



"Pursuing Victory With Honor"

**Student-Athlete and Parent
Handbook for SRV Athletics**
"Home of Champions"

Student/Parent Athletic Department Handbook

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Message to Student-Athletes and Their Parents

Dear Student-Athletes and Parents,

You are receiving this handbook because your student has indicated a desire to participate in the interscholastic athletic program and San Ramon Valley High School.

We are very pleased that your student has an interest in our athletic program, and we hope that their experiences will be positive as well as educational. **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. We believe a comprehensive athletic program is vital for the educational development of our students.

Once students have been selected to represent SRV “Home of Champions” there are often many questions which both you and your son or daughter may have regarding our athletic department. In order to assist in making the athletic experience a more positive one, this handbook, has been assembled to answer a variety of questions about our Athletic Program. We hope that this booklet will be of assistance, and we encourage you to use it as a reference throughout the year. If you have additional questions feel free to contact the athletic director.

San Ramon Valley High School

A National Blue Ribbon School of Excellence

501 Danville Boulevard

Danville, CA 94526

Athletic Office (925) 552 –3005 Fax (925) 838 - 7802

John Raynor, jraynor@srvhs.org

Athletic Director

Mascot: Wolves Colors: Dark Green and Gold

League Affiliation: East Bay Athletic League Section: North Coast Section

Web Address: <http://www.srvhs.net>

For Sport Forms – type in a search - SRVHS. SPORTS

Fall Sports

*Women’s Cross Country

*Men’s Cross Country

*Football

Women’s Golf

Women’s Tennis

Women’s Water Polo

Men’s Water Polo

Women’s Volleyball

Cheerleading

*= no cut sports

Winter Sports

Women’s Basketball

Men’s Basketball

Women’s Soccer

Men’s Soccer

*Wrestling

Cheerleading

Spring Sport

Baseball

Men’s Golf

Softball

Men’s and Women’s

Swimming and Diving

Men’s Tennis

Men’s and Women’s

*Track and Field

Men’s Volleyball

Women’s Lacrosse

Men’s Lacrosse

What to do before tryouts.....

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.**

Funding of Sport

High school athletics in the San Ramon Valley Unified School District are “self-funded”. 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.**

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 donations amounts for each sport are presented in an itemized budget at a parent player orientation meeting.

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.

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!!**

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.

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.**

Teams at SRV

Men's and Women's sports total 25 different teams. Our team level (i.e. Freshmen, J.V., and Varsity) philosophy is outlined on our web page.

Tryout Dates for Sport & Season of Sport & When to turn in required forms See information on our Tryout Procedure and Policy

Academics should be the student's top priority.....

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.

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.

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!

When are 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. .

Funding of Athletics

The cost of running an athletic department is approximately \$300,000.00 annually. This includes: all operational expense, all coaching salaries, officials costs, transportation, and equipment. Our funding sources include: participation contributions from parents, SRV Athletic Booster Club Contribution gate receipts from games.

Aside from the school's requested voluntary donation, what other costs may be involved?

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.

What is the EBAL and the NCS?

EBAL stands for the East Bay Athletic League, which includes 9 schools: Amador, Foothill, Livermore, Granada, California, Monte Vista, Carondelet, De La Salle, and San Ramon Valley. NCS stands for the North Coast Section. The 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.

Non-School (Outside Competition Rule)

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.

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.

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.

How are athletes recognized at San Ramon Valley High School?

We recognize students by placing a key focus on their academic achievements:

Students receive recognition at their banquets by receiving certificates:

Principals’ Award - Students with a 3.50 (weighted gpa) or higher

Student NCS Scholar - Students with a 3.50 (unweighted gpa) or higher

Team NCS Award - Teams with a 3.00 (unweighted gpa) or higher

Female Scholar of the Year- Senior Award

Male Scholar of the Year- Senior Award

Athletic Achievements on their own merit are also recognized through:

Athlete of the Month T shirt and Award Ceremony - **(sponsored by Athletic Boosters)**

Female Athlete of the Year - Senior Award

Male Athlete of the Year - Senior Award

Participation Certificates for All Levels

SR Block Letter and Emblems for Varsity Athletes

All EBAL League Recognition (patches for those selected) Varsity

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

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.

Students are not allowed to drive to contests.

Student Athlete/Parent Concerns -- What should I do?

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.

Injury Prevention:

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.

San Ramon Valley High School

Athletic Fact Sheet

John Raynor, Athletic Director 552.3005 - jraynor@srvhs.org

Web Address: www.srvhs.org (Forms and Athletic Information)

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.

