

# **SDJA**

## **STUDENT ATHLETE HANDBOOK**

Team sports at San Diego Jewish Academy provide our student athletes with the opportunity to compete, along with their fellow classmates, with various schools throughout San Diego County. Participation in SDJA athletic programs is an excellent arena for students to learn commitment, responsibility, teamwork, and discipline. Athletics are also a great way to socialize with other students in a positive, healthy and competitive environment. SDJA student athletes are taught to represent their school and community with pride and character, to compete with sportsmanship, respect others, and maintain a healthy lifestyle. The SDJA athletic department is committed to providing an atmosphere that balances the social, academic and athletic aspects of student athletes lives. We strongly encourage every student to participate in at least one sport during the school year. The lessons one can learn, as a student athlete, will last a lifetime.

The following is a list of expectations, responsibilities and general information. Please review this information with your child.

### **EXPECTATIONS**

Athletes are expected to attend all practice sessions and contests.

If a player misses two or more games or habitually misses practice during a season, he or she may be dismissed from the team. Inability to honor the commitment that team sport demand will result in dismissal from the team.

Individual team coaches retain the right to develop and enforce specific team rules pertinent to their specific team.

### **ACTIVITY TIMES**

Athletic programs at SDJA are extra-curricular activities. Middle School team practices are held Monday through Friday during 5th period. High School teams practice after school Monday through Friday. Friday practices conclude one hour prior to candle lighting time. The exact time all sports conclude on Friday can be found on the athletic schedule page located at [www.SDJA.com](http://www.SDJA.com). Sunday practices for high school teams are held at the discretion of the team coaching staff. Middle School teams do not practice on Sunday. Middle and high school games, matches and meets are held after school on weekdays Monday through Thursday and Saturday evening.

### **SCHEDULES**

All middle school and high school team schedules are posted on the SDJA athletic web page. The schedule includes times and locations for all team contests, award banquets and directions to athletic venues. Student athletes are responsible for knowing team schedules.

### **TRANSPORTATION**

SDJA will provide transportation to all middle school athletic contests. Return transportation will be provided from venues greater than fifteen (15) miles from the SDJA campus. A list of MS venues greater than fifteen (15) miles is available on the SDJA athletic webpage.

Round trip transportation for all high school contests and off campus practices will be provided by SDJA. Students must use the transportation provided by the school. SDJA student athletes may not use their private vehicle for transportation to or from practice or games. Parents and or legal guardians may pick up students at off campus athletic venues upon the completion of practice or games.

### **ACADEMICS**

In order to be eligible to participate in high school team sports, student athletes are required to maintain an overall 2.0 GPA and be making significant progress towards graduation. Athletes are responsible for completing any class work missed due to games and or practices.

## **PERSONAL RESPONSIBILITY**

SDJA student athlete's behavior must be beyond reproach by displaying the highest levels of character and responsibility at all times. While participating in MUS athletics, student athletes represent SDJA, their family, and themselves. All SDJA student athletes should always conduct themselves in a dignified manner.

Cell phone use is not authorized during any SDJA athletic practice or contest. Respect will always be shown to visiting teams, coaches, fans and game officials. Failure to do so is not in keeping with the values of SDJA and will be grounds for dismissal from the team.

Failure to comply with any team and or Athletic Department rule may be cause of dismissal from the team.

## **UNIFORMS**

Student athletes must come to school prepared for games and practices with all necessary equipment (i.e. uniform, proper shoes, kneepads, gloves, etc.) In order to participate in any high school athletic competition, SDJA student athletes must wear a complete school issued game uniform. Wearing non SDJA issued uniform items during a high school or middle school contest is not allowed.

As directed by the team head coach, all student athletes must wear the prescribed practice uniform to every practice session.

All team game / match / meet uniforms must be returned at the end of the season. The financial cost of any unreturned uniform item will be charged to the parents or legal guardian of the SDJA student athlete who was issued game / match / meet uniforms.

## **VARSITY LETTERS**

Varsity letters are awarded to all high school varsity student athletes who fulfill the following requirements:

1. The student athlete must participate in at least 50% of all varsity contests.
2. The student athlete is recommended by his or her varsity coach. Recommendations are based on sportsmanship, contributions to the team and work ethic.

Varsity letters are awarded at the completion of each athletic season.

## **PARTICIPATION FORMS**

The following documents must be completed and turned into the athletic department prior to a student athlete's participation in SDJA athletic programs.

1. An annual Physical Examination must be performed by a Physician or Physician's Assistant.
2. The Physical Survey must be completed annually by the parent of the student athlete
3. The Statement of Permission and Understanding must be signed by both the parent and student athlete annually.
4. The CIF Ethics in Sport document must be signed annually by the parent and student athlete (for high school sports only).
5. The Seasonal Medical Screening form must be completed by the parent for each sport played
6. The Emergency Treatment Consent form must be completed by the parent seasonally.

These documents make up the "Athletic Participation Form," and are available for download on the SDJA Athletic webpage or in the Athletic Department.

## **FEES**

There is a high school athletic fee of \$250.00 and a middle school fee of \$210.00 for each sport that must be paid with your clearance packet. Team fees are used to fund operational costs and "Spirit Packs." Operational costs include equipment, officials' fees, coaches' salaries, facilities, uniforms and transportation. "Spirit Pack" consist of practice gear are retained by the student athlete upon completion of the a