Student/Parent Athletic Handbook 2026-2027



A GUIDE TO A PROGRAM OF EXCELLENCE

The Kerman Unified School District prohibits discrimination, harassment, intimidation, and bullying based on actual or perceived ancestry, age, color, disability, gender, gender identity, gender expression, national origin, nationality, race or ethnicity, ethnic group identification, religion, marital or parental status, sex, sexual orientation or association with a person or a group with one or more of these actual or perceived characteristics. (Designated Compliance Officer: Assistant Superintendent Personnel, Address: 15218 W Whitesbridge Avenue, Kerman, CA 93630, Phone Number (559) 843-9000.

KERMAN UNIFIED SCHOOL DISTRICT

VISION, MISSION & STRATEGIC GOALS

Vision Statement:

Dedicated to Developing Academic Excellence, Student Character, and Community Pride!

Mission Statement:

We provide our students with a balanced education through quality programs in a safe learning environment. Through partnerships with the school, home, and community, each student will demonstrate the skills necessary to be a productive, responsible citizen.

Strategic Goals:

- **Curriculum and Instruction:** Design, implement, evaluate, and improve instructional programs to ensure that every student has the opportunity to meet District standards.

- **Personnel:** Recruit, select, prepare, support, evaluate, and retain the highest quality staff.

- **Student Services:** Design, implement, evaluate, and improve programs and services to support student success.

- **Student Activities:** Support, design, develop, implement, evaluate, and improve co-curricular and extracurricular opportunities for students.

- **Facilities**: Provide a safe, clean, and attractive environment that promotes student learning and fosters student, staff, and community pride.

- **Technology**: Design, implement, evaluate, and improve the use of technology for the benefit of students and staff.

- **Educational Options**: Design, implement, evaluate, and improve quality educational options for students, parents, and the community.

- **Parent and Community Partnerships:** Design, develop, recruit, implement, evaluate, and improve partnerships that support the district's goals and objectives.

- **Strategic and Financial Planning:** Implement and evaluate the financial resource system to ensure fiscal integrity and accountability.

KERMAN UNIFIED SCHOOL DISTRICT

BOARD OF TRUSTEES AND DISTRICT ADMINISTRATION

Board President	Daniel Babshoff
Board Vice-President	Julie Gragnani
Board Clerk	Maria Cantu
Board Member	Kendra Melgoza
Board Member	Jim Volfoff
District Superintendent	Gordon Pacheco
Assistant Superintendent of Personnel	Gabe Melgoza
Assistant Superintendent, Chief Business Officer	Kraig Magnussen
Assistant Superintendent, Educational Services	Sandeep Jaspal, Ed.D.

KERMAN HIGH SCHOOL

ADMINISTRATION

Principal	Jessica Ness
Assistant Principal	Tony Stefano
Assistant Principal	Carmen Parades
Assistant Principal	George Delgado
Assistant Principal	Angel Guillen
Learning Director	Alexandria Jimenez
Learning Director	Diana Luna
Learning Director	Victoria Vasquez
Learning Director	Kenneth Harmon
Learning Director	Julissa Oceguera

KERMAN HIGH SCHOOL

ATHLETIC SUPPORT STAFF

KHS Athletic Director	George Delgado
KHS Athletic Assistant	Chris Melgoza
KHS Senior Secretary	Amberly Gonzalez
KHS Secretary / Athletics	Liliana Valdez Gastelum
KHS LVN	Brenda Abbott
KHS Athletic Trainer	Francisco Moralez

KERMAN HIGH SCHOOL

ATHLETIC COACHING STAFF

FALL SEASON

Cheerleading	Lupe Medina
Song	Kayla Medina
Cross Country / Boys	Julio Fregoso
Cross Country / Girls	Adolfo Ruvalcaba
Football	Joshua Lopez
Golf / Girls	Kassaundra Sierras
Tennis / Girls	Mandy Porto
Volleyball / Girls	David Wiechmann
Water Polo / Boys	Dominick Catanzarite
Water Polo / Girls	Luke Karagozian

