

# **La Salle College Preparatory**



## **Athletic Department Handbook 2020-2021**

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## **GENERAL INFORMATION**

<b>President:</b>	Perry Martin	<b>Principal:</b>	Courtney Kassakhian
<b>Athletic Director:</b>	Brian Walsh	<b>Asst. Athletic Director:</b>	Shari Baugh
<b>Nickname:</b>	Lancers	<b>Colors:</b>	Navy Blue/Red/White
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### **LEAGUE INFORMATION**

La Salle College Preparatory athletic teams compete in the Camino Del Rey (CDR) Association for all sports, with the exception of boys' and girls' water polo (Prep League). The CDR Association has its own bylaws set forth by the league constitution. League meetings are held before and after each season of sport. The association consists of three leagues including the Del Rey, Camino Real, and Santa Fe leagues. Each league has been created to maximize the competitive equity amongst the 20-member schools. For the 2020-2021 school year, La Salle will compete in the Del Rey League for baseball, boys' cross country, football, boys' golf, girls' soccer, boys' and girls' swimming, boys' and girls' tennis, boys' and girls' track & field, and boys' and girls' volleyball, and the Camino Real League for boys' and girls' basketball, girls' cross country, girls' golf, boys' soccer, and softball. Every two years the leagues are realigned based upon competitive equity over the past two years. The top team in the Camino Real League will move up to the Del Rey League. The bottom team in the Del Rey League will move down to the Camino Real League. The top team in the Santa Fe League will move up to the Camino Real League. The bottom team in the Camino Real League will move down to the Santa Fe League. For a more detailed look at the league breakdown, see the last couple pages of the athletic handbook.

### **PRACTICE & HOME GAME SITES**

Aquatics – Arcadia County Park	Golf – Eaton Canyon GC & Brookside GC
Baseball – Arcadia County Park	Soccer – Kohorst Field
Basketball – Duffy Lewis Gymnasium	Softball – Arcadia County Park
Cheer & Dance – Dining Hall	Tennis – Orange Grove Courts
Cross Country – Area Parks & Trails	Track – Kohorst Field
Football – Kohorst Field	Volleyball – Duffy Lewis Gymnasium



### **VISITOR GAME SITES**

All game sites are determined by the host school. Many schools do not have on-campus facilities and therefore play their games at alternative locations. Locations of games will be noted on all individual sports schedules as well as the school website.

### **REQUIRED PAPERWORK & FEES FOR ALL STUDENT-ATHLETES**

All student-athletes must be cleared online prior to participation in any sport. This online clearance includes all of the forms that are required to be completed to participate in Athletics at La Salle. In addition, please note that all student-athletes are required to submit an updated physical each year and all physicals are only valid 12 months from when the last exam was administered. Use the link provided below to start the clearance process.

***[LINK: AthleticClearance.com](http://AthleticClearance.com)***

NOTE: During the online registration you will be asked for the student email address. If your player is an incoming freshman, please use an alternate personal email address for your student until they are assigned an La Salle email address when school starts.

**FEES** – There is no required fee for sports participation. However, additional fees and/or fundraising requirements may be required for each sport to cover the cost of spirit pack items, practice gear, travel, equipment, etc.. Such fees will be clearly communicated to the parents prior to the start of the season.



# **PHILOSOPHY OF ATHLETICS**

## **INTRODUCTION**

La Salle College Preparatory has a long history of academic and athletic success. We are excited and honored that you have decided to become a part of our athletic family. Our coaches and staff are anxious to begin working with you to convey to your personal, short- and long-term athletic goals. The purpose of this handbook is to establish operating procedures for the La Salle College Preparatory Athletic Department. This handbook will provide the framework within which students, parents, faculty, and staff can work together for the benefit of our interscholastic athletic programs. The rules and regulations governing the interscholastic athletic programs of La Salle are enforced by California Interscholastic Federation, Catholic Athletic Association, Camino Del Rey Association, and La Salle College Preparatory.

## **MISSION STATEMENT**

La Salle Athletics is committed to providing a positive, challenging, competitive, and fair athletic experience that emphasizes the Lasallian principles coupled with personal integrity, sportsmanship, wellness, and fulfillment of the student athlete's potential. We strive to make athletic participation an environment that sparks a lifelong appreciation for competition, exercise, discipline, teamwork, perseverance, and the pursuit of victory with honor. The primary goal of the athletic program is to build physical strength, self-discipline, and team spirit in an atmosphere permeated with idealism, energy, and the values proclaimed to us by Christ. Above all, this must be evident throughout every aspect of the athletic program, and most especially the conduct of student athletes, parents, coaches and staff.

## **STUDENT-ATHLETE**

To be a part of this program is not the right of any student, but rather a privilege which demands a commitment to strive for excellence in all other areas of school life: spirituality, academics, school government, social activities, and discipline. Perhaps in no aspect of school is the individual called upon to represent La Salle in such a public forum as in the athletic arena. Student athletes should therefore be made aware of their constant



privilege and responsibility to represent La Salle and our Christian values to the world. The true La Salle athlete wins respect by playing hard and demonstrating the highest degree of sportsmanship at all times. This sportsmanship is especially demonstrated in showing fraternal respect to members of opposing teams, schools and officials. This sportsmanship is also demonstrated in unquestioned obedience to coaches, appreciation for the talents of the other team members, respect for racial diversity in all circumstances, use of acceptable language and an overall attitude of respect and involvement in the life of the school community.

### **PARENTS**

Parents are the primary educators of their student athletes. La Salle parents are therefore called to teach by word and example the values of the school's philosophy and athletic code. Parents are strongly encouraged to support their sons/daughters during team competition with their presence and positive school spirit. Parents also need to be aware that they represent the school in a special way during all athletic contests. Parents and members of the opposing team should always be treated with cordial respect. The same is true for those officiating the game. Parents should especially realize that their support of La Salle coaching staff, both on and off the field, is a highly significant factor in the achievement of effective team morale. La Salle parents should represent the ideals of La Salle both in the home as well as at all athletic events.

### **COACHES**

Coaches play a significant role in La Salle's athletic program. They are the natural role models who guide young athletes by their living example to the realization of all the goals of the athletic program. In order to be such a role model, coaches need to be completely imbued with the athletic philosophy of La Salle. Coaches should exercise their leadership from the perspective of faith. Outside the athletic arena, they continue to lead their teams by prayer, support and the example of a Christian lifestyle. Whenever exercising their authority, coaches demonstrate respect for the dignity of every player entrusted to their care and thus win for themselves the true respect of their athletes.

Coaches also deal with parents, opposing coaches, administrators and other adults in a highly professional and Christian manner. A true La Salle coach represents the ideals and



values of the athletic program with dignity, pride, confident leadership and self-discipline.

### **ATHLETIC DIRECTOR**

The athletic director conducts and supervises the La Salle athletic program and is responsible for the school's athletic teams, their activities and their equipment. He must be able to foresee a program's needs and interact with the staff members to realize program goals. All coaches must be held accountable for all duties delegated by the athletic director and must answer to him. The athletic director should convey confidence in his coaches and provide necessary support in arranging schedules, transportation, equipment, and dealing with specific needs that arise throughout the season. The end product should be a symbiotic relationship, which allows the program to run efficiently, and best fulfills the needs of the individual athletes.





## **RELATIONSHIPS**

Four central relationships must exist for each coach at La Salle. If he/she is to be successful, the coach must not be deficient in any of the four relationships. It is the responsibility of every coach to understand the delineation between each relationship, namely, between the coach and the athletic department, the coach and community, the coach and the athlete, and the coach and the parent.

