedule as long as the student is enrolled in 20 semester credits or otherwise satisfies CIF rules on enrollment.
- ii. Students must maintain an unweighted GPA of 2.0 (on a 4.0 scale) in enrolled courses at the conclusion of the previous grading period. Students with less than a 2.0 GPA may be placed on academic probation until the next grading period. (BP 6145, CIF 205 B.(2)) This is a one-time probationary status that can be up to one semester in length. Students may be required to provide a periodic grade check when requested by the coach/advisor or athletic director.
- iii. All 8th grade students matriculating into 9th grade are immediately scholastically eligible for participation in athletic activities on a probationary status upon enrollment in high school.
- iv. High school athletes planning to attend Division I colleges must be sure they have fulfilled the NCAA Clearinghouse Requirements (see school counselor for details).
- v. Students enrolled in an Independent Study Program must be residents of the District and be enrolled in an Independent Study Program supported through FCUSD. Parents are responsible for contacting their school of residency. Students will be reviewed on a case by cases basis to determine eligibility.

3. Athletic Clearance

- i. No student will be allowed to practice or participate until:
 - a) EVERY form is completed and verified by the athletic director through the Athletic Clearance online application.
 - b) All school and athletic debts have been cleared.
 - c) All outstanding/checked-out athletic uniforms and/or equipment are returned.

4. Attendance

- i. Game/Event Day: Non-attendance for any part of the school day may result in no participation in an event or athletic contest unless prior approval has been received from site administrator.
- ii. Practice: Students not attending school may not participate in practice or event on that day without prior approval from an administrator.

5. Behavior

- i. School Suspension: Any student who has been suspended for violating the FCUSD Student Code of Conduct during school hours, on the way to or from school, or at a school-sponsored event, will be suspended from the team for no less than the same time period as the school suspension. A formal hearing with an administrator, coach/advisor, and athletic director will be held to determine the length of suspension from the team and if the student may continue to participate in the activity.
- ii. Team Suspension: If a coach or advisor suspends a student, the student will be ineligible for participation in practice and games until a hearing with the administrator, coach/advisor, athletic director, parent/guardian, and student is held to determine whether or not the student may remain on the team.
- iii. Citizenship: Students are expected to maintain excellent citizenship in conjunction with the CIF *Six Pillars of Character* and the *Pursuing Victory with Honor* standards. These standards ensure outstanding athlete behavior in class and at all school events. (CIF State, article 1, #12)
- iv. Proper Uniforms: Athletes must wear uniforms or equipment as specified by the coach / athletic director, according to CIF rules.

Sportsmanship

The School's Role

It is the expectation of FCUSD's Athletic program that everyone in the school community will conform to and demonstrate good sportsmanship and fair play during all athletic contests. This concept is presented to the staff and to the athletes throughout the school year. The Athletic Department of FCUSD views the need for good sportsmanship as an important issue. We will continue in our efforts to assure that every student-athlete understands this concept.

The Athlete's Role

Student-athletes at FCUSD must respect their teammates, coaches, game officials, and opponents. Every member of an athletic program has a specific role to fill for their respective program. FCUSD expects its athletes to compete every time they go to practice or a game, but to never lose sight of the ultimate goals of the program. FCUSD athletes need to learn to control their emotions during games and remain focused on helping their team realize victory. Be thankful for worthy opponents and competent officials; without them the athletes would never be able to compete.

The Parent's/Guardian's Role

The parents/guardians of our student-athletes are vital to the success of our programs. Our athletic programs rely upon the support of our parents/guardians. In order for sportsmanship to be taught effectively, everyone involved with athletics needs to be a good role model for our student-athletes. Please respect the fact that every official, coach, and player are trying to do the best job they possibly can. Respecting opponents, teammates, officials, and coaches is an essential part of good sportsmanship.

