



## **STUDENT-ATHLETE/PARENT HANDBOOK**

**DEPARTMENT OF ATHLETICS  
JESUIT HIGH SCHOOL, SACRAMENTO  
2011-2012**

***“Educating Men for Others  
through Academic Excellence,  
Spiritual and Religious Formation  
and Co-Curricular Involvement”***

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## **Jesuit Contact Information**

### **Athletic Department Contact Information**

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### **Competing League**

**Delta River League**

### **Mascot – Marauder**

**School Colors – Scarlet and Gold**

**School Enrollment – 1050 students**

**School Website – [www.jesuithighschool.org](http://www.jesuithighschool.org)**

### **School Administration**

Timothy Warren	Dean of Students	Office: 9116-482-6060 x 225 Email: <a href="mailto:warrent@jhssac.org">warrent@jhssac.org</a>
Brianna Latko	Principal	Office: 916-482-6060 x 222 Email : <a href="mailto:latkob@jhssac.org">latkob@jhssac.org</a>

## **ATHLETICS MISSION STATEMENT FOR A JESUIT HIGH SCHOOL**

An interscholastic athletic program as a co-curricular activity is an integral part of the total education and growth experience at a Jesuit high school. Athletics is designed to affirm and promote the Ignatian values as stated in the *Profile of the Graduate at Graduation* and engage student-athletes fully in mind, body, and spirit. Student-athletes, coaches, and parents are called upon to work together in a true spirit of sportsmanship to assist in creating an environment in which those Ignatian values can be revealed, tested, and proven relevant both to participants and the entire school community.

Through participation in athletics at a Jesuit high school, students will mature physically, emotionally, socially, and spiritually. They will learn to take responsibility for personal growth by developing loyalty, pride, integrity and commitment. Athletics provides the opportunity for the student-athlete to exhibit a progression of physical skills and knowledge of a particular sport, enabling him/her to apply these skills and knowledge to new situations and a variety of learning formats. Through participation in athletics, the student-athlete learns that God is active in all things and that individual and liturgical prayer will bring him/her closer to God. The student-athlete comes to trust that he/she is known and loved by God: that love invites a personal response, which is an expression of movement within the human heart beyond self-interest or self-centeredness. The student-athlete is called to be conscious of the call to be a leader in service and to acknowledge his/her active commitment toward fostering a just society. Every member of a Jesuit high school community must seek to encourage, instill, and foster such growth and development in all student-athletes.

## STATEMENT OF ATHLETIC PHILOSOPHY

The interscholastic athletic program is an integral part of the total educational and growth experience at Jesuit High School. It provides an environment where the student may develop and refine athletic skills, test those skills through suitable competition, and develop leadership and sportsmanship. Our athletic philosophy is designed to support and affirm the philosophy and mission statement of Jesuit High School and attempts to promote and put into action the *Profile of the Graduate at Graduation*.

Students and parents are expected to conduct themselves in a positive manner, displaying good sportsmanship at all times, both as participants and as spectators at all athletic events. While winning and losing are components of interscholastic sports, competition and participation are emphasized at Jesuit and are the means by which students are guided to integrate the values of respect for one's body, sportsmanship, loyalty, cooperation, respect for others, and fitness into their lives.

### OBJECTIVES

1. To develop Christian attitudes through working with others.
2. To provide as many athletic activities for as many students as possible.
3. To help students develop agility and overall physical coordination.
4. To promote general physical fitness and an appreciation for physical activity.
5. To develop school spirit, morale, and loyalty.
6. To expose students to a variety of situations which will aid them in developing sportsmanship, team cooperation, courtesy, and self-control.
7. To develop concepts of goal attainment through hard work and rigorous self-discipline.
8. To provide the Jesuit High School community with the opportunity to view competition and to participate as spectators.

## **CIF Pursuing Victory with Honor Program**

The entire school community is expected to adhere to the following 16 principles:

1. The essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is achieved when competition reflects these “six pillars of character.”
2. It's the duty of School Boards, superintendents, school administrators, parents and school sports leadership –including coaches, athletic administrators, program directors and game officials – to promote sportsmanship and foster good character by teaching, enforcing, advocating and modeling these “six pillars of character.”
3. To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical and ethical development of student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible.
4. Participation in school sports programs is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules and they must conduct themselves, on and off the field, as positive role models who exemplify good character.
5. School Boards, superintendents, school administrators, parents and school sports leadership shall establish standards for participation by adopting and enforcing codes of conduct for coaches, athletes, parents and spectators.
6. All participants in high school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.
7. The importance of character, ethics and sportsmanship should be emphasized in all communications directed to student-athletes and their parents.
8. School Boards, superintendents, school administrators, parents and school sports leadership must ensure that the first priority of their student-athletes is a serious commitment to getting an education and developing the academic skills and character to succeed.
9. School Boards, superintendents, principals, school administrators and everyone involved at any level of governance in the CIF must maintain ultimate responsibility for the quality and integrity of CIF programs. Such individuals must assure that education and character development responsibilities are not compromised to achieve sports performance goals and that the academic, social, emotional, physical and ethical well-being of student-athletes is always placed above desires and pressured to win.
10. All employees of member schools must be directly involved and committed to the academic success of student-athletes and the character-building goals of the school.

11. Everyone involved in competition including parents, spectators, associated study body leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect. Coaches have a special responsibility to model respectful behavior and the duty to demand that their student-athletes refrain from disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent trash-talking, taunting and inappropriate celebrations.

12. School Boards, superintendents, and school administrators of CIF member schools must ensure that coaches, whether paid or voluntary, are competent to coach. Training or experience may determine minimal competence. These competencies include basic knowledge of: 1) The character building aspects of sports, including techniques and methods of teaching and reinforcing the core values comprising sportsmanship and good character. 2) The physical capabilities and limitations of the age group coached as well as the first aid. 3) Coaching principles and the rules and strategies of the sport.

13. Because of the powerful potential of sports as a vehicle for positive personal growth, a broad spectrum of school sports experiences should be made available to all of our diverse communities.

14. To safeguard the health of athletes and the integrity of the sport, school sports program must actively prohibit the use of alcohol, tobacco, drugs and performance enhancing substances, as well as a demand compliance with all laws and regulations, including those related to gambling and the use of drugs.

15. Schools that offer athletic programs must safeguard the integrity of their programs. Commercial relationships should be continually monitored to ensure against inappropriate exploitation of the school's name or reputation. There should be no undue influence of commercial interests. In addition, sports programs must be prudent, avoiding undue dependency on particular companies or sponsors.

16. The profession of coaching is a profession of teaching. In addition to teaching the mental and physical dimensions of their sport, coaches, through words and example, must also strive to build the character of their athletes by teaching them to be trustworthy, respectful, responsible, fair, caring and good citizens.

## **Role of the parent in the Pursuing Victory with Honor Program**

The role of the parent in the education of a student is vital. The support shown in the home is often manifested in the ability of the student to accept the opportunities presented at school and in life.

There is a value system - established in the home, nurtured in the school - that young people are developing. Their involvement in classroom and other activities contributes to that development. Trustworthiness, citizenship, caring, fairness and respect are lifetime values taught through athletics. These are the principles of good sportsmanship and character. With them, the spirit of competition thrives, fueled by honest rivalry, courteous relations and graceful acceptance of the results.

As a parent of a student-athletes at our school, your goals should include:

- Realize that athletics are part of the educational experience, and the benefits of involvement go beyond the final score of a game;
- Encourage our students to perform their best, just as we would urge them on with their class work;
- Participate in positive cheers that encourage our student-athletes; and discouraging any cheers that would redirect that focus - including those that taunt and intimidate opponents, their fans and officials;
- Learn, understand, and respect the rules of the game, the officials who administer them and their decisions;
- Respect the task of our coaches face as teachers; and support them as they strive to educate our youth;
- Respect our opponents as student-athletes, and acknowledge them for striving to do their best; and
- Develop a sense of dignity and civility under all circumstances.  
You can have a major influence on your student's attitude about academics and athletics. The leadership role you take will help influence your child, and our community, for years to come.

## A. ATHLETIC ELIGIBILITY

1. **Academic:** Athletes must have passing grades in all of their subjects. Passing means achieving a grade of "D" or better. Any athlete who falls below a 2.0 grade point average in any quarter or semester (college preparatory courses only) or who receives two "D's" or one "F" becomes ineligible to participate in any athletic practices or contests and is placed on academic probation.

Students on Academic or Disciplinary Probation who wish to participate on an athletic team must petition the principal for an eligibility extension, not to exceed one quarter, before beginning or continuing (if already in progress) the activity or sport. Any athlete who falls below the academic eligibility standards of the Delta River League (2.00 GPA) may petition the principal for an athletic eligibility extension. An eligibility extension will normally be granted only once during a student's high school career. All incoming students (Freshmen and transfers) are eligible to participate in athletics at Jesuit, even if they have been accepted on Academic Probation, provided their most recent Grade Report from the sending school complies with the Jesuit/C.I.F. guidelines for eligibility. If their grades do not meet these guidelines, incoming students may petition the Principal for an eligibility extension.

