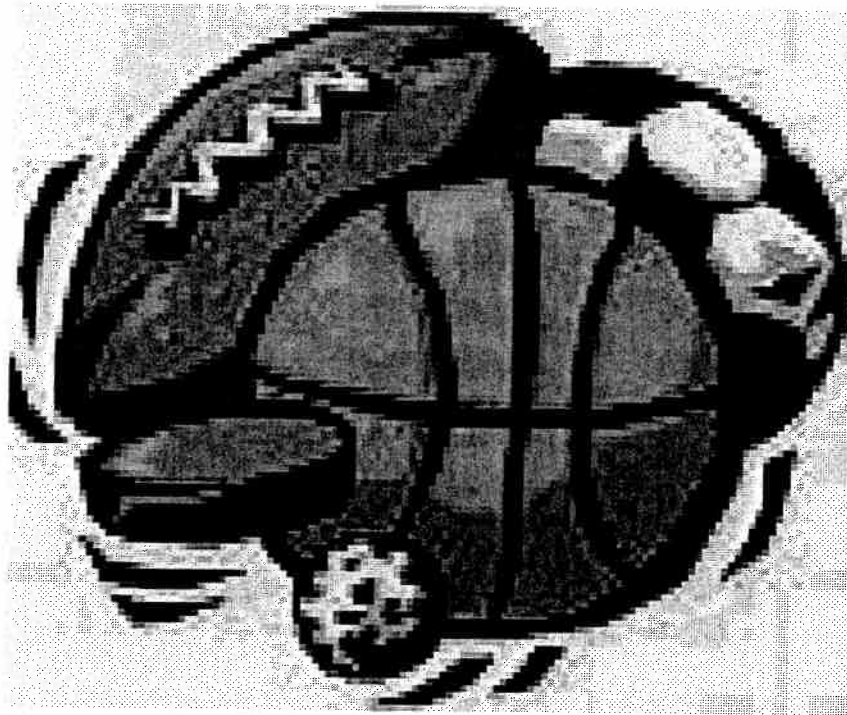


# **LOOMIS BASIN ATHLETIC LEAGUE STUDENT SPORTS HANDBOOK**



Dear Parents and Students,

Congratulations your son or daughter has just become a member of the Loomis Basin Athletic League. Included in this packet is information about your child's participation in our district sport's league. To ensure your child is able to participate, please review this packet in its entirety. The last few pages have important information that must be signed and returned to school.

***These items must be returned to your child's coach before they can begin participating in games or practices.***

- 1. A completed and signed transportation form*
- 2. A completed and signed eligibility criteria form*
- 3. A completed and signed emergency card*
- 4. A check for \$30.00 made payable to the Loomis Union School District*

Thank you so much and have a wonderful and successful season!

### **Loomis Basin Athletic League Bylaws**

The name of this organization is the Loomis Basin Athletic League (L.B.A.L.). The L.B.A.L. bylaws will be used first when making league decisions. California Interscholastic Federation (C.I.F.) rules will only be used when the L.B.A.L. bylaws do not address a rule or issue.

### **League Membership**

Presently the L.B.A.L encompasses the Loomis Union School District and its member schools. This is subject to change depending on the LUSD member decision. At this time there are 7 participating member schools; Loomis, Franklin, Placer, Penryn, Ophir, Loomis Basin Charter, and H. Clarke Powers.

### **Philosophy**

We believe that athletic competition is a necessary process for the development of the student/athlete. We believe that the purpose of athletics is to assist the student/athlete in developing playing skills, respecting coaches, teammates, fitness, practicing good sportsmanship, and remembering that participation is a privilege and carries responsibilities. No heckling or trash talking will be tolerated at our sports events. People who engage in this will be removed immediately from all L.B.A.L events.

### **Uniforms**

Shortly your child will be receiving their team uniform. Each student is responsible for his or her own uniform. If it is lost, stolen or returned damaged they will be responsible for the cost to replace it.

The PTC has graciously provided these uniforms. When laundering them, please turn them inside out wash in cold water on the delicate cycle, and hang dry. **Do not use bleach.** If they have to be dried in the dryer occasionally please make sure it is on the lowest heat.

### **Transportation Procedures**

The following procedures have been designed for the general safety and well-being of all student athletes, coaches and supervisors.

