

# ***GILROY HIGH SCHOOL***

## ***Sports & Activities Policy***

Gilroy High School recognizes athletics and activities as integral parts of the entire school setting, contributing greatly to a student's complete educational development. As such, we believe that all students should have an opportunity to participate in athletics and activities, and that such participation should encourage positive scholastic and social growth. Both the participant and the sport or activity itself should be a credit to Gilroy High School and the community. The Gilroy Unified School District realizes that an effective athletic and activity program is a product of the responsible cooperation among its four major contributors: the student, the staff, the site and district administration, and the parents of the student.

The Gilroy High School staff expects the participants to develop a personal code of conduct consistent with the values of sportsmanship, scholarship, integrity, and commitment to oneself and team. The following rules are the basic requirements for participation in athletics and activities at Gilroy High School.

You are considered a representative of Gilroy High School by your participation. As such, you are expected to maintain exemplary behavior and citizenship at all times. As a participant in sports and activities at Gilroy High School your conduct is covered by this policy. In this policy, the term coach and advisor are interchangeable.

The Students Involved in Activities Below Shall Be Governed By This Policy:

- Student-Athletes
- Cheerleaders
- Student Body and Class Officers
- Band
- Choir
- Athletic Trainers
- Any other group that represents Gilroy High School in competition (FFA, Lip Sync, etc.)

### ***General Eligibility Requirements:***

- From the date first enrolled in high school, a student can only compete in athletics for eight consecutive semesters (4 years).
- No student whose 19th birthday is attained prior to June 15th shall participate or practice on any athletic team in the following school year.

### ***Residential Eligibility:***

- The California Interscholastic Federation requires that students who participate on an athletic team generally must be living with parents or legal guardians who reside within the school's attendance boundaries. All exceptions to this rule require that the CIF Section Commissioner give special permission and that forms and letters of approval be on file before a student can be declared eligible. Questions about these exceptions should be addressed to the athletic director or the administrator in charge of athletics.
- Because the penalty for allowing an ineligible athlete to participate is severe (the team must forfeit all the contests in which the athlete participated), any athlete living outside the school's attendance area must notify his/her coach of his/her residence at the beginning of the season so that the coach can make sure that all the appropriate forms and approvals are on file. In addition, any student who has not attended Gilroy High since the beginning of their Freshman year should notify their coach immediately.

### ***Academic Eligibility Requirement:***

- To encourage and promote academic excellence, all students participating in sports and activities shall demonstrate satisfactory minimum progress in meeting the requirements of graduation by undertaking the prescribed course of study and meeting the standards of proficiency established by the CIF and the District.
- In order to emphasize the importance of academic achievement, the following constitute minimum requirements for student participation in athletics and student activities:
  - A. A grade point average of "C" (2.0 on a 4.0 scale) in all classes and no more than one "F" "I" or "NM". The student must receive a passing grade in a minimum of five classes per grading period.
  - B. No more than 5 credits per class will be counted.
  - C. Students new to GUSD will be held to state eligibility standards, excluding probationary provisions, until the first grading period.
  - D. He/she may not receive more than one "Needs Improvement" in citizenship in a grading period.
  - E. Eligibility will be checked each quarter. Should an individual fall below the above requirements, the student will not be eligible for participation in athletics/activities during the next nine-week grading period.
  - F. A grading period will constitute an eligibility period. The grade issued at the end of each quarter and semester will be used to determine eligibility.
  - G. All transfer students outside the district must also meet eligibility requirements as well as CIF requirements in order to participate.
  - H. Students are not declared "eligible" or "ineligible" until the computer printout is issued (approximately one week after each quarter ends).

- I. Summer School grades will be counted in computing a student's GPA provided summer school classes meet the matching requirements for grade improvement. **Summer School grades may not necessarily improve eligibility.**
- J. Students accumulating 3 or more days of suspension will be immediately ineligible for the next six weeks. **This includes participation and practice.**
- K. The Athletic Director or designee will clear all students involved in athletics after meeting the eligibility requirements.

