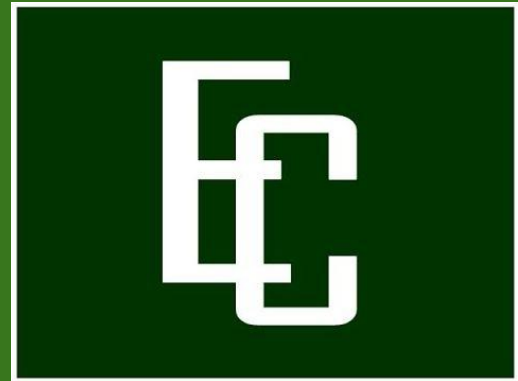


El Cerrito Senior High School ATHLETIC DEPARTMENT



**Winter Sports Meeting
2018 - 2019**

“Home of the Gauchos”



A Message about Athletics & the roles of Coaches, Players, Parents, and Officials.
Frank Martin is the Head Coach of the Men's Basketball Program at South Carolina University

Coaches, Coach.

Student-Athletes, Play.

Officials & Referees, Officiate.

Parents, Family, & Friends, Cheer.

We hope this resonates with all
members of the ECHS Community.

[Click on Screen to Watch Video](#)



ACADEMIC EXPECTATIONS & REQUIREMENTS

- **2.0 Minimum GPA**

- A = 4 points
- B = 3 points
- C = 2 points
- D = 1 point
- F = 0 points

*Add up your points and divide by the number of classes you are taking currently.

- **Academic Probation**

- Only given once during high school
- Only given to 11th & 12th graders, except for special circumstances

- **Expectations of Admin, AD, & Coaches of our Student-Athletes**

- Attend class, participate in class, and do homework
- If missing a class or classes or leaving early, student-athletes should check-in with teachers on what they missed in order to make up for the time missed

ATTENDANCE EXPECTATIONS & REQUIREMENTS

- **Regular Class Attendance is REQUIRED**

- Tardies & Cuts will be referred to the AD, Mr. Rincon, AP, Mr. Mapes, and the head coach to determine disciplinary action/consequences
- Students who miss 50% or more on any given day CANNOT participate in the sport they are playing, whether it's practice or a game.
- There is a direct correlation between regular attendance, grades, and behavior at school.

- **Athletic Department Expectations & Requirements**

- Practice and Game are MANDATORY - unless excused by coach or excused by school
- Most teams have a commitment of 5 to 6 days per week.
- Try to make your medical appointments and family obligations to NOT interfere with the sport
 - This is especially challenging for Winter Sports teams and athletes because of the Thanksgiving Break and Winter Break are during season

BEHAVIOR EXPECTATIONS & REQUIREMENTS

- Student-Athletes **MUST** lead by example at school and in the community
- We expect our student-athletes to be upstanders, not bystanders at all times
- **ALL RELATIONSHIPS ARE BUILT ON TRUST, HONESTY, & RESPECT**
- Students will refrain from inappropriate use of social media applications

ECHS Drug, Alcohol, & Tobacco Policy

- Any student athlete that is under the influence may be dismissed from practice that day by the coach.
- Any student athlete under the influence may be dismissed from the sport program at ECHS and asked to come back the following year.

ECHS Suspension Policy

- If you are suspended from school you may be suspended from participating with the team.
- Suspension away from the team may be duration of school suspension, or coaches AD and Admin decision when the student athlete may participate again.

SPORTSMANSHIP

- **Gauchos win with pride, lose with dignity**
 - The mark of a great sportsman is not how good they are at their best, but how good they are at their worst - Martina Navratilova
 - If character is what you do when no one is watching, then sportsmanship is that conduct with everybody watching - Bob Ley
 - Remember that sports are meant to be fun. Don't let someone make the sport unfun for you -AJ Kitt
 - I think sportsmanship is knowing that it is a game, that we are only as good as our opponents, and whether you win or lose, to always give 100 percent - Sue Wicks

- **Playing a sport at ECHS means that you play for your team, your coach, your family, the school, the community, and lastly, yourself**

COMMUNICATION

- Coach to player or player to coach
- Coach to parent or parent to coach
- Player to AD and/or Admin
- AD to Parent or parent to AD
- Admin to Parent or parent to Admin
- Appropriate time to talk/approach a coach.

We will be creating REMIND accounts for each team very soon.

TEAM BUDGETS & ATHLETIC DEPARTMENT BUDGET

- **ECHS Athletic Department will now purchase uniforms for all athletic teams, except cheerleading, swimming, and wrestling (District Policy)**
 - New uniforms will be purchased every 2 to 3 years depending on wear & tear for Varsity sports programs - Uniforms will be passed down to JV and Frosh accordingly
 - All uniforms for a given sport will be the same moving forward to allow for player movement and for passing down complete sets
 - The ECHS Athletic Department will be working with coaches to distribute the uniforms at the beginning of the season, and collect them at the end of the season
 - Uniforms not returned will result in seniors not receiving their diplomas, and 9th through 11th graders not receiving their schedules for the following year until the fine is paid off in full
- **Athletic Department Budget revenue will come from concession, gate, donations, and other fundraisers - we will need you help!**

TEAM BUDGETS & ATHLETIC DEPARTMENT BUDGET

- **Team Budgets**

- Each Sport will have their own fund through ECHS
- All Donations & Fundraisers will go directly into the sport it was intended for
 - The Revenue will be used to pay for all team expenses which include by are not limited to the following items:
 - Food for athletes, i.e. Carb Night
 - Senior Night
 - Banquet
 - Equipment
 - Spirit Packs
 - Awards
 - Team Donations will be made directly through the school at the Cashier's window - Donations will not be accepted by the coach or team parent/liaison

PLAYING TIME

- There are no guarantees for playing time on a Varsity sport
- Student-athletes playing on Junior Varsity or a Frosh team at ECHS should expect to play
- Players are expected to speak with their coaches about playing time and what they need to do for playing time to increase
- Parents **MUST NEVER** speak to a coach about playing time at practice or during or after a game.
- Parents can make an appointment to speak with the coach, the school AD, or the Athletic Admin regarding playing time

ONLINE REGISTRATION FOR WINTER SPORTS

- ALL Student-Athletes MUST be registered online prior to tryouts
 - Please visit the link on the new ECHS website: <https://www.wccusd.net/ecgauchos>
 - Then go to the Athletic page to find the online registration link
 - Or, go directly to the online reg website:
https://app.informedk12.com/link_campaigns/student-athlete-eligibility-form-electronic-form?to_ken=jzCt1YvxLQzJMgeScxf9kuSU
- ALL Student-Athletes MUST have the Medical Authorization Form completed prior to trying out for a Winter sport
 - Please go to the link:
<https://www.wccusd.net/cms/lib/CA01001466/Centricity/Domain/542/Parent%20Consent.%20Medical%20Physical%20Form.pdf>
- Hard Copies are available on the table out front and in Student Services

QUESTION & ANSWER TIME

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