

TAMALPAIS UNION HIGH SCHOOL DISTRICT

2011-12

PARENT-STUDENT GUIDE TO ATHLETICS

Marin County Athletic League <http://www.mcalports.org/>
North Coast Section, CIF <http://www.cifncs.org/>
California Interscholastic Federation <http://www.cifstate.org/>



Tamalpais High School

Athletic Director: Christina Amoroso
Phone: 415-380-3532
Fax: 415-380-3566
E-mail: camoroso@tamdistrict.org
Athletic Assistant: Suzanne Ledbetter - 415-380-3597
Mascot: Red-tailed Hawks
Web Site: www.tamhigh.org/athletics



Sir Francis Drake High School

Athletic Director: Pete Donoff
Phone: 415-458-3445
Fax: 415-458-3479
E-mail: pdonoff@tamdistrict.org
Athletic Assistant: Patty Parnow - 415-458-3424
Mascot: Pirates
Web Site: www.drakeathletics.org



Redwood High School

Athletic Director: Jessica Peisch, CAA
Phone: 415-945-3619
Fax: 415-945-3640
E-mail: athletics@redwood.org
Athletic Assistant: Sylvia Herrera - 415-945-1016
Mascot: Giants
Web Site: www.redwood.org/athletics

Tamalpais Union High School District

Athletic Coordinator: Sue Chelini, CAA
Phone: 415-945-1014
E-mail: schelini@tamdistrict.org
Web Site: www.tamdistrict.org/athletics

PHILOSOPHY:

Athletics play an important part in the Tamalpais Union High School District. Young people learn a great deal from their participation in interscholastic athletics. Lessons in sportsmanship, teamwork, competition and how to win and lose gracefully are an integral part of each team in our athletic program. Athletics play an important part, too, in helping the individual student develop a healthy self-concept as well as a healthy body. Athletic competition adds to our school spirit and helps all students – spectators as well as participants – develop pride in their school.

SEASONS OF SPORT:

Fall	Winter	Spring
Begins: August 15, 2011	Begins: November 7, 2011	Begins: February 6, 2012
Cheerleading, Coed	Basketball, Boys': V, JV, F	Baseball: V, JV, F
Cross Country, Boys': V	Basketball, Girls': V, JV, F	Golf, Boys': V
Cross Country, Girls': V	Cheerleading, Coed	Lacrosse, Boys': V, JV
Football: V, JV, F	Wrestling, Coed: V, JV	Lacrosse, Girls': V
Golf, Girls': V		Soccer, Girls': V, JV
Soccer, Boys': V, F/S		Softball: V, JV
Tennis, Girls': V		Swimming & Diving, Boys': V
Volleyball, Girls': V, JV, F		Swimming & Diving, Girls': V
Waterpolo, Boys': V, JV		Tennis, Boys': V
Waterpolo, Girls': V, JV		Track & Field, Boys': V
		Track & Field, Girls': V
		Volleyball, Boys': V

ATHLETIC PARTICIPATION CLEARANCE FORM:

Every player must have a new Athletic Participation Clearance Form on file each school year before participating on any team. The form is available at www.tamdistrict.org/athleticparticipationform. Among other things, it requires the signature of a physician certifying the athlete's health, so plan ahead. One form is good for all seasons in the same school year. Incoming freshmen must provide a copy of their June 8th grade report card when turning in the Athletic Participation Clearance Form.

CIF/NCS/MCAL TRANSFER ELIGIBILITY:

Any student who transfers between high schools is subject to the CIF transfer bylaws. **Beginning July 1, 2007, student athletes may transfer ONCE prior to the first day of the student's third consecutive semester so long as all CIF bylaws are met. Any TENTH, ELEVENTH OR TWELFTH grade transfer student may not be eligible for varsity competition. ALL transfer athletes must request review of eligibility by the new school's principal or designee to determine eligibility for competition.** Before participating in a league sport, CIF forms 207 and 510 will be required. Allow at least 20 business days for processing these forms, especially at the beginning of the year. The athlete may miss part of the season of sport during the review and evaluation process. See the Athletic Director and/or visit www.tamdistrict.org/transfers for additional information. Please schedule an appointment with the Athletic Director for review of the transfer policies. Eligibility must be established prior to participation.