Programs

The Athletic Department offers competition in the following areas under the direction of the Varsity Head Coach. Please note that in each season there is at least one sport that does not cut freshman. *No-cut sports are underlined.*

Fall Sport

Cross-Country

Football

Women's Golf

Women's Tennis

Women's Volleyball

Water Polo

Winter Sports

Basketball

Soccer

Wrestling

Spring Sport

Baseball

Men's Golf

Softball

Swimming & Diving

Men's Tennis

Track & Field

Men's Volleyball

Men's/Women's Lacrosse

Student Trainers

Student Athletic Trainers, under the supervision of our Head Trainer, **volunteer** for specific athletic teams. Students assist our paid Athletic Trainers with prevention, recognition, and disposition of injuries.

League

All teams participate in the East Bay Athletic League (EBAL) along with Amador Valley, Foothill, Granada, Livermore, California, Monte Vista, De La Salle, Carondelet. San Ramon Valley High School is a member of the North Coast Section (NCS) of the California Interscholastic Federation (CIF) and follows both in practice and spirit, the rules, regulations, and procedures of these three groups.

Eligibility Requirements (download ATHLETIC FORMS on our web site- search - www.srvhs.org

To be eligible to participate in interscholastic competition, a student at San Ramon Valley must meet all of the following criteria: 9th grade students must have a 2.00 gpa from the 8th grade class

1. have a **GPA of 2.00 or higher** in the proceeding academic quarter
2. have passed a minimum of 20 units in the preceding quarter
3. annually complete a physical exam from a medical doctor
4. seasonally obtain an athletic clearance slip from our school finance officer
5. **must meet with the Athletic Director if the athlete is a transfer student or foreign exchange student**

A student who does not meet # 1 of the first criteria may appeal to the Athletic Director for a waiver.

NCAA: If you intend to participate in Division I/II athletics as a freshman in college you must register and be certified by the NCAA Initial-Eligibility Clearinghouse. You may access information by visiting the NCAA web site at www.ncaaclearinghouse.net and www.ncaa.org. You are required to register- usually at the beginning of senior year. Additional information contact - NCAA @ www.ncaa.org

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- **see tryout policy information sheet**

SRVHS Parent / Coach Communication Plan
Communication you should expect from your daughter's or son's coach:

1. Philosophy of the coach.
2. Expectations the coach has for your child as well as all players on the squad.
3. Locations and times of all practices and contests.
4. Team requirements, ie., practices, special equipment, out-of-season conditioning.
5. Proper behavior by athletes on bus trips. Estimated time for return from games.
6. Procedure followed should your child be injured during participation.
7. Discipline that may result in the denial of your child's participation.
8. **NCAA Clearing House** information for aspiring college student athletes – see **Athletic Fact sheet**.
(ncaa.org)

Communication coaches expect from parents:

- 1. Insist the student meet with the coach to discuss concerns**
2. Concerns expressed directly to the coach.
3. Notification of any schedule conflicts well in advance.
4. Specific concerns with regard to a coach's philosophy and/or expectations.
5. Availability to volunteer for various duties suggested by the coaching staff.

Appropriate concerns to discuss with coaches:

1. The treatment of your child, mentally and physically.
2. Ways the parent(s) can help your child improve.
3. Concerns about your child's behavior.

It is very difficult to accept your child not playing as much as you may hope. **Coaches are professionals.** They make judgment decisions based on what they believe to be the best for all students involved. As you have seen from the list above, certain things can be, and should be, discussed with your child's coach. Other things, such as those listed below, must be left to the discretion of the coach.

Issues not appropriate to discuss with coaches:

1. Playing time
2. Team Strategy
3. Play calling
4. Other student-athletes

There are situations that may require a conference between the coach and parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedures should be followed to help promote a resolution to the issue or concern.

If you have a concern to discuss with a coach, the procedure you should follow:

1. Call or email the coach – the coach is expected to provide you with a coaching directory
2. If coach is not available at that time to discuss the issue, make an appointment to meet with the coach or a time to have your call returned.
3. Please do not attempt to confront a coach before or after a contest or practice. Meetings can be emotional times for both the parent and coach and can be embarrassing for the child/athlete.

The Next Step:

What a parent can do if the meeting with the coach and student did not provide satisfactory resolution:

1. Call and set up an appointment with the Athletic Director to discuss the situation.

San Ramon Valley High School has established a variety of co-curricular activities because they teach valuable athletic, academic and life skills. Research indicates a student involved in co-curricular activities has a greater chance for success during adulthood, as many of the character traits required to be a successful participant mirror those that will promote a successful life after high school. **We hope the information provided within this plan makes both your student's and your experience with the SRVHS athletic program a positive experience.**

Tenets for SRV Athletic Team Tryouts

Our coaching staff will evaluate students in the
following area:

Specific Sport Skill Set

Position Skill Relative to other Candidates

Athletic Ability

Effort Level

Team Needs - Team Role Feasibility

School Behavior

Selection of students is based on the student's
performance during the tryout period.