2. **Physicals:** No student will participate or compete until he has submitted evidence of having a physical. Head coaches, in coordination with the Director of Athletics, will insure their athletes meet this requirement. All students must have physicals dated after June 15<sup>th</sup> of the current school year on file in the Main Office.

3. **Informed Consent and Emergency Form:** Each student will submit an Informed Consent and Emergency Form signed by their parents before participating.

4. **Transfers:** All transfers must fill out the appropriate State C.I.F. transfer forms (206, 207 and 510). These forms are available from either the Director of Athletics or the Principal.

## B. SCHEDULES AND CANCELLATIONS

Schedules will be developed by each head coach under the supervision of the Director of Athletics and in cooperation with the Delta River League. Non-league contests should be scheduled in such a way to minimize lost class time and to avoid semester exams. All early dismissals must be processed through the Dean of Students Office before the first non-league game and are subject to the approval of the Administration. Once schedules are finalized, modifications can only be made subject to the approval of the Director of Athletics and the Administration. No early dismissals will be allowed for scrimmages. Please provide Christina Shannon with updated rosters throughout the season. We are now charged a fee for dropping or adding games so please schedule accordingly.

Should a condition occur when it is unsafe or undesirable to play an athletic contest, the Athletic Director, in consultation with the respective head coach (es) will cancel the contest and will notify the opposing school and officials. If a contest during the week is to be canceled, the decision will be made by 12:00 PM, at the latest, of the day in question. If the contest is on the weekend, athletes/ parents should contact the head coach of their program. After 2:30 pm, the decision to cancel a contest will be made by the head coach and the officials. Cancellation and rescheduling will adhere to league bylaws.

Tournaments which require students to miss class should not be scheduled without the prior approval of the administration. This does not apply to Section, Nor-Cal, or State post season contests. Tournament play must comply with league and C.I.F. rules.

**C. STARTING DATES**

There are three seasons: Fall, Winter, and Spring. Each has a starting date designated for the beginning of practice:

	<b><u>Practice</u></b>	<b><u>Game Start Dates</u></b>
Fall	August 8	August 26
Winter	November 7	November 25
Spring	February 6	February 24

Prior to these starting dates, the only activity that is permitted during the school year is conditioning and weight training. The use Jesuit sports equipment for a given sport will NOT be allowed prior to the starting date for that sport.

The C.I.F. Sac-Joaquin Section will be “dark” from June 1 to August 7<sup>th</sup>. Therefore, all athletic activities during this time period are under the authority of the Delta River League and Jesuit High School.

All out-of season activities sponsored by an agency not under the authority of the State C.I.F. or of the section in which a school employee - coach and his student athletes are participating shall be exempted from this rule.

Under by-law provision (511b.2), “dead periods” have been established for each of the seasons of sport. Those “dead periods” are:

Fall	July 18 through August 7
Winter	October 17 through November 6
Spring	January 16 through February 5

During these “dead periods” no member of the coaching staff (paid or volunteer) may have any contact with his/her athletes and use the sports equipment for that given sport. Weight training and conditioning are the only activities that will be allowed during this period. The use of outside agencies (e.g. AAU, Nike, Adidas, Reebok) will not be allowed to circumvent the “dead period.”

#### **D. EQUIPMENT/UNIFORMS**

Equipment checked out to athletes should be numbered and/or recorded and supplied to athletes by first scrimmage/non-league game. All equipment must be accounted for at the end of the season. Students must return equipment to their coach no later than 5 school days after the close of the season. If equipment is not returned within the 5 day period, the student will be billed for it by the head coach. Head coaches should work with the Dean of Students to obtain the return of or payment for equipment. Coaches should submit an inventory to the Athletic Director no later than 2 weeks after the conclusion of the season upon request.

Except for cross country and track and field (because of the nature of the uniforms and the peculiar characteristics of each sport), uniform purchases should be based on a 3 year cycle, i.e., new uniforms purchased for the varsity once every 3 years. Where possible, varsity uniforms should be passed on to the J.V. team.

#### **E. AWARDS AND LETTERS**

1. **Team Awards:** The number of team awards is determined by squad size and level. Awards given in excess of the set number shall be purchased by the coach, subject to the approval of the Director of Athletics.

2. **League, Section, Nor-Cal, and State Awards:** Athletes on Varsity championship teams will receive a patch designating their achievement from the athletic department. Awards for championships on the Freshman or JV level will be paid for by the coach and/or athlete and will be limited to a cost of \$10 per athlete. Such awards will be made only with the approval of the Director of Athletics. Any additional awards must have the approval of the Administration.

