

# Moanalua High School



## Parent - Athlete Handbook

**Moanalua High School**  
**Athletic Department**

Through hard work, integrity, commitment, discipline and loyalty  
the members of the Moanalua High School Athletic Program  
shall display personal, team and school pride  
to become well-rounded individuals and better citizens.

We will strive to teach our athletes to be good people with good character  
and teach them the principles and values that transcend beyond athletics  
which they will carry with them for the rest of their lives.

**Message to Parents/Guardian & Athletes**

This handbook is prepared to communicate and share with the families and athletes the guidelines and policies of the athletic department. The first part of the handbook is addressed to the parents/guardians. The second part is addressed to the student-athletes. It is recommended and highly beneficial for both parent/guardians and athletes to read the entire handbook.

The athletic program at Moanalua High School is an integral part of the educational experience. It will provide meaningful learning opportunities not otherwise offered in the school classroom curriculum. Interscholastic athletics is a voluntary program. Thus, participation is a privilege. The parent/guardian and athlete are expected to abide by the standards established by the department and coaches. This privilege may be revoked if failure to comply with the policies.

I ask that we all dedicate ourselves to upholding the proud tradition of  
Moanalua High School.

Moanalua High School  
Athletic Administration  
837-8066

This part of the handbook is addressed to the parents/guardians.

## **PARENT/GUARDIAN INTRODUCTION A NOTE ON PARTICIPANT SELECTION**

Moanalua High School students who choose to become involved in co-curricular activities such as sports, band, mock trial, speech and debate, math team etc. must compete with other students in order to earn positions. The members are chosen by the adult leadership based on established standards of performance.

Many of these activities are limited as to the number of participants by several factors of which safety or the ratio of students to leader may be the most important. Space availability, the number of chairs, the restriction of team size etc. are examples of other constraints.

Co-curricular activities are generally competitive in nature. Students are judged against their peers based on skill whether for a part in a musical, a place on the math team, a chair in the band or a position on an athletic team. The criteria for selection are performance based and grade level of the student would not normally be a consideration. Since students are aware of this, many choose to increase their chances for success by competing or taking part in off-season activities. Summer clinics, summer leagues, club activities and pre-season training are but a few of the ways which students can improve their skills and increase the quality of their performance. These activities are NOT mandatory to be selected for a team during the regular season.

Performance based criteria used in the selection process guarantee that the best prepared and most capable students represent Moanalua High School.

1. The head coach and coaching staff are responsible for team selection. The head coach establishes criteria for team selection with input from his/her coaching staff. This may be a highly subjective process. Team selection, practices and decisions regarding game situations are the responsibility of the coaching staff.
2. We are not able to place every child on a team who wishes to participate. While it is not our desire to "cut" anyone, it is a reality. The hardest thing our coaches have to do is tell young people they will not be on the team.
3. When your child tries out for a team please be sure all of you understand there is a real possibility he/she may not be selected. If selected both you and your child should be prepared to accept placement at any team level. i.e. Junior Varsity (grade 9-10) and Varsity (grade 9-12).
4. Normally, coaches have a very short period of time to make team selections. They do their best to keep talented athletes, filling positions for play and appropriately placing them on the proper team. Any one of us might select different athletes for the team. It is the coaches' responsibility and right to select the team with whom they will work with for the entire season.
5. A goal of a competitive athletic program is to put the most talented members of the team in competition to win a contest. Starting positions and playing time are not guaranteed to seniors or anyone on the team. Everyone is a valuable member of the team. Some players may play a great deal of time in a contest while others may not see what a parent would consider "significant" playing time. Each athlete should have personal improvement as one of his/her goals.
6. By being a member of a team, regardless of time spent in actual competition, a person can learn many valuable lessons. Among them are the following: sportsmanship, commitment, sacrifice, perseverance, teamwork, responsibility, loyalty, self-discipline and respect for others.

## **COMMUNICATION / EXPECTATIONS**

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide great benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

### **Communication you should expect from your child's coach:**

1. Philosophy of the coaching staff/program.
2. Expectations of the coach have for your child as well as all the players on the team.
3. Locations and times of all practices and competitions.
4. Team requirements, i.e., practice, special equipment, off-season conditioning.
5. Procedure followed should your child be injured during participation.
6. Discipline that may result in the denial of your child's participation.

### **Communication coaches expect from parents:**

1. Concerns expressed directly to the coach in a professional and courteous manner.
2. Notification of any schedule conflicts well in advance.
3. Specific concerns with regard to a coach's philosophy and/or expectations.