- When a bus is provided, all student athletes will ride the bus to the opposing school.
- Parents providing transportation for their child home from a game must sign the child out with their coach.
- Parents requesting that their child ride home with another family must make prior arrangements with the coach before the day of the game.

Thank you for your support and understanding in this matter.

## **The Quality Athlete**

**Is loyal to his/her coach, team, and school.**

(The athlete is dedicated, hardworking, and respectful to everyone.)

**Is a positive ambassador from the school to the community.**

(The athlete knows whom he/she represents, has positive self esteem, and leads by example.)

**Is a team player.**

(The athlete is team oriented, unselfish, humble, and always puts forth his/her best effort.)

**Exhibits sportsmanship during competition.**

(The athlete respects his/her opponent, and yet attempts to win according to the rules and spirit of the game.)

**Is coachable.**

(The athlete sets personal goals and attempts to achieve them. The athlete can accept criticism or deal with correction in a positive manner.)

**Is a self-evaluator.**

(The athlete knows his/her strengths and weaknesses and works harder on the latter so that progress can be made.)

## DIRECTIONS TO SCHOOLS IN THE AREA

**Loomis School - 3505 Taylor Road – 916 652-1824**

Loomis- At the intersection of Taylor Road and King Road in Loomis

**Franklin School – 7050 Franklin School Road – 916 652-1818**

Loomis- Horseshoe Bar Road, left on Laird Road, school is on the right (Laird Road)

**H. Clarke Powers School – 3296 Humphrey Road – 916 652-2635**

Loomis- Taylor Road, West on King Road, Right on Humphrey, school is on the left next to the Loomis District Office (Humphrey Road)

**Loomis Basin Charter School – 5438 Laird Road – 916 652-2642**

Loomis- Horseshoe Bar Road, left on Laird Road, school is on the right just before Franklin School (Laird Road)

**Placer School – 8650 Horseshoe Bar – 916 652-1830**

Loomis- Horseshoe Bar Road between Valverde and Auburn Folsom Road,

**Ophir School – 1373 Lozanos Road – 530 885-3495**

Ophir- Taylor Road to Ophir Road, left on Ophir Road, left on Lozanos, go past Chili Hill Road, school is on the left. (Lozanos Road).

**Penryn School – 6885 English Colony Road – 916 663-3993**

Penryn- Taylor Road, left on English Colony Road, go over the tracks, school is on the right  
(English Colony Road)

**Bowman School – 13777 Bowman Road – 530 885-1974**

Auburn- I/80 to Auburn, Bowman exit, under I/80 to stop sign, right at stop sign, school is on the left.

**Newcastle School – 8951 Valley View – 916 663-3307**

Newcastle- I/80 to Newcastle exit, left over I/80 to Kellogg (stop sign), go left

**Alta-Dutch Flat School – 34050 Alta-Bonnie Nook Road – 530 389-8283**

Alta- I/80 to Alta exit. Under I/80, left on Bonnie Nook Road, go over railroad tracks and up the hill, school is on the right, white building

**Foresthill Jr. High School – 24750 Main Street – 530 367-2211**

Foresthill- Take Foresthill exit on I/80 to Foresthill, school is on the right just before the town

**Colfax Elementary School – 24825 Ben Taylor Road – 530 346-2202**

Colfax- (before High School)- I/80 to Colfax, go through main intersection two blocks, left on Rising Sun Road, right on Ben Taylor Road- down hill

**Sevenhills Intermediate School – 700 Hoover Lane – 530 265-1840**

Take Hwy 49 go past Grass Valley. Go Past Brunswick Road, take the next ramp to the right, at the stop sign turn left and go over the freeway, at the stop sign (4-way stop) turn right onto Nevada County Hwy, Go to Doane (you will see a juice/coffee shop)- turn left on Doane, go 1 block to stop sign, turn right onto Lindley, go 1 block left on Hoover Lane Extension following it around to another stop. From this point you can see the school.

**Magnolia Intermediate School – 22431 Kingston Lane – 530 268-2815**

Take Hwy 49 towards Grass Valley, Go to Combine Road and turn right at Lake of the Pines, Go to stop sign and go straight, Bear River High School will be on your left, Magnolia will be on the right.

**Nevada Union High School – 117161 Ridge Road – 530 273-4431**

From Auburn take Hwy 49 north to the Gold Flat exit, go left over freeway, about 2 miles high school is on the left.