3. **Block J:** A Block J certificate is awarded to Varsity team members who meet the specific qualifications for each sport. A certificate is awarded each time an athlete letters in a sport, but only one block is awarded during his time at Jesuit High School. A pin will also be awarded to the athlete who letters in a given sport. All block letters will remain the property of Jesuit High School until the athlete graduates. Coaches should submit to the Director of Athletics a roster of athletes who are to receive letters no later than 5 days prior to the awards banquet. Block letters will be given out at the awards banquet.

A certificate of participation is presented to members of the JV, Sophomore and Frosh teams.

4. **Al Ghilarducci Award:** This Award is presented to a senior who, by a vote of all coaches, is deemed most outstanding, generally in two or more sports. This award is presented at the Awards Convocation at the end of the school year.

5. **Director of Athletics' Award:** The Director's Award is presented to seniors whose accomplishments and attitude have brought positive recognition to Jesuit athletics. This award is presented at the Awards Convocation at the end of the school year.

6. **Scholar Athlete Award:** The Athletic Department will recommend candidates to the Administration for the Scholar Athlete Award presented at graduation.

#### **F. AWARD EVENTS**

Award events are held to honor those students who have participated in the sports program and have consequently represented Jesuit High School in a unique way. Students who do not attend the award events without notifying their coach may forfeit their varsity letter and team championship awards. Award events are to be scheduled as close to the end of the season as is possible in order to maximize athlete attendance. Proper attire is a collared shirt and slacks.

The Director of Athletics plans and supervises these events in coordination with the Booster Club and the head coaches. The Director of Athletics will provide the Booster Vice-President for Banquets with an accurate count of those planning to attend a given award event at least 3 days prior to the event.

The Administration, chaplain, and support personnel should be invited to all award events.

#### **G. CUTS**

While cutting will always be difficult for students and coaches alike, the student's well being should be the primary consideration in the manner a coach chooses to cut. Coaches will clearly spell out the skills and qualities necessary to make their team. Athletes should be given feedback on their performance prior to being cut. Coaches will make themselves available (i.e., specific time and place) to talk to any student who has been cut.

#### **H. SHOWERS**

Coaches should promote proper hygiene by encouraging their athletes to take showers after games and practices. Students should bring their own towels. PE towels should not be issued.

#### **I. PARTICIPATION ON NON-SCHOOL TEAMS**

The head coach for each sport determines the policy for allowing athletes to compete on non-school sports teams during high school season. Failure to abide by the coach's stated non-school participation policy can result in suspension or removal of the offending student from the team.

**J. SOPHOMORES ON VARSITY**

The following are the criteria a coach must follow when considering placement of a sophomore on the Varsity:

- 1) he fills an obvious need that current players cannot
- 2) he is demonstrably superior in ability and maturity
- 3) he and his parents are supportive of the move and have met with the coach and Director of Athletics
- 4) he is academically capable of handling the move

A coach will only be allowed to move a sophomore to the varsity level if it is believed that the student-athlete will either start or play regularly through the entire season. However, the sophomore must earn playing time in the same way as a junior or senior.

**K. FRESHMEN ON JUNIOR VARSITY/VARSITY**

All freshmen will participate in freshman tryouts and participate on the freshman level for a period of not less than three days before being considered for movement to a higher level. In those sports that field only junior varsity and varsity teams a freshman is allowed to play at the frosh/soph (JV) level. If a coach decides after the initial three days that a freshman might be better suited playing on the junior varsity or the varsity level, the head coach of the program will petition the Athletic Director for that athlete to move up following the same criteria as moving a sophomore to the varsity level. Coaches must be very selective in considering freshmen for a higher level, particularly the varsity level, and in those sports where freshman teams are offered, coaches may seek permission from the Athletics Director to move a freshman to the varsity level only in cases of extraordinary circumstances.

**L. PRACTICE TIMES**

The Director of Athletics will see to it that practice sessions do not last longer than 2 ½ hours. Exception is made when a rest period of at least 1 hour is provided between practice sessions. Warm-up (stretching) is not considered part of the 2 ½ hour requirement.

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

1. Christmas Eve and Christmas Day
2. New Year's Eve and New Year's Day
3. Holy Thursday
4. Good Friday
5. Holy Saturday
6. Easter Sunday
7. Labor Day
8. Thanksgiving

C.I.F. rules prohibit practice and/or contests on Sunday.

