

## High School Interscholastic Athletics

Our commitment to the SDJA community is that our athletic program will provide the opportunities in competitive team sports for student-athletes of all levels to build a strong set of values including teamwork, self-discipline, competitiveness, character development and personal wellness.

Athletics are a vital part of the curriculum at SDJA. As an extension of the academic classroom and traditional school day, many valuable life lessons are learned through athletic participation. The learning objectives of the athletic classroom are for students to reach their fullest potential intellectually, emotionally, and physically. By encouraging our students to participate in multiple athletic programs, we strive to enhance the diverse learning opportunities at SDJA. The athletic department at SDJA is dedicated to teaching the principles of participation, excellence, discipline, loyalty, self-confidence, enthusiasm, and cooperative learning. We believe that through the experience of athletic participation, SDJA graduates are resilient, creative and prepared to lead in the 21<sup>st</sup> Century world.

Based on program enrollment we will establish freshman, JV and Varsity teams. It is highly recommended—except in rare instances—that freshmen and sophomores participate on JV / Freshman teams when available.

SDJA also offers the opportunity to be involved in athletics as a student manager. Student managers are an important part of our athletic teams and offer students the learning opportunities that come with being part of the team.

SDJA is a CIF school and a member of The Coastal Conference.

**Fall: Football, Women's Volleyball, Men's and Women's Cross-Country, Women's Tennis**

**Winter: Men's and Women's Soccer, Men's and Women's Basketball**

**Spring: Baseball, Men's Tennis, Golf, Swimming & Diving**