As your children become involved in the programs at Moanalua High School, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times discussion with the coach is encouraged.

### **Appropriate concerns to discuss with coaches:**

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

It is very difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those below, must be left to the discretion of the coach.

### **Issues not appropriate to discuss with coaches:**

1. Playing time.
2. Team strategy.
3. Play calling.
4. Other student-athletes.

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When conferences are necessary please call the coach or athletic director.

**Please do not attempt to confront a coach before or after a contest or practice.**

**These can be emotional times for both the parent and the coach.**

**Meetings of this nature do not promote resolution.**

## **MEDICAL CLEARANCE**

Student-athletes will not be eligible to represent Moanalua High School nor participate in try-outs, conditioning sessions, practices or competitions unless there is athletic clearance. Athletic clearance includes a signed medical doctor's statement for the current school year certifying that your son/daughter has passed a physical examination and fully able to compete in potentially physically strenuous activities. Additionally, your son/daughter will not be eligible without a signed parental consent form. The physical exam form is good only one annual year. Parent and athlete must watch the "Risk" video and sign the Acknowledgment of Risk form.

## **INSURANCE**

Medical insurance is required for all athletes prior to tryouts in order to participate. If your son/daughter is covered by a family policy, indicate the name of the insurance carrier, policy number and policy holder's name on the Information and Consent Form. Additional information regarding insurance for contact sports (football, judo, wrestling, and soccer) may be obtained from the Athletic Director. Parents may purchase the standard STUDENT ACCIDENT INSURANCE PROGRAM for public schools. Applications may be picked up from the main office.

## **CHAPTER 57 – FINANCIAL OBLIGATIONS**

Financial obligations are given to students who do not return school issued books, supplies, equipment, uniforms, etc. A student who fails to make restitution as required under section 8-57-4 shall be prohibited from participating in any student activity. Athletic awards will be withheld for outstanding obligations.

## **AGE LIMIT AND ELIGIBILITY**

Athletes are ineligible for varsity competition if they have reached the age of 19 years, before September 1 of the school year. Athletes are ineligible for junior varsity participation if they have reached the age of 17 years before September 1.

Upon entry into the ninth grade, athletes shall have only four consecutive years of eligibility.

## **TRANSPORTATION**

Athletes are required to ride school provided transportation to and from the athletic contest, unless written permission from parent/guardian to deviate from this rule on specific travel dates is given to the athletic director 2 days prior to event.

## **PROCEDURE FOR CO-CURRICULAR ACTIVITY**

### **CONFLICT RESOLUTION**

1. When a conflict occurs between scheduled practices, the student may choose either activity without loss of membership or academic penalty.
2. When a conflict occurs between a competition/performance and a scheduled practice, students are expected to attend the competition/performance with out loss of group membership or academic penalty.
3. When a conflict occurs between two competitions/performances, the student may choose either activity after consulting with the adult advisors in a timely manner. If a serious difference of opinion arises, the conflict will be resolved jointly by the student and the adult advisors.
  - a. The overall importance of the conflicting events will be weighed against each other in this decision process and will serve as the determining factor.
  - b. If, in the opinion of the advisors, both competition/performances can be attended, the students will be expected to attend both activities.
4. Adult advisors will make every effort to coordinate schedules to avoid scheduling conflicts.

This part of the handbook is addressed to the student-athlete.

## **STUDENT-ATHLETE INTRODUCTION**

Participation in interscholastic athletics provides an opportunity for you to develop physically, emotionally, mentally, and socially. Your behavior in school, in the community, and in competition is a reflection of your character and of the school and athletic department. People now look upon you as an athlete and role model, not just “some high school kid.” If you get into trouble, you discredit your effort, your family, your team and the athletic program. Being a representative of Moanalua High is a great responsibility. If you are not up to the challenge, turn in your gear and we wish you well in other endeavors.

### **ACADEMICS / SCHOLASTIC WORK**

You are a student-athlete, which means you are a student first, and an athlete second. You are in school to learn and get a good education. Time wasted in school is the most costly waste of which you will ever be guilty. You must keep your grades up to standards if you wish to participate. You must have a 2.0 GPA for courses taken in the quarter/semester immediately preceding the beginning of your season. If you cannot meet the 2.0 GPA requirement, you may go on probation to retain eligibility. While on probation, regular periodic grade checks will be made to determine eligibility as well as attending mandatory study hall twice a week. Whenever you become ineligible, you are cheating both your teammates and yourself.

