



# RISE KOHYANG HIGH SCHOOL

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A BRIGHT STAR SCHOOL

## ATHLETIC HANDBOOK

2025 - 2026

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Dear Parents and Student-Athletes,

Welcome to the Rise Kohyang High School Athletic Program.

Parents and Student-Athletes are encouraged to carefully read the entire Athletic Handbook. This booklet contains information that will be important throughout each sport season. The handbook will give parents and athletes the philosophy and expectations of our interscholastic program.

For your convenience, please follow the RKHS Athletics page on Instagram, currently available to the public at: [RKHS\\_Triton\\_Athletics](#). This web site allows the community access to: game times, schedules and contest sites. In addition, the web site will allow you to sign up to get notification when a game is changed or cancelled. It is an excellent source of information for all those involved in interscholastic athletics.

If you have any questions or concerns about this booklet or interscholastic athletics in general, please contact the Athletic Coordinator at 323-284-2553.

Sincerely,

Rise Kohyang High School Athletics



## CIF – High School Code of Conduct for Interscholastic Student-Athletes

*Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "Six Pillars of Character<sup>SM</sup>"). This Code applies to all student-athletes involved in interscholastic sports in California. I understand that, in order to participate in high school athletics, I must act in accord with the following:*

### TRUSTWORTHINESS

1. *Trustworthiness* — be worthy of trust in all I do.
  - ☐ *Integrity* — live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what's right even when it's unpopular or personally costly.
  - ☐ *Honesty* — live and compete honorably; don't lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.
  - ☐ *Reliability* — fulfill commitments; do what I say I will do; be on time to practices and games.
  - ☐ *Loyalty* — be loyal to my school and team; put the team above personal glory.

### RESPECT

2. *Respect* — treat all people with respect all the time and require the same of other student-athletes.
3. *Class* — live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; give fallen opponents help, compliment extraordinary performance, show sincere respect in pre- and post-game rituals.
4. *Disrespectful Conduct* — don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
5. *Respect Officials* — treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic event.

### RESPONSIBILITY

6. *Importance of Education* — be a student first and commit to getting the best education I can. Be honest with myself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.
7. *Role-Modeling* — Remember, participation in sports is a privilege, not a right and that I am expected to represent my school, coach and teammates with honor, on and off

the field. Consistently exhibit good character and conduct yourself as a positive role model. *Suspension or termination of the participation privilege is within the sole discretion of the school administration.*

8. *Self-Control* — exercise self-control; don't fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.
9. *Healthy Lifestyle* — safeguard your health; don't use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.
10. *Integrity of the Game* — protect the integrity of the game; don't gamble. Play the game according to the rules.

### FAIRNESS

11. *Be Fair* — live up to high standards of fair play; be open-minded; always be willing to listen and learn.

### CARING

12. *Concern for Others* — demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to myself or others.
13. *Teammates* — help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

### CITIZENSHIP

14. *Play by the Rules* — maintain a thorough knowledge of and abide by all applicable game and competition rules.
15. *Spirit of rules* — honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

**I have read and understand the requirements of this Code of Conduct. I understand that I'm expected to perform according to this code and I understand that there may be sanctions or penalties if I do not.**

\_\_\_\_\_  
Student-Athlete Signature

\_\_\_\_\_  
Date

## **Expectations of Athletes (In and Out of Season)**

Rise Kohyang High School believes that appropriately conducted high school athletics can be among the most important elements in preparing our students to be fully educated adults. More specifically, our athletic programs exist for the purpose of helping our young men and women meet the high expectations established for them in the Rise Kohyang High School's Mission Statement. Increasing the likelihood that our students will develop the essential skills and desirable attitudes and habits articulated in those documents is the primary reason for maintaining diverse opportunities for interscholastic competition at RKHS. For these reasons, we have established the following codes and expectations for our athletes and their parents.

