

Clay Elementary School



2025-2026

PARENT/ STUDENT-ATHLETE
HANDBOOK



STATEMENT OF PHILOSOPHY

The Clay School Athletic Department provides our student-athletes the opportunity to compete and to develop positive relations with student-athletes from other schools. The emphasis is upon learning the sport, spirit, respect, sportsmanship, responsibility, and the acceptance of victory and defeat. This emphasis will give your student-athlete the opportunity to learn to know themselves and to create an environment which will encourage the development and expression of positive values in their everyday life.

STUDENT-ATHLETE POLICY REGARDING TEAM MAKE-UP

Varsity teams will consist of all eligible 8th graders who wish to participate and may consist of 6th and/or 7th graders who possess the athletic ability, eligibility, and mental maturity to handle varsity competition. This is determined by the head coach in that particular sport. Playing time is determined by attitude, athletic ability, dedication, and attendance at practices and games.

The one exception to this is Track which is offered for grades 3-8, and level of play is determined by the athlete's birth year and qualifying times and distances.

As a coaching staff our objective is to teach the student-athletes the skills, motivation, commitment, and dedication needed to pursue athletics if he/she chooses to participate in high school.



Track & Field

Track & Field is a sport that requires much time, effort and hard work. The level of competition is determined by the athlete's birth year, not the year of school. In addition, competition is also determined by fastest time, farthest throw, and longest jump. On occasion, the track team will hold practices at the Kingsburg High School stadium. Track Meets are mostly held on Saturdays at various locations. It is the responsibility of the parents to get their athlete to and from those practices and meets. Once an athlete qualifies for their event to go on to a more advanced meet, they need to make Track a priority. This ensures that they will not take away a spot from another athlete. Once qualified, top athletes advance to more distinguished meets.

Clay Elementary School Athletics Communication Guidelines

Good communication between parent and coach is the number one way to avoid some of the frustrations that may occur during a sports season. The following principles and guidelines are designed to create the best parent/coach relationship possible, allowing school and parent to avoid any of the situations that can create problems. Thank you for helping us improve communication for a better program. **GO COUGARS!!**

Expectations of the Coaching Staff

- **Role Models:** Coaches are role models for the athlete, on and off the court or field.
- **Encouragement:** Coaches encourage their athletes.
- **Discipline and Potential:** Coaches instill clear guidelines and help your athlete reach their greatest potential.
- **Notification:** Coaches will provide Athletic Director, teacher and parent notification of discipline that may affect the athlete's participation.
- **Reminder of Expectations:** Coaches will remind parents of their expectations if needed.
- **Game Information:** The Athletic Director will provide the location and times of all games.

Expectations of the Parents

- **Positivity and Respect:** Parents will be positive and show respect to everyone, including players, coaches, and referees. Remember that they are not professionals. The coaches and referees are oftentimes volunteers.
- **Express Concerns Properly:** Parents express concerns about their athlete both physically and mentally directly to their coach first, then to the Athletic Director as needed by appointment before or after practice or games.
- **No Negative Talk:** Parents/guests will not talk negatively about any Clay athlete or competitor.
- **Team Concept:** Parents will encourage their athletes to embrace the TEAM concept and their role on the team. In addition to Committing to the team for the entire season.
- **Illness or Injuries:** Parents will have their athlete notify the coach of any illness or injuries.
- **Missed Practices/Games:** Parents will have their athlete notify the coach of the need to miss practice/games or follow-up on any missed practices/games.

Procedure for Discussing Concerns with the Coach

If you have a concern that you feel the need to discuss with the coach, you should follow this procedure:

1. **Contact the Athletic Director:** Call, use ParentSquare, or email the Athletic Director.
2. **Set Up an Appointment:** The Athletic Director will set up an appointment with the coach, the athlete, and the parent.

By adhering to these guidelines, we can ensure a positive and productive environment for our athletes, coaches, and parents. Thank you for your cooperation and support.

GO COUGARS!!

PARENTAL RESPONSIBILITY

It is the parent's responsibility to pick-up their student-athlete promptly at the specified time after all practices and games. Coaches cannot be responsible for the student-athlete after practices and games have concluded. Coaches will not be responsible for transportation after practices or games. There will be a school bus after games as needed. For the transport of your child from the event to their residence you will need to fill out an emergency release to family members and friends.