ACADEMIC ELIGIBILITY: BP6145, BP6145.2, AR6145 and AR6145.2

In order to participate in athletics, **students must earn a 2.0 "C" grade point average** on a 4.0 scale in all enrolled classes. Students must be enrolled in and pass a minimum of 20 semester credits (4 classes). **Spring semester grades count for Fall eligibility on the first day of practice including for incoming freshmen. See the Athletic Director in advance for specific information about making up grades during summer school.** One academic probation period (one grading period) may be authorized over the four years in high school by the Superintendent or designee for students to participate in athletics whose GPA is between 1.5 and 1.99. **Academic eligibility resets the 2nd Tuesday after grades are turned in for EACH grading period (6 times per year).** Students must reside in the Tamalpais Union High School District, or have an approved inter-district transfer, and abide by the school district's policies for residency. **Freshmen are ineligible for athletic probation except when waived by the Principal under very exceptional circumstances.**

TRY-OUTS:

High school sports are competitive. Teams may conduct try-outs for team membership. **Selection to participate on a team does not guarantee the student playing time during competition.** All decisions for try-outs and playing time are the responsibility of the team coach. All students, including freshmen, are permitted to try out for any sport provided they are academically and residentially eligible and have a physical exam on file. **If a student is currently playing on a team when try-outs for the next season's sports begin, that student will be allowed to try-out AFTER the current season is over.**

SCHOOL ATTENDANCE:

In order to participate in an athletic contest, an athlete must have attended a minimum of four (4) regular periods or two (2) block periods on the day of the contest (or on Friday for a Saturday contest). A school field trip is considered to be school attendance. This is a District policy which may be waived by the Principal in exceptional circumstances.

PRACTICES:

All athletes are expected to attend ALL scheduled practices. Practices are usually 2-3 hours every weekday and may be held on Saturdays and during school holidays. **Student athletes are asked to make appointments and schedule vacations around practices and game commitments.** A coach may establish reasonable consequences that are consistently enforced for players who miss practice and/or contests. No practices or games may be held on a Sunday.

“MEET THE COACH” EVENTS:

Coaches are expected to arrange an opportunity for parents to meet the coach and any assistants prior the first contest of the season. This meeting should include discussion of team policies and expectations and address any questions that may arise from parents. It is also a good time to meet parents of other players on the team and make other arrangements for the season. **Please plan on attending and meeting your coach(es).**

PRACTICE SCHEDULES ON NON-SCHOOL DAYS:

TUHSD gives authority to coaches to establish team policies that **may include holding practice and/or games during non-school days that fall within their season of sport.** When teams have established practice/game schedules that are communicated well at the beginning of the season, it is expected that athletes will comply. No practices or games may be held on Sundays. No athlete may be penalized for observing a religious holiday.

PLAYING TIME:

Not all players get the same playing time. The nature of high school athletics and competition means putting the best team possible in competition. The coach must decide who the most qualified players are so the team gets its best chance for success. Thus, playing time is determined by the discretion of the coach. Part of a player's maturation process includes putting one's personal desires aside for the betterment of the team.

COACHES:

Coaches are to be treated with the same respect accorded any other professional. Coaches put in many hours for very little financial compensation. They do it because they are committed educators who enjoy the students and the sport. It is important that any conversations at home regarding the coaches and/or their decisions are put in a positive tone. We can't expect students to treat a coach with respect if the parent doesn't.

ISSUING AND COLLECTION OF UNIFORMS AND EQUIPMENT:

Uniforms and equipment issued should be cared for properly. Please follow care instructions for all garments. Uniforms and equipment should be returned to the coach at the end of the season. **Student athletes will be charged for replacement of any lost or damaged school property.** Transcripts or yearbooks may not be issued until all bills owed the school have been paid.

LOCKER ROOMS:

Athletes are expected to use the locker rooms appropriately for changing. They are responsible for the security of their belongings by always locking them in the locker. **Do not bring valuables into the locker rooms.** Athletes should behave appropriately with language and demeanor.