WINTER SEASON

Cheerleading	Lupe Medina
Song	Kayla Medina
Basketball / Boys	Tyler Morgan
Basketball / Girls	Charlie Barnes
Soccer / Boys	Juan Magana
Soccer / Girls	Israel Cantor
Wrestling / Boys	Basilio Gutierrez
Wrestling / Girls	Kelina Smith

SPRING SEASON

Baseball	Jared Coleman
Golf / Boys	Alexis Garcia
Softball	Spencer Sansom
Swimming / Boys	Tim Turner
Swimming / Girls	Hannah Turner
Tennis / Boys	Michelle Garewal
Track & Field / Boys	Julio Fregoso
Track & Field / Girls	Chris Melgoza
Volleyball / Boys	David Wiechmann

ATHLETIC PHILOSOPHY

The Athletic Department is an integral part of the total educational process at Kerman High School. Being involved in athletics provides the student with opportunities to grow on many levels. Our student-athletes will exhibit good sportsmanship, develop leadership skills, and learn the ideals of fair play and ethical behavior necessary for competition and cooperation in our society. Athletics provide our students with unique opportunities for self-discipline, self-sacrifice, and loyalty to the community, the school, and the team. Kerman High School encourages all students to participate in athletics by offering a well-rounded interscholastic athletics program for young men and women.

COACHING PHILOSOPHY

Athletics should be essential to each student's life at Kerman High School. Young people learn a great deal from their participation in interscholastic athletics. Lessons in sportsmanship, teamwork, competition, and how to win and lose gracefully are an integral part of each team in our athletic program. Athletics play an important part in helping the individual student develop a healthy self-concept and a healthy body. Athletic competition adds to our school spirit and helps all students, spectators, and participants develop pride in our school.

ENTHUSIASM

Enthusiasm is the most important facet of coaching, even more important than knowledge of your sport. When you work with young people, you want to infect them with enthusiasm for what they are doing, and the best way to do this is by exposing them to your enthusiasm for what you are doing.

Enthusiasm will build excitement in the program and encourage everyone to commit to the team. Enthusiasm is manifested by how you look, talk, and react, as well as by the number of hours you put into the job, the number of practices, the length of the practices, the depth of your practice preparation, and the kind of schedule you keep. Finally, enthusiasm will develop based on your relationship with the rest of the faculty, student body, community, and media who cover your sport.

IMPORTANCE OF WINNING

In the education setting, winning is always important, but always within the context of considerations such as discipline, academics, respect for opponents, and officials. Winning is a motivator. It pushes coaches and their teams to try harder, to make a bigger commitment, to extend the limits of possibility, and to unite the community and school. However difficult, as educators and coaches, coaches must strive to keep winning in perspective. It should never be encouraged at the cost of sportsmanship, discipline, integrity, and respect for opponents and officials. The reputations of this coaching staff and school are at stake every time our teams compete in athletic contests.

ATTITUDE

Attitude is indeed everything. Positive attitudes will lead to success. All athletes are expected to maintain a positive attitude on and off the playing field.

OBJECTIVES FOR KERMAN HIGH SCHOOL ATHLETES

1. **Refrain from the use of profanity, vulgarity, and unsportsmanlike conduct.**
2. **Show respect for those in leadership roles.**
3. **Be a contributing member of the team.**
4. **Develop and maintain maximum physical fitness.**
5. **Show respect for and responsibility to other members of the team.**
6. **Control emotions in pressure situations.**
7. **Accept both victory and defeat gracefully.**
8. **Take personal responsibility for self-discipline.**
9. **Sacrifice individual consideration to the benefit of the team.**
10. **Maintain a good scholastic and attendance record.**

CITIZENSHIP AND CONDUCT

The athlete's conduct during practice and athletic events shall be under the coach's control. Flagrant violations of the objectives listed above and any inappropriate behavior or misconduct shall be dealt with by the coach and/or the KHS administration. Any action taken relative to the infractions that occur while the athlete is not under the direct supervision of the coach shall be decided upon by the Athletic Director, the Associate Principals, and the Principal. At any time, a player may be suspended for his/her citizenship or conduct on or off the field. KHS may implement additional suspensions to be added to any CIF suspension.