Please sign your athlete out from away games with the Athletic Director.

SPECIAL AFTER GAME DESTINATION

It is expected that all student-athletes will use the transportation provided by the school district to travel to but most students are taken home by parents after the games. The school district realizes that there are exceptions or extenuating circumstances that may make travel with family or friends more desirable or practical. For those circumstances involving the transport of your child from the event to their residence you will need to make sure that those selected are listed on the emergency card at school. The AD will have that information with them. You must sign out with the AD before you leave for home to ensure with whom all students are released.

ACADEMICS

In order to maintain their position on the team, the student-athlete must maintain a 2.0 GPA, while also having no D's or F's and maintain an A in PE. If a student-athlete is unable to meet this requirement then they will be on Academic Probation. The student-athlete will have two weeks to bring their grades up and during that time they will not be allowed to practice or play in games until they have met said requirement. If the student-athlete improves their grade and at a later grade check within the

season they do not meet the grade requirements, they will not be allowed to finish the season to focus on their grades. Grade Checks will be run weekly.

ATTENDANCE

Student-athletes must maintain regular attendance to participate in their sports season. If a student-athlete is deemed "chronically absent," they will not be eligible to join their team until their attendance improves and they are removed from the "chronically absent" list. Once their attendance issues are resolved, they can request permission from school administration to resume participation in their sport. This probation period is much like academic probation.

Classroom Behavioral Rules

In maintaining a respectful and productive learning environment, student-athletes are held to high standards of conduct both in the classroom and on the field. Minor offenses, such as repeated tardiness or disruptive behavior, may lead to consequences like missing a practice or game. On the other hand, major offenses, such as bullying or cheating, can result in immediate suspension from all athletic activities. These measures ensure that our athletes embody the values of discipline and integrity, reinforcing the importance of balancing academics with extracurricular commitments.



PROPER CONDUCT AND CLOTHING

1. All school expectations and Ed Code will be followed at all times as representatives of Clay School.
2. Athletes missing games are at risk of losing a spot on the team, due to the short season of sport.
3. Appropriate shoes must be worn at all times. Flipflops or backless shoes or sandals are not acceptable for athletic participation.
4. Clay School uniforms must be worn at all sporting events.
5. No jewelry of any kind is allowed during athletic participation.
6. For student-athletes, boxer shorts may be worn over bike shorts with a 5-inch or longer inseam.

CONSEQUENCES FOR DISCIPLINE

First Time: Warning

Second Time: Discipline determined by the Head coach

Third Time: Office Discipline Referral, sent to the Athletic Director then to Principal. Consequences can include suspension from a game, the season, or school depending on severity of the incident.

Campus/School discipline could lead to a suspension from a game or the season if multiple ODR's occur or a severe behavior that could result in a suspension.

AFTER-SCHOOL SPORTS

Due to Clay School's liability, a non-participating child must stay with a parent/guardian during any after-school sport, as there is no supervision

provided. After 3:00 P.M., parents must supervise their own child. During Athletic Events, the playground area is closed. All attention should be directed to the athletes and the sporting event.

The Cougar Attitude

1. Do not be late ... Do not miss ... without notifying the Coach
2. Talk to all adults with respect
3. Say please and thank you
4. Clean-up After yourself
5. Pay attention in class and practice
6. Learn from Watching
7. Always make eye contact
8. No Excuses
9. No inappropriate language
10. Talk it up/Clap it up for your team and teammates
11. No putting down teammates
12. No finger pointing
13. No emotions towards officials
14. Sprint on and off the playing arena/field
15. Tuck in your shirts
16. Be loyal to your team and sport
17. Be Respectful in a loss and Humble in a Victory
18. Be a Role Model

GAME SCHEDULE

Game and Practice Schedules will be sent home with students. Please visit the Clay webpage under the Clay Activities calendar tab for schedule changes. We will do our best to keep the Clay “Google” calendar up to date. Game time and/or locations are subject to change. For updates please check Parent Square.

Clay Joint Elementary School District

Medical Authorization

I understand and acknowledge that these activities, by their nature, pose the potential risk of serious injury/illness to individuals who participate in such activities.

