THRIVING IN ATHLETICS

EL CAMINO FUNDAMENTAL HIGH SCHOOL
## DEPARTMENT OF ATHLETICS

**Principal**
Shelley Friery

**Vice Principals**
Colin Bross
Liz Sisson

**Athletic Director**
Cici Robinson

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**PARTICIPATION**

**To Try Out**

To try out for interscholastic athletics a clearance packet must be obtained online and returned to the athletics office. When completed a stamped Emergency Card will be issued that must be given to the coach before any practice session or tryouts can be attended.

*To obtain an athletic clearance, a student must:*

- Acquire forms available online at [www.sanjuan.edu/elcamino](http://www.sanjuan.edu/elcamino)
- Present to the Athletics Office a fully completed athletic participation packet with the 1st page signed by a doctor after your physical examination and all other pages signed by a parent/guardian and the student, plus your Emergency Card.
- Show evidence of insurance coverage, or secure Student Insurance through the SJUSD (San Juan Unified School District).
- Clear all school fines listed in the Finance Office.
- Return all athletic equipment that has been issued by your coach.
**Athletic Eligibility Policy**

All Students must maintain a 2.0 or above GPA with no more than 1 F to participate in athletics.

The grading periods used to establish eligibility are the progress, quarter and semester grades. All periods of eligibility begin on the second Monday following the end of the grading period. A student athlete on probation or ineligibility may practice but not participate in any type of athletic contest nor receive an athletic early dismissal.

**Scholastic Eligibility**

A student is scholastically eligible if he/she is:
- Currently enrolled in at least 20 credits.
- Maintaining at least minimum progress toward high school graduation requirements as prescribed by the governing board.
- Earning at least a 'C' average and passing 20 units in the previous grading period in academics, and no more than 1 F in citizenship.

A student who does not meet the above criteria:
- Is declared ineligible and suspended from game competition until they meet the requirements, both academic and citizenship, at the end of a grading period (they may practice but can't play in games). For each grading period a yearly calendar with established eligibility dates will be developed.
Quitting a Sport

Student-Athletes are encouraged to try out for a sport at El Camino and complete the season. The athlete may leave the team before final cut is made (depending on type of sport), without consequence, by informing the coach and turning in all equipment.

Student-Athletes who quit a sport after this time may not start another sport until that season ends.
Parent Commitment

Keeping Athletics in Perspective

In order to help student-athletes maintain proper perspective, parents should:
• Assist the student to structure time wisely so athletics does not interfere with academics.
• Use athletics as a way to build character, strong relationships, and self-control.
• Emphasize effort over natural ability.

Supporting Your Student Athlete

In order to support the student-athlete, parents should:
• Allow the child to select a sport based on his/her perceived ability and interests.
• Never expect an athlete to earn an athletic scholarship.
• Ensure that medical needs are met and proper equipment is provided.
• Attend as many contests as possible.
• Communicate with the coaching staff.
• Attend all meetings.
• Talk to your student-athlete about his or her experience.
• Avoid criticizing strategy or coaching decisions in front of the athlete.

Supporting the Program

In order to support the program, parents should:
• Talk to coaches privately about concerns related to the experience of the athlete.
• Take into consideration practice and games schedules when planning family events.
• Honor all commitments to the sports regarding fundraising activities. Our sports would not exist without fundraising.
• Support El Camino Athletics by joining the Booster Club.
**Student-Athlete Commitment**

**Athletes will:**
- Recognize that participation is not required and is a privilege that must be earned.
- Recognize their responsibility to maintain the established standards of conduct as defined by CIF.
- Recognize their responsibility to maintain the established standards of conduct as defined by the El Camino Athletic Department.
- Recognize their responsibility to maintain the established standards of conduct as defined by the El Camino Fundamental High School Handbook and the San Juan Unified School District.
- Recognize their responsibility to maintain the established standards of conduct as defined by the Program Policies and Head Coach of the sport in which they are participating.
- Recognize that participation in high school athletics requires an academic, physical, and mental commitment.
- Sign and observe all program policies provided by the head coach.
- Treat teammates, teachers, administrators, parents, coaches, fans, and opponents with respect at all times.
- Behave respectfully and responsibly when in attendance at any school or CIF sponsored event.
Communication

El Camino High School recognizes the importance of effective communication and social interaction among athletes and between coach and athlete. Because the athletic experience entails mental and physical challenges in the face of intense competition, communication is often succinct and hurried and will often result in misunderstanding.

During an athletic season, if an athlete should find him/herself in need of clarification, the coaching staff of El Camino requests that the first attempt at communication occur directly between the student-athlete and the coach.

The best time for communication is before or after practice or by appointment. Trying to have a one on one conversation with a coach during practice or during an athletic contest will only result in frustration, friction or further misunderstanding.

If the need arises for a parent to communicate with a coach the parent is encouraged to contact the coach directly.

Areas of team selection, roles for each player, playing time, personnel, and game and practice strategy are the exclusive decision of the coach. It is easier to hear and value concerns if they are voiced in a respectful manner. Parents are asked not to call the coach at home or try to have a conversation during a contest, at practice, or in a locker room. Phone contact can be made through the athletic department at 971–7444. Phone calls will be returned or a meeting will be arranged as soon as possible.

Every adult who has contact with the student–athlete needs to model the communication behaviors that are expected of the student–athlete.
**Attendance**

In order to be eligible to participate in an athletic contest, all regularly scheduled classes must be attended the day of competition. Medical or dental appointments may be a valid excuse for partial attendance. The Principal must clear any other exceptions. Truancy or class cuts may result in the athlete being ineligible for the next interscholastic contest.

**Suspension**

- Any athlete suspended from school will be ineligible for practice and competition during the suspension. The coach may take additional action.
- Any athlete that possesses and/or uses alcohol and/or drugs will be declared ineligible for interscholastic competition as per school/district policy. Additionally, the athlete may be removed from the team at the discretion of the coach.
- Any athlete placed on social probation shall be ineligible for athletic participation and practice during the probationary period. Students on social probation may not attend any extra-curricular activities.

**Administrative Discipline**

After a conference with the coach, the administration may, for valid reasons, declare an athlete ineligible at any time.
Transportation

• San Juan Unified School District or El Camino does not provide transportation.

Athletes leaving for an event from school may do so as follows:
  • An athlete may only drive himself or herself.
  • The athlete may ride with parents or immediate family members.
  • The athlete may ride with a responsible adult that has been fingerprinted and cleared as a volunteer through the district.

Early Dismissals

• Athletes must be dressed and ready to leave campus at dismissal time.
• The Athletic Department will NOT clear athletes leaving earlier than dismissal time.
Awards/Recognition

• An athlete must finish the season in good standing to be eligible for an award or post-season recognition.

• All eligible athletes will receive a certificate of participation.

• Only eligible varsity athletes can earn a Block Letter.

• Varsity athletes may be awarded patches for All-League.
Social Media

FOLLOW US ON TWITTER
@ec_athletics

for game reminders and score updates

Like Us on Facebook  EL CAMINO FUNDAMENTAL HIGH SCHOOL

EL CAMINO ATHLETICS WEBSITE
www.elcaminoathletics.com