### ***Athletic Clearance:***

- No student will be allowed to practice or participate until the following have been completed:
  - ***Athletic Examination and Parent Permit Form*** completed and turned in (Physical must be after July 1 of current school year) ***(included in Athletic packet)***
  - ***Proof of Insurance Provided or Insurance Forms*** completed and turned in ***(included in Athletic packet)***
  - ***Athletic Participation in Another High School Sign-off Sheet*** ***(included with Athletic packet)***
  - ***Sports and Activities Policy Sign-off Sheet*** ***(included with Athletic packet)***
  - ***Athletic Code of Conduct signed by student*** ***(signed at Pre-season meeting)***
  - ***Drug/Alcohol and Tobacco Policy Sign-off sheet*** ***(signed at Pre-season meeting)***
  - ***Risk Warning (All Sports) Sign-off Sheet*** ***(included in Athletic packet)***
  - ***Performance Enhancing Drug Information Sign-off sheet*** ***((included with Athletic packet)***
  - ***Awareness of Football Techniques Sign-off Sheet*** (Football only) ***(included with Athletic packet)***
  - ***Bookroom Clearance Slip*** Students must have all outstanding fines cleared, books returned and athletic equipment checked in. ***(pick up in bookroom)***
  - ***Eligibility Clearance*** (Academic and Residential)
  - ***Purchased an ASB Student Activity Stamp***

### ***Attendance:***

- Regular attendance at practice is mandatory unless excused for medical reasons or by arrangement with the coach of your sport.

- ***Non-attendance at school on the day of a game prohibits you from participating in an athletic contest. (Unless absence is school related. i.e. field trips)***
- Athletes ***must be in school for 2 out of 3 blocks***, which they are enrolled unless excused by the administration. Absence from one or more blocks on the day of an event may result in the athlete's non-participation in the sporting event on that day.
- If a contest is held on a non-school day, the student must attend a full day of school the school day prior to the contest unless excused by the administration.
- Unexcused absences from practice, or failure to maintain good attendance, may be cause for removal from the team.
- Note: Coaches may adopt individual rules for practice and contest attendance.

### ***Sportsmanship:***

Participants are expected to:

- Abide by the principles outlined in the “Code of Conduct for Interscholastic Student-Athletes.”
- Help us make visitors feel welcome with friendly and courteous treatment.
- Accept the rules of the contest, decisions of the officials, and directions from personnel on duty with a positive and cooperative spirit.
- Be friendly and positive with their behavior, including comments and gestures.
- Refrain from rude remarks, insults, profanity or comments that reflect negatively on any person's race, sex, religion, ethnic origin, age, handicap, school community or esteem.
- Accept victory and defeat graciously.
- Take care of all athletic equipment.

### ***Citizenship:***

Participants are expected to maintain excellent citizenship (behavior). Individual behavior standards should be of the highest quality so as not to adversely reflect on their teams or school, including behavior in classes, rallies, assemblies, athletic events, and in the community.

### ***General Behavior:***

It is the coach's responsibility to be familiar with the GUSD student behavior manual and enforce all school rules at all times.

It is the coach's responsibility to see that every athlete understands the training rules, violations, and eligibility requirements enforced by the CIF, CCS, TCAL, and GUSD. The rules that follow are considered minimum standards of conduct for all GUSD athletic and activities participants. Each coach shall uphold these standards for training and behavior. It is required that all coaches submit team rules/consequences to the Athletic Director prior to the beginning of the season.

Specific offenses including, but not limited to, the following list of infractions will result in disciplinary action.

- Disrupting school activities or otherwise defies the valid authority of school personnel
- Commits an obscene act, engaging in profanity, vulgar behavior, threats or harassment
- Possession of an object of no reasonable use to a pupil at school
- Damage or defacing of school, public or private property
- Habitual truancy and/or tardiness from one or more classes or practice
- Violation of sportsmanship/citizenship standards
- Disrespectful behavior toward coaches, school officials, teachers, campus supervisors, referees, law enforcement officers, other adults in position of authority, or individual members of the team
- Constant talking when being instructed, challenging authority or talking about other members of the team in a derogatory manner
- Possession or use of alcohol
- Possession or use of controlled substances (drugs), including steroids, other than those which are medically prescribed
- Possession of drug paraphernalia
- Possession of tobacco, including chewing tobacco
- Hazing
- Gambling
- Causes or attempts to cause physical injury to another person (fighting, etc.)
- Possession of a dangerous object/weapon or imitation firearm
- Attempts or commits theft or receives stolen property
- Harassing, threatening or intimidating a witness
- Commission of a serious crime
- Commits or attempts to commit robbery/extortion
- Sale of a controlled substance
- Offered, arranged or negotiated to sell any "look alike" controlled substance, or sold any "look alike" substance