### **RELATIONSHIP BETWEEN THE COACH AND THE ATHLETIC DEPARTMENT**

A very important aspect of coaching is the relationship that exists between the coach and the other members of the athletic staff. The coaches at La Salle share a unique bond that extends beyond La Salle into every possible sporting event. Although the bonds that exist between the coaches at La Salle are, in essence, no different from those among all coaches, there is a uniqueness of attitude that should permeate through the entire athletic program at La Salle. Each coach is a member of the “Athletic Department”, and he experiences three distinct relationships within the department:

1. with the Athletic Director
2. with the other coaches of the same sport
3. with the other coaches in the Athletic Department

### **RELATIONSHIP BETWEEN THE COACH AND THE COMMUNITY**

The third relationship for the coach at La Salle concerns his/her role with other members of the school community, the local community and alumni, and the parents of athletes. A coach should try to interact with other members of the school community. As part of the school community he/she represents only one activity within the school’s network of activities. The coach knows that the school does not exist for his/her sport, and represents himself/herself and his/her role as coach accordingly. This is important for the athlete because it gives him/her perspective as to the value of athletics as it pertains to his/her commitment of excellence in education. Too often tension arises between coaches and non-coaches regarding the role of particular activities (athletic and non-athletic), time usage, and student involvement. Mutual cooperation must exist between all faculty



members toward programs outside their influence and the individual must be open to constructive criticism of their involvement.

A coach should also have a relationship with the local community and alumni. The coach is often the visible and significant representative of the school and his/her interaction with this larger community demands professionalism tempered with courtesy at all times. He/she should never demean an opposing school, its coaches or players, and should encourage exemplary behavior from his/her players when appropriate (on the bus, sidelines, after a game etc.). The coach is to represent the interests and values of La Salle at league meetings, workshops and clinics, press conferences awards ceremonies and while interacting with alumni.

A coach should communicate to the parent and the athlete his/her goals and expectations at the outset of a season. The coach must state, in direct terms via a letter sent to the parents or handed out at your team's preseason meeting, the expected time commitment, financial commitments (insurance, equipment, meals, etc.), expectations of the athlete, and the benefits the athlete will derive from the specific program. The coach should be open to communication from parents and encourage their support and interaction with the program.

### **RELATIONSHIP BETWEEN THE COACH AND THE ATHLETE**

The first quality a La Salle coach should possess is a sincere concern for the student-athlete as a human being. Sports are the "first love" of many young men and women. A coach is a mentor between the athlete and his/her "love" and must remember that his/her influence contributes to the mental and physical well-being of the athlete. This molding process, if it is to be healthy, must be developed in an environment free from anxiety, fear and pressure. Actions demonstrated by a coach in response to the success or failure of a play or drill can have an adverse effect on the athlete's cognitive and motor development of a skill. Therefore, failure of a coach to respond with positive reinforcement when the athlete makes mistakes can cause the athlete to focus on the negative, which will in turn induce improper behavior. For this reason, a coach must promote an atmosphere of "a desire for success rather than the fear of failure." A coach must never forget that it is the



process, not the results, which constitute the definition of a successful program in athletics. A good coach believes that the achievement of goals through hard work, careful organization, knowledge of the game and experience are the building blocks that determine success in coaching. From this regimen a relationship develops between athlete and coach fueled by mutual respect, communication, inspiration and motivation.

The second quality essential for a La Salle coach in relationship to the student-athlete is sportsmanship. Fair play must take precedence at all times and must be reinforced by the personal conduct of the coach. When potentially volatile situations arise the coach must demonstrate emotional stability and composure. This example of professional behavior teaches the athlete to respect rules and to function properly within a framework of rules. By avoiding vulgar language, belittling an athlete or complaining unnecessarily the student-athlete learns to meet adversity with the determination and poise, which are only possible when a mature attitude is maintained during stress. In short, a coach is to encourage a fair, honest rivalry, maintain a courteous relationship with opponents, and demonstrate, in the face of adversity, the graceful and gentlemanly acceptance of the results of his efforts.

The third quality for a La Salle coach is a concern for the academic endeavors of his/her athletes. A coach should be just as concerned for his/her players' academic progress as he/she is for their athlete and that time is being provided for study. Schedules for practice should be reasonable and allow sufficient time for both rest and study. The opportunity to develop intellectually, as well as athletically, should be a prime consideration of a great athletic program, one that La Salle is duty bound to provide.

The fourth quality for a La Salle coach is genuine concern for his/her players in the off-season. Though a coach might not be a professional counselor, he/she should realize that, as an educator, he/she might be someone with whom the student can discuss both academic and personal difficulties. Essentially, the closeness of the season should not be lost during the off-season. The friendship and camaraderie developed in participating in a sport is often a door through which a lasting friendship may be formed. By his/her care



and concern, the coach affirms the importance of the whole individual, not just the athlete.

### **RELATIONSHIP BETWEEN COACH AND PARENT**

We are very pleased that your son/daughter has chosen to participate in the La Salle athletic program. We will do all we can to provide a positive experience for him/her. Possibly the most important ingredient to achieve this outcome is to ensure that lines of communication are developed to allow for free and easy resolution of questions before they become issues. As a parent, you have a right to know what expectations are placed on your son/daughter.



## **COMMUNICATION GUIDELINES**

### **THE CHANNEL OF COMMUNICATION**

The following order is the proper channel of communication at La Salle:

1. HEAD COACH
2. ATHLETIC DIRECTOR
3. PRINCIPAL

Under no circumstances should a coach contact the Principal or Athletic Director of another school or the CIF office to register a complaint. All communication between the schools and/or CIF office must go through the Athletic Director and/or Principal.

### **COMMUNICATION COACHES SHOULD GIVE TO PLAYERS/PARENTS**

1. Times of all practices and contests.
2. Team requirements: equipment, off-season training, fundraising, etc.
3. Student-athlete conduct code and disciplinary procedures.
4. Any concerns about student-athlete.
5. Communication procedures

### **COMMUNICATION COACHES SHOULD EXPECT FROM PARENTS**

1. Concerns expressed directly to the coach first.
2. Notification of any schedule conflicts well in advance.
3. Specific concern in regard to a coach's philosophy and/or expectations.

As your son/daughter becomes involved in the various programs at La Salle, he/she will experience some of the most rewarding moments of his/her life. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times, discussion with the coach may be desirable to clear up the issue and avoid any misunderstanding.

### **APPROPRIATE CONCERNS TO DISCUSS WITH COACHES**

1. The treatment of your son/daughter mentally and physically.



2. Ways to help your son/daughter improve.
3. Concerns about your son/daughter's behavior.

It is very difficult to accept the fact that your son/daughter is not playing as much as you would want. Coaches are professionals. They make judgment decisions based on what they believe to be the best for the team and all involved. As you have seen from the list above, certain things can be and should be discussed with your son/daughter's coach. However, playing time, team strategy, playing calling and matters concerning other student-athletes are ultimately the coach's decision.

### **PROCEDURES FOR PARENT DISCUSSION WITH A COACH**

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

1. Your son/daughter should first talk with the coach about his/her concerns.
2. The parent should call the coach to set up an appointment.
3. If the coach cannot be reached after a reasonable amount of time, contact the Athletic Director. He will arrange the appointment for you.
4. Please do not approach a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings at these times usually do not work well for the coach, the parent or the player.

### **THE NEXT STEP**

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

1. Call and set up an appointment with the Athletic Director to discuss the situation.
2. At this meeting the appropriate next step can be determined as necessary.