Teachers are sensitive. If you express an interest in improving yourself, they will be more than glad to help you. Do not be afraid to ask for help. Establish a time management schedule that allows you plenty of time for study. Your academic achievement is much more important than your athletic or social life.

The athletic department offers a year round study hall program for student-athletes. It is highly recommended that you take advantage of this service and make academics a top priority.

### **CONDUCT / SCHOOL OFFENSES**

We want to create a favorable image. We want to be thought of as responsible, well-disciplined students who take pride in our performance. Your behavior will be closely watched and judged by others. Be careful of what you say and do in order not to reflect badly on yourself, your team or our school. Your display of responsible, courteous behavior and maintenance of self-discipline will earn you the respect of others and will make you a winner off the field as well as on it.

An athlete may be suspended or released from the team by the school administration, athletic director or by the coach for infractions of the State Department of education’s – Chapter 19 Code of Conduct (Discipline, Student Code of Conduct and Tobacco, Alcohol, Illegal & Substances), Moanalua High School’s Athletic Department Rules & Policies and/or team rules.

**Any athlete charged with Chapter 19, A or B offenses and/or suspended from school shall be dismissed from the team.**

**Offenses classified under Chapter 19 are as follows:**

- Class A:** Includes assault, burglary, possession/use of weapons, extortion (hijacking), possession/use/sale of illicit substances (alcohol or other drugs), property damage, robbery, sexual offenses, and terroristic threatening.
- Class B:** Includes disorderly conduct (fight), making a false alarm, gambling, harassment, theft, and trespassing.
- Class C:** Includes class cutting, insubordination, leaving campus without consent, use of tobacco, and truancy.
- Class D:** Includes other school offenses, such as cheating, tardiness, loitering, being in off-limits area, etc.

**Attendance:**

An athlete will not be permitted to practice or participate in any athletics on the day of the absence from school. An athlete absent on Friday will not be permitted to practice or participate on Saturday or Sunday. (Absence means NOT PRESENT IN ALL CLASSES).

**Game Ejections:**

Any athlete who is ejected from a game, contest, or tournament shall be ineligible to participate in the next game, contest, or tournament. Second ejection in a sport season will result in dismissal from team.

Any physical assault on a coach, school and/or game official will result in the student athlete being banned from all OIA league activities for two years.

**Expulsion / Quitting:**

If you are expelled from a sport, you may not try out for any sport during the same season. If you quit a sport, you may not try out for any sport during the same sport season.

**Overlapping Seasons / Participation:**

You may not leave a team before the season ends to participate or try-out for another sport without permission from the coach. You must wait until the present sport season is completely over before beginning another sport.

**Every team has its own unique set of rules.  
The respective coaches will handle individual team infractions.**

**CARE OF EQUIPMENT**

You are responsible for every piece of equipment issued to you, and will be required to pay for all items lost or stolen. Keep your locker locked and tell no one your combination. All uniforms and equipment must be turned in after the conclusion of the sport/season and before trying out for another team. Athletic awards will be withheld for outstanding obligations.

**ATHLETIC AWARDS**

You may be fortunate enough to receive an athletic award. The Athletic Booster Club gives athletic awards to athletes who meet the requirements set forth by the athletic department. Every year the Moanalua Athletic Booster Club honors members of the varsity and junior varsity athletic teams. For most awards the following general criteria will apply:

1. Regular attendance and participation.
2. Be in good standing in school – no obligations.
3. Meet responsibilities set by the coach.
4. Maintain team eligibility throughout the entire season.
5. Turn in all uniforms and equipment.

The following athletic awards are granted:

1. Letters & Pins - Letters and pins awarded to varsity and junior varsity athletes meeting the criteria established for their sport.
2. Most Outstanding Athlete Awards - Varsity teams only. A player will be selected by team members and/or coaches to determine team's most outstanding athlete.
1. Most Inspirational Award - Varsity teams only. A player will be selected by team members and/or coaches to determine team most inspirational athlete.
4. Scholar Athlete Award – Varsity teams only. A player will be selected by coaches and/or Athletic Director to determine team scholar athlete.
5. Athletic Department Most Inspirational Athlete of the Year - A committee of Moanalua High School staff members will select a male and female athlete who is recognized for their outstanding contribution and leadership to athletics and the community.
  
