

ATHLETICS

Philosophy/Mission "Winning is not an outcome, Winning is an Attitude."

The fundamental purpose and goals of the San Ramon Valley Athletic Department mirror the purpose and goals of the school in general. Specifically, San Ramon Valley High School recognizes that its interscholastic athletic program is an integral part of the total education program. It is our philosophy to provide a positive atmosphere of sportsmanship and learning, both at practice sessions, and at interscholastic events, and at the same time provide a healthy competitive experience for our students. San Ramon Valley High recognizes that striving to win is part of the American way of life, however, the element of competition and winning, although it exists, is controlled to the point that it does not determine the nature of our athletic program. Participation in athletics is a privilege and athletics can give the student the opportunity to learn leadership skills, it can foster self-confidence, self-discipline, organization, decision-making skills, and it encourages them to set goals. A comprehensive athletic program is vital for the educational development of our students.

San Ramon Valley High School competes in the East Bay Athletic League (EBAL): North Coast Section North Coast Section (NCS). EBAL includes 9 schools: Amador, Foothill, Livermore, Granada, California, Monte Vista, Carondelet, De La Salle, and San Ramon Valley. NCS is comprised of about 160 schools starting in the Bay Area, and moving north to the California border. Teams have an opportunity to compete in the NCS Championships if they meet the criteria for being selected into this post season competition. Student athletes must adhere to the eligibility standards outlined below. All students wishing to participate must have completed a physical exam, a pre-medical history, provide proof of insurance, an emergency medical card and a sports waiver form. All student- athletes must be in good academic and behavior standing. All sports forms are available on www.srvhs.net.

No person shall on the basis of sex, sexual orientation, gender, ethnic group identification, race, ancestry, national origin, religion, color, or mental or physical disability be excluded from participation in, be denied the benefits of, be denied equivalent opportunity in, or otherwise be discriminated against in interscholastic, intramural, or club athletics. (5 CCR 4920)

Athletic Office

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Funding of Sports

High school athletics in the San Ramon Valley Unified School District are self-funded. The cost of running an athletic department is approximately \$300,000.00 annually. This includes: all operational expenses, all coaching salaries, officials costs, transportation, and equipment. Our funding sources include: participation contributions from parents, SRV Athletic Booster Club Contribution, and gate receipts from games.

The athletic programs do not receive funding for equipment, uniforms, transportation, officials, or most coaching stipends. As such, voluntary donations are accepted to fund these valuable programs. We encourage all interested students to try out for athletic teams. Participation in athletic programs is not

dependent on financial donations.

Depending on the team there may be personal equipment necessary which may include: shoes, bats, sticks, padding, goggles etc. A specific itemized budget for each sport is presented by the coach at a Parent Orientation meeting.

If interested in providing a donation please make checks payable to San Ramon Valley High School and print the athlete's sport on the memo line. This donation covers major operating costs of our athletic budget which includes: officials, equipment, athletic trainers, supervision/security, facility, upgrades, first aid supplies, CIF, NCS & EBAL fees and various general expenses to operate our athletic dept. The suggested donation amounts for each sport are presented in an itemized budget at a parent player orientation meeting.

SRVHS Athletic Booster Club

Athletic Boosters is an organization that supports all of our athletic teams. This organization, comprised of volunteer parents, contributes \$56,000.00 annually to supplement our athletic department budget. We strongly urge you to attend our meetings as well as to volunteer for the many positions that are available. SRVHS Athletic Boosters meets the First Monday of each Month in the Career Center from 7:00 pm to 8:00 pm. Please join our Athletic Booster Club - it helps all sports!!

Insurance Coverage/Risk of Participation

All student athletes must have insurance coverage to participate in a sport. Our school district offers a program for those students who do not have insurance coverage of their own. Participation in interscholastic athletics can lead to possible injury to athletes. Although most injuries are minor in nature, it is possible that an injury could occur that is severe enough to cause a person to become a paraplegic, quadriplegic, or result in death. San Ramon Valley High School and its staff take every precaution to prevent such injuries, but such risk does exist.

It is the policy of our athletic department to require a medical release clearance note from a physician for any injury that requires a student to be seen by a physician. Parents should ask the attending physician for a note in order for the student to return to the activity-please submit this document to the coach.

Transferring Schools

All Transfer Students are initially ineligible.

Transferring from one school to another may affect a student's athletic eligibility under the rules of the (NCS) North Coast Section, and the (C.I.F.) California Interscholastic Federation. Students must meet with the Athletic Director and administrator in charge of the Athletic Department if they have transferred!

Academic Eligibility

Each student must maintain a 2.0 grade point average to be eligible to participate in athletics. School wide dates of eligibility are at the end of each quarter. Students must be enrolled in five classes and must pass twenty credits. If a student does not achieve a 2.0 he/she may apply for an athletic waiver. An athletic waiver request must be submitted within three days from the date that the student is notified of his ineligibility. Only one waiver is granted during the four years of high school.

Tryouts

Tryout Policy

1. Any student who intends to tryout for a team must sign up for the and attend the informational meeting
2. Any student trying out for a team will be allowed at least three try-out dates. This includes any athlete who will begin try-outs late due to an overlapping commitment. In some cases students will be allowed to make-up a missed try-out-date(s)(i.e. student injury) This is a coach's discretion.
3. Any student not selected for a team may request an explanation from the coaching staff of that sport.
4. Any student trying out must complete all tryout requirements

Stay informed and be prepared.