#### **M. OFF-SEASON REQUIREMENTS**

Each head coach, with the approval of the Principal and Director of Athletics, may offer opportunities for athletes to take part in off-season conditioning and competition that is consistent with league and C.I.F. rules. Coaches must make it clear to athletes and their parents/guardians that off-season programs are sponsored by outside agencies and **are not** Jesuit High School programs. Therefore, athletes are not covered by Jesuit High School insurance while participating in these programs. Parents/Guardians are required to purchase for their son a membership card and the corresponding medical/accident insurance offered by the outside agency sponsoring the off-season program. This must be done for any and all of the off-season programs in which your son participates. Any expectations for participation in off-season programs must be put in writing by the coach and distributed to all potential participants. **No coach may require incoming freshmen student-athletes to participate in any summer programs prior to the start of the academic year.**

#### **N. DROPPING A SPORT**

If a student-athlete wishes to drop a sport he must do so before the team has played its first contest (excluding scrimmages). If a sport is dropped after this date, the student-athlete may not switch to another sport during the same season or begin the next season of sport until the team from which he dropped has completed its season (including playoffs). Student-athletes who join a team late due to participation on a team from the previous season will have 5 days from their first practice to drop the sport. Any student-athlete who drops a sport after the first contest date must notify his head coach of his decision and return his uniform and all school-issued equipment to his head coach at that time. If a student-athlete does not notify his head coach and return his uniform and equipment within 5 days of dropping a sport, the matter will be handled by the Athletic Director and the Dean of Students office.

#### **O. ABSENCES**

An athlete must be in school attendance for at least three classes that day in order to attend, practice or compete in a contest. The Dean of Students will decide what constitutes attendance for each individual case.

## **P. DRUG AND ALCOHOL POLICY**

Unfortunately, the use and abuse of drugs and alcohol is widespread and persistent, and it often is highlighted in the athletic community because of the visibility and public nature of the athletic programs. The policy of the Athletic Department regarding drug and alcohol use is consistent with the school policy as it is found in the *Student-Parent Handbook*.

If a coach becomes aware of any situation (both on-campus and off-campus use) involving drug and/or alcohol use by one or more of his/her student-athletes, he/she will immediately bring such information to the Dean of Students. Since the Drug and Alcohol Policy is applicable to all students and its enforcement falls under the responsibility of the Dean, a coach shall not take disciplinary action above and beyond that taken by the school prior to dialogue with the Principal, the Dean, the Director of Athletics. Any student-athlete specific or team specific discipline shall be appropriate to the nature of the offense (time, place, severity, frequency) and may involve suspension from practices and/or contests, as well as possible expulsion from the team.

If a student-athlete approaches a coach on a voluntary basis (not influenced by prior knowledge of an offense) and seeks help for a drug and alcohol problem, the coach will immediately bring this to the attention of the student-athlete's counselor. The coach will endeavor to work together with the student-athlete, the counselor, and the parents of the student-athlete to provide whatever assistance is necessary. Such situations will not be considered disciplinary matters.

Each coach is required to address the issue of drug and alcohol use with his/her student-athletes and to review with them the policy of the school and the Athletic Department regarding drug and alcohol use.

## **Q. APPEAL POLICY**

Any student-athlete who believes that he has not been treated with **fundamental Christian fairness** in trying out for a team or during his tenure on a team should observe the following guidelines:

1. The student-athlete should first schedule a meeting with the coach of the sport involved (parents are invited to participate at any time they think it appropriate). If this process takes place on the Freshman or Sophomore/JV levels, and there is no resolution, then the next step for the student-athlete is to approach the varsity head coach who is in charge of the particular program. If there is no resolution at this level, then proceed to Step 2.
2. The student-athlete should then meet with the Director of Athletics to discuss the situation. If this meeting does not resolve the issue, then proceed to Step 3.
3. The final stage is for the student-athlete to meet with the Principal to discuss the previous three meetings and why he is still not satisfied with the situation.