I understand and acknowledge that some of the injuries/illnesses which may result from participating in these activities include, but are not limited, to the following;

- | | | |
|------------------------------|--------------------|---------------------|
| 1. Sprains/Strains | 2. Fractured Bones | 3. Unconsciousness |
| 4. Head and/or Back Injuries | 5. Paralysis | 6. Loss of Eyesight |
| 7. Communicable Diseases | 8. Death | |

In the event of a medical emergency and if I/we cannot be reached, I authorize the School District and its employees to consent to any medical treatment , examination, or tests necessary for the care of this child.

IN CASE OF EMERGENCY TO THIS CHILD, CONTACT:

	<u>Home Phone</u>	<u>Work Phone</u>	<u>Cell Phone</u>
Mother _____	_____	_____	_____
Father _____	_____	_____	_____
Relative _____	_____	_____	_____
Child's Dr. _____		_____	

Parent/Guardian Signature _____

Student name _____

Date _____

A signed VOLUNTARY ACTIVITIES PARTICIPATION form must be on file with the district before a student will be allowed to participate in any extracurricular activity.

Distrito Escolar Clay

Autorización Médica

Yo comprendo y reconozco que estas actividades, por su naturaleza, ponen un riesgo potencial de daño/enfermedad serio a individuos que participan en tales actividades.

Yo comprendo y reconozco que algunos de estos daños/enfermedades que puedan resultar por participar en estas actividades incluyen, pero no son limitadas, a lo siguiente:

- | | | |
|--------------------------------|-----------------------|---------------------|
| 1. Lastimaduras | 2. Huesos Fracturados | 3. Inconciencia |
| 4. Daños de Cabeza y/o Espalda | 5. Parálisis | 6. Pérdida de Vista |
| 7. Enfermedades Comunicables | 8. Muerte | |

En el evento de una emergencia médica y si no pueden ponerse en contacto conmigo/nosotros, yo autorizo que el Distrito Escolar y sus empleados consientan a cualquier tratamiento médico, examinación, o pruebas necesarias para el cuidado de este/a niño/a.

EN CASO DE EMERGENCIA PONGANSE EN CONTACTO CON:

Teléfono/Casa Teléfono/Trabajo Teléfono Celular

Madre _____

Padre _____

Pariente _____

Doctor _____

Date _____

La forma PARTICIPACIÓN DE ACTIVIDADES VOLUNTARIAS tiene que ser firmada y archivada con el Distrito antes de que se le permita a un estudiante que participe en cualquier actividad extracurricular.

**Clay Elementary School
Tentative Sports Bus Schedule
Central River League
2025-2026**

<u>School</u>	<u>Game Time</u>	<u>Bus Departure</u>	<u>Travel Time</u>
Kings River	3:00 PM	2:15 PM	6 minutes
*Immanuel	3:00 PM	2:20 PM	8 minutes
Monson-Sultana	3:00 PM	2:10/2:15 PM	17 minutes
Parlier	3:00 PM	2:15/2:20 PM	10 minutes
St. La Salle	3:00 PM	2:15/2:20 PM	11 minutes
Traver	3:00 PM	2:15/2:20 PM	13 minutes

Load time: 5 minutes prior to departure.

League tournament departure times TBA



CLAY JOINT ELEMENTARY SCHOOL DISTRICT
2025-2026 CONCUSSION INFORMATION SHEET
(Applicable Only for the Current School Year)

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:	
<ul style="list-style-type: none"> • Headaches • “Pressure in head” • Nausea or vomiting • Neck pain • Balance problems or dizziness • Blurred, double, or fuzzy vision • Sensitivity to light or noise • Feeling sluggish or slowed down • Feeling foggy or groggy • Drowsiness • Change in sleep patterns 	<ul style="list-style-type: none"> • Amnesia • “Don’t feel right” • Fatigue or low energy • Sadness • Nervousness or anxiety • Irritability • More emotional • Confusion • Concentration or memory problems (forgetting game plays) • Repeating the same question/comment
Signs observed by teammates, parents and coaches include:	
<ul style="list-style-type: none"> • Appears dazed • Vacant facial expression • Confused about assignment • Forgets plays • Is unsure of game, score, or opponent • Moves clumsily or displays incoordination • Answers questions slowly • Slurred speech • Shows behavior or personality changes • Can’t recall events prior to hit • Can’t recall events after hit • Seizures or convulsions • Any change in typical behavior or personality • Loses consciousness 	