### **Our Expectations for Student-Athletes at Rise Kohyang High School**

Student-Athletes at Rise Kohyang High school will:

- Accept and understand the responsibility and privilege of representing their school and community
- Demonstrate active involvement in their sport and acquire the basic athletic skills and essentials of teamwork necessary for competition.
- Demonstrate:
  1. Sportsmanship at all levels of competition
  2. Leadership
  3. Respect for others
  4. Understanding and tolerance
  5. Hard work
  6. Commitment
  7. Discipline
  8. Personal integrity
  9. Self-control
  10. Responsibility
  11. Good citizenship
- Develop self-knowledge (e.g. awareness of strengths, areas in need of further development, and strategies for success)
- Demonstrate pride in themselves, their community, their school, and their team
- Recognize the importance of a healthy lifestyle
- Maintain athletic eligibility in accordance with CIF and Rise Kohyang High School requirements
- Demonstrate a willingness to place the good of the team above themselves

## **Our Expectations for Parents**

It is our hope that all parents of Rise Kohyang High School student athletes will:

- Foster in their children those attitudes and habits most conducive to positive participation as articulated in “Our Expectations for Student-Athletes”
- Support Rise Kohyang Athletics in its efforts to acquire necessary funding
- Be attentive to the performance of the coaching staffs and the administration of Rise Kohyang Athletics
- Support Rise Kohyang Athletics whenever possible through volunteer efforts, attendance at athletic contests, and participation in fundraising
- Help us to foster a spirit of cooperation between Rise Kohyang Athletics and local businesses, community groups, and Parks and Recreation Departments, and other town agencies

## **Our Expectations of Coaches**

- Coaches will emphasize that academics always come first. As such, practice times and duration will be reasonable, age-appropriate, and well-communicated. Players shall not be penalized for missing practice for graded co-curricular events.
- Coaches will use good judgment in dealing with all things related to their program and RKHS.
- Coaches will give each student-athlete an opportunity to try out for the team.
- Coaches will communicate in a positive manner.
- Coaches will have an informational meeting prior to the season.
- Coaches will be well-trained in teaching all aspects of the sport.
- Coaches will be positive and enthusiastic.
- Coaches will determine playing time.
- Coaches will use honest, clear, effective, and appropriate verbal and multimedia communication with students and parents.

## **Parent/Coach Relations**

Your child, as a member of the Rise Kohyang High School athletic team, will experience some very rewarding moments. It is important to understand that there also may be times when things do not go the way you or your child wish. It is at these times that discussion with the coach is encouraged. Situations such as ways to help your child improve, concerns about your child’s attitude, and academic support and college opportunities would be appropriate. It is very difficult to accept your child’s not playing as much or where you may hope. Coaches are professionals. They make judgments based on what they believe to be best for all of the students involved. While certain things can be discussed with your son’s/daughter’s coach, other things should be left to the discretion of the coach. Team strategy and other athletes are examples. It is also important to

remember that playing time is determined by only the coach. We encourage athletes to bring their questions about such things directly to the coach. If you would like a conference with the coach, please follow these guidelines:

1. Contact the coach for an appointment.
2. If the coach cannot be reached, call the athletic director. A meeting will be set up for you. Please do not attempt to confront a coach with your concerns immediately before, during, or immediately after a contest. These can be emotional times for both the parent and the coach. If the meeting with the coach does not provide a satisfactory resolution, the next step is to set up an appointment with the athletic director.

### **Physical Evaluation**

All student-athletes must have a physical exam at least once every 12 months. If the 12 months for the physical has expired and the new sport season has not begun, the student will need to have a physical. In addition, interim forms must be completed and signed by those indicated prior to the beginning of each season.

Completed medical forms should be forwarded to the athletic director coach. Students will not be allowed to participate until all medical requirements have been met. Specific forms are available from the athletic director or coach of that sport.

### **Conduct On and Off the Field at all Times (On and off Campus):**

Coaches and student-athletes represent their team, school, and community. Coaches and student-athletes should be conscious of their appearance, behavior, and citizenship at all times. Student-athletes can be held accountable for misbehavior on and off campus throughout the year.

### **Quitting a Sport**

The head coach may or may not allow a player that has quit the team to return. Student-athletes who quit a team may lose all rights as a team member including, but not limited to, awards or post season honors. A player who quits a sport after a two (2) week grace period may not try out for other sports teams until the following season.



## **Uniforms and Equipment Responsibility**

Athletes are responsible for all uniforms and equipment issued to them. Uniforms and all other equipment used by the team are property of Rise Kohyang High School and must be taken care of and returned promptly in good condition at the conclusion of the season. Students are responsible to pay for any uniforms or equipment not returned.

***Note:** Athletes who do not return equipment/uniforms are ineligible to participate on additional RKHS athletic teams. Graduating seniors will not receive their caps and gowns until they too have met the above responsibilities.*

## **Release to Parents/Guardians/Friends of Family and Driving Your Own Car**

Student-athletes shall ride to and from all contests on school provided transportation. In special instances, student-athletes may ride home only with their parent(s) or guardian(s). Requests must state specific reasons and be submitted in writing, signed by a parent or guardian, and approved by the Athletic Director or the Principal at least 24 hours in advance of the contest. We realize that there may be other commitments such as homework, tests, family emergencies & conflicts, work, or other legitimate reasons. Under no circumstances will a student-athlete be released to another student driving a vehicle.