# List of Coaches – Jesuit High School

## Fall Sports

**Football**    **Varsity Head Coach**    **Dan Carmazzi**    Email: [carmazzid@jhssac.org](mailto:carmazzid@jhssac.org)  
Varsity Assistants    Greg Meegan, Mike Catapano, Doug Warner  
Ron Kerekes, Paul Willover, George Harper

**JV Head Coach**    **Justin Hall**    Email: [hallj@jhssac.org](mailto:hallj@jhssac.org)  
JV Assistants    Winston Butler, Steve Dodson, Mike Tenette,  
Justin McMann

**Freshman Head Coach**    **Skip Gonsalves**    Email : [bevnskip@msn.com](mailto:bevnskip@msn.com)  
Freshman Assistants    Greg Elko, Tom Lippi, Jim Eggleston  
Dwight Harvey, Ben Symkowick

**Cross Country**    **Head Coach**    **Walt Lange**    Email : [wclange@gmail.com](mailto:wclange@gmail.com)  
Assistants    David Zielke, Thomas Witzgall

**Soccer**    **Varsity Head Coach**    **Paul Rose**    Email : [rosep@jhssac.org](mailto:rosep@jhssac.org)  
Assistant Coach    Michael Fitzgerald

**JV Coaches**    Rick Sardon, Leah Heine  
Josh Palone, Joe Montalvo

**Water Polo**    **Head Varsity Coach**    **Phil Cozens**    Email : [pcozens@aol.com](mailto:pcozens@aol.com)  
Assistants    Colin O'Connor, Steve Patchings, Mark Jones

## Winter Sports

**Basketball**    **Varsity Head Coach**    **Greg Harcos**    Email : [harcosg@jhssac.org](mailto:harcosg@jhssac.org)  
Varsity Assistant    Ben Zook

**JV Head Coach**    TBA  
Assistant JV Coach    Gerald McDaniel  
Freshman Red    Tom Shakely  
Freshman Gold    James Carelock

**Wrestling**    **Head Coach**    **Tom Tirapelli**    Email : [tomyt@surewest.net](mailto:tomyt@surewest.net)  
Assistants    Francis Horton, Ryan Harrington

## Spring Sports

### Baseball

**Varsity Head Coach** **Joe Potulny** Email : [potulnyj@jhssac.org](mailto:potulnyj@jhssac.org)  
Varsity Assistants Goerge Anderson, Phil Cantelme, Kelly McGhee

**JV Head Coach** **Joe Tucey**  
JV Assistants Tim Lewis

**Fr. Head Coach** **Quinn Gregory**  
Assistants Chris Bittle, Tim Fitzgerald

### Golf

**Head Coach** **Kevin Flemming** Email : [flemmingk@jhssac.org](mailto:flemmingk@jhssac.org)  
Assistant Mike Lorenc

### Lacrosse

**Head Varsity Coach** **Steve McLaughlin** Email: [mclaughlins@jhssac.org](mailto:mclaughlins@jhssac.org)  
JV Head Coach Chris Anderson  
JV Assistant Paul Passantino

### Swimming

**Head Coach** **Mike Solander** Email : [solanderm@jhssac.org](mailto:solanderm@jhssac.org)  
Assistants Peter Hagens, Colin O'Connor, Ray Wieser

### Diving

**Head Coach** **Dede Crayne** Email : [capitaldivers@msn.com](mailto:capitaldivers@msn.com)

### Tennis

**Head Coach** TBA

### Track and Field

**Head Coach** **Tom McGuirre** Email : [mcguirret@jhssac.org](mailto:mcguirret@jhssac.org)  
Assistants Dave Badovinac, Bernie Bernardi, Walt Lange,  
Rod Jett, Nick Lai, Tom Witzgall

### Volleyball

**Head Varsity Coach** **Jason Johnson** Email : [bigdigs26@hotmail.com](mailto:bigdigs26@hotmail.com)  
JV Head Coach Don Buck  
Assistants Jeff Wolfe, Ryan Daugherty

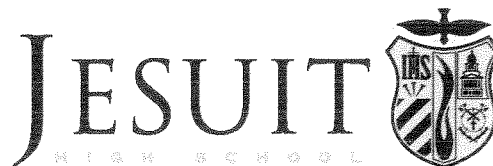
### Rugby

Head Coach John Shorey Email: [jshorey@harsch.com](mailto:jshorey@harsch.com)  
Head Coach Fred Khasigian Email: [sheldonoakseg@gmail.com](mailto:sheldonoakseg@gmail.com)  
Frosh/Soph Coach Whit Poindester  
Frosh/Soph Coach Rick Sardon  
Assistants Steve Heberle, Josh Fitzgerald, Tom Janis, Greg Joseph,  
Marty Propelka, Steve Siefert, Andrew Acosta

### Athletic Trainers

Jaime Llopis  
Brooke Swanson  
Jay Nacionales

## APPENDIX



Dear Parents/Guardians:

Over the past couple of years there have been a tremendous number of reports about concussions and the complications they can present. In an effort to help evaluate a concussion, Jesuit High School will be introducing and using a computer based neurocognitive test. This test offers physicians and athletic trainers another tool to evaluate when an athlete has recovered safely from head trauma. The test does not replace a thorough medical evaluation from a licensed physician.