What can happen if my child keeps on playing with a concussion or returns to soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The new CIF Bylaw 313 now requires implementation of long and well-established return to play concussion guidelines that have been recommended for several years:

“A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time and for the remainder of the day.”

and

“A student-athlete who has been removed may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and received written clearance to return to play from that health care provider”.

You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date

DISTRITO ESCOLAR DE LA ESCUELA CLAY
2025-2026 INFORMACIÓN SOBRE LA CONMOCIÓN CEREBRAL
(Aplicable Solo para el Año Escolar En Curso)

Una conmoción cerebral es una herida cerebral y todas las heridas cerebrales son graves. Dichas heridas son causadas por un golpe ligero, un golpe fuerte, o un movimiento repentino de la cabeza, o por un golpe fuerte a otra parte del cuerpo con fuerza que se trasmite a la cabeza. Las heridas varían entre ligeras o graves y pueden interrumpir la manera en la que el cerebro funciona. Aunque la mayoría de las conmociones cerebrales son ligeras, **todas las conmociones cerebrales tienen el potencial de ser graves y si no se reconocen y tratan correctamente podrían tener como resultado complicaciones incluyendo daño cerebral prolongado la muerte.** Eso quiere decir que cualquier “golpecito” a la cabeza podría ser grave. Las conmociones cerebrales no son visibles y en su mayoría las conmociones cerebrales que ocurren durante los deportes no ocasionan la pérdida de conocimiento. Las señales y síntomas de una conmoción cerebral podrían aparecer inmediatamente después de una herida o después de horas o días. Si su hijo(a) reporta cualquier síntoma de una conmoción cerebral, o si se da cuenta de los síntomas de una conmoción cerebral, por favor consiga atención médica sin demora.

Los síntomas pueden incluir uno o más de los siguientes:

- | | |
|---|---|
| <ul style="list-style-type: none">• Dolor de cabeza• “Presión en la cabeza”• Náusea o vómito• Dolor de cuello• Problemas de equilibrio o mareos• Visión desdibujado, doble o borroso• Sensibilidad a la luz o ruido• Decaído• Adormecido• Mareado• Cambios en los hábitos de dormir | <ul style="list-style-type: none">• Amnesia• “No se siente bien”• Fatiga o energía baja• Tristeza• Nervios o ansiedad• Irritabilidad• Más emocionante• Confundido• Problemas con concentración o memoria (por ejemplo: olvidar las jugadas)• Repitiendo la misma pregunta o comentario |
|---|---|

Los síntomas observados por compañeros, padres y entrenadores incluyen:

- Parece desorientado
- Tiene una expresión facial vacía
- Está confundido acerca de la tarea o actividad
- Se olvida de las jugadas
- Está confundido sobre el juego, los puntos o el oponente
- Se mueve torpemente o muestra una falta de coordinación
- Contesta las preguntas lentamente
- Arrastra las palabras
- Muestra cambios de comportamiento o personalidad
- No puede recordar los eventos que sucedieron antes de la colisión
- No puede recordar los eventos que sucedieron después de la colisión
- Ataques o convulsiones
- Cualquier cambio en el comportamiento típico o personalidad
- Pérdida de conocimiento

¿Qué puede pasar si mi hijo(a) sigue jugando con una conmoción cerebral o regresa a jugar antes de que esté recuperado?

Los deportistas con señales o síntomas de una conmoción cerebral deben dejar de jugar inmediatamente. Continuar jugando con las señales o síntomas de una conmoción cerebral pone al deportista en riesgo de sufrir una herida más grave. La probabilidad de que se sufra daño significativo de una conmoción aumenta cuando ha pasado un periodo de tiempo largo después de que sucedió la conmoción cerebral, sobre todo si el deportista sufre otra conmoción cerebral antes de recuperarse completamente de la primera. Eso puede traer como consecuencia una recuperación más prolongada o incluso una hinchazón cerebral (síndrome de segundo impacto) con consecuencias devastadoras o fatales. Es bien conocido que los deportistas adolescentes no reportan mucho los síntomas de sus heridas. Eso es el caso también con las conmociones cerebrales. Por lo mismo es importante que los administradores, entrenadores, padres y estudiantes estén bien informados, el cual es clave para la seguridad de los estudiantes deportistas.