Whether or not this step is ever reached, please keep in mind the following protocol when you elect to pursue a concern you may have regarding your son/daughter's experience on one of La Salle's athletic teams. Please make contact as follows:



1. Head Coach
2. Athletic Director
3. Principal



## **EXPECTATIONS**

### **EXPECTATIONS OF STUDENT ATHLETE & TEAM**

- Practice good sportsmanship, not gamesmanship. Respect the game and its rules. Strive to win with character and to lose with dignity, follow the rules, and respect the ideals of good conduct, etiquette, and classy behavior.
- Abide by the rules of discipline for La Salle, Camino Del Rey Association, and California Interscholastic Federation (CIF).
- Be honest and loyal to the school, your team and our community in the representation of our athletic program.
- Maintain proper health and safety by using the proper techniques and safe methods of play and following a healthy diet with proper rest.
- Be a credit to your team in the classroom, community, and in competition.
- Demonstrate respect for teachers, coaches, and fellow student/athletes.
- Be on time to games and practice. Strive to improve.
- Be positive, responsible and a team player.
- Be "coachable". Ask for help when needed.
- Have Integrity. Use appropriate language.

### **EXPECTATIONS OF PARENTS**

- Be positive with your son/daughter. Let him/her know that he/she is accomplishing something by being part of the team.
- Do not offer excuses to him/her if he/she is not playing. Encourage him/her to work hard and do his/her best.
- Insist that your son/daughter respect team rules, school rules, game officials, and sportsmanship. Self-respect begins with self-control.
- Encourage your son/daughter to improve his/her self-image by believing in himself/herself.
- Encourage your son/daughter to play for the love of the game.





- Please remember that coaches have different ways of dealing with people and situations and that your son's/daughter's life is enriched by interaction with different types of leaders. A coach is usually a coach because he/she is sincerely fond of working with young men and women, and is an experienced professional.
- As a fan, you are entitled to cheer avidly, but don't become belligerent.
- Remember - at any competition you, the parent, represent your town, your school and your son/daughter. Please be a positive role model.

Parents are NOT to direct negative comments toward opposing teams, players, coaches, fans, or officials. Sportsmanship must be maintained at all costs.

Parents who demonstrate unacceptable behavior at La Salle sporting events will be asked by a school administrator to leave the event. A second offense may result in additional penalties which may include up to a one-year ban of all La Salle sporting events.

### **EXPECTATIONS OF HEAD COACH**

- The Head Coach is responsible for the overall building of the program in his/her sport.
- He/she is responsible for the spirit and attitudes of the team as a whole. He/she must do all in his/her power to build a strong team spirit and a true sense of loyalty and perseverance. It is hoped that by his/her influence as a person, the Head Coach will attract more young men/women to participate in his/her sport without infringing on the rights of other coaches and other sport preferences of the individual student.
- He/she is responsible for the discipline and training of his/her team and the teams under the direction of his/her assistants.
- He/she must establish a strong bond of unity with his/her assistant coaches. He/she must rely upon the ideas and recommendations of his/her assistants in order to maintain the effectiveness of the total athletic program.
- He/she is responsible for the physical well-being of his team. The Head Coach must heed the recommendations that have been made by the student's physician, the team doctor, or the athletic trainer. Any student who has seen a doctor must



have a medical release before he/she may again participate in the sport. This release is kept on file in the athletic director's office.

- He/she is responsible for stimulating his/her team members to do their best academically and to keep the discipline record clean. He/she must keep in contact with students, the Athletic Director and the Principal regarding the eligibility of members of the team.
- He/she is responsible for maintaining an up-to-date roster prior to and throughout the entire season and submitting to the Athletic Director. A final roster, for purpose of academic credit, must also be submitted to the Athletic Director at the end of the season.
- He/she is responsible for the accurate statistical record of his/her sport and must keep an accurate season record of contests and their scores, of which a final copy must be turned into the Athletic Director at the end of the season.
- He/she is responsible for the conduct of his/her team at all times.
- He/she is responsible for the daily planned practice sessions. This includes keeping attendance records.
- He/she is to work harmoniously with the assistant coaches in maintaining supervision of the locker room(s) and facilities before and after practice and games.
- He/she is to coordinate efforts with the Athletic Director regarding: transportation of teams, gathering accurate inventory of equipment, scheduling, fundraising, paperwork, and game management.
- He/she assists in the planning of the Athletic Awards Program in conjunction with the Athletic Director.
- He/she may help in identifying for the athletic director competent and philosophically sound coaches for his/her program. However, no change in the coaching staff or job offer should take place without a discussion of the proposed change with the athletic director and the principal.
- He/she may recruit, train and direct team managers with tasks.
- He/she must represent La Salle at league meetings during the season.



- He/she must ensure that a teacher or certified coach is present on bus trips to athletic events.
- He/she must assist the Athletic Director in developing media coverage of your particular sport.
- He/she must work with the Athletic Director in maintaining school records of athletic achievement.
- He/she is encouraged to pursue a level of certification that enhances his/her knowledge of his/her sport.
- He/she is responsible for notifying and monitoring his/her athletes with regard to securing belongings in a locker with a lock. Personal belongings should never be left unattended in the locker room or any athletic facility.
- He/she is to ensure that notification of departures of teams is given to athletes in advance of departure.
- He/she is to make sure that all the coaches and volunteer coaches in his/her program have filled out required paperwork with the Athletic Director before the coaches work with any players.
- He/she must always uphold the standards of La Salle in word and action.

### **EXPECTATIONS OF ASSISTANT ATHLETIC DIRECTOR**

The Assistant Athletic Director organizes, coordinates, and supervises the athletic program and all of its constituents under the direction of the Athletic Director and is responsible for the following:

- Represents the Athletic Director in his absence.
- Coordinates all athletic department personnel files including verification of Virtus and California mandated coaching certifications, which may include Play Like a Champion.
- Oversees orientation process of all new head coaches and assistant coaches including distribution of athletic handbooks, coaches' acknowledgment pages, necessary keys, parking permits, and code of ethics.
- Coordinates the campus-wide transportation needs.



- Orders and notifies attendance office of all early dismissals.
- Manages the collection of all student-athlete required paperwork through Athletic Clearance.
- Maintains team schedules, rosters, and results.
- Request officials for all games.
- Coordinates scorekeepers, PA announcers, spotters, ticket takers, security, chain gang, and timers for contests as needed (Athletic Boosters).
- Submits all security, maintenance, custodial, and set-up work orders.
- Coordinates post-season awards ceremonies for each sports team in conjunction with team parents including preparation of all school, league, and CIF certificates and awards.
- Coordinates senior night activities for all sports with the Athletic Booster Club.
- Serves as the banner fundraiser representative for the Athletic Booster Club in conjunction with the Vice President of Advancement.
- Supervises and works with the ATC regarding injury reports and physicals.
- Greets and makes visiting teams feel welcome upon arrival at the school.
- Coordinates weekly athletics facilities schedule throughout the year.
- Coordinates set-up and cleanup of facilities for all athletic department events.
- Coordinates Team Mass schedule with Student Life for each program.
- Assists with the college signing ceremonies.
- Reserves off campus facilities for team use as needed.
- Attends pre-season coaches' and parents' meetings prior to each of the three seasons.
- Coordinates the setup for Open House in conjunction with Admissions Department.
- Attends, in a supervisory capacity, all home football and other athletic contests assigned by the Athletic Director.
- Assists the Athletic Director in other areas as designated.