Code of Conduct for Students and Parents/Guardians

CIF Code of Conduct for Student Athletes

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 the Six Pillars of Character: *trustworthiness, respect, responsibility, fairness, caring, and good citizenship*. This code applies to all student-athletes involved in interscholastic sports throughout California (CIF State, article 1, 12E). In order to participate in high school athletics, you must act in accordance with the following:

- i. **Trustworthiness**
 - Trustworthiness: Be worthy of trust in all you do.
 - Integrity: Live up to high ideals of ethics and sportsmanship and always pursue victory with honor. Do what's right even when it's unpopular or personally costly.
 - Honesty: Live and compete honorably. Don't lie, cheat, steal, or engage in any other dishonest or unsportsmanlike conduct. Plagiarism or cheating is not acceptable.
 - Reliability: Fulfill commitments. Do what you say you will do. Be on time to practices and games.
 - Loyalty: Be loyal to your school and team. Put the team above personal glory.

- ii. **Respect**
 - Respect: Treat all people with respect all the time and require the same of other student-athletes.
 - Class: Live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; give fallen opponents help, compliment extraordinary performance, show sincere respect in pre- and post-game rituals.
 - Disrespectful Conduct: Don't engage in disrespectful conduct of any sort including profanity, obscene gestures, and offensive remarks of a sexual or racial nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
 - Respect Officials: Treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic event.

- iii. **Responsibility**
 - Importance of Education: Be a student first and commit to getting the best education possible. Be honest about the likelihood of getting an athletic scholarship or playing on a professional level. Remember that many Universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically, or the character to represent their institution honorably.
 - Role-Modeling: Remember that participation in sports is a privilege, not a right. Represent the school, coach, and teammates with honor, on and off the field. Students are to consistently exhibit good character and conduct themselves as positive role models. Suspension or termination of the participation privilege is within the sole discretion of the school administration.
 - Self-Control: Exercise self-control; don't fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.
 - Healthy Lifestyle: Ensure good health; don't use any illegal or unhealthy substances including alcohol, tobacco, and drugs, or engage in any unhealthy techniques to gain, lose, or maintain weight.
 - Integrity of the Game: Protect the integrity of the game; don't gamble. Play the game according to the rules.

- iv. **Fairness**
Be Fair: Live up to high standards of fair play. Be open-minded; always be willing to listen and learn.
- v. **Caring**
Concern for Others: Demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to anyone.
Teammates: Help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.
- vi. **Citizenship**
Play by the Rules: Maintain a thorough knowledge of and abide by all applicable game and competition rules.
Spirit of Rules: Honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

CIF Code of Conduct for Parents/Guardians

- i. The role of the parent/guardian in the education of a student is vital. The support shown in the home is often manifested in the ability of the student to accept the opportunities presented at school and in life (CIF State article 1, 12K).
- ii. There is a value system established in the home and nurtured in school which young people are developing. Their involvement in classroom and other activities contributes to that development. Trustworthiness, Citizenship, Caring, Fairness, and Respect are lifetime values taught through extra-curricular activities. These are the principles of good sportsmanship and character. Fueled by honest rivalry, courteous relations, and graceful acceptance of the results, the spirit of competition thrives.
- iii. Parents/Guardians agree to:
 - a) Realize that athletic activities are part of the educational experience and the benefits of involvement go beyond the final score of a game.
 - b) Encourage students to perform to their best ability as both an athlete and a student.
 - c) Participate in positive cheers that encourage student athletes and discourage any cheers that taunt, intimidate or demean opponents, their fans, or officials.
 - d) Learn and understand the rules of the game and respect the officials who administer them.
 - e) Respect the task coaches/advisors face as teachers and support them as they strive to educate student athletes.
 - f) Respect opponents as students and acknowledge them for striving to do their best.
 - g) Model dignity and sportsmanship under all circumstances.

Communication Procedures

Effective communication is the key to success for any athletic department. The Athletic Departments strive to keep open and professional lines of communication between its coaching staff, student-athletes, and parents/guardians. Our coaching staff will make every effort to communicate all important information to their respective student-athletes and parents/guardians on a regular basis.

24 Hour Rule

Athletics are naturally emotional. Game days are an emotional time for coaches, athletes, and parents/guardians. The Athletic Department requires parents/guardians, athletes, and coaches to wait 24 hours until addressing conflicts that occur during games or practices. This time allows for emotions to settle down so that both parties might come to a constructive resolution. The only exception to this rule is if a child's safety is at stake, then immediate action should be taken.