## **Playoff Participation Criteria**

Playoffs are determined by CIF Los Angeles Section, access this link for more information (pg., 17, item B): California Interscholastic Federation - Central Section Athletics (cifcs.org) 1. To enter Section playoffs, a team must have a regular season winning percentage of 30% or better. a. For football only a school may petition for a waiver of the “30% rule” Note: Schools may choose not to participate in the playoffs in which a team qualified. Reasons for this decision may include competitiveness, safety, travel, and other concerns. The final decision on playoff participation rests with the Principal.

## **Complaint Procedure**

Our athletic complaint procedure is intended to address concerns of alleged unfair treatment of student-athletes. It is our belief that a quick and honest discussion between all parties will result in the positive resolution of concerns and an improvement of the atmosphere for both student-athletes and coaches. It is the intent that problems be resolved at the lowest level. Please contact your school’s Athletic Director directly for any concerns.

The coach has full discretion in the following areas and complaints regarding coaching decisions in these areas will not be entertained:

- Student-athletes are not given enough playing time.
- Student-athlete not playing the right position.
- Strategies used by the coach.
- Win/loss record of the team or coach.

### **Competition On an Outside Team (Club Sports)**

Rise Kohyang High School adheres strictly to all CIF-Los Angeles Section policies regarding competition on an outside team. Detailed information is available in the CIF Gold Book on pg. 111 at: [https://www.cif-la.org/apps/pages/index.jsp?uREC\\_ID=103796&type=d&pREC\\_ID=203235](https://www.cif-la.org/apps/pages/index.jsp?uREC_ID=103796&type=d&pREC_ID=203235)

### **Tryouts**

Tryouts are an audition and a platform to demonstrate the required athletic skills for a position on a team. Tryouts are seasonal, and student-athletes should come to tryouts prepared for competition as there is no entitlement for returning players to make a team. Some of our athletic teams may be able to accommodate all of the athletes interested in participating. Others, for a variety of reasons, must limit the number of team members. Coaches will conduct tryout sessions to determine the makeup of teams with limited rosters. Tryouts can be highly competitive and the selection process is often difficult. Coaches will outline the process and explain the criteria to be used in selecting team members. Under some circumstances, students who do not make the team may be given the opportunity to try out with another program in the school. However, once a season begins and teams have been selected, students may not leave one team for another. Students who have completed and submitted the proper forms are eligible to try out.

Season	Sport	Tryouts Begin
FALL	Boys'/Girls' Cross Country	Tryouts, in accordance with CIF guidelines, are conducted in the week/weeks leading up to the season.  Contact your school's Athletic Director for more information.
	Girls Volleyball	
	Girls Flag Football	
WINTER	Boys'/Girls' Soccer	
	Boys'/Girls Basketball	
	Boys'/Girls Wrestling	
SPRING	Boys' Volleyball	
	Softball	
	Baseball	
	Boys'/Girls' Track & Field	
Year Round	Competitive Cheer	
	ESports	

## **Eligibility to Participate**

Any students enrolled at Rise Kohyang High School shall be eligible to participate in afterschool extracurricular activities including the interscholastic athletics program provided the student meets the criteria established by the CIF and meets the criteria established by Rise Kohyang High School for eligibility. Eligibility:

CIF Eligibility –A student who has passed all classes with a 2.0 grade point average. A student who has not met these criteria is CIF is ineligible immediately upon publication of the CIF eligibility list. A student who is CIF ineligible cannot participate in any school sponsored athletic events or practices. Marking period grades (not semester grades) will be used to determine scholastic eligibility to participate in interscholastic athletics during any given marking period. Year-end failures may be made up through successful completion of school approved summer work in courses failed.