- Brandishing a weapon
- Assault or battery resulting in serious injury or damage
- Possessing, selling or furnishing a firearm
- Committing or attempting to commit a sexual assault or committing a sexual battery
- Causes or attempts to cause, or participates in an act of hate violence
- Terrorist threats against the school or school personnel

**School personnel may use one or more of the following approaches, not necessarily in the order listed, in maintaining team discipline and in support of the athletic rules and regulations:**

- reprimand
- conference with the athlete
- conference with the athlete and:
  - Parent
  - School personnel
  - Team members
  - Community representatives
  - Law enforcement agents
  - Or any appropriate combination of the above
- suspension from the:
  - next** scheduled contest(s) of the athletic activity\*
  - team** for the balance of the season of the athletic activity
- Loss of Athletic / Activity privileges for one year
- Loss of Athletic / Activity privileges for the remainder of their high school career
- An athlete may be suspended or expelled from athletic participation for off-campus conduct which is detrimental to the welfare of the school or athletic activity, or which adversely affects school or team discipline. Lesser forms of discipline may be imposed. School officials and coaches, in cooperation with a representative from law enforcement agency, when involved, and the athlete's parents shall take measures which appropriately serve the best interests of the district, the school, the team, and the athlete.

\*Days of eligibility for determining length of suspension from sports and activities are defined as school days excluding weekends and holidays. The day is counted if a game or scheduled team practice is held on a weekend or holiday.

It should be noted that the Gilroy High School Discipline Policies would always take precedent over this Sports and Activities Policy.

**Note: Violations of the Gilroy High School Sports and Activities Policy accumulate throughout a student's high school career beginning with the first sport or activity participation.**

While the consequences provided by this policy are meant to deter negative behavior, there is a strong emphasis on remediation activities that will help students learn from their mistakes. The involvement of all appropriate school personnel to assist in this process is stressed. All students participating in extra-curricular activities shall abide by the rules at all times including school vacations, weekends, and non-school hours.

### ***Miscellaneous Behavior:***

#### ***Athletic Awards***

An athlete must be in good standing and a member of a team for an entire season (unless he/she is a transfer student) if he/she is to be eligible to receive an athletic award or block.

#### ***Dress/Grooming Policy***

A student participating as a member of a Gilroy High School athletic team or activity covered by this policy is regarded as a representative of the high school. The student's grooming is, therefore, a concern. Coaches will be responsible for determining the standards for his/her sport or activity. On the day or night of an activity, each participant shall dress as directed by the coach.

#### ***Participation in Concurrent Sports***

A student may participate in two sports concurrently if he/she has the written consent of both coaches. The student must designate a primary sport. If a conflict occurs in scheduled events, the primary sport prevails.

#### ***Proper Uniforms***

Athletes must wear uniforms or equipment as specified by the Coach/Athletic Director.

#### ***Quitting or Changing Sports***

If a student quits a sport without the coach's permission, that athlete may not go out for another sport until that sport season ends. The end of the season is defined as the last regularly scheduled TCAL league game.

#### ***Transportation***

When the school provides transportation, team members are expected to go and return on the same bus or with the school arranged car pool.

On the return trip, students may be released to parents or legal guardians if they sign a release form at the event. **Students may not be released to anyone else including siblings or other relatives.**

In the event of emergency or extenuating circumstances, parents may request that they be allowed to make their own arrangements for transportation for their student to and from the event. This is subject to coach or administrative approval.

Parents who volunteer to participate in car pool transportation must fill out the **Use of Private Vehicles Form: AR3545.6** (See Appendix for form) Drivers must provide proof of insurance for the areas covered in the policy and provide a copy of their drivers license. **No more than 8 passengers including the driver shall be transported in any vehicle other than a school bus.**

## *Tryouts*

- There will be a tryout period of one week for a student for all athletic activities
- Each eligible student is allowed one tryout period per athletic activity.
- A transfer student from another school will be permitted the same one week tryout period upon being declared eligible.
- Students trying out for athletic activities, which have an authorized Tri County Athletic League practice starting date prior to the opening of school in the fall are strongly urged to report and tryout for the athletic activity in accordance with the practice starting date. Article 19, Football section of the California Interscholastic Federation Bylaws specify that, "Each individual student on the team must have had at least 10 days of practice before being allowed to compete in a game.
- A student cut by a coach due to team limitation factors or a student who chooses to drop an athletic activity within the one week tryout period may tryout for another sport within the same season provided the coach of the new sport provides written approval to the Athletic Director
- A student cut by a coach after the one week tryout period, and is in good standing may tryout for another sport within the same season provided the coach of the new sport provides written approval to the Athletic Director. In the best interest of students and other athletic activities it is required that cuts be made at the end of the one week tryout period.

