

Carter High School
Athletic Department



“Stronger with Every Step!”

Student-Athlete/Parent
Handbook
2024-2025

Principal

Dr. McMillon

Office Phone: 909-854-4100

Athletic Director

Ms. Brody

Email: wbrody@rialtousd.org

Office Phone: 909-854-4100 ext. 21146

Athletic Trainer

Ms. V

Email: vburkart@rialtousd.org

Office Phone: 909-854-4100

Athletic Clearance Packet**MUST BE COMPLETED TO TRY-OUT
AND/OR COMPETE ON A TEAM.**

1. Physical History/Physical Information from Doctor:
Signed and Dated
2. Assumption of Risk Form
3. CIF Code of Ethic-Athletes
4. A copy of Health Insurance card/information.

Home and Away Ticket Information

Please expect to pay for: ALL Varsity Games and All Tournaments regardless of levels

Carter Athletic Events:

General Admission, Student, & Children Tickets

MUST be purchased on GoFan.co

1. Our Athletic Event entrance is CASHLESS
2. Snack bars may require CASH
3. Athletic event prices differ per sport, venue and CIF.
4. Elementary Students/Children 5-11 Entrance fee will apply
*4 and under are Free
5. All Middle School students & High School students
***Entrance fee-ID Required**
6. All Students with ID and ASB Card are Free.
7. No Outside food and/or Drinks, No Backpacks, No noise makers, etc. at some Athletic Contest depending on the venue and guidelines. Please check Prior.



ATHLETIC DEPARTMENT DIRECTORY 24/25

ATHLETIC DIRECTOR - Wendy Brody - wbrody@rialtousd.org

ATHLETIC TRAINER - Veronique Burkart - vburkart@rialtousd.org

FALL SPORTS

FOOTBALL - Coach Salas - fsalas@rialtousd.org

VOLLEYBALL - Coach Soto - bsoto@rialtousd.org

GIRLS TENNIS - Coach Hampton - jhampton@rialtousd.org

CHEERLEADING/DANCE - Coach Cannon - csmithca@rialtousd.org

BOYS CROSS COUNTRY - Coach Ruiz - hruiz@rialtousd.org

GIRLS CROSS COUNTRY - Coach Corner - mcorner@rialtousd.org

WINTER SPORTS

BOYS BASKETBALL - Coach Berry - gberry@rialtousd.org

GIRLS BASKETBALL - Coach Monteon - tmonteon@rialtousd.org

BOYS SOCCER - Coach Navarro - dnavarro@rialtousd.org

GIRLS SOCCER - Coach Bustamante - bbustama@rialtousd.org

WRESTLING - Coach Melara - smelara@rialtousd.org

SPRING SPORTS

TRACK - Coach Marshall - lmarshal@rialtousd.org

BASEBALL - Coach Vazquez - evazquez2@rialtousd.org

SOFTBALL - Coach Fernandez - ofernandez@rialtousd.org

SWIMMING - Coach Gonzalez - vgparra24@gmail.com

BOYS TENNIS - Coach Hampton - jhampton@rialtousd.org

Carter Student-Athlete & Parent Expectations

1. ROAR EXPECTATIONS, BEHAVIOR, RUSD/CHS POLICY & ACCOUNTABILITY

ROAR Expectations were designed to keep our Students Safe, Focused, Engaged and Prepared. Dress for Success, Technology policies and Attendance Expectations will guide our Student-Athletes to be the Best Version of themselves!!!

- a. Responsible, Open-Minded, Ambitious, and Respectful.
- b. All Student-Athletes will be EXPECTED to exhibit appropriate behavior in the community, classroom, on campus, in Athletic areas and at Away venues.
- c. Dress for Success-Student-Athletes will be expected to follow the dress code policy on a daily basis at all times and all school sponsored events.
- d. Technology MUST be put away during class at ALL times. This helps to ensure our Student-Athletes are engaged and learning in our classrooms.
- e. Attendance-Student-Athletes are EXPECTED to be on time daily to ALL classes. This will help Student-Athletes to be engaged and practice leadership on campus.
- f. Therefore, If a Teacher, Administrator, Coach and/or Athletic Director has to address a Student-Athlete. The parent/guardian will be contacted with consequences and/or means of correction.
- g. Also, If RUSD/CHS Expectations, ROAR Expectations, Classroom Expectations and/or Student-Athlete Expectations are not followed; Practice and/or game play maybe limited, student held out of contest, an Athletic Suspension may take place and/or possible removal from the sport(s) program(s) and/or team(s).