TRANSPORTATION FOR ATHLETICS: BP3541.1 and AR3541.1

The District **may** provide transportation for athletes to and from athletic events by contract with private transportation providers to the extent that funds are available for this purpose. When funds are not available, the Superintendent, or designee, will neither authorize nor arrange for the transportation of the students by private automobile. **Rather, students and/or their parents will be expected to assume responsibility and make their own arrangements for transportation to practices and contests. Coaches are never to provide transportation for students.**

EARLY RELEASES:

Students and parents should be aware that there is a good chance that students will miss all or part of the last class of the day when they have to travel to other schools for competition. This could happen five or more times during a season. Students have the responsibility to contact their teacher in advance to coordinate make-up work.

TEAM PARENTS:

Coaches appreciate when one or more parents volunteer to assist with team chores such as arranging transportation, maintaining an e-mail group, arranging team dinners and banquets and being of other assistance to the team and coach.

INSURANCE:

Insurance is the responsibility of the family in accordance with Education Code 32220 et. seq. Low cost insurance may be obtained through the school. **It is very important to read the policy and understand what is covered.** It may not include ambulance service or other major expenses. Look for deductibles and the percentage of major expenses that are covered. TUHSD is NOT responsible for insurance covering injuries to athletes when engaged in a school sport.

HAZING:

TUHSD does not tolerate any activities having the potential to embarrass, humiliate or injure any student as a condition of participation in any school activity. Perpetrators may be penalized by, but not limited to, removal from the team, suspension from school and/or criminal citation. Hazing should be reported to the athletic director or site athletic administrator immediately. Hazing includes, but is not limited to, any activity involving an unreasonable risk of physical or emotional harm such as:

- A punishing physical activity, exposure to elements or sleep deprivation.
- Consumption of alcohol, drugs, tobacco or any other food liquid or other substances.
- Actions of a sexual nature or simulations of actions of a sexual nature.
- Subjection to an extreme level of embarrassment, shame or humiliation.
- Violation of any federal, state or local law or any violation of District policies and regulations.

PREVENTIVE MEDICAL CARE:

The TUHSD believes that preventive medical care for athletes is the responsibility of the parent(s). From time to time, services such as athletic physicals, concussion baseline testing, etc. may be offered on school facilities by outside providers for a fee. No such services shall be required for participation on any team.

CONCUSSIONS:

Any sport has the possibility of injury. The most potentially serious injury is a concussion or multiple concussions. Parents and athletes should take them seriously and consult their physician for medical advice. Please consult the educational materials at the end of the Parent-Student Guide to Athletics about the potential medical and academic effects of concussions.

MRSA:

MRSA (methicillin-resistant staph aureus) is a staph infection that is resistant to many common antibiotics and hard to treat. It can be transmitted through poor hygiene, sharing of personal items, improper wound care and some other transmission sources. A few cases have been reported in MCAL schools. It is always important to follow good hygiene precautions. For more information, see the CIF Sports Medicine alert at http://www.cifstate.org/health_safety/MRSA/MRSA%20students_parents.pdf

H1N1 Flu: Teams should follow good hygiene in hand washing before and after practice. Any player exhibiting signs of flu should be encouraged to stay home without penalty to avoid transmitting flu to other team members. Follow the advice given by your physician or the school if an outbreak should occur.

BLOOD-BORNE PATHOGENS: All players should be aware of blood-borne pathogen protocol when there is bleeding. No player who is bleeding or has blood on his/her clothing should be allowed to continue to practice or play until it has been treated, covered or clothing changed. Gloves should always be worn when dealing with any body fluids.

COACHING EVALUATIONS:

The school administration (Athletic Director, Athletic Assistant Principal and Principal) regularly evaluates paid coaches through observations at practices and games, written input from athletes, adherence to school expectations and other information that is gathered. Evaluation conferences are held with coaches at the end of the season to acknowledge successes and make a plan for improvement when needed. Site administration is responsible for employment of coaches.

PARENT FUNDING:

Parents are not permitted to pay coaches in addition to their coaching stipends or underwrite teams that are not official MCAL or District teams (such as a new level of a sport). Coaches or parent-support clubs may not require athletes to pay to participate on a team. To do so could result in forfeiture of games or being disallowed from post-season play.

