

**High School Student-Athlete &
Parent/Guardian Manual
2024-2025**



Revised August 2024

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Dear Parents and Guardians,

We are thrilled to have your child participate in the Wiseburn Da Vinci (WDV) high school sports program. This guide is designed to provide you with essential information to support your student-athlete throughout their WDV athletic journey.

MISSION STATEMENT

At Wiseburn Da Vinci High School Athletics, our mission is to provide a safe and positive learning environment for student-athletes. We aim to motivate and help them reach their full potential by excelling on the field, in the classroom, and as a team. We strive to produce student-athletes who represent our school with pride, honor, and integrity, and who positively influence the community. Our student-athletes will be treated fairly and with respect.

PHILOSOPHY

The athletic experience is an essential part of many students' overall education. Athletics play a significant role in developing positive self-esteem and a sense of well-being. High school students are experiencing a time of tremendous growth and change, often feeling excited, confused, argumentative, curious, sensitive, and self-conscious. Through sports and other extracurricular activities, they learn the value of fair play and sportsmanship. They should be given the chance to participate and allowed to make mistakes. They will learn to appreciate teamwork and how to work with coaches, referees, opponents, peers, and themselves.

PROGRAM OVERVIEW

Our sports program aims to promote physical fitness, teamwork, discipline, and sportsmanship. We offer a variety of sports throughout the school year, including:

Fall Sports	Winter Sports	Spring Sports	Year-Round Sports
Volleyball - Girls	Basketball - Boys and Girls	Baseball	Cheer
Beach Volleyball - Boys	Soccer - Boys and Girls	Softball	Esports
Cross Country - Boys and Girls		Track and Field - Boys and Girls	Archery
		Swimming - Boys and Girls	
		Volleyball - Boys	
		Beach Volleyball - Girls	

WDV PARTNERSHIP WITH THE POSITIVE COACHING ALLIANCE

WDV has partnered with the Positive Coaching Alliance (PCA) <https://positivecoach.org/> an organization that provides a positive environment and promotes a healthy sports experience for all involved. Coaches and student-athletes are required to undergo training. Parents and guardians will be provided training and are highly encouraged to attend. Dates and times of parent/guardian workshops are TBD.

CODE OF ETHICS – STUDENT ATHLETE

We expect our student-athletes to uphold the highest standards of behavior both on and off the field. This includes:

- Respect: For teammates, coaches, opponents, and officials.
- Sportsmanship: Displaying good sportsmanship at all times.
- Responsibility: Being punctual, prepared, and dedicated to the team.

Each student-athlete and parent will receive the [California Interscholastic Federation – Southern Section Code of Ethics](#) form attached to this document. The Code of Ethics for Athletes must be reviewed by both the student-athlete and their parent/guardian. Once reviewed, both the student-athlete and parent/guardian are to sign the document. A copy of the form will be kept in the athletic director's office.

ACADEMIC REQUIREMENTS

STUDENT - ATHLETE ACADEMIC ELIGIBILITY

WDV Athletics holds student-athletes to the highest standards. Da Vinci students must achieve and maintain a 2.0 GPA for the grading period prior to and throughout the season of play. Grade check dates will be posted on the website. Students may be required to attend a study hall seminar to help maintain academic eligibility.

If a student's GPA falls below 2.0 at the time of a grade check, they will be placed on probation. During probation, they can still participate but must focus on improving their academics. If the student's GPA remains below 2.0 at the next grading date, they will become ineligible and can no longer participate.

In both instances, the Athletic Director will send an email to the student, parent/guardian, school principal, and coach with a plan of action.

STUDENT - ATHLETE PHYSICAL CLEARANCE

Prior to participating on a school athletic team, students and parents must register through www.AthleticClearance.com. The online application includes a signed and stamped physical examination form, which can be found on the WDV athletic web page <https://athletics.davincischools.org/>. A student may not participate without a cleared registration. Coaches will be held accountable if a student participates without proper clearance. Physical exams are valid for 365 days from the date of the exam.

PROGRAM COMMUNICATIONS

Effective communication is key to a successful sports program. Here's how we keep in touch:

- Coaches Contact Information: Available on the [Wiseburn Da Vinci Athletics](#) website. Head coach information is found on page 3.
- Team Meetings: Regular team meetings will be held; dates and times will be communicated via email.
- Parent/Guardian Meetings: Held at the beginning of each season to discuss expectations, schedules, and answer questions.
- At the end of each season, the student-athletes along with their parents/guardians will be provided a survey for the season of sports in which they participated in. Those surveys are reviewed by the Athletic Director, Chief Administrative Office and Superintendent to make sure that we are providing a successful sports experience for all involved.