Si cree que su hijo(a) ha sufrido una conmoción cerebral

En cualquier situación donde se sospecha que un deportista tiene una conmoción cerebral, es importante sacar a este estudiante del juego o entrenamiento inmediatamente. Ningún deportista puede volver a participar en la actividad después de sufrir una herida de cabeza o conmoción cerebral sin el permiso medico, no importa si la herida parece ser ligera o los síntomas desaparecen rápidamente. Se debe de observar cuidadosamente el mejoramiento del deportista por varias horas. El nuevo estatuto 313 de la Federación Interescolar de California (CIF por sus siglas en inglés) requiere la implementación de las siguientes normas para regresar a jugar un deporte después de sufrir una conmoción cerebral, las cuales se han recomendado por muchos años:

“Cuando se sospeche que un estudiante deportista ha sufrido una conmoción o herida de cabeza en un entrenamiento o juego, a este estudiante deportista se le debe sacar de la competencia en ese momento y por el resto del día”. y

“A un estudiante deportista que se le ha sacado del juego no podrá volver a jugar hasta que le evalúe un proveedor de atención médica licenciado con capacitación en la evaluación y manejo de las conmociones cerebrales y hasta que se reciba un permiso por escrito para volver a jugar de dicho proveedor de atención médica”.

También se debe informar al entrenador(a) de su hijo(a) si piensa que ha sufrido una conmoción cerebral. Recuerde que es mejor faltar un partido que faltar toda la temporada. Si existe alguna duda de que el deportista sufrió una conmoción cerebral o no, se tomará precauciones y no podrá jugar.

Si desea información actual acerca de las conmociones cerebrales por favor visiten el sitio en Internet:

<http://www.cdc.gov/ConcussionInYouthSports/>

Nombre del estudiante deportista

Firma del estudiante deportista

Fecha

Nombre del padre, madre o tutor

Firma del padre, madre o tutor

Fecha



Clay Sports Boosters 2025/2026

Please support Clay's outstanding athletic program by becoming a Clay Sports Booster Sponsor. Clay relies on community support for our athletic programs and your Boosters donation helps to provide the best possible sports experience for all students. This year, we need to raise \$20,000 to cover CIF referees, tournament fees, track fees, league fees, coaching stipends, equipment, transportation, and anything necessary to further the development of Clay athletes and Clay Athletics. With your sponsorship, you will help continue the tradition of developing Clay student athletes learning to exceed expectations through sports. This is all about the kids!

Show your support for our student athletes today!

Sponsorship level:

_____ **Platinum Sponsor (\$2000 and up)** Includes a 3' x 6' banner displayed on Smith Avenue along with your banner/business advertised on our Clay school website for the 2025-2026 school year.

_____ **Gold Sponsor (\$1,000-\$1,999)** Includes a 3' x 6' banner displayed along the Saginaw fence for the 2025-2026 school year.

_____ **Silver Sponsor (\$500-\$999)** Includes a 3' x 6' banner displayed on the interior fence and visible during athletic competitions and other school events for the 2025-2026 school year.

_____ **Bronze Sponsor (\$250-\$499)** Includes a 2' x 4' banner displayed on the interior fence and visible during athletic competitions and other school events for the 2025-2026 school year. For each subsequent year the cost for displaying the banner is \$200.

And please remember, you can always donate any amount at any time.

Please make checks payable to "Clay Elementary" and mail to (or turn into the front office):

Clay Elementary
Attention: Stacy Hanson
Athletic Director
12449 S. Smith Ave.
Kingsburg, CA 93631

Sponsor Name (as you would like it to appear on the banner):

Address: _____

Telephone: (_____) _____ - _____

PLEASE TURN IN YOUR SPONSORSHIP FORM AND MONEY BY FRIDAY, AUGUST 29TH.