SPORTSMANSHIP:

TUHSD and MCAL have adopted the **16 Principles of “Pursuing Victory with Honor”**. Coaches, players and fans are expected to and held accountable for representing their school with dignity and class. **Anyone (athlete, student or adult) not conducting themselves in a positive manner may be ejected from an event and/or suspended from future events.**

16 PRINCIPLES OF “PURSUING VICTORY WITH HONOR”:

1. The essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is achieved when competition reflects these “six pillars of character.”
2. It’s the duty of School Boards, superintendents, school administrators, parents and school sports leadership – including coaches, athletic administrators, program directors and game officials – to promote sportsmanship and foster good character by teaching, enforcing, advocating and modeling these “six pillars of character.”
3. To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical and ethical development of student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible.
4. Participation in school sports programs is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules and they must conduct themselves, on and off the field, as positive role models who exemplify good character.
5. School Boards, superintendents, school administrators, parents and school sports leadership shall establish standards for participation by adopting and enforcing codes of conduct for coaches, athletes, parents and spectators.
6. All participants in high school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.
7. The importance of character, ethics and sportsmanship should be emphasized in all communications directed to student-athletes and their parents.
8. School Boards, superintendents, school administrators, parents and school sports leadership must ensure that the first priority of their student-athletes is a serious commitment to getting an education and developing the academic skills and character to succeed.
9. School Boards, superintendents, principals, school administrators and everyone involved at any level of governance in the CIF must maintain ultimate responsibility for the quality and integrity of CIF programs. Such individuals must assure that education and character development responsibilities are not compromised to achieve sports performance goals and that the academic, social, emotional, physical and ethical well-being of student-athletes is always placed above desires and pressured to win.
10. All employees of member schools must be directly involved and committed to the academic success of student-athletes and the character-building goals of the school.
11. Everyone involved in competition including parents, spectators, associated study body leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect. Coaches have a special responsibility to model respectful behavior and the duty to demand that their student-athletes refrain from disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent trash-talking, taunting and inappropriate celebrations.
12. School Boards, superintendents, and school administrators of CIF-member schools must ensure that coaches, whether paid or voluntary, are competent to coach. Training or experience may determine minimal competence. These competencies include basic knowledge of:
 - 1) The character building aspects of sports, including techniques and methods of teaching and reinforcing the core values comprising sportsmanship and good character.
 - 2) The physical capabilities and limitations of the age group coached as well as first aid.
 - 3) Coaching principles and the rules and strategies of the sport.
13. Because of the powerful potential of sports as a vehicle for positive personal growth, a broad spectrum of school sports experiences should be made available to all of our diverse communities.
14. To safeguard the health of athletes and the integrity of the sport, school sports program must actively prohibit the use of alcohol, tobacco, drugs and performance-enhancing substances, as well as a demand compliance with all laws and regulations, including those related to gambling and the use of drugs.
15. Schools that offer athletic programs must safeguard the integrity of their programs. Commercial relationships should be continually monitored to ensure against inappropriate exploitation of the school’s name or reputation. There should be no undue influence of commercial interests. In addition, sports programs must be prudent, avoiding undue dependency on particular companies or sponsors.
16. The profession of coaching is a profession of teaching. In addition to teaching the mental and physical dimensions of their sport, coaches, through words and example, must also strive to build the character of their athletes by teaching them to be trustworthy, respectful, responsible, fair, caring and good citizens.

“Pursuing Victory With Honor” and the “Six Pillars of Character” are service marks of the CHARACTER COUNTS! Coalition, a project of the Josephson Institute of Ethics. For more information on promoting character education and good sportsmanship, visit www.charactercounts.com.

TUHSD ATHLETIC CODE OF CONDUCT: BP6145/21. AR6145.21

Players will:

1. Show respect for teammates, coach, opponents and officials.
2. Use no foul language, trash talk, negative gestures or actions to provoke a negative response or fighting.
3. Be in attendance at school a minimum of 4 periods (or 2 block periods) before being allowed to practice or play on any day.
4. Have a minimum of a 2.0 GPA according to school and NCS policy.
5. Sign a contract agreeing to the above expectations.

Coaches will:

1. Be consistent, attempt to instruct in a positive manner and use appropriate language at all times.
2. Not tolerate unsportsmanlike behavior actions by players, assistants or volunteer coaches.
3. Place the safety and welfare of players as their highest priority.
4. Allow no student to practice or play in competition without a completed Athletic Participation Clearance form.