## **EXPECTATIONS OF ATHLETIC DIRECTOR**

The Athletic Director organizes, coordinates, and supervises the athletic program and all of its constituents under the direction of the Principal and is responsible for the following:

- Serves as a member of the La Salle School Administrative team and attends all related meetings.
- Provides leadership, mentorship, supervision, and support for all members of the athletic department.
- Assesses the overall program and make strategic changes when necessary.
- Administers league, school, CAA, CIF-SS and CIF State rules and regulations.
- Coordinates all paperwork regarding transfers and transfer eligibility.
- Promotes athletic program to media outlets, in conjunction with the Director of Communications.
- Creates annual athletic department budgets.
- Moderates the Athletic Boosters.
- Creates and edits Athletic Department handbook.
- Attends Admissions and Alumni events throughout the year.
- Coordinates all summer youth camps.
- Represents the school at all league, CIF-SS and California Association of Athletic Directors meetings/ functions.
- Works with Dean of Students, coaches, parents, and student-athletes on issues of discipline.
- Approves all tournaments, team travel/lodging for out of area contest/trips.
- Coordinates annual all coaches meeting and attends pre-season coaches' and parents' meetings prior to each of the three seasons.
- Approves check requests / purchase orders for the athletic department.
- Coordinates with coaches on scheduling of all games on all levels.
- Coordinates the hiring of all Head Coaches in conjunction with the Principal.
- Works with Head Coaches on the hiring of all volunteer and paid assistant coaches.



- Serves as school's liaison with officials.
- Serves as the liaison with sports apparel companies/La Salle Branding representative in conjunction with the Director of Communications.
- Performs the duties of Sports Information Director which includes the athletic website maintenance.
- Coordinates with Director of Operations regarding the maintenance/upgrading of the athletic department facilities.
- Serves as a member of the student-athlete academic advising team.
- Works with Compliance Officer regarding outside groups use of our athletic facilities.
- Performs other duties as designated by the Principal.



## **ATHLETIC CODE OF THE STUDENT-ATHLETE**

The purpose of the Athletic Code is to present guidelines for all student-athletes at La Salle. The student-athletes are a direct and important representative of the school and the educational mission of La Salle. Their conduct and behavior are governed by the rules and regulations of the parent/student handbook, the rules of the California Interscholastic Federation, the Catholic Athletic Association, and the constitution of the Camino Del Rey Association. A coach should report any violation of the norms of student conduct to the Athletic Director. The violation will be discussed by the coach, athletic director and vice principal and an appropriate course of action will be determined as to his/her participation in athletics. Participation in athletic activities is a privilege not a basic right of all students. It is the belief of La Salle that a strong athletic program creates and maintains positive school spirit and fosters student responsibility. Each student must meet the following academic, athletic, and disciplinary standards set by the school.

### **ELIGIBILITY**

To be eligible to participate on any athletic team at La Salle the student must:

1. Have all required paperwork on file with the school
2. Be a student in good academic standing in accordance with the following standards:

A student must maintain a 2.0 GPA for his/her course work. This is compliance with Rule 205 of the CIF-SS Bluebook. Failure to achieve a 2.0 will cause a student to be placed on warning status for one grading period. Students will become ineligible should their GPA fall below the required 2.0 after the initial warning status. The athletic department determines its eligibility on the day that grades are to be mailed to the parents of the students. Any student who is in violation of the school's academic or disciplinary policies is not eligible to participate in interscholastic sports at La Salle, including any team specific activities such as practice, travel, games, etc.. Ineligible student-athletes are permitted to participate (practice or games) with a team during the summer training period ONLY. Additional eligibility standards may be implemented by the school and/or individual coaches.



## **CONDUCT & APPEARANCE**

Participation on an athletic team involves discipline and willingness to make a sacrifice. For this reason, those who wish to participate in interscholastic sports at La Salle always act and look like ladies and gentlemen. Any student whose conduct or appearance is not in compliance with the school's policy may be declared ineligible by the Principal or Athletic Director for an indefinite period. A La Salle athlete who leaves the bench area to join in an altercation during a contest will be suspended from the team. Any member of a La Salle team involved in a fight during a contest will be suspended from the team and is subject to disciplinary action as prescribed in the disciplinary regulations of the school.

The use of tobacco, any dangerous/illegal drugs and/or anabolic steroids, and the consumption of alcohol are inconsistent with both the goals of this school and the requirements of any athletic team. Any violation of the drug and alcohol policy of the school will result in a report of the violation to the Dean and a discussion between the coach, Athletic Director and Principal to formulate an appropriate action by the school and athletic department.

## **COMMITMENT**

Contrary to a great number of youth athletic programs, practice at the high school level is not optional. Once you commit to going out for an athletic team, you will be expected to be at all practices. The only excused absences are when you are absent from school or you are personally excused by a coach beforehand. In cases where practices are scheduled over a weekend or vacations, it is the responsibility of the student-athlete to talk to the coach about any missed practices. Please note the following:

- Summertime - ALL high school sports teams will have a summer commitment. Some may be more intense than others. See specific team rules regarding summer participation.
- Holiday's & School Breaks – ALL in season programs have a commitment during holiday's and school breaks. All team rules apply during this time. Student-athletes are expected to be at scheduled practices and contests during these school breaks.





- Student-athletes must be in school for a full day in order to participate or play that day.
- Student-athletes must be at all practices or games unless excused by the coach. Unexcused absences may result in immediate disciplinary action that involves not starting, limited or no playing time, and/or being excused from the team.

### **GAME DAY ATTIRE/ATTENDANCE**

The minimum standards shall be followed:

- Dress code
- Failure to dress appropriately may result in the student athlete not participating in the day's contest.
- Hair code: Must be within school guidelines; hair may not be so long as to be pulled down over the eyebrows and must be in a single length and color.
- Members of athletic teams are expected to understand that uniforms are to be worn appropriately at all times.
- If athletes remain for the next game, they should change back into their game day attire.
- In order for an athlete to compete in a game or practice with his/her team, he/she must be at school for the full school day. Any exception this rule must be granted by school administration.

### **QUITTING A SPORT**

When an athlete quits the team to which he/she has been selected, he/she forfeits the following

- Trying out or participating in another sport that same season.
- The use of the weight room or other school athletic facilities (i.e., gym, batting cages, etc.). The Athletic Department feels that a student has made a commitment to the school, team and coach. His quitting has disrupted team unity and deprived another student of participating. Any student who remains on a team after minor disciplinary action and who continues to demonstrate poor team morale can be dismissed by the coach with the approval of the Athletic Director and be subject to



the same suspension. The Athletic Department feels strongly that a student makes a serious commitment to a team before trying out.

- Student-athletes who quit a sport before it is over may be asked to sit out their next season of sport.

Should there be extraordinary circumstances for quitting a team; the above penalties may be waived with final approval of the Athletic Director.

### **DISCIPLINARY PROCEDURES**

Disciplinary infractions of school rules while in attendance at, or while being transferred to or from an athletic event or practice comes under the jurisdiction of the regular school disciplinary procedures. The Head Coach must inform the Dean of Students and the Athletic Director of such infractions. The Head Coach may add to the punishment from the school but cannot bypass ordinary procedures.

Since discipline is a vital ingredient to a team's success, athletes can be disciplined for the following infractions:

- Unexcused absence from practice or game
- Failure to attend team meetings
- Being tardy to a practice
- Lack of sportsmanship
- Failure to hustle
- Disciplinary reasons for missing practice are not excused
- Breaking training rules

Sanctioned disciplinary procedures:

- Suspension or expulsion from the team. (Should only be instituted with permission from the Varsity Head Coach of the sport and the Athletic Director)
- Benching



## **ATHLETIC DEPARTMENT POLICIES & INFORMATION**

### **AWARDS NIGHT**

The Athletic Awards Night is a time to recognize the achievements of teams, coaches and individual athletes. Team, league and CIF honors will be presented at this time. In general, it is the last function you will perform as a team member and your attendance is mandatory in order to receive your awards. Any absence must be excused by your coach with the approval of the Athletic Director. Any unexcused absence will result in the forfeiture of an award or letter.