## ***APPEALS OF SPORTS AND ACTIVITIES POLICY***

Students may appeal the application of the rules in the Sports and Activities Policy to an athletic council. An appeal requires that the student and parent(s) or legal guardian(s) submit a written request within five school days of the notification of disciplinary action. The specific rule and consequence they wish to appeal and the grounds for requesting the review needs to be stated.

The athletic council will consist of an administrator, the athletic director, and one coach from a different sport to be selected by the administration.

The appeal hearing will be held within five school days of the receipt of the written request for appeal from the student and parent.

The athletic council may uphold or modify the consequences for the violation as outlined in the policy. The athletic council does not determine or review the facts of a school discipline incident, but may modify the athletic consequences for the incident based on the intent and spirit of the policy. Appeals of school disciplinary incidents will be addressed in accordance with the District's student discipline policy.

### ***Complaint Procedures:***

Individuals alleging discrimination against student(s), parent(s), or community member(s) on the basis of ethnicity, religion, age, gender, color, or physical or mental disability should complete and submit to the Superintendent a District Complaint Form. District Complaint Forms are available in the Superintendent's office.

For all other complaints, parents should adhere to the following procedure:

***First Level:*** Meet with coach cited in complaint.

***Second Level:*** Meet with head coach. Parents should address the coach directly about problems or concerns. In sports with multiple levels (Frosh, JV and Varsity), parents should next contact the varsity-level coach.

***Third Level:*** Meet with Athletic Director.

***Fourth Level:*** Meet with Principal or designee.

If these meetings fail to result in resolution of the issue, the complainants may appeal in writing to the Superintendent and, after that, to the Board of Trustees.

Complaints should be directed to the individual in question or to the Athletic Director. If/when the Athletic Director is contacted about a problem; he will facilitate a meeting between the parties involved, if necessary.

**GILROY HIGH SCHOOL**  
**WARNING TO STUDENTS AND PARENTS**

**SERIOUS, CATASTROPHIC AND PERHAPS FATAL INJURY MAY RESULT FROM ATHLETIC PARTICIPATION**

By its very nature, competitive athletics may put students in situations in which **SERIOUS, CATASTROPHIC** and **FATAL ACCIDENTS** may occur.

Many forms of athletic competition result in violent physical contact among players, the use of equipment that may result in accidents, strenuous physical exertion, and numerous other exposures to risk of injury.

Students and parents must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution, or supervision will totally eliminate all risk of injury. Just as driving an automobile involves choice of risk; athletic participation by high school students also may be inherently dangerous. The obligation of parents and students in making this choice to participate cannot be over-stated. There have been accidents resulting in death, paraplegia, quadriplegia, and other very serious permanent physical impairment as a result of athletic competition.

By granting permission for your student to participate in athletic competition, you, the parent or guardian, acknowledge that such risk exists.

By choosing to participate, you, the student, acknowledge that such risk exists.

Students will be instructed in proper techniques to be used in athletic competition and in the proper utilization of all equipment worn or used in practice and competition. Students must adhere to that instruction and utilization and must refrain from improper uses and techniques.

As previously stated, no amount of instruction, precaution, and supervision will totally eliminate all risk of serious, catastrophic, or even fatal injury.

If any of the foregoing is not completely understood, please contact the assistant principal for further information.

**GILROY HIGH SCHOOL**  
***Anabolic Steroid/Performance Enhancing Drug Policy***

***Introduction:***

This policy is specifically directed toward student use of anabolic steroids, stimulants or other drugs that might enhance performance and participation in athletics at Gilroy High School. Student use of alcohol, marijuana, and/or any other drug remains a concern and has been addressed in other school policies and in the Sports and Activities Policy.

