



Westlake

CHARTER SCHOOL

Home of the Explorers

2018-2019

Athletics Handbook

2680 Mabry Drive
Sacramento, CA 95835

Westlake's Athletics Philosophy

At Westlake Charter School, our intramural athletics program is open to all 6th, 7th, and 8th grade Explorers, regardless of athletic ability or skill level. Every student athlete is given the opportunity to learn foundational skills by volunteer coaches who follow a playbook. Coaches and Westlake staff work with students to develop positive sportsmanship behaviors, responsibility and commitment to a team, and a growth mindset when learning new skills. Our Explorer Athletic Program adheres to Title IX regulations to ensure that student athletes are not discriminated against based on sexual identity.

Athlete Code of Conduct

In order to ensure a safe and supportive environment, Explorer student athletes are expected to adhere to the following:

- Abide by Westlake's behavior policies as outlined in the Family Handbook
- Follow the directions of the coaches and WCS staff
- Use only positive, encouraging language towards oneself, teammates, and opponents
- Focus on learning foundational skills
- Follow the Westlake Charter School's locker room guidelines for changing into athletic attire and storing personal belongings during practices or games
- Take care of the athletic equipment and follow guidelines for use as outlined by the coaches and WCS staff

Spectator Code of Conduct

Through our Westlake Explorer Athletics Program, we demonstrate what is possible when school and community collaborate. We invite families and friends to attend games and support the athletic program. In order to ensure a safe and supportive environment, spectators at Westlake athletic events are expected to adhere to the following:

- Remember that our athletic program focuses on building foundational skills and developing a growth mindset toward sports
- Only use positive, encouraging language toward all athletes and coaches
- Bring questions or feedback directly to coaches
- Leave communication with referees to coaches and WCS staff

Discipline Policy

Westlake's volunteer coaches are trained to teach athletic skills and promote sportsmanship, not respond to discipline issues. Therefore, coaches will bring disruptive, repetitive behavior concerns directly to WCS staff. WCS staff will work with student athletes and their families to make positive behavior decisions. If a student's behavior consistently goes against Westlake's policies and/or creates an unsafe environment, the student may be removed from the athletics program.

Injury Protocols

Westlake Charter School staff and volunteer coaches abide by the California law regarding injury protocols. WCS staff are trained in CPR and First Aid, and both staff and coaches are trained on what to watch for in the event of a concussion or Sudden Cardiac Arrest. If a student athlete sustains an injury during practice or a game, Westlake staff will communicate with the student's family as quickly as the situation deems necessary.

Information sheets on concussions and Sudden Cardiac Arrest are provided in the Participant Packet. Signatures on acknowledgement pages for both are required.

Equipment

Westlake Charter School will provide the necessary athletic equipment. Students may use their own equipment and sportswear, if they desire. However, no metal cleats will be allowed.

Schedule Changes

If schedule changes are required due to weather, Westlake Charter School staff will give families and athletes as much advance notice as possible.

Requirements for Participation

In order to participate in Westlake's Explorer Athletics Program, student athletes must have the following documents on file with Westlake staff:

- Health and Information Sheet
- Agreement for Athletic Participation
- Athletics Permission Slip
- Concussion Information Sheet
- Emergency Information Sheet
- Request to Administer Medication (if necessary)
- Sudden Cardiac Arrest Acknowledgement
- Physical Examination Form