Conflict Resolution

When a conflict or issue arises, it is important to address the conflict/issue as directly and promptly as possible to reach resolution. In an effort to establish and maintain clear lines of communication between the athletic department staff, student-athletes, and parents/guardians, coaching staff will establish a specific time and day to meet with athletes and/or parents/guardians as requested. **Athletes or Parents/Guardians should NEVER confront a coach before, during, or after a contest/game or practice** (see 24 Hour Rule). If a conflict or issue arises, the following process is in place to effectively address concerns.

Step 1. Student-Athlete Contacts Coach:

We encourage athletes to become their own advocates and to contact the coach regarding the conflict/issue as soon as possible. It is anticipated that the majority of concerns will be resolved at this step.

Step 2. Parent/Guardian Contacts Coach:

If needed, a parent/guardian may contact the coach directly, but never before, during, or after a game or practice. Parents/guardians should contact the coach by email or phone to set up an appropriate date/time to discuss their concern.

Step 3. Contact the Athletic Director:

In situations where a satisfactory solution is not reached through a meeting with the coach, the athlete and/or parent/guardian should contact the Athletic Director. The athlete and/or parent/guardian should inform the coach that this contact will be made. A meeting may be scheduled involving all concerned parties in an attempt to reach a satisfactory resolution. The Athletic Director will respond in a timely manner.

Step 4. Contact the Vice Principal Overseeing Athletics:

If, after a meeting with the Athletic Director, a satisfactory resolution has not been agreed upon, the athlete and/or parent/guardian may contact the school's Vice Principal overseeing athletics. The athlete and/or parent/guardian should inform the Athletic Director that this contact will be made. While there is no guarantee that all parties will agree with the findings or resolution, a thorough, respectful airing of different viewpoints and experiences can lead to a more productive relationship and a clearer understanding in order to move forward.

Retribution is prohibited in the California Education Code (32500). Students and parents/guardians must be confident that voicing an opinion or concern in a respectful manner and using the proper process is free from penalty or retribution. The Athletic Director and coaches are required to ensure that after a student or parent/guardian raises an issue or concern, there shall be no retribution in any form within any FCUSD school.

Injuries

During games or practice sessions where an injury occurs, the coach will be expected to communicate with parents/guardians to determine the need for assessment and treatment. We believe on erring on the side of precaution and will contact 911 for more serious injuries. Parents/guardians will be notified of the situation immediately. If a concussion is suspected, the athlete will be pulled from play for evaluation by a medical professional and the CIF Concussion Policy will be followed. The Concussion and Head Injury/Serious Injury Report Form will be provided to the parent/guardian with the requirement that Page 2, the Medical Clearance Form, will be completed by the appropriate physician and returned to the Coach before returning to practice or play.

The knowledge and understanding of the CIF Concussion Policy is expected of all student-athletes who wish to participate in a sport, this includes their parent/guardian (CIF 503 H).

Returning from an Injury

Any student-athlete held out of a practice or game by a parent/guardian due to injury or illness must present a note to the coach from his/her parent/guardian stating the concern and what staff should be aware of prior to being allowed to return to play. Any student-athlete held out of a practice or game by a medical provider must present a note to the coach from that doctor or medical provider stating that the athlete is cleared to participate and indicate restrictions, if any, prior to being allowed to return to play.

Locker Room Conduct

Changing for practices and games/matches must take place in a locker room. No one except assigned coaches and players are allowed in the locker room. No one is allowed in the locker room without a coach present; this includes the locker room and/or the coach's room. Rough housing is not allowed in the locker room. The use of cell phones in locker room areas is strictly prohibited. No glass containers are allowed in the locker rooms. At no time should shoes with cleated soles be worn inside the building. Serious injury can occur from slipping on cement or tiled surfaces.