*Note: Eligibility for fall activities shall be determined by the student's grades for the Spring semester of the previous year. CIF eligibility is determined by the final grades. Ninth graders are exempt until the end of 1st quarter of their freshman year.*

## **Academic Eligibility Criteria**

In order to emphasize the importance of academic achievement, the following constitute minimum requirements for student participation in athletics:

1. The student is currently enrolled in at least 20 semester units of work.
2. The student passed at least 20 semester units of work at the completion of the previous regular grading period. (No probationary period granted without this criterion met.)
3. The student is maintaining minimum progress toward meeting the high school graduation requirements as prescribed by the Governing Board.
4. The student has maintained at least a 2.0 grade point average (with no more than one “D” or “F”) on a 4.0 scale—calculated from grades in all enrolled classes—during the previous grading period. If a student-athlete falls below the 2.0 requirement, a grading probationary period will be provided to allow the student to bring up his/her grades. If unsuccessful in bringing the grades up to the standard required, the student will not be eligible for participation in student activities during the next grading period and until his/her grades meet the academic standards at the regular grade reporting period.
5. All incoming ninth grade students are eligible for participation through the first grading period.

Previous Six-Week Progress Card/Report Card	Most Recent Six-Week Progress Card/Report Card	Athletically Eligible?
Did NOT meet all requirements eligibility criteria	Did NOT meet all requirements eligibility criteria	No
Did NOT meet all requirements eligibility criteria	Did meet all requirements eligibility criteria	Yes
Did meet all requirements eligibility criteria	*Did NOT meet all requirements eligibility criteria	Yes, but on Probation
On Probation	Did NOT meet all requirements eligibility criteria	No
On Probation	Did meet all requirements eligibility criteria	Yes

\* The student must pass at least 20 semester units of work at the completion of the previous regular grading period. (No probationary period granted without this criterion met.)

### **Attendance**

Student-athletes shall be in attendance for all periods of the day in order to attend event/practice (or in attendance the day prior on a weekend event/practice) unless excused by the Principal or Athletic Director in advance or be ineligible for the first event following administrative contact.

### **Suspension from Participation**

Student-athletes suspended from school for disciplinary reasons will be suspended from extracurricular activities for a period proportional to their time of suspension. (1 day of disciplinary suspension = 2 weeks of athletic suspension)

### **Age Limitations**

No student, whose 19th birthday is attained prior to June 15, shall participate or practice on any team. A student whose 19th birthday is on June 14, or before is ineligible. Changing Schools/Transfers A student may have transfer eligibility provided the student is compelled to move from any school to a CIF school due to:

1. A bona fide change of residence from one school attendance to the attendance area of the new school by the parent(s), legal guardian(s) or caregiver with whom the student was living when the student established residential eligibility at the prior school or;

2. A ruling by the Board of Education of a school district, which has two or more high schools, provided the change of school is not the result of disciplinary actions.
3. Students living with caregivers are not automatically eligible for athletics.
4. CIF transfer forms must be filed on all transfer students, no matter what the circumstances may be. See your Athletic Director for the proper forms. Avoiding this process may affect your athletic eligibility as well as the school's standing within the CIF.

### **Changing Schools/Transfers**

A student may have transfer eligibility provided the student is compelled to move from any school to a CIF school due to:

1. A bona fide change of residence from one school attendance to the attendance area of the new school by the parent(s), legal guardian(s) or caregiver with whom the student was living when the student established residential eligibility at the prior school or;
2. A ruling by the Board of Education of a school district, which has two or more high schools, provided the change of school is not the result of disciplinary actions.
3. Students living with caregivers are not automatically eligible for athletics.
4. CIF transfer forms must be filed on all transfer students, no matter what the circumstances may be. See your Athletic Director for the proper forms. Avoiding this process may affect your athletic eligibility as well as the school's standing within the CIF.

### **Drug, Alcohol, and Tobacco Policy**

No drugs, alcohol, or tobacco are allowed on any school campus or game site at any time. Any usage during school functions will result in the immediate removal of a student from the team. Students who are found guilty of possession of drugs, alcohol, or tobacco off season will be ineligible for captain status.

### **In Season Game Eligibility**

Grades will be pulled midweek to determine academic supports needed for eligibility for the following week's games:

- 2 or more D/F grades:
  - ☐ No traveling to the following weeks' games
- 1 D/F grades:

- ☐ Required to attend TTI (Tutoring)

Student must receive teacher's signature on athlete tutoring form at the end of each TTI for each failing class - only if student was productive / focused during tutoring

- ☐ Forms due to Coach by Friday

- All classes passed:
  - All athletes must go to tutoring for P4, P5 or P6
- 1. AD sends list of ineligible players with 2 or more D/F grades to coaches and students by Wednesday EOD
- 2. Changes in Eligibility should be communicated via email to the Athletic Director by Friday EOD for the following weeks contests
- 3. Attendance rosters communicated to Main Office on game days by Athletic Director

### **Reporting Injuries/Insurance Coverage**

Athletic activity involves the potential for injury. Rise Kohyang High School carries an accident policy to cover accidental bodily injuries received from the practice and play of high school interscholastic sports. The policy agrees to pay many of the medical costs not covered by your own insurance. Even with the best coaching, use of the most advanced equipment, and strict observance of rules, injuries are still a possibility. Certain injuries may be so severe as to result in paralysis and or total disability. All injuries that occur while participating in RKHS athletics must be reported to the coach or athletic director. The coach will give the athlete an accident form with a section to be completed by parents and returned to the main office at RKHS. Bills should be submitted to the family's insurance company first. Remaining balances can be forwarded to the school's insurance company.