****Ultimately-Administration and/or RUSD will have the final decision, which may supersede site consequences.**

2. Student-Athlete Grades, Tutoring Programs and Support

At Carter we have Amazing teachers, Support systems for All Learners and Tutoring for All subjects.

- a. Student-athletes MUST maintain a minimum of a 2.0 GPA
- b. We are asking they ALL strive for a 3.0 throughout the entire school year.
- c. Failure to maintain a 2.0 GPA will result in Academic Ineligibility

*Student-athletes will be expected to attend tutoring and any extra support, rather than games and practices, while they have been deemed Ineligible.

- d. The goal is no D's or F's
- e. Weekly grade checks will be done on Thursdays.
- f. Student-Athletes with D's and F's will be required to attend tutoring and/or be held out of athletic contests, depending on the circumstance.
- g. Stay connected with ParentVue- You can monitor student-athletes' grades through this platform. If you need assistance with ParentVue please call the Main Office.
- h. The Athletic Director will check grading periods (Semester 1 & 2 Student-Athletes who DO NOT earn a **2.0 GPA** or higher at the semester grading periods will NOT be academically eligible to play in games. Quarterly grades may also play a part in Eligibility.)
- i. IF A PLAYER BECOMES INELIGIBLE-There will be guidelines set forth by the coach for them to remain part of the team or not.They will be discussed with the player and parent
- j. **Tutoring Programs are provided by RUSD and Available to ALL Students. (Check website and Counseling Center for Availability**
 - i. Student-Athletes with D's and F's will be assigned tutoring and be required to have it signed off before going to practice and/or instead of practice and/or games.
 - ii. Coaches will assign the tutoring and collect forms from students.

- iii. Student-Athletes that fail to attend tutoring and do not work to improve their grades may face suspension, removal from the team(s) and/or the Athletic Department.

3. Athletic Experience, Team Level & Playing Time

- a. Our Athletic Department will strive to create an experience filled with opportunities in skill development, offense and defensive strategies, team concepts, leadership, and much more.
- b. The Varsity Head Coach and their Coaching Staff will determine the Team Level(s) of each student-athlete (i.e. Varsity, Junior Varsity & Frosh).
- c. It is important to understand that playing time at the High School level is NOT a guarantee. Many factors play a part in a student-athlete's playing time. Therefore, a student-athlete may experience minimal to no playing time with a season depending on circumstances and personal on the team.

4. Communicating within the Athletic Department

- a. **Please Note:** There is a **24 hour Cool Down Rule**. Meaning, there should be no communication electronically and/or verbally with anyone in the Athletic Department (Coaches and AD) unless there are extenuating circumstances. We want to ensure all parties have had time to think, write and be ready to communicate concerns in a conducive manner in order to address the concerns.
- b. **Order of communication**
 - i. Student-Athlete and Coach
 - ii. Student-Athlete, Parent and Coach
 - iii. Student-Athlete, Parent, Coach and AD
 - iv. Student-Athlete, Parent, Coach, AD and an Administrator

5. Parent Involvement and Fan Expectations

The Athletic Department asks that parents/guardians and family be as involved as possible. Come out and support the team at games, get involved with fundraisers, and/or booster clubs. This goes a long way in the overall success of a program.

- a. *Fan Support per the CIF handbook:* Fan support from all parties should be positive at all times. Those coming to watch a game must keep cheering and comments positive and appropriate. We **MUST** avoid making negative comments towards Students, Players, Parents and Officials. Calling out players by name, number, criticizing appearance and/or body structure, etc. will **NOT** be tolerated. All Fans **MUST** remain in the stands at games at All times. Any Fans Failing to follow any of the above guidelines and/or RUSD/CHS Policies, may result in removal from the current area, game, future contest, and/or a complete ban from the property/Athletic Events. *(Please share with other family members and/or friends attending Athletic Events.)*

6. Student-Athlete Sports Attendance

- a. Practice & Game attendance and consistency is an important part of the student-athletes participation in a high school sport(s).
- b. Missing practices/games may result in limited playing time and possible removal from the program to be determined by each team.
- c. Parents/Guardian should always try to plan medical appointments, vacation, etc. around the sport season(s).
- d. If/when a student-athlete has to miss, please be in communication with the coaching staff.
- e. Remember-School attendance goes along with this; if a student-athlete is absent, late to classes and/or ditching classes, this may jeopardize their participation in the sport(s)

7. Picking up Student-Athletes & Bus Transportation

- a. **Picking-up:** Student-Athletes must be picked up within 20 minutes of practice/games finishing, especially in the evening time.
 - i. Coaches are REQUIRED to stay until all student-athletes are picked up. Therefore, if Student-Athletes being picked up on time becomes an issue and/or concern, Coaches will make contact with parents first. If the pattern continues, the Student-Athlete may be removed from the team.
 - ii. Student-athletes should NOT be walking home in the dark after a game or practice.
 - iii. Note: Any Student-Athlete left longer than 30 minutes, will result in District Safety Patrol being contacted and the Student-Athlete being left with an officer until the parent/guardian arrives.
- b. **Bus Transportation:** Student-athletes will ride a bus to their away games and they need to return back to Carter on the bus.