SCHOOLWIDE DISCIPLINE POLICIES AND PROCEDURES FOR CO-CURRICULAR AND EXTRA-CURRICULAR ACTIVITIES

A co-curricular activity that requires school representation, e.g., FFA, Band, is subject to the disciplinary actions outlined in the Kerman High School Parent-Student Handbook. Students who have successfully met the terms of reinstatement to Kerman High School from expelled status, suspended expulsion status, or an alternative education program will return with all rights and

privileges restored.

ORGANIZATIONAL BY-LAWS

A. Quitting a Sport by an Individual:

1. An individual may quit a sport before the first interscholastic contest. However, if the coach releases an individual from the team or if the individual quits after the first interscholastic contest, he or she will not be allowed to try out for the next sport until the last scheduled league contest of the current sport is completed.

2. Any athlete leaving one sport and going to another sport within the same season must have the approval of both coaches and the Athletic Director and/or Principal.

3. Any student removed from a sport by disciplinary restriction who shall also miss the beginning of the next sport season shall be eligible to participate in the next sport season once such restriction is exhausted. It shall be incumbent upon the athlete to immediately contact the coach at the beginning of the season and let the coach know about the restriction period.

B. Deadlines:

1. A student can go out for a sport up to the deadline specified by the athletic director and/or the Principal of that specific sport season. Students coming from another sport or playoffs have three (3) school days after that sport to come out for the next sport unless other arrangements have been made with the specific coach of that sport and the athletic director and/or Principal.

2. Students may be allowed to join an athletic team that cannot field a full roster beyond the specified deadline with the approval of the athletic director and/or the Principal.

3. Students who cannot come out for a sport because of a Physician's Notice must contact the coach during that season and inform them of such restrictions. In such cases, coaches must allow students to try out when the limitation is lifted. The student must be a member of the team before league play commences.

4. Students may not start practice for a new sport until their current sport has concluded without the approval of both Head Coaches, the athletic director, and/or the Principal. A student who is removed from a team may not start practice until the last regularly scheduled contest is completed.

C. Return of Equipment- Payment of Debts:

Any athlete who fails to promptly return equipment upon demand or settle an outstanding debt to the Athletic Department or Kerman High School upon demand shall forfeit all awards and be suspended from any participation (practice or competition) until a settlement is reached. Athletes are expected to pay for lost or damaged equipment.

D. Transportation:

All athletes must ride school transportation to and from all away contests. Only a Parent/Guardian may arrange and pick up athletes at games by personally contacting the coach at the game site and filling out the "Permit to Release Student to Legal Guardian/Parent Card" as required. Athletes will only be released from the school authority to their Parent/Guardian or any adult listed as an emergency contact on either Family ID or their Aeries account. Upon approval from the Principal / Designee, "other" arrangements may be allowed under certain circumstances.

E. Bus Supervision:

Athletes are expected to behave appropriately on game buses and dress in proper game attire when appropriate. Misbehaving while on the bus may draw disciplinary action from the bus driver, loss of athletic eligibility from the coach, or both. Athletes will not be allowed to horseplay, stand up, or get dressed in the bus while the bus is in motion.

F. Eligibility:

The Governing Board has established the following standards for eligibility to participate in extracurricular activities (BP/AR 6145 (a)). Each school site is directed to develop a plan to provide monitoring and assistance to individual students to satisfy these standards.

The adoption of this policy concurrently satisfies the requirements of the California Education Code (Section 35160.5) and the California Interscholastic Federation (Bylaw 205).