### **Risk Warning**

SERIOUS, CATASTROPHIC AND PERHAPS FATAL INJURY MAY RESULT FROM ATHLETIC PARTICIPATION. By its very nature, competitive athletics may put students in situations in which SERIOUS, CATASTROPHIC and perhaps FATAL ACCIDENTS may occur. Students and parents must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution or supervision will totally eliminate all risk of injury. Just as driving involves choice of risk, athletic participation by students also may be inherently dangerous. The obligation of parents and students in making this choice to participate cannot be overstated. There have been accidents resulting in death, paralysis, or serious/permanent physical impairment as a result of athletic competition. By granting permission for your student to participate in athletic competition, you, as a parent or guardian, acknowledge that such a risk exists. By choosing to participate, you, the student, acknowledge that such a risk exists.

**Parent/Student-Athlete Concussion Information**  
**AB25, Education Code 49475, AB 2127**

All student-athletes and their parent/guardian must receive information about concussion and head injury before beginning athletic competition. Students suspected of sustaining a concussion or head injury must be removed from play and not allowed to return to the sport until he/she is evaluated by and receives a written clearance from a licensed health care provider trained in the management of concussion and head injury. A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. California State Law AB 217 states that return to play (i.e. competition) cannot be sooner than 7 days after evaluation by a physician (MD/DO) who has made the diagnosis of a concussion, and only after a graduated CIF Concussion Return to Play (RTP) Protocol has been completed.

**What are the Signs and Symptoms of a Concussion?**

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If a student-athlete reports one or more symptoms of concussion listed below after a bump, blow, or jolt to the head or body, he/she should be kept out of play the day of the injury and until a physician (MD/DO) says he/she is symptom-free, is cleared to return to play, and completes the CIF Concussion Return to Play (RTP) Protocol.

<b>Signs Observed by Coaching Staff</b>	<b>Possible Symptoms Reported by Student-Athlete</b>
Appears dazed or stunned	Headache or “pressure” in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsy	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (even briefly)	Feeling sluggish, hazy, foggy or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can’t recall events prior to hit or fall	Confusion
Can’t recall events after hit or fall	Just not “feeling right” or “feeling down”

## **Concussion Danger Signs**

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. A student-athlete should receive immediate medical attention if after a bump, blow, or jolt the head or body he/she exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

## **Why Should a Student-Athlete Report His/Her Symptoms?**

If a student-athlete has a concussion, his/her brain needs time to heal. While a student-athlete's brain is healing, he/she is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young student-athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

## **What Should You Do If You Think Your Student-Athlete Has a Concussion?**

If you suspect that a student-athlete has a concussion, remove the student-athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the student-athlete out of play the day of the injury and until a physician (MD/DO), experienced in evaluating for concussion, has cleared the student-athlete to begin the CIF Concussion Return to Play Protocol.

Rest is the key to helping a student-athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a healthcare professional.

**REMEMBER** - Concussions affect people differently. While most student-athletes with a concussion recover quickly and fully, some people will have symptoms that last for days, or even



weeks. A more serious concussion can last for months or longer. It's better to miss a game(s). For more information on concussions, visit: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).

## **Sudden Cardiac Arrest Information What is Sudden Cardiac Arrest?**

Sudden Cardiac Arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA is not a heart attack. It's an abnormality in the heart's electrical system or structure that abruptly stops the heartbeat. It's fatal in 92% of cases, if not properly treated within minutes. Abnormalities may be genetic or congenital, and may become more pronounced as children grow.