8. Athletic Trainer & Training Room

- a. We have a Certified Athletic Trainer on campus who will evaluate athletic injuries (not diagnose) to help prevent further injury and/or help with recovery. If such injury is not getting better and/or the Athletic trainer deems, there will be a recommendation made to seek medical attention.
- b. In the event of a severe injury to a Student-Athlete during practice or game, you will be contacted by the Athletic Trainer, Athletic Director, Administrator and/or Coach.
- c. Doctor's Note – If a Student-Athlete is given a doctor's note, a copy MUST be given to the Athletic Trainer and nurse on campus immediately.
- d. IMPORTANT NOTE:
 - i. If a doctor's note states that a student-athlete cannot participate for an X amount of days, we must adhere to the note. Please make sure the Doctor's note has a beginning date and an end date. Otherwise, Student-Athlete will have to return to the Doctor to get a release note. (Which may naturally occur with some injuries anyways.)
 - ii. If your Student-Athlete is on a Doctors note, they MAY NOT PARTICIPATE IN ANY PHYSICAL ACTIVITY (within the parameters of their note) Meaning-No Physical Education means no Athletics, No Athletics means no Physical Education and No Athletics, No Physical Education means No Outside Sports should be being played either. (This is for the Safety of ALL involved for health and Liability)
 - iii. Concussion Protocol-If your student-athlete suffers a concussion- our Athletic Trainer MUST follow the CIF Mandated Return to Play Protocols. These protocols will start once a student-athlete is cleared by a licensed physician.

9. Individual Team Student-Athlete/ Parent Packet

- a. Parent Expectations
- b. Philosophy
- c. Schedules
- d. Spirit Pack
- e. Fundraising
- f. Attendance Policy
- g. Team Communication

10. Athletic Awards, Varsity letters, Scholar Athlete Awards, etc.

- a. Student-Athletes must be an ASB card holder to receive Athletic Awards without a charge.
- b. ASB Cards cost \$40
 - i. Students will get into any Home games for FREE
 - ii. Away League Games for FREE
 - iii. Some non-league games may allow for free entrance with ASB card, but NO guarantee
 - iv. Discounts on ASB events and possible items
- c. **Varsity Letter**
 - i. Year 1 = Letter and Sport Patch
 - ii. Year 2 = Bar
 - iii. Year 3 = Bar
 - iv. Year 4 = Four Year Letter and Bar
- d. **Scholar-Athlete Patch (1)**
 - i. **Any Student-Athlete earning a 3.5 each school year**
- e. **Senior Scholar-Athlete Sash**
 - 1. **Any Student-Athlete earning a 3.5**
 - 2. **2 years Varsity Sport Completed**
 - 3. **Good Sportsmanship**
 - 4. **Follows ROAR Expectations and RUSD Policies**

PATCHES

- Varsity patch is free with ASB or \$20 without (Will be Issued one time.)
- Varsity bars are free with ASB or \$10 without
- Carter Scholar Athlete Award patches are free with ASB or \$20 without
- Payment for patches can be done at the ASB Student Store window after they have been issued at the team banquet.

Example of our Grade Check-Students may pick one up from the Counseling Office or their Coach.

Carter High School Grade Check



Name: _____ Date: _____

CLASS (Fill in your class names)	GRADE (In pen please)	MISSING ASSIGNMENTS (Circle one)	BEHAVIOR (Circle One)	TEACHER'S SIGNATURE (In pen please)
Zero		0 1 2 3+	😎 😐 😞	
1 st		0 1 2 3+	😎 😐 😞	
2 nd		0 1 2 3+	😎 😐 😞	
3 rd		0 1 2 3+	😎 😐 😞	
4 th		0 1 2 3+	😎 😐 😞	
5 th		0 1 2 3+	😎 😐 😞	
6 th		0 1 2 3+	😎 😐 😞	
7 th		0 1 2 3+	😎 😐 😞	



Sportsmanship

Emphasis must be placed on player and coach behavior, attitude, and demeanor to maintain an environment consistent with the educational values of athletics. Such emphasis must be communicated to participants as well as to spectators.

