**Physical Examination**

**Every student who participates in a sport or athletic activity must provide written evidence of a physical examination BEFORE students can participate in practices or competition. The physical examination is good for a period of one year.**

**During our current state of the COVID-19 Virus, we will follow the guidelines and protocol set forth by the California Interscholastic Federation (CIF), National Federation of High School Sports, the Los Angeles Archdiocese and Los Angeles County Health Department.  All students must be in compliance with a current physical and or waiver deemed acceptable by the CIF.**

**Injuries and Accidents**

**When an accident occurs, please report the incident.  Serious accidents to a student-athlete should be reported immediately by phone, email, or other electronic communication to the parent or guardian.  Written reports should then follow all injuries to be submitted to the school’s athletic administrator and insurance company -Myers-Stevens Insurance.**

**A written record that includes the circumstances and witnesses shall be made by the coach or person responsible during practice or competition.  For serious injuries or accidents, complete the Myers-Stevens Insurance Claim Form.**

**Discipline Policies & Procedures in Athletics**

**If a player is ejected from any contest, he or she will face a suspension the length of which will be determined by the California Interscholastic Federation (CIF) guidelines for the specific type of infraction.  St. Genevieve High School may also extend the suspension beyond the length of time determined by CIF rules.  Unacceptable behavior deemed as poor sportsmanship not resulting in ejection may also result in disciplinary action by the coach or athletic administrator.**

**Criteria for Earning a Varsity Letter**

**High school varsity athletes have the opportunity to earn a varsity letter.  The school will provide a varsity letter as part of the athletic fee.  The wearing of a school letter is a privilege not a right and can be suspended for disciplinary reasons.**

**Qualification Standards for Varsity Letter Winners:**

**\*Varsity athletes must participate in at least 40% of the scheduled contest to be eligible for a varsity letter.**

**\*Varsity cheerleading and dance team members must perform 50% of the school year events to be eligible for a varsity letter.**

**\*Varsity Managers who meet the expectations and duties throughout the season will be eligible for a varsity letter.”**

**Note: If a coach has an athlete that did not meet the criteria due to injury or extenuating circumstances but feels that athlete truly deserves a letter, exceptions can be approved by the Athletic Director.**

**Trophies & Awards**

**Trophies will be presented at the completion of the season in the following categories:**

**\*Most Valuable Player – All Levels**

**\*Coach’s Award – All Levels**

**\*Valiant Spirit – All Levels**

**\*Heart of a Champion – All Levels**

**\*Most Improved – Varsity Only**

**Winners are selected in a manner prescribed by the coaching staff.  Additional awards may not be added without the knowledge and consent of the Athletic Director. All awards will be purchased by the Athletic Director and paid for by student athletic fees.**

**Athlete of the Year**

**A special award is presented to one male and one female athlete.  This should be an athlete who displays leadership, spiritual contribution, athletic accomplishment, and a commitment to the school and athletic program.  Athletes are nominated by head coaches and presented to the Athletic Director.  Each head coach receives a vote.**

**Coach Certification**

**Coaches are required to receive certification through *Play Like A Champion* organization and VIRTUS Training through the Archdiocese of Los Angeles.  All coaches are encouraged to continue their professional development through webinars, clinics and college sport specific seminars.**

**Athletic Awards Banquets**

**Athletic awards are presented at an end of the season banquet three times a year. Fall awards are presented in December or January, winter in March, and spring awards in late May or early June. Parents of students receiving awards will be notified in advance by the coach or Athletic Department.**

**TRYOUTS**

**For some of our athletic teams, “cuts” may be necessary. The coach must feel comfortable with the number of players on the roster, skill level and development of the player and if his or her ability warrants adequate playing time. Any athlete who quits or is dismissed from one team is not allowed to try out for another team during that same season until the season of the first sport is completed.**

**Levels of Sport:**

**Varsity athletics is the highest level of competition at St. Genevieve High School. At the varsity level, our commitment is to field the most competitive team for interscholastic competition. The emphasis at the varsity level is focusing on tactical and more strategic team play and build an attitude of personal growth and sportsmanship. Varsity level competes for league championships and participation in the CIF sectional playoffs. Varsity level may consist of all grade levels 9-12.**

**Junior Varsity or lower level teams are considered transitional level teams to prepare athletes for the varsity level. The emphasis at the lower levels is to build skill development, individual improvement, the concept of team play and to build an attitude of good sportsmanship. Lower level teams consist of grades 9-11.**

**Season of Sports:**

**FALL**

**Cheerleading Junior Varsity/Varsity Kara Ukolowicz – Coach**

**Cross Country (Boys & Girls) Junior Varsity/Varsity Aaron Bowers – Coach**

**Dance/Drill Varsity Sommer Bethel – Coach**

**Football Junior Varsity/Varsity Billy Parra – Coach**

**Girls Volleyball Frosh-Soph/Junior Varsity/Varsity Miguel Segura - Coach**

**WINTER**

**Boys Basketball Frosh-Soph/Junior Varsity/Varsity Mike DuLaney - Coach**

**Girls Basketball Junior Varsity/Varsity Artin Gasparians - Coach**

**Cheerleading Junior Varsity/Varsity Kara Ukolowicz - Coach**

**Dance/Drill Varsity Sommer Bethel - Coach**

**Boys Soccer Junior Varsity/Varsity Jose Mejia - Coach**

**Girls Soccer Junior Varsity/Varsity Marlon Archey - Coach**

**SPRING:**

**Baseball Varsity Edgar Maldonado - Coach**

**Cheerleading Junior Varsity/Varsity Kara Ukolowicz - Coach**

**Dance/Drill Varsity Sommer Bethel - Coach**

**Softball Varsity James Coomes - Coach**

**Swimming (Boys & Girls) Varsity Juan Jasso - Coach**

**Track & Field (Boys & Girls) Junior Varsity/Varsity Aaron Bowers - Coach**

**Boys Volleyball Junior Varsity/Varsity Miguel Segura - Coach**