Awards/Uniform/Equipment

Awards and Award Ceremony

- i. Awards and end of season ceremonies are organized and managed by individual school sites. A student/athlete must meet the following requirements before participating in award ceremonies or banquets:
 - a. Complete the entire season, including post-season if applicable, in good standing
 - b. All equipment returned
 - c. All school and athletic debts cleared

Equipment / Uniforms

- i. Students are responsible for the security of their equipment and uniforms.
- ii. Students are expected to turn in the same piece(s) of equipment checked out to them. Fines may be applied if the same piece of equipment/uniform that was issued is not returned to FCUSD at the conclusion of the season.
- iii. Equipment should be returned in the same condition as it was received. Equipment and uniform

should be cleaned and washed before being returned. Students are expected to make arrangements to have torn or ripped clothing repaired prior to returning it to the coach.

Discipline

Discipline Consequences

- i. Athletes are to conform to FCUSD's Board Policies (BP) and Administrative Regulations (AR) as stated in the Student Code of Conduct. A student who has been suspended from school for violating the Student Code of Conduct will be suspended from any practices/games occurring during that same period of time (Bullying BP & AR 5131.2; Alcohol & Other Drugs BP & AR 5131.6; Tobacco BP & AR 5131.62; Steroids BP & AR 5131.63).
- ii. In addition to District expectations for student conduct, each coach has the authority and responsibility, with the approval of the Athletic Director and school Principal, to establish his/her own rules and standards of behavior as they apply to his/her sport. All team rules must be in writing and clearly communicated to each team member and parent/guardian at the beginning of the season. Coaches have the right to suspend or dismiss participants for conduct considered detrimental to the team or school. To assure that such decisions by individual coaches are reasonably just and fair, any decision can be appealed following the appeals process. Any serious discipline issues that occur will be handled by the Principal.

Appeals Process

- i. Any student who feels unjustly dismissed from any athletic team has the right to appeal. They may appeal to the site Athletic Director, Administrator, and/or to the Superintendent's designee. In order to appeal, they must do the following:
 - a. Present a written appeal to the Athletic Director within one week of dismissal.
 - b. Attend an informal hearing with the Athletic Director and site Administrator. A final decision will be made to resolve the issue.
 - c. If the problem remains unresolved, a formal complaint may be filed with the District Athletic Director. A formal hearing may be scheduled.

Transportation

Parents can select from the following option for transporting student-athletes to athletic event/s:

- a. District provided bus with transportation fee determined per site based on cost analysis to be paid to student account or confidential waiver request is completed and submitted to Principal.

The District provides transportation to almost all away events/games. Students are encouraged to ride to and from events/games on District-provided transportation.

- a. FCUSD Transportation Department and the associated league/conference often determine bus departure times.
- b. At the coach/advisor's discretion, students may be signed off the return bus by the parent/guardian. If the student will be riding home with another adult, the *Student Alternate*

Transportation Form must be on file indicating the appropriate drivers and the **ACTIVITY TRANSPORTATION Sign-In/Sign-Out Sheet** must be initialed by the appropriate driver.

b. Parent drives their child to the event.

For all District-sponsored events, self-transportation or transportation provided by parents/guardians (or other adults authorized in writing by a parent or guardian) is permitted only when the driver of the vehicle has filed required transportation forms with the school office. Coaches/Supervisors are prohibited from releasing a student to self-transport or obtain transportation from a parent, guardian or other adult absent pre-Activity compliance with this requirement. No student may ride in a vehicle driven by another student, whether or not an adult is present in the vehicle. Students transported in an alternate manner fully assume the risk of harm of such transportation; the District assumes no liability or obligation associated with such methods of travel.

c. On rare occasions when a bus is not available for an off campus game/event, a coach/advisor may make arrangements for parent/guardian drivers. Parent/guardian drivers must be a cleared Category 2 Volunteer and have a **Volunteer Personal Auto Use Form** on file. See the Volunteer Category 2 Requirements on the school's website or contact school office for more information.

d. Only under certain circumstances will approval be granted for a student to drive their own vehicle to and/or from a game/event. The coach/advisor must receive advance notice from the parent/guardian of this request. Requests will be considered on a case-by-case basis by the administration. All applicable forms must be completed and on file prior to the game/event including, an **Alternate Student Transportation Form** (signed by parent/guardian, student, and coach/advisor), and a **Student Personal Auto Use Form** (signed by parents/guardians and student). **IMPORTANT- No additional students are permitted to ride in the vehicle.**

Traveling Expectation

A. All students will dress in an appropriate manner for bus trips as determined by coach/advisor.

B. Personal items are the responsibility of the students. Personal electronic devices may be allowed at the coach/advisor's discretion and at the student athlete's risk.