Spectators will:

1. Show cordial courtesy to visiting teams and officials.
2. Emphasize the proper ideas of sportsmanship and conduct

NCS/MCAL EJECTION POLICY:

1. Ejection of a player from a contest for unsportsmanlike or dangerous conduct.
Penalty: The player shall be ineligible for the next contest (non-league, league, invitational tournament, post-season {league, section or state} playoff, etc.).
2. Illegal participation in the next contest by a player ejected in a previous contest.
Penalty: The contest shall be forfeited and the ineligible player shall be ineligible for the next contest.
3. Second ejection of a player for unsportsmanlike or dangerous conduct from a contest during one season.
Penalty: The player shall be ineligible for the remainder of the season.
4. When one or more players leave the bench to begin or participate in an altercation.
Penalty: The player(s) shall be ejected from the contest-in-question and become ineligible for the next contest (non-league, league, invitational tournament, post-season {league, section or state} playoff, etc.)
5. Coaches are responsible for determining the cause of ejection for any of their players and are responsible for enforcement of the Ejection Policy. Confusion over the cause for a player's ejection shall not be the basis for allowing a student who has been ejected under an applicable rule to avoid the sanctions required by the Ejection Policy (either prohibition from participation or forfeiture) should a student who is in violation of the Ejection Policy play in a subsequent contest (BOM 10/24/97).

UNSPORTSMANLIKE ACTIONS: AR6145.21

In addition to the official's call, unsportsmanlike conduct will be dealt with by reprimand and counseling by the coach and/or appropriate other school officials. Actions of this nature may lead to benching or suspension or withdrawal of athletic privileges and school disciplinary intervention if the rules/policies are violated.

INAPPROPRIATE BEHAVIOR:

Certain behaviors are considered inappropriate and unacceptable. **The school and athletic department reserve the right to refuse admission or remove persons, including adults, who exhibit such behaviors including, but not limited to:**

1. Repeated berating, humiliating or taunting of our coaches, players or spectators.
2. Repeated berating, humiliating or taunting of our opponent's coaches, players or spectators.
3. Repeated berating and harassment of game officials.
4. Racist, sexist or profane remarks directed at any coach, player, official or spectator.

OFFICIALS:

Officials should be treated with respect during and after contests, even if there is disagreement with their calls. **Any physical confrontation of an official by an athlete may be considered an assault. The athlete may lose athletic eligibility for their entire high school career under CIF Bylaw 211.**

ALCOHOL AND OTHER DRUGS (at school or school-related events): BP5131.6 and AR6145.21(e)

1st offense: School disciplinary action and suspension from team/sports participation (games and practices) for a total of ten (10) school or athletic participation days. Students can watch practice after the completion of school suspension.

2nd offense: School disciplinary action; suspension of athletic privileges for the remainder of the school year. It should be noted that school policies regarding the use of alcohol and other drugs will be in effect for all athletic events.

3rd offense: School disciplinary action will result in an expulsion recommendation.

These disciplinary actions are cumulative over the four years of high school.

MCAL SPORTSMANSHIP GUIDELINES:

PLEASE

- Encourage your team by positively cheering for them
- Sit in the area designated for your school
- Welcome the visiting team and officials with good sportsmanship and respect
- Reserve the front row of the student rooting section for the cheerleaders

NO

- Face painting except a small school logo, mascot or initials not to exceed 2 square inches in size
- Yelling, booing or heckling an official's decision
- Costumes, except for school mascots
- Artificial noise makers like air-horns, cowbells, clappers, megaphones and drums
- Laser pointers
- Throwing things into or out of the crowd
- Bringing basketballs into the facility
- Playing basketball during half-time or between games
- Re-entry into the gym once you leave

Doors will close at the end of the third quarter.

School personnel are authorized to eject any spectator who displays inappropriate behavior at any time

ADMISSION:

Admission may be charged for varsity contests if gate control and supervision are provided by the school. **Students with ASB cards in their possession** may enter free at home games, but may be charged a reduced admission at away schools.

PLAYOFFS:

It is exciting when a varsity team makes the MCAL, NCS, Nor-Cal or CIF championship playoffs. Playoffs may extend the athlete's participation in the sport. The MCAL playoffs are held the week after the regular season of sport. The NCS playoffs begin immediately after the MCAL playoffs. Check the MCAL and NCS websites for playoff brackets as well as date, time and location of playoff contests. Admission will be charged by MCAL or NCS for these events. Playoff seeding is determined by MCAL/NCS policy and/or seeding committees. Home field advantage is usually at the highest seed unless appropriate athletic facilities are unavailable. Time and place of playoff games is established by MCAL/NCS and is usually non-negotiable.