6. Athletic Department Athlete of the Year. A committee of Moanalua High School staff will

select a male and a female student who is recognized for their outstanding contribution and leadership in athletics

7. Athletic Department Scholar-Athlete of The Year – A committee of Moanalua High School staff will select a male and female student who is recognized for their outstanding academic achievement and contribution to athletics.
8. Athletic Department Hall of Fame. A committee of Moanalua High School staff will select athletes who have brought a high degree of recognition and have truly been outstanding in their respective fields.

Your coach reserves the right to deny an athletic award if your conduct is considered detrimental to proper school citizenship. Any student who is undergoing disciplinary action by the school may forfeit all claims to any award.

## **ATTITUDE THE KEY TO SUCCESS**

Your attitude is the key to your success. You cannot change the amount of talent you have or your genetic makeup, but you can determine your destiny by having the proper attitude. Attitude determines work ethic, how coachable you are, aggressiveness, courage, determination, and perseverance.

You are the only one who can keep yourself from being a winner. You must push yourself as hard as you can. A real winner does not have to be pushed by a coach. The push must come from within you. Self-discipline in doing the proper things will make you a winner.

No one will respect us if we shout insults at our opponents and officials. Instead, we should focus on our own effort and give our teammates the same positive enthusiastic support you would like to receive. Be modest in victory and gracious in defeat. In defeat, exemplify true sportsmanship by shaking the opponent's hand and vow to work even harder next time. Above all never give up when behind. We do not win games or matches or earn a bit of respect unless we use every effort in us in to perform to our potential and abilities. Help make our teams live up to a never-say-die image. This is what wins games and matches.

**Hours of work, sweat, and sacrifice lie behind each second of glory.  
To be a winner you must prepare yourself academically, physically and emotionally.**

## **ATHLETE'S CREED**

I understand that participation in athletics is a privilege that comes with responsibilities to maintain established standards of achievement and conduct. As a Moanalua High School student-athlete, I understand that I have certain responsibilities to the school to my family, to other students, to the community and to myself. Participation in athletics is an opportunity afforded to me provided that I abide by the rules and regulations that are established to govern the sports program.

I further understand that athletics involve more than participation in the game or the sport itself, that I am obligated to apply and to further develop values, attitudes, and actions reflecting good sportsmanship and citizenship.

Therefore, as an athlete of Moanalua High School, I will exemplify the values of pride, self-discipline, courage, respect, honor, sacrifice, loyalty, humility, integrity, teamwork, commitment and fairness and abide by the Athlete's Code of Conduct.

## ATHLETE'S CODE OF CONDUCT

As a Moanalua High School Athlete:

I will respect my family and abide by their decisions and rules.

I will respect my teachers and other staff members.

I will follow all the school rules and regulations.

I will attend classes regularly and promptly.

I will remain scholastically eligible.

I will not smoke, drink, steal, abuse drugs or fight.

I will respect my coaches and teammates.

I will abide by the team rules.

I will play within the rules of the game.

I will be physically and mentally fit to play the game at all times.

I will take care of all facilities, equipment, and uniform used.

I will learn to play with humility and dignity in all situations.

I will be well groomed and comply with the required dress code of the school.

I am a bona-fide student of Moanalua High School.

I live within the school attendance area and/or I have a legitimate geographic exception.



## MOANALUA HIGH SCHOOL WEIGHT ROOM

Read and sign the weight room form in packet

### **RULES:**

1. All athletes must have athletic clearance and weight room permission form on file.
2. All athletes must be accompanied and supervised by their respective coaches.
3. Follow the prescribed workout as set forth by coaches or strength coaches.
4. Wear proper attire-athletic shoes, shorts, t-shirt, tank tops-no undershirts.
5. Bring a towel to workout. Wipe perspiration and machines upon completion.
6. No eating or drinking. No spitting.
7. No personal radios or headphones.
8. Help and respect other athletes.
9. All athletes must sign in each day prior to work out.
10. No loitering.

### **SAFETY FIRST:**

1. Be thoroughly prepped by coach on a weight room machine and proper technique.
2. Stretch prior to work out. Stretch outside the weight room.
3. Do not drop weights on the floor.
4. Put weights and dumbbells on the racks after use.
5. Work in pairs. Use a spotter when attempting a lift.
6. Know your own limitations-Don't be a show-off.

### **CONSEQUENCES:**

Working out in the weight room is a privilege.

Abuse of weight room rules will result in suspension.

### **WEIGHT TRAINING IN THE OFF SEASON:**

Athletes who wish to train in the "off-season" may do so with their respective coaches or with written permission from their coach. Coaches must submit a list to strength coach Ken Fukada. Strength coaches are available to design off-season training programs.