District Nondiscrimination and Harassment Policy

Nondiscrimination

The Governing Board is committed to providing equal opportunity for all individuals in education. District programs, activities, and practices shall be free from discrimination based on race, color, ancestry, national origin, ethnic group identification, age, religion, marital or parental status, physical or mental disability, sex, sexual orientation, gender, gender identity or expression, or genetic information; the perception of one or more of such characteristics; or association with a person or group with one or more of these actual or perceived characteristics.

The Superintendent or designee shall review District programs and activities to ensure the removal of any barrier that may unlawfully prevent an individual or group in any of the protected categories stated above from accessing District programs and activities, including the use of facilities. He/she shall take prompt, reasonable actions to remove any identified barrier.

Bullying

The Governing Board believes that all students have the right to be educated in a positive learning environment free from disruptions. Students shall be expected to exhibit appropriate conduct that does not infringe upon the rights of others or interfere with the school program while on school grounds, while going to or coming from school, while at school activities, and while on District transportation. Prohibited student conduct includes, but is not limited to, harassment of students or staff, including bullying, intimidation, cyber bullying, hazing/initiation activity, ridicule, extortion, or any other verbal, written, or physical conduct that causes or threatens to cause bodily harm or emotional suffering. (BP 5131)

Sexual Harassment

The Governing Board is committed to maintaining a learning environment that is free of harassment. Board Policy 5145.7 prohibits the unlawful sexual harassment of any student by any employee, student, or other person at school or at any school-related activity. The District is committed to taking serious, immediate, and appropriate action with respect to violations of sexual harassment policy. Students shall be assured that they need not endure any form of sexual harassment. They shall further be assured that they need not endure, for any reason, any harassment that impairs the educational environment or a student's emotional well-being at school. Should a student believe that he/she has been subjected to sexual harassment, he/she shall file a complaint in accordance with the guidelines outlined under the Uniform Complaint Procedures (refer to FCUSD.org website for more information). Students can be assured that the District will not tolerate retaliation as a result of the filing of a complaint. Any student who engages in the sexual harassment of anyone at school or a school-related activity shall be subject to disciplinary action.

Uniform Complaint Procedure

It is the goal of the FCUSD to ensure compliance with applicable State and Federal laws and regulations governing educational programs. The District shall follow the Uniform Complaint Procedure when addressing complaints alleging unlawful discrimination on the basis of actual or perceived ancestry, color, ethnic group identification, national origin, race, religion, sex, gender (including sexual harassment), sexual orientation, or physical and/or mental disability in any program or activity that receives or benefits from state financial assistance or for the alleged failure to comply with state or federal law when addressing complaints regarding adult basic education, consolidated categorical aid programs, migrant education, vocational education, child care and development programs, child nutrition programs, and special education programs. More detailed information regarding the Uniform Complaint Procedure is contained in the FCUSD's Parent's/Guardian's Rights and Responsibilities Handbook. If you have questions regarding the Uniform Complaint Procedure, please contact the Human Resources Department at (916) 294-9002.

Thank you

Again welcome to FCUSD's athletic program and thank you for taking the time to read the athletic handbook. It will not only allow you to become familiar with our policies and procedures, it will also allow for a smooth transition as a new or continued member of our athletic programs.

It is important that students have an opportunity to partake in and enjoy sports during their time at FCUSD. As an athletic department, we assure you that students and their teams are a guiding force in everything we do and every decision that we make. Our focus and primary objective will always be to do what is in the best interest of the student and their team. Partnering as a team will ensure a promising and successful future for our student athletes.

Should you have any questions or concerns, please feel free to contact your school's athletic director.