BOOSTERS CLUBS:

The athletic department is fortunate to have very supportive athletic booster clubs. These groups play a large part in creating a positive experience for all student athletes. If you would like to be involved, contact the Athletic Director for more information about booster clubs available at your school.

TUHSD ATHLETIC COUNCIL:

The TUHSD Athletic Council represents all three comprehensive schools and is composed of athletic directors, the site athletic administrator, presidents of the primary school athletic booster clubs, the District athletic coordinator and two members of the Board of Trustees. The Athletic Council meets four times each year to recommend athletic policies to the Board of Trustees. Meetings are open to the public. Items for consideration may be brought forward through the site athletic booster club.

TUHSD ATHLETIC COORDINATOR:

The TUHSD Athletic Coordinator's responsibility is to support the athletic directors and the District's over-all athletic program. Sue Chelini, the TUHSD Athletic Coordinator, can be reached at 415-945-1014 or at schelini@tamdistrict.org.

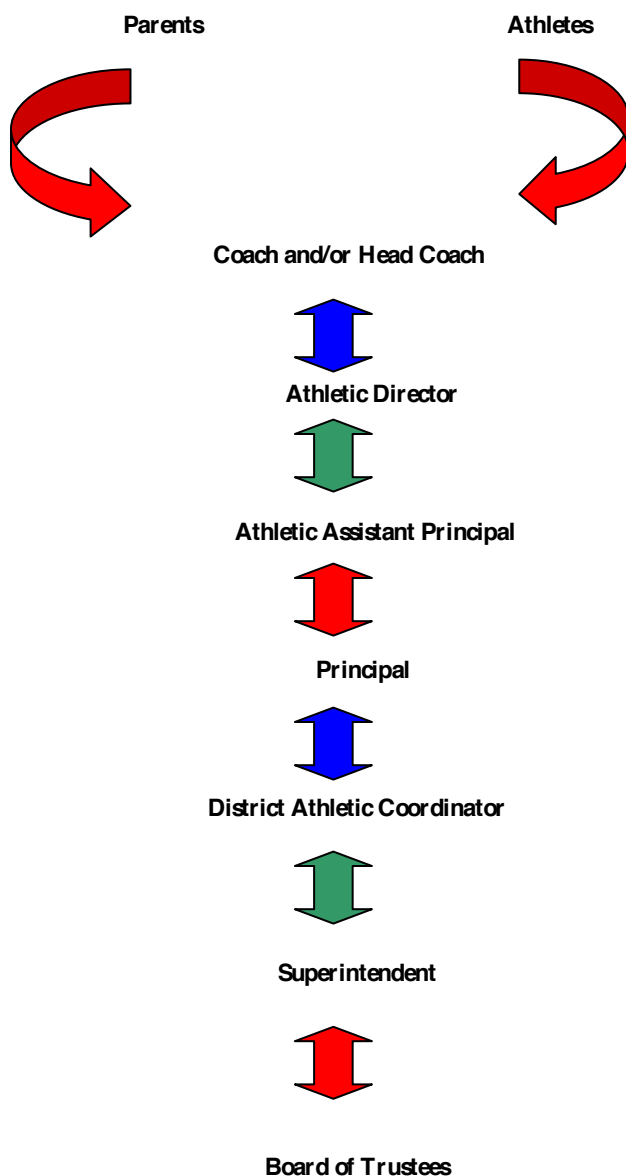
EXPRESSING CONCERNS ABOUT A STUDENT'S ATHLETIC EXPERIENCE:

If a parent has a concern, express it at the appropriate time and place. Below is the TUHSD Athletic Chain of Command. The District asks that parents refrain from confronting coaches immediately after games or at practices. It is expected that concerns will be addressed first with the coaches involved before proceeding through the Athletic Chain of Command. Anonymous letters or phone calls will NOT be treated with any credibility.

Parents and athletes are asked to follow these steps in order until they feel the issue is resolved.