It is your responsibility to know when tryouts will be held. All teams hold at least 2 tryout meetings; so look for flyers, check our daily e - bulletin, and check the bulletin board outside the bookkeeper's office. Specific dates, times, location, and expectations will be reviewed by the varsity coach at the tryout meetings. See the coach's phone directory and contact the varsity coach if you have any questions or concerns.

Do the paperwork early.

Download all forms – go to www.srvhs.org -see athletic forms

Attend pre-season meetings and the varsity coach/program coordinator will provide you with the general information necessary to tryout for a sport. The forms include: physical card/insurance must be stamped by an M.D., medical emergency card, rules and guidelines (. Along with these forms slip must be submitted to the coach prior to trying out for a sport. No students will be allowed to tryout without this clearance slip-No Exceptions.

Does everyone make a team?

No; however, we do have some teams that have a no-cut policy--football, cross country, wrestling, and track and field. High school athletics is competitive, yet our philosophy is to keep as many students as possible on the freshman and junior varsity levels without compromising the skill that is necessary to represent these programs.

In Season Team /Parent Meetings

Each Varsity Head Coach will organize a team meeting at the beginning of the season to review certain information with parents of team members. Parents of those players selected are required to attend this important informational evening. It is our hope that this meeting will be a vehicle for effective, open and appropriate communication between the coach, players and parents.

Attendance

In order to participate in an athletic event, a student must have attended a minimum of four periods on the day of the event. If a student has a medical appointment on the day of an event, a note of verification must be presented to the coach.

A student suspended (out of school or in-house suspension) on a given day is ineligible to participate in any extra-curricular activity on that day which includes practice or games.

Family Vacations

When parents and student athletes choose to take their family vacations during a sport season, it must be understood that the time missed by the student athlete can affect team chemistry, and personal conditioning. Student athletes that miss practices or competition for any reason may have their playing time or position adjusted. Coaches shall make every effort to inform parents and student athletes of the season's schedule as far in advance as possible.

Religious Holidays

In the event that a student athlete needs to miss a practice or game due to the observance of a religious holiday, the student athlete will not be penalized in any way.

Team Rules

Team rules require the athlete's compliance with the established team rules, procedures, and instructions of the coach. Coaches have the authority to suspend an athlete temporarily for failure to comply with rules, and procedures or when the athlete's safety or safety of others require such action. Permanent removal from the team may occur only after consultation with the Athletic Director and Assistant Principal in charge of athletics. See - SRVUSD AR 6145 on our web site.

Practices

Practices times are determined by the coaches and facility availability. Depending on your sport, practice could be in the morning, right after school, or the evening. All practices are to be completed by 9:30 pm and no sport should exceed a 2 1/2 hour time period. No sport will practice on Sundays; however, many of our teams will have Saturday practices and tournaments.

Quitting or being removed from a team

Each athlete will have a two-week period, after previous season ends, to decide if he or she wants to stay on a team. If the athlete quits after two weeks, he or she will not be allowed to participate on another team until the sport he or she has quit is completed. If an athlete is removed for disciplinary reasons, the athlete may not participate in another sport until the team he or she was removed from completes its season.

Anti - Drugs, Alcohol, Tobacco, Steroids Rules -

I recognize that participating in the extracurricular and/or co-curricular activities offered in high school is a privilege and not a right; thus, this privilege can be revoked for failing to meet the Districts' eligibility requirements and behavior guidelines, including enrollment and grades (minimum GPA of 2.0), attendance, and use of prohibited substances (alcohol, controlled substances, steroids). Please refer to AR 6145 for specific SRVUSD rules on our web site.

Non-School Competitions

A student on a high school team becomes ineligible if the student competes in a contest on an "outside" team, in the same sport, during the student's high school season of sport. See your high school coach to clarify.

Participating on two teams during the same season

It is SRVHS's basic philosophy not to allow a student to participate in more than one sport in any single season. Reasons behind this policy include the different physical demands of two sports, academic stress, the stress resultant from a student oversubscribing him or herself, and the difficulty in making a full-time commitment to either sport.

Lettering Guidelines

The criteria for earning a letter may vary from sport to sport because of the different characteristics of each program. Each Varsity Head Coach will be permitted to determine the criteria necessary for earning team awards, and he or she will make athletes aware of this criteria at the beginning of the season. Letterman jackets are purchased independently from our school.

Transportation

Students are not allowed to drive to contests.

The preferred option for traveling is via buses. However, due to the expense involved in transporting athletes an additional transportation fee is collected by teams that use buses. Many parents and the school assist in team travel. Proper forms must be filed with the school before parents can drive.

Student Athlete/Parent Concerns

To keep open the lines of communication we ask that you follow this procedure:

- Step 1: Athletes should discuss their concerns directly with the coach
- Step 2: Athletes and parent(s) should discuss concern with the coach
- Step 3: Contact the athletic director with your concern
- Step 4: Contact the assistant principal
- Step 5: Contact the principal

The SRV athletic department and its staff are willing to discuss concerns or problems that may arise, and we are willing to hear concerns by using the aforementioned procedure. It should be noted that playing time, one's position, technical and team strategy and preparation, and team selection is the responsibility of the coach.

Hazing Policy: San Ramon Valley High School is unequivocally opposed to all forms of hazing involving student-athletes, coaches, or staff members. Hazing means any act by one or more individuals that results in endangering the mental or physical health or safety of a person, subjecting a person to mental or physical discomfort, embarrassment, harassment, ridicule, or humiliation, or destroying or removing public or private property, for the purpose of initiation in to or continued membership on a team, regardless of the person's willingness to participate in the activity.

Hazing shall be punishable pursuant to the provisions of the Code of Conduct. All hazing incidents should be reported immediately to the athletic director, varsity program coordinator, and level coach.