If a particular program would like to hold their own banquet, they are welcome to do so. However, any banquet expenses will not be covered through the program's budget and/or booster club funds. The cost should remain as reasonable as possible to allow for families to attend.

### **ADMISSION PRICES**

Admission prices for all league contests are determined by the Camino Del Rey Association following the guidelines below. ***La Salle students are admitted free to all home contests with the exception of CIF Playoff contests.***

• FOOTBALL:	General Admission	\$8.00
	Children Ages 5-12	\$3.00
	Students from participating schools w/ ID	FREE
	Children under 4	FREE
• BOYS' BASKETBALL	General Admission	\$7.00
	GIRLS' BASKETBALL	Children Ages 4-13
• GIRLS' VOLLEYBALL	Students from participating schools w/ ID	FREE
	Children under 4	FREE

For non-league games and/or tournaments, the individual schools determine the admission prices. For CIF playoff contests, admission prices are determined by the section and/or state office.



### **CIF SOUTHERN SECTION**

The CIF Southern Section (CIF-SS) is the governing body for high school sports in Southern California. For the purpose of creating playoff divisions, the CIF-SS currently uses a competitive equity model for a majority of sports. Divisional placement for each sport is adjusted annually based on criteria and performance over the previous two years. For more information regarding CIF rules and regulation, please refer to the CIF Blue Book which is updated on an annual basis.

### **CLUB SPORTS**

Club and travel sports continue to play a prominent role for high-school aged student-athletes. All student-athletes need to be aware that competition on an outside team of the same sport during the high school season will have serious consequences. Students will become ineligible during that season of sport and your team will forfeit all contests in which you participated.

### **DEPARTMENT MEETINGS**

The athletic department will hold meetings prior to the beginning of the school year and whenever deemed necessary. These meetings are scheduled by the athletic director and are mandatory. A coach may be excused by the athletic director by obtaining permission ahead of time

### **EARLY DISMISSAL**

The coach should work with the athletic director to develop a schedule of travel that allows the students enough time to adequately warm-up and check equipment but minimizes the amount of time away from school. The coach should encourage each student-athlete to check with his/her teacher prior to leaving school to obtain any necessary assignments and reschedule any exams. On-campus coaches must arrange for substitutions of any classes to be missed. Early dismissal schedules will be distributed to all faculty/staff and should be followed accordingly.



## **FACILITIES**

A team reflects its image on and off the field. The team locker room mirrors the attitude and spirit of the team. The team is to be encouraged toward group and individual responsibility. The degree of this responsibility will be manifest in the order, cleanliness and neatness of the locker room. Teams are responsible for the cleanliness of the locker room and for any damage that might occur while they are in the locker room. Anytime athletes are in a locker room they must be supervised by a coach. Locker rooms should be locked while teams are on the field and coaches should never allow an athlete to enter the locker room unless a coach is present. Players are responsible for the locker that they are issued. All lockers should be kept locked when not in use. Lockers should be kept clean and not become a storage bin for soiled and unwashed clothing.

Tennis shoes or basketball shoes must be worn by anyone using the gym floor. Other types of footwear are NOT permissible. Likewise, students are NOT to play on the gym floor with bare feet. **NO FOOD OR DRINK IS ALLOWED IN THE MAIN GYM AREA!**

The weight room and/or fitness room is NOT to be used unless a coach is present to supervise the activity. Lack of supervision can result in an athlete injured or with equipment broken.

Student-Athletes should respect facilities when visiting another school; critical comments are unacceptable. Vandalism and theft on any part of the premises will result in immediate disciplinary action. You should honor requests for no food and drink in visiting gyms.

## **FUNDRAISING**

Fundraisers may be held by individual sports for the purpose of travel, acquisition of special uniforms or projects pertaining to the sport. Any items obtained through the fundraisers will be the property of the school and not something the player will keep. (Example: warm-up suits, pitching machine, uniforms, etc.) All fundraising efforts are subject to the approval of the Principal or President by filling out the Request for Fundraiser form.



## **IDENTIFICATION CARDS**

Students are required to have in their possession their La Salle identification card whenever they are on campus and at all games, dances and other school activities. All students are expected to know their student I.D. number. All La Salle students receive free admission to home games with their card (CIF playoffs games are not included).

## **INJURY TO ATHLETES**

The risk of sports injuries for a student-athlete is something that cannot be denied. Statistics reveal that 90% of student athletes report some sort of sports-related injury during their high school career. Injury prevention techniques such as proper stretching, hydration, and rest as well as proper care after being injured can assist in decreasing the amount of time missed due to injury. Below are some guidelines for dealing with injuries:

- Medical kits are provided for all teams and it is the coach's responsibility to have kits available at all times. The head coach will be responsible for notifying the trainer for replacement medical kit products.
- All injuries must be reported immediately to a coach and/or athletic trainer if present. The coach or athletic trainer will complete and submit an "Incident Report Form" to the Athletic Department within 24 hours.
- The trainer must notify the Athletic Director and Principal of all significant athletic injuries.
- All injuries in which treatment is done by a physician, the athlete cannot return to any activity until written authorization is received from the doctor. (Please attempt to see an athletic specialist vs. the pediatric doctor)
- The decision for an athlete to return to competition if not seen by a doctor, will be up to the trainer, parent, head coach, and student-athlete.
- All student-athletes that wish to return to competition against the trainer's advice must submit a letter of release authorized by the parent or guardian
- Athletes should not be punished for sustaining an injury. In general, when an athlete claims he/she is injured, extreme caution should be used before recommending his/her return to activity.



## **Return to Play & Learn**

Often time injuries may have a serious impact on a student-athletes ability to return to participation in sport and academics in a timely manner. In particular, concussions are an occurring problem in sports and have the potential for serious complications if not managed properly. Once an athlete has been assessed by a qualified health care professional (i.e. Certified athletic trainer or other licensed health care professional) to having a concussion, a management program should begin so the athlete may return to school and play.

1. The Athletic Trainer will notify the Director of Counseling, Vice Principal of Academic Life, Dean of Students, Principal and the Athletic Director of the injury and potential of absence due to the injury.
2. The Vice Principal of Academic Life will then forward the message along to the student-athlete's teachers.
3. A student-athlete may not return to athletic participation until he/ she has a written note from a medical doctor releasing them. In addition to receiving written clearance for athletic activities, the note should also include clearance for academic work and return to school. Any adjustments with course work must be stated in the doctor's note. If the initial note does not have any directions for modifications, it is the responsibility of the student-athlete to obtain a note within 24 hours so teachers can be made aware.
4. Parents/guardians are to follow up with the teachers so course work can be adjusted should the student-athlete miss class due to the injury.

## **INSURANCE**

La Salle urges families to obtain full medical insurance for every member of the family. In addition to the primary insurance obtained by the family every student at La Salle is covered under a secondary insurance policy. If a student is injured during the course of the regular school day or during any athletic event (practice, game, etc.), he must report the injury to: (1) the teacher/coach/person in-charge AND (2) the school secretary. It is absolutely mandatory that both parties are contacted. Should any injury occur after



school office hours, the secretary can be contacted the next regular school day. Any injury not reported will be considered ineligible for a future insurance claim.

- If a student and his/her parents file a claim for the student accident insurance coverage, the complete claim form must be submitted to the insurance company within 120 days of the date of the loss or accident. (This is only if the “Report of Injury was completed and submitted within 24 hours of the accident.) These claim forms may be obtained in the Principal's Office.