ELIGIBILITY, ATHLETICS (CIF)

Athletes must be currently enrolled in at least 20 semester units. In addition, student-athletes must have passed at least 20 semester units after the last regular grading period, and have at least a 2.0 GPA for all enrolled courses on a scale of 4.0. Athletes must also maintain minimum progress toward meeting the high school graduation requirements prescribed by the governing board. Maintaining minimum progress toward graduation is defined by earning 50 credits by the start of the sophomore year, 110 credits by the start of the junior year, and 170 credits by the start of the senior year, or having a graduation plan with their counselor.

If a participant falls below these requirements, he/she may retain eligibility by completing an "Eligibility Appeal" form. A student may only use a "general appeal" once in their four-year tenure at Kerman High School, and this appeal is only suitable for one grading period.

Every student who wishes to participate in any sport must have an athletic participation form on file in the Athletic Director's office. The following information will be necessary:

1. Verify that you live in the school district or have a valid interdistrict permit.

2. Be free of concurrent disciplinary restriction.

3. Health statement (physical examination) on the form provided, completed, and signed by a doctor. (Annually)

4. Verification of insurance.

5. Athletic release forms, including Kerman High School Athletic Participation Agreement, CIF Ethics form, Helmet Warning for Football only, CIF Steroid form, and Sports may be Hazardous form on file.

6. Must have a 2.0 GPA in the previous 10-week grading period.

7. Students must be enrolled in at least 20 units each semester at Kerman High School to be academically eligible to participate in athletics. (CIF Bylaw 201 a.)

8. Must be cleared by the Athletic Department on Family ID to participate.

9. Meet all California Interscholastic Federation regulations.

10. New eligibility and ineligibility requirements shall be met via issuance of an Athletic Eligibility Form by the Kerman High School ASB/Athletic Secretary and/or Athletic Director.

ELIGIBILITY FOR C0-CURRICULAR AND EXTRACURRICULAR ACTIVITIES

To be eligible to participate in co-curricular/extracurricular activities, students in grades 9 -12 must be currently enrolled in at least 20 semester units. In addition, student-athletes must have passed at least 20 semester units after the last regular grading period, and have at least a 2.0 GPA for all enrolled courses on a scale of 4.0. Athletes must also maintain minimum progress toward meeting the high school graduation requirements prescribed by the governing board. Maintaining minimum progress toward graduation is defined by earning 50 credits by the start of the sophomore year, 110 credits by the start of the junior year, and 170 credits by the start of the senior year, or having a graduation plan with their counselor. If a participant falls below these requirements, he/she may retain eligibility by completing an "Eligibility Appeal" form. A student may only use a "general appeal" once in their four-year tenure at Kerman High School.

Extracurricular activities are programs that are not part of the regular school curriculum, are not graded, do not offer credits, and do not take place during classroom time **(e.g.**, **dances, athletics, club activities, flag and letter).**

For all sports and other off-campus activities, **only parents/guardians** can give students a ride home from an event unless prior approval by school administration has been granted. Parents/Guardians may also arrange to pick up students at off-campus school activities.

Incoming 9th graders cannot participate in extracurricular activities until after the last official school calendar day.

NCAA ELIGIBILITY

Students planning to enroll in college after high school and want to participate in Division I or Division II athletics **must be certified** by the NCAA Initial Eligibility Clearinghouse. The Clearinghouse ensures consistent interpretation of NCAA initial eligibility requirements for all prospective student-athletes at all member institutions. Students should start this process in the Spring of their Junior year of High School. See the Counselor for more information.

GRADE POINT AVERAGE (GPA) REQUIREMENT

During the prior grading period, a student must earn at least an overall G.P.A. of 2.0 and pass a minimum of five classes to participate in extracurricular activities in the current grading period. A student who fails to achieve at least a 2.0 grade point average must complete an “Eligibility Appeal'' form. A student who does not achieve at least a 2.0 grade point average during the “appeal” period shall not be allowed to participate in extracurricular activities in the subsequent grading period.