It should be recognized that the behavior and demeanor of coaches and players set the tone for good sportsmanship for any given contest.

Specific reference is made to the following Code of Ethics of the California Interscholastic Federation:®

It is the duty of all concerned with high school athletics:

1. To emphasize the proper ideals of sportsmanship, ethical conduct, and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a happy relationship between visitors and hosts.
6. To respect the integrity and judgment of sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative, and good judgment by the players on a team.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.
10. To remember that an athletic contest is only a game-not a matter of life and death for player, coach, school, officials, fan, community, state, or nation.®

SECTION XI: RESPONSIBILITIES OF STUDENT-ATHLETES AND STUDENTS

The responsibility of student-athletes for sportsmanship is second only to that of the coach. This is so because student-athletes are admired and respected and exert a great deal of influence over the actions of spectators.

Student-athletes representing their schools should:

1. Treat opponents with the respect that is due them as guests or host.
2. Shake hands with opponents and wish them good luck before the game.
3. Exercise self-control at all times. Respect the officials' judgement and interpretation of the rules. Never argue or make unsportsmanlike gestures toward officials.
4. Refrain from communicating with officials regarding clarification of rules. This privilege belongs only to the captain.
5. Accept the responsibilities and privileges of representing the school and community on the athletic field/court.

Students' Responsibilities

Students' behavior and conduct at athletic events reflect directly upon their schools. Therefore, teachers and administrators should make a concerted effort to teach sportsmanship and emphasize things that students should not do at games.

1. Know and demonstrate the fundamentals of sportsmanship. They should greet visiting teams, bands, and pep units with friendly applause.
2. Respect the property of the school and the authority of school officials.
3. Show respect for an injured player when he/she is removed from a game.
4. Refrain from applauding mistakes by opponents or penalties called against them. The approach should be positive. Students should encourage their team by cheering for them. They should not boo or make disparaging remarks about the other team.
5. Respect the judgment and strategy of the coach and the efforts made by the players.
6. Avoid the use of profane language and refrain from what can generally be called obnoxious behavior.
7. Avoid criticizing players, coaches, and officials after the game.

SECTION XII: GUIDELINES FOR GAME OFFICIALS

Part A. Officials assigned to high school athletic contests in California should be thoroughly acquainted with the following guidelines.

I. Game Officials Shall:

1. Be prepared physically and mentally.
2. Be professional and courteous.
3. Uphold the dignity of the profession in all personal conduct.
4. Possess a thorough knowledge and understanding of the rules, guidelines and mechanics of the contest they are working.
5. Recognize the importance, spirit and intent of the rules and the application and enforcement of them.
6. Use common sense and good judgment in areas not covered by the rules.
7. Provide a safe competition environment.
8. Address any unsportsmanlike behavior of participants.
9. Be cognizant of the spectator environment and work with game managers to ensure control.
10. Exhibit composure, self-control and respect, throughout the competition.
11. Employ efficient competition management skills during the entire contest.
12. Communicate respectfully and efficiently, as necessary, with coaches and athletes.
13. Not allow personal opinion and beliefs to affect their judgment.
14. Not abuse the power and control entrusted to them.

II. Prior to Athletic Contests, Officials Shall:

1. Check with host schools for parking directions and/or special instructions.
2. Check contest time with schedules, assigner or host school.
3. Arrive in adequate time to identify game managers, partner(s), dressing facilities and competition area.
4. Conduct a meeting, as necessary, with partner(s), timers and scorers.



CARTER HIGH SCHOOL'S

Career Center

IN THE CAREER CENTER YOU WILL FIND A VARIETY OF RESOURCES OFFERED TO ALL STUDENTS THAT ARE DESIGNED TO INFORM STUDENTS WITH POST-SECONDARY PLANNING.

IN THE CAREER CENTER YOU WILL ALSO FIND CURRENT INFORMATION AND FURTHER GUIDANCE REGARDING COLLEGE AND CAREER PLANNING, APTITUDE TESTING, INFORMATIONAL SESSIONS, SCHOLARSHIPS, FINANCIAL AID INFORMATION (FAFSA/CADAA), WORK PERMITS AND MUCH MORE.

FOR MORE INFORMATION PLEASE VISIT THE CHS COLLEGE AND CAREER CENTER WEBSITE OR EMAIL MRS. ZAMORA-ERICKSON AT AZAMORA2@RIATOUSD.ORG.



CARTER ATHLETIC DEPARTMENT

2024 - 2025

STUDENT ATHLETE/PARENT NIGHT

**SCAN QR CODE FOR COMMITMENT
AGREEMENT**



STRENGTH WITH EVERY STEP