1. Have the athlete speak to the coach. Sometimes the coach is unaware of the athlete's concerns or feelings.
2. Arrange an appointment to speak with the coach. Coaches will respond to parents as quickly as possible.
3. If either parent or coach is not satisfied, call or write the Athletic Director and follow the Chain of Command.
4. Keep all oral and written communications professional and avoid being verbally abusive to anyone.
5. Use email with discretion. When emotions are involved, direct communication is usually more appropriate.

TUHSD ATHLETIC CHAIN OF COMMAND



DIRECTIONS TO MCAL SCHOOLS

The Branson School, 39 Fernhill, Ross CA 94904

Take the Sir Francis Drake Blvd exit from Hwy. 101 going west (right turn). Drive 3 miles. Turn left at Bolinas Avenue (road does not go to the right). Drive 1 block. Turn left at Shady Lane. Drive 1 block. Turn right at Fernhill Avenue. Drive one and a half blocks. School is on the left. Drive through the gate

Justin Siena High School, 4026 Maher St., Napa CA 94558

Take 101 North to Hwy 37 East toward Napa/Vallejo. Slight left at CA-121 (Sears Point) toward Napa/Sonoma. At 9.2 miles, turn right continuing on CA-121 toward Napa. Stay on CA-121 until CA-29. Left on CA-29 5.3 miles. Left at Trower Ave. Right at Maher Street

Marin Catholic High School, 675 Sir Francis Drake Blvd., Kentfield CA 94904

From Hwy. 101, take Sir Francis Drake Blvd exit. Go WEST 1.8 miles. Marin Catholic is on the left.

Novato High School, 625 Arthur Street, Novato CA 94947

From Hwy. 101, take the Rowland Avenue exit. Turn left on Rowland Blvd. Turn right on S. Novato Blvd. Turn left on Arthur.

Redwood High School, 395 Doherty Drive, Larkspur CA 94939

From the North: Drive south on Highway 101, take the Lucky Drive exit. Head west toward the city of Larkspur, pass Gold's Gym, and continue straight at signal. Drive one block and turn left on Lucky Drive to stop sign. From the South: Drive north on Highway 101, Take Lucky Drive exit. Turn right on Frontage Road. Go to first signal and drive under freeway. Turn right at Tamal Vista to signal. Turn left at Fifer and left again on Lucky Drive to stop sign. You will first see the east parking lot for some fields. Go around the school and enter the west lot for the gym, football, baseball and track.

San Marin High School, 15 San Marin Drive, Novato CA 94945

From Hwy. 101, take Atherton Avenue exit in Novato. Left on Atherton Avenue. After the overpass, slight right on San Marin Drive.

San Rafael High School, 185 Mission Avenue, San Rafael CA 94901

From Highway 101, take the Central San Rafael exit to Second Street/ Turn east on Second Street. Go past the Montecito Shopping Center. Turn into the school parking lot on the left. Alternate for gym: Take Central San Rafael turnoff. Turn right on Mission. Parking is more difficult on this side of the school.

Sir Francis Drake High School, 1327 Sir Francis Drake Blvd., San Anselmo CA 94960

Going west on Sir Francis Drake Blvd, Drake High School is on the left between the San Anselmo hub and Fairfax.

Tamalpais High School, 700 Miller Avenue, Mill Valley CA 94941

From the North: Take the first Mill Valley exit - East Blithedale/Tiburon - Exit 131. Turn right on East Blithedale. Proceed to the third stop light Camino Alto (approximately 0.8 mile). Turn left on Camino Alto. Proceed to 3rd stop light. School is located at the end of Camino Alto where it meets Miller Avenue. Turn left on Miller and make a right hand turn after the school gymnasium into the school parking lot. From the South: Take the Golden Gate Bridge north to 1st Mill Valley exit - Stinson Beach/Highway 1. Follow exit under Richardson Bay Bridge. Continue on road to 2nd signal light at Highway 1. Stay to the right and continue on Almonte Blvd. which becomes Miller Avenue and four lanes. The school is on the left. The school parking lot is located on the left after the playing fields.

Terra Linda High School, 320 Nova Albion Way, San Rafael CA 94903

From Hwy. 101, take Terra Linda exit to Freitas Parkway. Continue West on Freitas Parkway (past Safeway) to Las Gallinas Avenue. Turn left on Las Gallinas. Go one block to Nova Albion Way. Turn right on Nova Albion Way and continue past Vallecito School. Continue until you see Terra Linda High on the right

CONCUSSION

A Fact Sheet for Parents/Guardians and Coaches

WHAT IS A CONCUSSION?