PRACTICE AND GAME SCHEDULES

Practices: Typically held after school from 4:15 PM to 6:30 PM. Specific times and locations will be communicated by the coach and also posted on the Wiseburn Da Vinci Athletics Website <https://athletics.davincischools.org/> for the team that your child plays for.

Games/Meets: Scheduled throughout the season. A detailed schedule will be provided at the start of each season and is available on the school's sports website <https://athletics.davincischools.org/>.

ATTENDANCE POLICY

Practices: Regular attendance is crucial. If your child cannot attend a practice, please inform the coach in advance.

Games/Meets: Attendance is mandatory unless there is a valid excuse such as illness or family emergency.

COACH, STUDENT - ATHLETE, AND GUARDIAN COMMUNICATION

Good communication between coaches, players, guardians, and the athletic director is expected. The head coach is responsible for communicating all rosters, positions, and team rules/expectations. A group messaging platform will be created by the coach to communicate timely and effectively with the athletes and families.

Take time to address any questions or concerns with your player's coach outside of game or practice time, at a mutually convenient time. Please understand that there is a 24 hour rule to respond to parent/guardian emails. All email communications must be conducted using the coach's Da Vinci email address. If administrative or athletic director support is needed for a parent or player meeting, please inform us so a meeting can be scheduled.

TOOLS TO ASSIST THE PARENT IN NAVIGATING THE HIGH SCHOOL COMPETITIVE MODEL

The Wiseburn Da Vinci Sports Program is a competitive, meritocratic program where the coaching staff fields the most competitive team. Not every student-athlete on the team will always play. We aim to provide our student-athletes with life tools on how to compete. With that in mind, here are some tools to assist parents:

- Let the coach COACH.
- Don't put your child in the middle.
- Encourage your child to self-advocate.
- Maintain self-control.
- Stay silent if you disagree with a call.
- Speak respectfully about opponents and coaches.
- Avoid post-game analysis with your child.
- Establish a coach-parent partnership.
- Model and reinforce honoring the game.

PARENTAL INVOLVEMENT

Your support is invaluable! Here are ways you can get involved:

- Attend Games: Show your support by attending games and cheering for the team.
- Volunteer: Help with events, fundraisers, or as a team parent.
- Communicate: Keep open lines of communication with coaches and school staff.

FUNDRAISING

All fundraising donations/contributions will be used to pay for the "extras" (food, trophies, banquets, personalized items, etc.) that the WDV Athletics program is not able to cover with public funds. The WDV Athletics program covers the cost of what is needed to play the sport, including but not limited to the use of facilities, uniforms, equipment, travel and referees. All donations to specific sports are considered unrestricted in terms of use, and will be used where they are most needed. All athletics fundraising projects must be submitted in writing to the coach and must have final approval by the WDV Athletics Director.

CONFLICT RESOLUTION POLICY

The WDV Athletic Department has partnered with the Positive Coaching Alliance, a nationally recognized organization dedicated to promoting positive and effective coaching techniques. Through this collaboration, all of our coaches undergo specialized professional development designed to equip them with the skills to handle challenging conversations and conflicts with confidence and sensitivity. This initiative underscores our commitment to creating a positive and harmonious environment for our student-athletes, ensuring that our coaching staff is prepared to lead with clarity, fairness, and understanding.

- 1st Step: Student Athlete Contacts Coach
 - The student athlete should present the conflict or issue to the coach as soon as possible. It is encouraged for students to advocate for themselves. It is expected that the majority of concerns will be resolved at this first communication.
- 2nd Step: Guardian Contacts Coach
 - If necessary, a guardian may contact the coach directly. However, this should not occur just before, during, or immediately after a practice or game. Guardian should email or call the coach to arrange a suitable time for discussing the issue.
- 3rd Step: Contacting the Athletic Director
 - If a satisfactory solution is not reached through direct contact with the coach, the student and/or guardian can elevate the matter to the athletic director. It is essential to inform the coach in advance of this escalation. If needed, a meeting involving all concerned parties may be scheduled to resolve the issue.
- 4th Step: Contacting Chief Administrative Officer
 - If a positive resolution is still not achieved after meeting with the athletic director, the student and/or guardian can escalate the matter by submitting a written formal grievance to the Chief Administrative Officer who supervises the Athletic Director via email.

FREQUENTLY ASKED QUESTIONS

Question: What if my child has a conflict with another activity?

Answer: Encourage your child to communicate with the coach as early as possible to discuss and resolve conflicts.

Question: How are teams selected?