**Loomis Union School District  
and L.B.A.L. Transportation Form**  
Parent Permission For School Sports Related Activities

\_\_\_\_\_ has the opportunity to take part in school activities  
name of student  
away from school. Participation in these events is purely voluntary and requires your written permission.  
If you approve of the following arrangements, please sign at the bottom and return the form to your child's  
athletic director or coach.

I understand and acknowledge the Education Code 35330 provides that all persons making field trip or  
excursions shall be deemed to have waived all claims against the District or the State of California for  
injury, accident, illness or death occurring during or by reason of the field trip or excursion.

**Nature of Activity**

\*Athletic activities during the current school year

\*Destination: Athletic events as scheduled

**Means of Transportation**

\*Mid-Placer Transportation Bus, Commercial carrier, District owned vehicle, or District approved vehicle

Trip Supervisor- School Coach or Athletic Director

\_\_\_\_\_ Date

\_\_\_\_\_ Signature of Parent or Guardian

Important Medical Information The Supervisor Should Know: \_\_\_\_\_

\_\_\_\_\_

Insurance: \_\_\_\_\_ Policy Number: \_\_\_\_\_

Parent or Guardian Phone/Cell Phone Number: \_\_\_\_\_

Emergency Contact Person and Phone Number: \_\_\_\_\_

For Athletic Events, this form must be completed prior to the issuance of a clearance card.  
For other activities, this form must be completed for each activity and submitted before the scheduled event.

PLEASE SIGN AND RETURN TO SCHOOL

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**PLEASE SIGN AND KEEP FOR YOUR RECORDS**

LOOMIS UNION SCHOOL DISTRICT  
L.B.A.L. ATHLETIC CODE

**ELIGIBILITY REQUIREMENTS:**

1. All student/athletes participating in/for the L.B.A.L. must have and maintain a 2.0 G.P.A. to be eligible including a maximum of one D on any progress report or report card. Additional restrictions may be added by each school as needed. The student athlete that does not meet grade criteria for participation is not eligible to practice or attend games until a current progress report determines said player to be eligible again.
2. Student must maintain "good standing" behavior as determined by the foundation schools discipline plan. Suspension or equivalent work option results in removal from the team as defined by the foundational schools discipline plan. Repeated infractions or a serious infraction will result in a student being dropped from the team.
3. The student must attend school for at least two thirds of school day to participate in a game that day. A team member that is excused from P.E. by a parent may not play in a game that day.
4. Athletes must pay a \$30.00 Sports Fee for each sport they participate in. Checks should be made payable to the Loomis Union School District.



Please Detach and Return By \_\_\_\_\_  
(Student will not be able to participate in L.B.A.L sports until this is returned)

**Loomis Union School District L.B.A.L. Athletic Code**

Please check the sport your child is preparing to participate in:

Basketball  Volleyball  Cross Country  Track  Wrestling

**We have read, understand and agree to abide by the L.B.A.L Athletic Code.**

Date: \_\_\_\_\_ Student: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

\$30.00 L.B.A.L. Sports Fee Paid

PLEASE SIGN AND RETURN TO SCHOOL

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## ATHLETIC EMERGENCY AUTHORIZATION

Student Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Address: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Father: \_\_\_\_\_ Phone: \_\_\_\_\_

Mother: \_\_\_\_\_ Phone: \_\_\_\_\_

Person to call if parent cannot be reached:

Name/Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

Name/Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

In case of an emergency due to serious illness or accident when I cannot be contacted, I hereby authorize school personnel to obligate me for the services of a doctor. Please call:

Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

Insurance: \_\_\_\_\_ Policy Number: \_\_\_\_\_

Last Tetanus Immunization date: \_\_\_\_\_

My son/daughter may participate in all interscholastic sports this school year.

Yes \_\_\_ No \_\_\_ (If no, list exceptions) \_\_\_\_\_

**Parent Cell Phone #** \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**It is the parent's responsibility to keep this information current**

Teacher \_\_\_\_\_ School \_\_\_\_\_ Grade \_\_\_\_\_

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**ATHLETIC EMERGENCY AUTHORIZATION**

Student Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Address: \_\_\_\_\_ Zip Code: \_\_\_\_\_

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Mother: \_\_\_\_\_ Phone: \_\_\_\_\_

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