### **KEYS & SECURITY**

Each coach is responsible for his/her keys. He/she should NOT give his/her keys to students or friends. Each coach is responsible for security in his/her area of campus. Please make sure that all doors, gates, and windows are locked in that area. If in doubt as to whether a gate, door, or window should be locked—lock it. Coaches may request keys from the Facilities Manager with the Athletic Director’s approval. Keys will not be issued until all paperwork is complete. Each coach should work with the Athletic Director in identifying special security needs for contests or events that will attract people to our campus.

### **LETTERING POLICY**

The awarding of an athletic letter at La Salle is an acknowledgment of excellence and achievement. In order to receive a letter, an athlete must not only abide by the rules and policies stated in this handbook, but in the Head Coach’s opinion, must be deserving of such a letter. Attendance and attitude toward the team will play a major part in his decision. Letters are awarded to players after the completion of one year at the Varsity level in any sport, cheer, or dance. Bars are awarded after each subsequent year completed. For instance after one year, a letter is awarded and after the second year and each subsequent year, a bar is awarded. Letters and some patches are available through the Athletic Office.

Athletes who have earned letters are reminded of their responsibility to wear them with honor and dignity. Uniformity of lettermen jackets is of the utmost importance. Letters





and awards are the property of the school until graduation and may be forfeited by any student who is guilty of serious misconduct. Those who violate the rules of the school may be asked to forfeit both their right to wear a Letterman's jacket and to return all letter and awards to the school. Information pertaining to the purchase of school letterman jackets may be found on the school website.

## **LOCKERS**

Student-athletes are strongly encouraged to make use of the lockers. It is their responsibility to make sure their personal items are secure during all practices and games. Coaches will facilitate the use of the locker rooms, but students are responsible for checking out their own lockers through the PE department. Lockers must be cleaned out at the end of each season of sport. Additionally, all oversized athletic bags and equipment (primarily golf and baseball/softball) that do not fit in a locker may use the cage area adjacent to the gym during the school day. Students are responsible for making sure all bags are placed inside the cage. Any bags that could fit into a traditional locker, or bags left outside the cage, may be confiscated.

## **MEDIA RELATIONS**

Each varsity head coach should work with the athletic director to develop positive media coverage of his/her team. Good media relations are important to increase school notoriety, awareness of our athletic program, alumni pride, and community interest and support of the school as a whole. Coaches must take the time to educate their team, coaching staff and self on the following tips of dealing with the media.

### **Coaches Tips**

1. Report all varsity scores to local media. Be prepared to report your overall and league record and to give a box score. If coaches have managers call in the scores to the local paper, please instruct him/her to be prepared with the above information when making the call. Please ask your manager to refer any questions regarding quotes for an article to the head coach.



2. Send a copy of your roster and schedule to the news media at the beginning of each season. Always keep a current copy of your roster and current statistics with you for members of the press.
3. Always provide programs free of charge to the media.
4. Maintain school records for your team.
5. Make yourself available to the media whenever possible, but establish and know your limits.
6. You are entitled to a 5-7 minute “cool down” period after a sporting event. Ask for it and use it.
7. Remember, nothing is “off the record”. Anything you say can and probably will be printed or recorded and played back.
8. If in doubt or uncomfortable after an interview, ask a reporter to repeat back your statement.
9. Listen carefully to the question before you answer; answer only the question the reporter has asked--do not ramble.
10. Supervise any interview with your student-athletes.
11. Discuss with your student-athletes the proper interview techniques listed above.

### **Student- Athlete Tips**

1. Remember, nothing is “off the record”. Anything you say can and probably will be printed or recorded and played back.
2. Always be positive about your teammates, coaches, opponents, and situation.
3. If in doubt or uncomfortable after an interview, ask a reporter to repeat back your statement.
4. Listen carefully to the question before you answer; answer only the question the reporter has asked--do not ramble.
5. Always have your coach with you during an interview.

### **MULTI-SPORT ATHLETES**

La Salle encourages all students to participate in multiple sports if they so desire. In doing so, student-athletes will have the opportunity to participate in multiple sports during the



summer training period. However, once the student has entered the official season for any of their selected sports, that sport takes priority over participation in any other sport and students are restricted in participating in any other sport at La Salle until their season has concluded. The only exception to this policy would be for the purpose of tryouts. Students that are not in season, are permitted to work out with multiple teams as long as they are able to do so and manage their academic commitment. The next season of sport is the next priority in order to prepare for the upcoming season. This takes communication and collaboration amongst coaches. If there is an issue, the Director of Athletics will make the final call.

### **PERFORMANCE-ENHANCING SUPPLEMENT POLICY**

Recently, with the popularity of new and ‘legal’ performance-enhancing supplements (i.e. Creatine and androstenedione) concern has increased over what message the student-athletes at La Salle are receiving regarding the use of such products. In response to this concern that was articulated by teachers, coaches and parents, the Athletic Department has been asked to develop a policy that will be uniformly applied by all La Salle extracurricular teams when dealing with the subject of ‘legal’ performance-enhancing supplements, in particular, Creatine.

*La Salle recognizes that we cannot prohibit our student-athletes from purchasing legal, over-the-counter, performance-enhancing supplements but we do discourage use of these products outside of school. La Salle does however prohibit the possession, use and/or sale of performance-enhancing supplements on school property or during school sanctioned events that may not be on the La Salle property. The Athletic Department of La Salle supports the goal that student-athletes make positive lifestyle choices formed by a Christian conscience and a loving responsibility toward other members of teams. Negative health side effects, especially in the short term, are known to exist with the mega doses commonly used with performance-enhancing supplements. Some of the negative side effects associated with Creatine, for example, include cramps, and/or muscle spasms, dehydration, just to identify a few.*



*Based on these moral and medical reasons, the Athletic Department will at all times encourage student-athletes NOT to use performance-enhancing supplements. At no time will a La Salle coach or members of the Athletic Department suggest that students use performance-enhancing supplements. If students request advice on this issue, please share what you feel qualified to share and do not hesitate to refer them to someone 'objectively' knowledgeable on the subject, such as a physician.*

## **PRACTICE**

In general terms, when practice is held after school, a three-hour practice is the maximum. If practices are to extend beyond three hours, permission must be obtained through the Athletic Director. Practices should not exceed three hours at a time. If there is more than one practice on a given day, there should be an adequate opportunity for a break.

In the case of inclement weather, coaches should notify the AD that they might or might not practice. Coaches are expected to arrange practices that do not conflict with in-services, faculty meetings or department meetings. Permission to miss school meetings to attend practices can only be given by the Principal.

No mandatory athletic practice may be held on the following days without administrative approval:

1. Christmas Day
2. New Year's Day
3. Good Friday
4. Mandatory practices the week of finale exams

## **PROFESSIONAL DEVELOPMENT**

The coaching staff is encouraged to advance their knowledge of their particular sports and athletics in general. The head coach of each sport should work with the athletic director to identify opportunities for the staff to pursue this goal.



## **RECRUITING**

Recruiting can occur in many ways, such as face-to-face contact, phone calls or text messaging, through mailed or emailed material or through social media. Student should be aware that any visits, phone calls, and/or text messages should be arranged with recruiters outside of the regular school hours. If such arrangements have to happen during school hours, prior approval must be made with the Dean of Students.

### **Athletic Scholarships**

The head coach, athletic director, and the college counseling department will support every La Salle student-athlete deserving of an athletic scholarship. Although many high school student-athletes dream of earning a college athletic scholarship, unfortunately this is a difficult and often unrealistic goal. Please keep these statistics in mind when thinking of college athletic scholarships:

- 98 of 100 high school athletes will never play in college.
- 1 out of every 100 high school athletes will receive a Division I scholarship.
- Scholarships are limited at the Division II level.
- No athlete scholarships are offered at the Division III level.