A. Appeal for Eligibility:

Students who do not meet eligibility requirements may appeal to the Administration for eligibility by filling out the proper form for an appeal. See the Athletic Director or Assistant Principals for details.

B. Multiple Sport in Season Athletes:

Students can participate in two or more sports in the same season as per CIF regulations.

The athletic Director and Head Coaches are responsible for arranging practice and game schedules to accommodate these individuals. The director, Head Coaches, and athletes are encouraged to meet regularly to review the situation, communicate the positives and negatives affecting each program, and avoid future conflicts before they arise.

ADDITIONAL INFORMATION AND REGULATIONS

A. Dress Code:

Athletes are expected to keep themselves reasonably well-groomed. The Kerman High School Dress Code will be enforced. Students who do not comply may be benched for that day's contest when appropriate. The following guidelines and expectations will be used:

1. Each coach shall set standards for hair and dress before the first day of practice for each specific sport. Rules and dress regulations in the Student/Parent Handbook will also apply.

2. Dress during competition shall be limited to uniform articles of dress issued by the coach. While on the field of competition, Kerman High School will be represented with the colors Red and White, with Black as an accent or trim color. Special protective gear may be worn if approved by the Athletic Director, Associate Principals, and/or Principal. Such articles shall be color-coordinated with the uniform whenever possible. For items purchased by individual team members that will not remain with the school, black may be used as a primary color as long as it is not worn as a game uniform. See the Athletic Director for details.

1. Repeated dress code violations may be grounds for dismissal from the team when appropriate.

A. Suspension:

Athletes suspended from school are not eligible for practice or participation in athletic contests

that day until they are reinstated in scheduled classes following the days of suspension.

B. Attendance:

1. Students shall be in attendance on the day of a game to participate. If the contest is on a Saturday or a holiday, the school day immediately before the day of the game students must be in attendance to participate. Verification of a court-ordered appearance, religious observances, or funerals must be cleared through the office by the Principal. **The Administration has the right to review any extenuating circumstances.**

2. Athletes are expected to attend all practices when in school. Excused absences from practice shall be based on an excused absence from school or prior permission from the coach. Repeated unexcused absences from practice or games shall be grounds for dismissal from the team at the discretion of the coach, based on team rules.

3. It is at the **coach's discretion** whether a student is benched, plays part of the contest, or has no restrictions for being absent the day before a contest based upon team rules.

4. No student will be allowed to practice if they are truant during school hours.

AWARDS AND LETTERS

A student will be recognized as a Varsity level participant when he/she competes in half of that sport's league schedule. If a junior varsity athlete has been moved up to participate in the varsity level of a sport and that team wins a Valley championship, the junior varsity athlete shall receive all accolades/honors bestowed upon all varsity team members. Students must be cleared before receiving any individual/team awards.

A. Red Block "K"

A block "K" shall be awarded upon completion of a sport at the Varsity level and the recommendation of the coach of that sport.

One (1) red block "K" will be awarded on the Varsity level, regardless of the number of sports or years on that level.

Any athlete removed from a team by disciplinary action, eligibility, or self-removal (quitting) will forfeit all points and awards.

B. White Block "K"

A white block "K" will be awarded to an athlete who accumulates ***45 points*** over their athletic career at Kerman High School. Contact the Athletic Director for details.

C. Sport Emblem

Awarded with first block "K" and subsequent letters in a Varsity sport.

D. Certificate

A certificate shall be awarded each time an individual participates in a sport.

E. Captain Star Emblem

Awarded to a team captain at the Varsity level.

F. Plaques

Awarded to players for various reasons (ie, MVP, Coach's Award, Inspirational, etc.)

G. Scholar Athlete Patch

Awarded to those athletes competing at the varsity level while maintaining a 3.5 GPA.