Evaluating a concussion is one of the hardest things to do: it is especially hard when a safe return to action must be determined. Most of the tests for a concussion and determining when an athlete can return to play are subjective tests in which the athlete is entrusted to answer the questions honestly. Even though the athlete might have had an MRI or CT Scan, this alone cannot tell a physician if the brain has recovered enough from a concussion. The use of a computer based neurocognitive test can help give the physician and Athletic Training Staff more information on whether the athlete has recovered enough to return to play.

The program Jesuit High School will use is called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing). ImPACT is a computerized exam utilized in many professional, collegiate, and high school programs across the country. The program works by having an athlete take a test prior to his season to establish a baseline score. If the athlete should sustain a concussion, the test will then be retaken at specific intervals to help evaluate if the athlete has recovered from the injury. The test cannot be administered the same day as the incident. The information gathered from the test will only be used if an athlete sustains a concussion. The results of this test will only be shared with the physician and training staff.

The test takes approximately 20 minutes and is non-invasive, and poses no risk to the athlete. The test is administered on a school networked computer under the supervision of the Athletic Training Staff. You can go to [www.impacttest.com](http://www.impacttest.com) to learn more about the program.

By signing the consent form you are giving Jesuit High School permission to have your son take part in the ImPACT program. If you should have any questions, comments or concerns, please feel free to call my number listed above. Once again the test is only another tool to be used if your son sustains a head injury. We feel very strongly that with this program, we can not only evaluate head injuries better, but can make a clearer decision as to when an athlete can return to action.

Sincerely,

A handwritten signature in black ink, appearing to read "C. Fahey".

Chris Fahey  
Athletic Director



**Jesuit High School – Test Date \_\_\_\_\_**

### Consent Form

For use of the Immediate Post-Concussion Assessment and Cognitive Testing (ImPACT)

I have read the attached information. I understand its contents. I have been given an opportunity to ask questions and all questions have been answered to my satisfaction. I agree to participate in the ImPACT Concussion Management Program.

Printed Name of Athlete \_\_\_\_\_

Sport(s) \_\_\_\_\_

\_\_\_\_\_  
Signature of Athlete

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent

\_\_\_\_\_  
Date

## In-Season and Off-Season Team Requirements 2011-2012

Sport	In-season Practice Requirements	Off-Season Practice Requirements
<b>Fall</b>		
Cross Country	6:30-7:40 am--Early Season 3:10-5:00 pm--when temperatures permit	Voluntary summer training which coincides with summer school
Football	3:45-6:15 pm M-Th 2:45-5:00 pm Friday	Winter Weights--Jan/Feb 2days a week 7:15-8:00 am Spring Weights--March thru May MANDATORY 2-3 days/week 7:15-8:00 am Spring Practice--May 2-31 MANDATORY Dates/Times TBA Summer Workouts--June 27-July 28-MANDATORY-3-4 days week with days/times TBA
Soccer	3:20-5:15 pm Daily	No mandatory or voluntary requirements--runs through club
Water Polo	3:00-7:00 pm Daily (TBA)	Participation on club water polo team
<b>Winter</b>		
Baseball	Varsity: 3-5 Frosh: 5-7 JV: 7-9	Mandatory Weights starting last week of March, 4 days a week, for nonspring sports athletes Mandatory tryouts and practice for 10 days during May for summer team, schedule TBA Mandatory summer league participation for practices, weights, and weekend tournaments runs Tuesday after Memorial Day through second weekend in July Optional Weights the remainder of the summer Mandatory Fall Workouts after Labor Day until the start of the season--2 days/week with 3 days of lift 5 days of weights during dead period
Wrestling	4:00-6:00 pm Daily 9:00-11:00 am--Holidays and non school days	Non Spring Sport Athletes run 2 days a week April 5 through May 31 Workouts will be 4:00-5:30 Jesuit Camp--June 20-24--participation expected for all interested and returning wrestlers Summer Workouts resume after camp on Tuesdays and Thursdays Workouts will be Tuesdays and Thursdays from 5:00-6:30 through end of July Pre-season conditioning will run from mid-September through October. Workouts will be Monday, Wednesday, and Thursday from 4:00-5:30--track and weight room
<b>Spring</b>		
Golf	3:15 to 4:30 Monday, Tuesday, Wednesday, & Thursday	None
Baseball	3:15- 6 pm Daily Saturdays- TBA (practices, scrimmages and/or games)	Fall Baseball starting in early September--late October Not mandatory, but if you play in the fall it must be with school team first. Weights Training (Soph-Senior) November- start of practice M,W, F after school Conditioning (January-start of season) for all players (frosh-varsity) TBA Field Preparation- TBA on weekend days in January
Track & Field	3:00 - 5:15 pm Daily	Throwers: 3 x week beginning in October--Weightlifting and agility- Voluntary Throwers: Ironwood Throwers camp in E. Washington- cost on kids--strictly voluntary Sprinters/Hurdlers/Jumpers: 3 x week starting January--drills and conditioning work Distance Runners: All voluntary..some guys met daily for runs to keep stamina
Rugby	F/S Practice--3:15 to 5:15 Monday-Thursday Varsity/B Practice--3:15 to 5:45 Tuesday-Friday	No Off-Season Requirements