### **NCAA Eligibility Center**

College-bound student-athletes preparing to enroll in a Division I or Division II school need to register with the NCAA Eligibility Center to ensure they have met amateurism standards and are academically prepared for college coursework. In order to make academic records available to potential recruiters, all student-athletes submit a completed Athletic Transcript Request Form in the counseling office, which will allow the counseling office to send transcripts throughout the recruiting process.

## **RETREATS AND RELIGIOUS ENCOUNTERS**

The spiritual programs of the school are of extreme importance to the school's mission. Coaches are not to prohibit attendance at encounters and retreats, nor should they in any way criticize retreats or encounters. Coaches cannot tell his/her players that they cannot



go on a La Salle sponsored retreat or religious encounter. If either the coach of a particular sport, the Athletic Director or any member of Student Life realize that an in-season athlete has signed up for a retreat then the coach, Athletic Director and members of the Student Life team will meet to discuss the situation. The coach should address this topic, perhaps by letter or team meeting during the off-season as far as having the student/athlete decide early when to be part of a retreat or encounter.

### **SCHEDULING**

The Head Coach in conjunction with the Athletic Director does all scheduling of games. If there are special requests or additional games by the coach, then such requests are to be submitted to the Athletic Director in writing.

### **SELECTION PROCESS**

All student-athletes who try out for any sport team will be given a fair opportunity to make the team regardless of their grade level, previous experience, or whether they played on a team the previous year. Our goal is to field the best teams possible. Therefore, cuts will be made when necessary.

The selection of an athletic team must meet the following criteria. A coach must observe the players trying out for any team for at least two days or four hours. The coach must announce his/her criteria for selection prior to the tryout and announce the day and which the final selection will be posted. A coach should make himself/herself available for questions about the decision after the posting of any team. The selection of an athletic team is done at the sole discretion of the coach.

### **SENIOR DAY/NIGHT FESTIVITIES**

Senior day/night festivities are designed to recognize seniors for their contributions to their particular program with a small ceremony before, during halftime, or following the game. Just because one game has been designated as the senior game does not mean that all seniors will have the opportunity to play in that game.



## **SPIRITUALITY**

Each team should incorporate some component of religious experience into their athletic schedule. Team masses, prayer services, and prayers before or after games, etc. are acceptable means by which a coach may strive to develop a spiritual component to his/her team.

## **SUPERVISION**

Lack of proper supervision is cause for serious liability concerns. What constitutes “proper supervision” for coaches varies depending upon many factors: for example, the age of the participants, the participants’ ability levels, the number of participants, and the number of dangerous implements involved in the activity or in proximity to where the activity is taking place. The more dangerous the situation or the more likely an injury is to occur, the more careful and prudent the supervisor must be.

The duty to supervise also includes the duty to properly instruct and warn of possible risks. Therefore, students involved in interscholastic athletics must receive proper instruction as to the correct or most acceptable methods of safely performing the tasks related to a specific activity and must be informed of the possible risks involved in participating in the given activity.

GENERAL SUPERVISION, which for all intents and purposes is the type of supervision coaches at La Salle experience, means a coach must be within the activity area, overseeing the activity, and must be immediately accessible to the participants. General supervision is most appropriate for individuals who have already received appropriate instruction, screening and approval.

The basic considerations for determining adequate general supervision are:

1. The coach must never leave the premises and must be immediately accessible to anyone who needs him/her. The coach must be able to oversee the entire program systematically and must rotate to all parts of the activity area.



2. The coach must be alert to conditions that may be potentially dangerous. Coaches and administrators both play a role in identifying potentially dangerous situations. In planning for the activity, it should be made clear who has responsibility for identifying and rectifying potentially dangerous conditions. These conditions may include faulty equipment, lack of protective devices, participants going beyond their capabilities, and misbehavior. A coach should anticipate foreseeable problems and prevent them, if at all possible.
3. The Coach should have a basic knowledge of emergency first-aid procedures for injuries likely to occur in the activity being supervised. It is important that coaches receive refresher courses in first-aid on a regular basis and keep records of all training received.
4. Any possible issues, problems, or potential dangers should be reported to the AD.

Parents must check with each coach as to ARRIVAL/DEPARTURE TIMES for student athletes for practice and games. It is imperative that these times be adhered to.

### **TRANSPORTATION**

Currently busses and school vans are used for transportation to most practices and games. However, there are times when student-athletes will need to find their own means of transportation to away games, including but not limited to competition on non-school days. In these cases, student-athletes and their parents are responsible for arranging transportation to and from the designated game locations.

When the school provides a bus or a van, the athlete is required to travel with the team. Parents who find it necessary to transport their son or daughter home from a contest must notify the head coach with a written note. In this case, a parent must have direct communication with the coach following the game in order to release the student. In the event a parent needs their son or daughter to ride with another student's parent(s), a note





must be signed by the student's parent and given to the coach. An e-mail is not an acceptable form of notifying the athletic department.

### **TRAVEL ATTIRE & BUS BEHAVIOR**

The rules and regulations regarding student decorum and deportment apply to teams as they travel to athletic contests. This must be rigidly enforced due to the visibility that our athletic teams maintain during their travel

- The coach is responsible for the conduct of his players at all times during transportation -- not the bus driver.
- Students should travel in appropriate attire on all athletic events such as school dress code or team warmups. They represent La Salle at all times.

All student athletes are representing La Salle on and off the court at both home and away games. For this reason they will observe either the school dress code or the team dress code (if the team has a specific dress code, i.e. team polo shirts or warm-ups) before and after competitions when not in uniform.

### **TRIPS/TOURNAMENTS**

The Athletic Director and Principal must approve all trips. The school is aware of the financial sacrifices parents make in sending their students to La Salle and does in no way want to place additional emotional/financial stress upon them. Coaches must fill out the fundraiser application form and get approval from the Athletic Director and Principal for all fundraisers to achieve necessary funds for any proposed trips. Additional permission forms will be necessary for any overnight trips.

### **UNIFORMS & EQUIPMENT**

Uniforms and equipment issued for practice and competition should be cared for properly. Student athletes are responsible for returning the uniform/equipment that had been issued to them in the same condition as at the start of the season. Uniforms/Equipment must be turned in no later than 1 week after the season has ended.



Loss or failure to return the items at the end of the season (or items returned in poor condition), will result in an obligation to La Salle College Preparatory in conjunction with La Salle College Preparatory Athletic Department by possible suspension until outstanding uniforms/equipment are returned or payment to replace damaged or lost items is made. Students will not be issued another sport uniform until the obligation is met. Parents should be aware that they are financially responsible for the obligation that their child may incur while in school, including lost or damaged sports uniforms/equipment or damage to school property (i.e. broken lockers, food stains, bleaching, or excessive organic stains from neglect).

**Proper care of uniforms:**

- Wash cold water and inside out
- Do not wash white with colors
- Do not bleach non-white uniforms
- Dry under low heat then finish drying garment by hanging them
- Items are to be returned washed

**Issuance of all athletic equipment:**

- All athletic equipment is the property of the school. No coach or manager can give away school property.
- Athletic equipment should not be used by personnel for events not directly related to La Salle athletic events. No personal use of equipment.
- The coach should keep accurate records of equipment issued to each athlete.