## **How Common is Sudden Cardiac Arrest in the United States?**

There are 300,000 cardiac arrests outside hospitals each year. About 7,000 patients under the age of 25 die of SCA each year. In general, SCA affects males 4 times more than females and occurs during exercise 60% of the time, putting student-athletes at a higher risk. The following factors increase the risk of SCA:

- Family history of known heart abnormalities, heart conditions, or sudden death before age 50
- Family members with unexpected fainting, seizures, drowning, near drowning or car accidents Known structural heart abnormalities, repaired or unrepaired
- Use of drugs, such as cocaine, inhalants, or excessive energy drinks

## **Warning Signs of Sudden Cardiac Arrest (SCA)**

SCA often has no warning signs; the first symptom could be death. Although SCA happens unexpectedly, some people may have the following signs or symptoms:

- Racing heart, palpitations or irregular heartbeat
- Dizziness or lightheadedness
- Fainting or seizure especially during or right after exercise
- Fainting repeatedly or with excitement or startle
- Chest pain or discomfort with exercise
- Excessive, unexpected fatigue during or after exercise
- Excessive shortness of breath during exercise

## **What are the Risks of Playing or Practicing After Experiencing These Symptoms?**

The risk associated with continuing to play or practice after experiencing these symptoms may lead to SCA. When the heart stops, so does the blood flow to the brain and other vital organs. Death or permanent brain damage may occur in just a few minutes. Student-athletes and parents often don't

want to jeopardize their playing time so they may avoid telling the coach of their symptoms in hopes that they will just disappear on their own. Some may think that they are out of shape and just need to train harder. Student-athletes need to know that if they experience any of the noted warning signs, it is important to get medical attention immediately. Removal from Play/Return to Play Any student-athlete who experiences warning signs of SCA must be removed from play. The symptoms may happen before, during or after activity. Play includes all athletic activity. Before returning to play, the student-athlete must be evaluated and receive medical clearance from a licensed physician or cardiologist. A licensed physician's assistant or registered nurse practitioner may consult with a licensed physician. Steroid Warning Use of steroids to increase strength or growth can cause serious health problems. Steroids can keep teenagers from growing to their full height. Steroids can also cause heart disease, stroke, and damage liver function. Men and women using steroids may develop fertility problems, personality changes, and acne. Men can also experience premature balding and development of breast tissue. These health hazards are in addition to the civil and criminal penalties for unauthorized sale, use, or exchange of anabolic steroids.

As a requirement for participating in athletics, student-athletes must pledge not to use androgenic/anabolic steroids and dietary supplements banned by the U.S. Anti-Doping Agency and the substance synephrine, unless with a written prescription from a licensed health care practitioner to treat a medical condition.

## **Summary**

The purpose of this handbook is to acquaint student athletes and their parents or guardians with interscholastic athletics at Rise Kohyang High School. Hopefully, the information presented will provide answers to the questions most often asked about our programs. We hope you have a wonderful and rewarding experience. Final key points: In order to participate, a student must:

1. Be academically eligible
2. Have parental permission
3. Have medical clearance

Team members are required to:

1. Maintain academic eligibility
2. Attend all scheduled practices and contests
3. Adhere to all team rules and regulations
4. Exhibit good sportsmanship at all times

If you have any concerns, please contact the Director of Athletics at 323-284-2553

## **2025 - 2026 ATHLETIC CONTRACT**

### **SIGN AND RETURN TO ATHLETIC DIRECTOR**

As a student athlete, I understand that participation on an interscholastic team is a privilege and a commitment, not a right. I have read and understand the expectations for student-athletes contained in the Rise Kohyang High School Student-Athlete Handbook and any additional specific team policies. I also understand that this contract shall be in effect for this academic year.

As a team member, I am dedicated to keeping myself in the best physical condition possible in order to perform to the best of my ability and to contribute to the success of the team. As such, I agree that I will not use, possess, buy, or distribute any beverage containing alcohol, any tobacco product, marijuana, steroids, or any controlled substance other than as directed by a physician.

I have read and understand the sports contract and I am aware of the consequences of its violation.

Print Student-Athlete's Name: \_\_\_\_\_

Signature of Student-Athlete: \_\_\_\_\_ Date: \_\_\_\_\_ Year

of Graduation: \_\_\_\_\_ Sport Participating in: \_\_\_\_\_

Did the student attend Rise Kohyang High School last semester (**circle one**): YES NO

If NO, what school did the student last attend: \_\_\_\_\_

WE HAVE READ AND WE UNDERSTAND THIS CONTRACT AND WE HAVE DISCUSSED IT WITH OUR SON/DAUGHTER. WE RECOGNIZE OUR RESPONSIBILITY IN ENSURING THAT OUR SON/DAUGHTER ABIDES BY THE PROVISIONS OF THIS AGREEMENT.

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

Print Name: \_\_\_\_\_