Practice Times and Off-season Practice Requirements are Guidelines and can be changed at anytime

## In-Season and Off-Season Team Requirements 2011-2012

Sport	In-season Practice Requirements	Off-Season Practice Requirements
Lacrosse	Varsity Practice--3:30 to 5:45 JV Practice--3:45 to 5:45	Local Club play opportunities Winter Conditioning directed by JHS coaches Off-Season opportunities strongly recommended
Volleyball	6:00 -8:00 am (pre-season) 3:00 - 5:30 pm (after basketball season)	Off-season no mandatory events--club volleyball optional Pre-Season--Varsity lifts weights
Diving	February 8th-Monday and Wednesday March 7-practice 5 days a week	No Off-season requirements
Swimming	3:00-4:15--Gold (novice swimmers) 3:45-5:15--Red (Experienced/Non CIF) 3:45-5:30--Black (Experienced/CIF Q)	No Off-season requirements
Tennis	3:00 - 5:15 pm Daily @ Rio del Oro Racquet Club	Summer Tournneys & Pre-season Conditioning as Announced

Practice Times and Off-season Practice Requirements are Guidelines and can be changed at anytime

## Athletic Department Teams, Coaches and Packages 2011-2012

Spot	Level	Cuts	Package Cost	Notes
FALL Cross Country	Varsity/JV	No Cut	\$160	T-shirt, training shoes and racing shoes
Football	Varsity		\$85-\$120	Practice gear, etc.
	JV		\$85-\$120	Practice gear, etc.
Soccer	Freshman	50 Players	\$65-\$100	Practice gear, etc.
	Varsity	19-22 Players	\$250	3 Uniforms, jersey, shorts, and socks, polo, and training shirts
	JV Red	18-24 Players	\$250	3 Uniforms, jersey, shorts, and socks, polo, and training shirts
	JV Gold	18-24 Players	\$250	3 Uniforms, jersey, shorts, and socks, polo, and training shirts
Water Polo	Varsity	No Cut	\$50-75	Speedo & team polo shirt
	JV	No Cut	\$50-76	Speedo & team polo shirt
Basketball	Varsity	12-15 Players	\$250	Shoes, Travel Sweats, practice gear, socks, t-shirt & bag
	JV	12-15 Players	\$140	Shoes, Shooting Shirt, t-shirt
	Frosh Red	12-15 Players	\$185	Shoes, Shooting Shirt, t-shirt, practice gear
	Frosh Gold	12-15 Players	\$185	Shoes, Shooting Shirt, t-shirt, practice gear
Wrestling	Varsity/JV	No Cut	\$125	Sweatshirt and sweatpants, 2 t-shirts, 2 pr of shorts, 1 travel bag
	Varsity	11 Players	\$350	Golf Balls, range balls, bags, some travel
Baseball	JV	15-21	\$175	Required and optional items at additional cost
	Freshman	15-21	\$170	Required and optional items at additional cost
Track & Field	Varsity/JV	No Cut	0-\$255	All items are optional

## Athletic Department Teams, Coaches and Packages 2011-2012

Sport	Level	Cuts	Package Cost	Notes
Rugby	Varsity	No Cut	\$171	Jersey (initial year), shorts, socks, dues
	Sophomores B Frosh			
Lacrosse	Varsity	20-23 Players	\$250	Shorts, reversible practice jersey, t-shirt, hotel, and polo
	JV	27-30 Players		
Volleyball	Varsity	15 Players	\$100	2 numbers units, practice shirts, game shorts, and long sleeve warmup
	JV	15-18 Players		
Diving Swimming	Varsity/JV	No Cut	\$25	Suit
	Varsity	No Cut	\$50-\$100	
	Varsity & F/S			
	Varsity Frosh/Soph			
Tennis	Varsity/JV	15-24 players	\$50-100	Team shirt & shorts