Answer: Team selections are based on tryouts, skill levels, and the coach's discretion.

Question: What if my child wants to quit the team?

Answer: Have a discussion with your child and the coach to understand the reasons and explore possible solutions.

CONCUSSIONS

If a concussion is suspected due to a blow to the head, the athlete will be removed from the practice or game immediately. All coaches complete concussion training and will document all symptoms. Coaches will contact the guardian and the Athletic Director immediately.

INJURIES

In the event of an injury, report it immediately to the parent or guardian. If not present, contact them. After notifying the parent or guardian, inform the athletic director. Our athletic trainers are available to assist with injury prevention and treatment. If no trainer is present, provide appropriate treatment based on your training.

CHARTER SAFE INJURY/INCIDENT REPORTING (Mandatory for all student-athlete injuries)

- What is Reported:
 - Anytime 911 is called (regardless of whether transport occurs).
 - Any head, neck, or back injury.
 - Any use of an EpiPen.
 - Fractures, sprains, or strains that occur at school, on the way to school, or during athletics.
 - Loss of consciousness or fainting.
 - Sports injuries.
 - Any injury or event that results in follow-up care.
- Staff Obligations:
 - Staff (teachers/coaches) must report any injury occurring on or off campus (including sports, field trips, etc.).
- Reporting Process:
 - Coach/Teacher: Complete the injury form immediately and send it to the Admin or Athletic Director, and Emily Green/Titsyana Lucero.
 - Emily Green/Titsyana Lucero (school-based) or Athletic Director (athletics injuries): Complete the Charter Safe report.
 - Email Parent: Send a summary of the event to the parent and attach a Gallagher form (available in English and Spanish) within 24 hours. CC Emily and Titsyana on this communication.
- Special Considerations for Athletics:
 - Coaches should have blank forms ready when off-site.
 - In athletics, CC Emily and Titsyana on all parent communications.
 - For head injuries, inform the family of the CIF requirement for a return-to-play protocol.

HYDRATION AND NUTRITION:

Ensuring that your child stays hydrated and maintains a balanced diet is crucial for their athletic performance and overall well-being. Here's why it's important and how to encourage these healthy habits:

IMPORTANCE OF HYDRATION

1. **Optimal Performance:** Proper hydration is essential for peak physical performance. Dehydration can lead to fatigue, decreased coordination, and muscle cramps, which can negatively impact your child's athletic abilities.
2. **Temperature Regulation:** Hydration helps regulate body temperature, reducing the risk of heat-related illnesses, such as heat exhaustion or heat stroke, especially during intense physical activities.
3. **Recovery:** Adequate fluid intake aids in faster recovery by helping to flush out toxins and reduce muscle soreness.

IMPORTANCE OF A BALANCED DIET

1. **Energy Levels:** A balanced diet provides the necessary nutrients and energy required for physical activities. Carbohydrates, proteins, and fats play specific roles in fueling workouts and aiding recovery.
2. **Muscle Development and Repair:** Protein is essential for muscle growth and repair, especially important for young athletes who are constantly building and repairing muscle tissues.
3. **Immune Function:** A variety of vitamins and minerals from a balanced diet boost the immune system, reducing the risk of illnesses that could sideline athletic participation.
4. **Overall Health:** Good nutrition supports overall health, including maintaining a healthy weight, strong bones, and mental well-being, all of which contribute to better athletic performance.

ENCOURAGING HEALTHY HABITS

1. **Lead by Example:** Children are more likely to adopt healthy habits if they see their parents or guardians practicing them. Make hydration and balanced meals a family priority.
2. **Educate:** Teach your child about the benefits of proper hydration and nutrition. Explain how these habits improve their athletic performance and overall health.
3. **Accessible Options:** Make water and healthy snacks readily available. Carry water bottles to practices and games, and pack nutritious snacks like fruits, nuts, and yogurt.
4. **Involve Them:** Involve your child in meal planning and preparation. This can make them more interested in what they eat and more likely to make healthy choices.
5. **Set Goals:** Help your child set hydration and nutrition goals. For example, aim to drink a certain amount of water daily or try a new healthy recipe each week.
6. **Positive Reinforcement:** Praise and reward your child for making healthy choices. Positive reinforcement can encourage them to maintain these habits.

By prioritizing hydration and a balanced diet, you can help your child enhance their athletic performance, recover better, and develop lifelong healthy habits.

CONCLUSION

We look forward to a fantastic season filled with growth, learning, and fun. Thank you for your support and cooperation. Let's work together to make this a memorable and positive experience for all our student-athletes. **GO WOLVES!**