***Identification:***

1. Any student suspected of using or having used anabolic steroids or a performance-enhancing drug is to be reported to the administration. Teachers, coaches or other school officials are expected to report any known users and/or names of any students suspected of use.
2. An inquiry will be conducted by the administration and/or coaching staff to determine whether or not there is reasonable suspicion that the individual in question may be currently using or has used a performance enhancing drug. Conferences and interviews will be scheduled as deemed necessary and parents will be notified if there is evidence of a potential problem or if questions remain unanswered.

**GILROY HIGH SCHOOL SPORTS AND ACTIVITIES  
SIGN-OFF SHEETS**

This entire form needs to be returned to Gilroy High School before participation in sports or activities.

**Print student's name:** \_\_\_\_\_

Has your son/daughter attended any other public or private high school. (Circle One) Yes No  
Has your son/daughter **PARTICIPATED IN ATHLETICS AT ANOTHER HIGH SCHOOL**  
within the last 12 months? (Circle one)

Yes No If "Yes" at which school \_\_\_\_\_

**Parent/Guardian's Signature** \_\_\_\_\_ **Date:** \_\_\_\_\_

I have received a copy of the **GILROY HIGH SCHOOL SPORTS AND ACTIVITY POLICY** and acknowledge that I have read and am responsible for understanding the contents of the policy.

**Student's Signature** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent/Guardian's Signature** \_\_\_\_\_ **Date:** \_\_\_\_\_

I have received a copy of the **GILROY HIGH SCHOOL WARNING TO STUDENTS AND PARENTS** on serious, catastrophic and perhaps fatal injury when participating in sports or activities. I acknowledge that I have read and am responsible for understanding the contents. I hereby waive any and all claims against Gilroy High School, Gilroy Unified School District, Board of Trustees, school administration, counselors, teachers, coaches, classified employees, and any other employee or volunteer representatives because of injury or damage caused by my son or daughter's participation in athletics or other school activities.

**Student's Signature** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent/Guardian's Signature** \_\_\_\_\_ **Date:** \_\_\_\_\_

I have received a copy of the **GILROY HIGH SCHOOL POLICY REGARDING STUDENT USE OF ANABOLIC STEROIDS OR OTHER PERFORMANCE ENHANCING DRUGS**. I acknowledge that I have read and am responsible for understanding the contents. I understand that if there is reasonable suspicion that I may have used or am currently using anabolic steroids or any other performance enhancing drug, the school officials may conduct an inquiry.

**Student's Signature** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent/Guardian's Signature** \_\_\_\_\_ **Date:** \_\_\_\_\_

I have received a copy of the **GILROY HIGH SCHOOL AWARENESS OF FOOTBALL TECHNIQUES**. I acknowledge that I have read and am responsible for understanding the contents.

**Student's Signature** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent/Guardian's Signature** \_\_\_\_\_ **Date:** \_\_\_\_\_

***CIF/CCS – Gilroy High School***  
***Code of Conduct for Interscholastic 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 six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "Six Pillars of Character"). This Code applies to all student-athletes involved in interscholastic sports in California. I understand that, in order to participate in high school athletics, I must act in accord with the following:

**TRUSTWORTHINESS**

1. ***Trustworthiness*** — be worthy of trust in all I 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.
- ***Reliability*** — fulfill commitments; do what I say I will do; be on time to practices and games.
- ***Loyalty*** — be loyal to my school and team; put the team above personal glory.

**RESPECT**

2. ***Respect*** — treat all people with respect all the time and require the same of other student athletes.

3. ***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.

4. ***Disrespectful Conduct*** — don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.

5. ***Respect Officials*** — treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic event.

**RESPONSIBILITY**

6. ***Importance of Education*** — be a student first and commit to getting the best education I can. Be honest with myself about the likelihood of getting an athletic scholarship or playing on a professional level and 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.

7. **Role-Modeling** — Remember, participation in sports is a privilege, not a right and that I am expected to represent my school, coach and teammates with honor, on and off the field. Consistently exhibit good character and conduct myself as a positive role model. Suspension or termination of the participation privilege is within the sole discretion of the school administration.

8. **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.

9. **Healthy Lifestyle** — safeguard my health; I will not use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.