**VOLUNTEERS**

The athletic director and principal must approve any individual involved in the instruction of student-athletes at La Salle. **NO EXCEPTIONS!!**



## CAMINO DEL REY ASSOCIATION (3 LEAGUES)

### BOYS(16)

BISHOP AMAT  
 BISHOP MONTGOMERY  
 BOSCO TECH  
 CANTWELL  
 CATHEDRAL  
 LA SALLE  
 MARY STAR  
 SALESIAN  
 SERRA  
 LA SALLE  
 ST. BERNARD  
 ST. GENEVIEVE  
 ST. MATTHIAS/ST. PIUS X  
 ST. MONICA  
 ST. PAUL  
 VERBUM DEI

### GIRLS(15)

BISHOP AMAT  
 BISHOP MONTGOMERY  
 CANTWELL  
 LA SALLE  
 MARY STAR  
 POMONA CATHOLIC  
 SERRA  
 LA SALLE  
 ST. BERNARD  
 ST. GENEVIEVE  
 ST. JOSEPH  
 ST. MARY'S  
 ST. MATTHIAS/ST. PIUS X  
 ST. MONICA  
 ST. PAUL

## FALL SPORTS 2020-2021

<b>Boys/Girls CC</b>	<b>Del Rey - Boys</b>	<b>Del Rey - Girls</b>	<b>Camino Real - Boys</b>	<b>Camino Real - Girls</b>	<b>Santa Fe - Boys</b>	<b>Santa Fe - Girls</b>
	Bishop Amat	Bishop Amat	St. Genevieve	CSHM	CSHM	Mary Star of the Sea
	Bishop Montgomery	Bishop Montgomery	Salesian	La Salle	Mary Star of the Sea	Serra
	Cathedral	St. Joseph	St. Anthony	Pomona Catholic	Serra	St. Bernard
	Don Bosco Tech	St. Paul	St. Paul	St. Anthony	St. Bernard	St. Genevieve
	La Salle	St. Pius X-St. Matthias	St. Pius X-St. Matthias		St. Monica	St. Mary's
					Verbum Dei	St. Monica

<b>Girls Volleyball</b>	<b>Del Rey</b>	<b>Camino Real</b>	<b>Santa Fe</b>
	Bishop Montgomery	Bishop Amat	CSHM
	La Salle	Pomona Catholic	Serra
	Mary Star of the Sea	St. Genevieve	St. Bernard
	St. Anthony	St. Monica	St. Mary's
	St. Joseph	St. Paul	St. Pius X-St. Matthias

<b>Girls Golf</b>	<b>Del Rey</b>	<b>Camino Real</b>
	Bishop Montgomery	Bishop Amat
	St. Anthony	La Salle
	St. Joseph	Pomona Catholic
	St. Monica	St. Paul



<b>Girls Tennis</b>	<b>Del Rey</b>
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Bishop Amat	
Bishop Montgomery	
La Salle	
Ramona Convent	
St. Joseph	
St. Monica	

## WINTER SPORTS 2021-2022

<b>Girls Basketball</b>	<b>Del Rey</b>	<b>Camino Real</b>	<b>Santa Fe</b>
	Bishop Amat	CSHM	Mary Star of the Sea
	Bishop Montgomery	La Salle	Pomona Catholic
	Serra	St. Genevieve	St. Bernard
	St. Anthony	St. Joseph	St. Monica
	St. Paul	St. Marys	St. Pius-St. Matthias

<b>Boys Basketball</b>	<b>Del Rey</b>	<b>Camino Real</b>	<b>Santa Fe</b>
	Bishop Montgomery	Bishop Amat	Don Bosco Tech
	Cathedral	CSHM	Mary Star of the Sea
	St. Anthony	La Salle	St. Genevieve
	St. Bernard	Salesian	St. Monica
	Serra	St. Paul	St. Pius-St. Matthias
			Verbum Dei

<b>Girls Soccer</b>	<b>Del Rey</b>	<b>Camino Real</b>	<b>Santa Fe</b>
	Bishop Amat	Pomona Catholic	CSHM
	Bishop Montgomery	St. Genevieve	Mary Star of the Sea
	La Salle	St. Mary's	Serra
	St. Anthony	St. Monica	St. Bernard
	St. Joseph	St. Pius-St. Matthias	St. Paul

<b>Boys Soccer</b>	<b>Del Rey</b>	<b>Camino Real</b>	<b>Santa Fe</b>
	Bishop Amat	Don Bosco Tech	CSHM
	Bishop Montgomery	La Salle	Serra
	Cathedral	Mary Star of the Sea	St. Bernard
	St. Genevieve	St. Anthony	St. Monica
	Salesian	St. Paul	St. Pius-St. Matthias
		Verbum Dei	



## SPRING SPORTS 2021-2022

<b>Boys/Girls Track</b>	<b>Del Rey - Boys</b>	<b>Del Rey - Girls</b>	<b>Camino Real - Boys</b>	<b>Camino Real - Girls</b>	<b>Santa Fe - Boys</b>	<b>Santa Fe - Girls</b>
	Bishop Amat	Bishop Amat	CSHM	CSHM	Mary Star of the Sea	Mary Star of the Sea
	Bishop Montgomery	Bishop Montgomery	Don Bosco Tech	Pomona Catholic	St. Bernard	St. Bernard
	LaSalle	LaSalle	Salesian	St. Joseph	St. Genevieve	St. Genevieve
	Serra	Serra	St. Anthony	St. Anthony	St. Pius-St. Matthias	St. Pius-St. Matthias
	Cathedral	St. Marys	St. Monica	St. Monica	Verbum Dei	
			St. Paul	St. Paul		

<b>Baseball</b>	<b>Del Rey</b>	<b>Camino Real</b>	<b>Santa Fe</b>
	Bishop Amat	Bishop Montgomery	Don Bosco Tech
	Cathedral	CSHM	St. Anthony
	LaSalle	Mary Star of the Sea	St. Bernard
	Serra	Salesian	St. Genevieve
	St. Paul	St. Monica	St. Pius-St. Matthias
			Verbum Dei

<b>Softball</b>	<b>Del Rey</b>	<b>Camino Real</b>	<b>Santa Fe</b>
	Bishop Amat	Bishop Montgomery	CSHM
	Mary Star of the Sea	La Salle	St. Bernard
	St. Anthony	Pomona Catholic	St. Mary's
	St. Joseph	Serra	St. Monica
	St. Paul	St. Genevieve	St. Pius-St. Matthias

<b>Boys Volleyball</b>	<b>Del Rey</b>	<b>Camino Real</b>	<b>Santa Fe</b>
	Bishop Amat	Don Bosco Tech	CSHM
	Bishop Montgomery	Salesian	Mary Star of the Sea
	Cathedral	St. Bernard	Serra - DNF
	La Salle	St. Genevieve	St. Paul
	St. Anthony	St. Monica	St. Pius-St. Matthias
			Verbum Dei - DNF

<b>Boys/Girls Swimming</b>	<b>Del Rey - Boys</b>	<b>Del Rey - Girls</b>
	Bishop Amat	Bishop Amat
	Bishop Montgomery	Bishop Montgomery
	CSHM	CSHM
	Cathedral	Connelly
	La Salle	La Salle
	Mary Star of the Sea	Mary Star of the Sea
	Serra	Pomona Catholic
	St. Anthony	Ramona Convent



St. Bernard	Serra
St. Genevieve	St. Anthony
St. Monica	St. Bernard
	St. Genevieve
	St. Joseph
	St. Monica

<b>Boys Golf</b>	<b>Del Rey</b>	<b>Camino Real</b>
	Bishop Amat	Bishop Montgomery
	Cathedral	Mary Star of the Sea
	Don Bosco Tech	Salesian
	La Salle	St. Anthony
	St. Genevieve	St. Bernard
	St. Paul	St. Monica

<b>Boys Tennis</b>	<b>Del Rey</b>
	Bishop Amat
	Bishop Montgomery
	Bosco Tech
	Cathedral
	La Salle
	St. Monica