A concussion is a brain injury that:

- Is caused by a blow to the head or body from contact with another player, hitting a hard surface such as the ground, ice or floor, or being hit by a piece of equipment such as a bat, lacrosse stick or field hockey ball.
- Can change the way your brain normally works.
- Can range from mild to severe.
- Presents itself differently for each athlete.
- Can occur during practice or competition in ANY sport.
- **Can happen even if you do not lose consciousness.**

CIF Bylaw 313. Play It Safer

A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time for the remainder of the day. A student-athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and receives written clearance to return to play from that health care provider.

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

You can't see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury. Concussion symptoms include:

- Amnesia.
- Confusion.
- Headache.
- Loss of consciousness.
- Balance problems or dizziness.
- Double or fuzzy vision.
- Sensitivity to light or noise.
- Nausea (feeling that you might vomit).
- Don't feel right.
- Feeling sluggish, foggy or groggy.
- Feeling unusually irritable.
- Concentration or memory problems (forgetting game plays, facts, meeting times).
- Slowed reaction time
- Exercise or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse.

WHAT CAN HAPPEN IF MY CHILD KEEPS ON PLAYING WITH A CONCUSSION OR RETURNS TO SOON?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

WHAT YOU SHOULD DO IF YOU THINK YOUR CHILD HAS SUFFERED A CONCUSSION

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without written medical clearance. Close observation of the athlete should continue for several hours. The new CIF Bylaw 313. Now requires the consistent and uniform implementation of long and well-established return to play concussion guidelines that help ensure and protect the health of student-athletes.

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON. WHEN IN DOUBT, GET CHECKED OUT.

For more information and resources, visit www.cifstate.org/health_safety/ & www.cdc.gov/concussion

CONCUSSION

A Fact Sheet for Student-Athletes

WHAT IS A CONCUSSION?

A concussion is a brain injury that:

- Is caused by a blow to the head or body from contact with another player, hitting a hard surface such as the ground, ice or floor, or being hit by a piece of equipment such as a bat, lacrosse stick or field hockey ball.
- Can change the way your brain normally works.
- Can range from mild to severe.
- Presents itself differently for each athlete.
- Can occur during practice or competition in ANY sport.
- **Can happen even if you do not lose consciousness.**

HOW CAN I PREVENT A CONCUSSION?

Basic steps you can take to protect yourself from concussion:

- Do not initiate contact with your head or helmet. You can still get a concussion if you are wearing a helmet.
- Avoid striking an opponent in the head: Undercutting, flying elbows, stepping on a head, checking an unprotected opponent and sticks to the head all cause concussions.
- Follow your athletics department's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.
- Practice and perfect the skills of the sport.

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

You can't see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury.

Concussion symptoms include:

- Amnesia.
- Confusion
- Headache.
- Loss of consciousness.
- Balance problems or dizziness.
- Double or fuzzy vision.
- Sensitivity to light or noise.
- Nausea (feeling that you might vomit).
- Feeling sluggish, foggy or groggy.
- Feeling unusually irritable.
- Concentration or memory problems (forgetting game plays, facts, meeting times).
- Slowed reaction time.
- Exercise or activities that involve a lot of concentration, such as studying, working on the computer, or playing videogames may cause concussion symptoms (such as headache or tiredness) to reappear or get worse.

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

DON'T HIDE IT! Tell your athletic trainer and coach. Never ignore a blow to the head. Also, tell your athletic trainer and coach if one of your teammates might have a concussion. Sports have injury timeouts and player substitutions so that you can get checked out.

REPORT IT. TELL YOUR COACH – TELL YOUR PARENTS! Do not return to participation in a game, practice or other activity with symptoms. The sooner you get checked out, the sooner you may be able to return to play.

GET CHECKED OUT. Your team physician, athletic trainer, or health care professional can tell you if you have had a concussion and when you are cleared to return to play. A concussion can affect your ability to perform everyday activities, your reaction time, balance, sleep and classroom performance.

TAKE TIME TO RECOVER. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a repeat concussion. In rare cases, repeat concussions can cause permanent brain damage, and even death. Severe brain injury can change your whole life.

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON. WHEN IN DOUBT, GET CHECKED OUT.

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