H. Senior Athlete of the Year

Awarded to one Senior male and one senior female athlete based on a point system criteria.

KERMAN HIGH SCHOOL ATHLETE OF THE YEAR

Kerman High School will recognize a Senior Male and Female Athlete of the Year. Any senior at Kerman High School is eligible for the Athlete of the Year Award if he or she meets the following criteria:

- The student must be a full-time student with senior status at Kerman High School for the entire year.
- The student has met all the requirements for graduation.
- The student must complete the Student-Athlete form to be considered for the Athlete of the Year.
- During their junior and/or senior years, students will not be eligible for Senior Athlete of the Year if they have violated the following disciplinary Education Codes: 48900 (c,d)- Alcohol, controlled substances, 48900 (f)- Vandalism, 48900 (g)- Theft, 48900 (h)- Tobacco and 48915- Any offense that requires mandatory expulsion recommendation.
- Individuals receiving this award will be recognized at the Athletic Awards Night (if a team is still in post-season play-offs, the award will be given later once the season has ended).
- The administration will make the final decision based on the point totals before declaring a Senior Male and Senior Female Athlete of the Year. This award is based on the criteria listed below:

POINT SYSTEM

- Completion of Freshman or Frosh/Soph (JV) Sport 2 Points
- Completion of Varsity Sport 6 Points

Individual Accolades

- Captain of Varsity Sport 2 Points
- Central Section MVP of Any Varsity Sport 5 Points

- 1st Team All-Section of Any Varsity Sport 5 Points
- 2nd Team All-Section of Any Varsity Sport 5 Points
- League MVP of Any Sport 5 Points
- 1st Team All-League of Any Varsity Sport 5 Points
- 2nd Team All-League of Any Varsity Sport 3 Points

For the criteria below, a student can only count one medal per championship meet (this pertains to swimming and track where athletes can compete in multiple events).

- Medal @ League (1st Place) 5 Points
- Medal @ League (2nd – 4th Place) 3 Points
- Medal @ Valley/Area (1st Place) 5 Points
- Medal @ Valley/Area (2nd – 4th Place) 3 Points
- Medal @ State (1st Place) 10 Points
- Medal @ State (2nd – 4th Place) 5 Points
- Medal @ State (5th – 8th Place) 3 Points

Team Accolades

- League Championships 5 Points
- League Runners-Up 3 Points
- Team Seeded in Section Championships (1st Seed) 5 Points
- Team Seeded in Section Championships (2nd – 4th Seed) 3 Points
- Team Wins in Valley Championship (1st) 10 Points
- Team is Runner Up in Valley (2nd) 5 Points
- State Qualifier 3 Points
- Team Wins State (1st) 10 Points
- Team is Runner up for State (2nd) 5 Points
- Team Places at State (3rd – 4th) 3 Points
- Team Places at State (5th – 8th) 2 Points

LETTERMAN'S JACKET

The following awards must be worn and displayed on a Kerman High School Varsity Sport Jacket in the following manner while meeting the guidelines set in the ASB Constitution.

A. **Red Block "K" =** Worn on the upper left chest of the jacket

B. **White Block "K" =** Replace or overlap Red Block "K" with White Block "K"

C. **Sport Emblem =** Display on Block "K"

D. **Sports Medals =** Worn on the upper right chest of the jacket.

E. **Championship Patches =** Worn on the right front panel of the jacket. If room is not available, placement is up to the athlete.

F. **Academic "K" =** Worn on the upper right chest of the jacket

G. **Graduation Year Emblem =** Worn on left sleeve at shoulder level

H. **Block "K" Club Emblem =** Worn on right sleeve at shoulder level

COLORING ON LETTERMAN'S JACKET

The Coloring of Letterman's Jacket must ONLY correspond to KUSD school colors of red and white, as the primary colors. No other colors are acceptable.

Note
All Varsity Letters And All KHS Sports Awards Are School Property And Can Be Taken Away By The School If Worn Or Used Improperly.