10. **Integrity of the Game** — protect the integrity of the game; I will not gamble. I will play the game according to the rules.

## **FAIRNESS**

11. **Be Fair** — live up to high standards of fair play; be open-minded; always be willing to listen and learn.

## **CARING**

12. **Concern for Others** — demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to myself or others.

13. **Teammates** — help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

## **CITIZENSHIP**

14. **Play by the Rules** — maintain a thorough knowledge of and abide by all applicable game and competition rules.

15. **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.

I have read and understand the requirements of this Code of Conduct. I understand that I'm expected to perform according to this code and I understand that there may be sanctions or penalties if I do not.

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Student-Athlete Signature

Date

## ***GILROY HIGH SCHOOL AWARENESS OF FOOTBALL TECHNIQUES***

The coaches and staff working in our program are well-qualified, professional people. Fundamentals and proper techniques related to playing football will continually and repeatedly be emphasized on and off field. The information contained within this list of RULES AND PROCEDURES is to inform the athletes in our program and their parents/guardians of proper techniques to practice for maximum safety. Some professions tend to be very safety-conscious, and coaching is one of them. At Gilroy High School we go to great lengths to prevent injuries.

### ***RULES AND PROCEDURES:***

1. By rule, the helmet is not to be used as a "ram". Initial contact is not to be made with the helmet. It is not possible to play the game safely or correctly without making some contact with the helmet when properly blocking and tackling an opponent. Therefore, technique is most important in preventing injuries.
2. Tackling and blocking techniques are basically the same. Contact is to be made above the waist but not initially with the helmet. The player should always be in a position of balance, knees bent, back straight, body slightly bent forward, head-up, target area as near to the body as possible with the main contact being made with the shoulder.

### ***REMEMBER: NEVER LOWER YOUR HEAD!***

3. If the head is bent downward, the cervical (neck) vertebrae are in a bind and contact on top of the helmet could result in dislocation, nerve damage, paralysis or even death. If the back is not straight, the thorax (mid-back) and lumbar vertebrae are also vulnerable to injury with similar results if contact again is made with the top of the helmet. Gilroy High's workout includes isotonic type exercises. Football players must have strong, well-developed neck muscles to help prevent injury. We have machines in our weight room expressly for that purpose.
4. If the knees are not bent, the chance of knee injury is greatly increased. Fundamentally, a player should be in proper hitting position at all times during live ball play and this point will be repeated continually during practice.
5. The dangers are anything from strained muscles to ankle injuries or serious knee injuries requiring surgery. The rules have made blocking below the waist (outside a two-yard area next to the football) illegal. Cleats have been restricted to no more than 1/2 inch to further help in preventing knee injuries.
6. Shoulder pads, helmets, hip pads, pants (including thigh pads and knee pads) must have proper fitting use.

***THIS AWARENESS OF FOOTBALL TECHNIQUES*** does not cover all potential injury possibilities in playing football, but it is an attempt to make the players and their parents aware that fundamentals, coaching, and proper fitting equipment are important to their safety and enjoyment in playing football at Gilroy High School.

**GILROY HIGH SCHOOL SPORTS AND ACTIVITIES POLICY  
ALCOHOL/DRUG/TOBACCO NON USE CONTRACT**

Activity: \_\_\_\_\_ Student's Name: \_\_\_\_\_

1. I support the School and District policy regarding alcohol/drug/tobacco use. I agree to remain alcohol, drug, and tobacco free (unless legally prescribed) at all times during the term of this activity on or off campus including weekends, holidays and nights.

Student's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

2. As parent/guardian of this student, I recognize and acknowledge that my child must remain alcohol/drug/tobacco free to fully participate in any school activity. Therefore, I accept and support the policies of the School and Coach/Advisor which prohibit the use of alcohol, drugs, and tobacco (except those legally prescribed) while involved in this activity.

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

3. As Coach/Advisor of this activity, I am aware that students perform their best while being alcohol, drug and tobacco free. For the term of this activity I expect that the students I supervise will not use or possess alcohol, drugs, or tobacco (unless legally prescribed). I accept my role to educate students on a regular basis to the dangers and consequences of use and/or abuse of alcohol, drugs, and tobacco. I will confront students who use and/or abuse and refer to the appropriate school authorities.

Coach/Advisor's Signature \_\_\_\_\_ Date: \_\_\_\_\_

