



PARENT - STUDENT ATHLETIC HANDBOOK

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1200 JACOB LANE, CARMICHAEL, CA 95608
PHONE 916.482.6060
ATHLETICS FAX 916.418.2620
WWW.JESUITHIGHSCHOOL.ORG

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ATHLETICS MISSION STATEMENT

An interscholastic athletic program as a co-curricular activity is an integral part of the total education and growth experience at 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 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 a student-athlete to exhibit a progression of physical skills and knowledge of a particular sport, enabling him to apply these skills and knowledge to new situations and a variety of learning formats.

Through participation in athletics, a student-athlete learns that God is active in all things and that individual and liturgical prayer will bring him closer to God. The student-athlete comes to trust that he 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 active commitment toward fostering a just society. Every member of the 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 a 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 High School 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 that 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 is 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 pressures 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 student 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:
 - The character building aspects of sports, including techniques and methods of teaching and reinforcing the core values comprising sportsmanship and good character.
 - The physical capabilities and limitations of the age group coached, as well as first aid
 - 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 programs must actively prohibit the use of alcohol, tobacco, drugs and performance-enhancing substances, as well as 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 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-athlete at our school, your goals should:

- 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 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
- 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.



POLICIES AND PROCEDURES

Absences

An athlete must attend school for at least half of the class periods that day in order to practice or to compete in a contest. The Dean of Students will decide what constitutes attendance for each individual case.

While absences for athletic events are considered “approved” absences, it is still the responsibility of the student to inform his teachers of his upcoming absence and to make up any classwork or homework missed as a result of the absence. Students and parents are asked to see page 21 of the Student-Parent Handbook for more information on the school’s attendance policy.

Academic Probation and Eligibility

All students are expected to achieve at least a 2.00 grade point average (GPA). Students who fall below a 2.00 GPA at the end of a grading period (quarter or semester) will be placed on academic probation for the following one quarter grading period. For each quarter that a student is on academic probation, they will be required to attend an information meeting with the AP of Academics and have their parents sign an Academic Probation Acknowledgment Form.

Student athletes who do not improve their GPA to a 2.00 or better immediately following a quarter of academic probation, will remain on academic probation for a consecutive term and will be deemed ineligible to participate on any of our athletic teams. Conversely, if a student improves his GPA to a minimum of 2.00 immediately following his initial quarter of academic probation, his athletic participation will not be interrupted.

Awards

Plaques are awarded to individual athletes who demonstrate exceptional talents or who make extraordinary contributions to the team. Block J’s are awarded to athletes who fulfill the participation and/or playing requirements on the Varsity level of competition. A Certificate of Participation will be presented to members of JV, Sophomore and Freshmen teams.

Awards Events

Athletic awards 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. Student-athletes who fail to attend an event without notifying their coach may forfeit their Varsity letter and team championship awards. Awards events are scheduled as close to the end of the season as possible. Proper attire is dress pants, dress shirt, clean shoes and tie.

Behavior

Athletes are to conform to the codes and regulations of Jesuit High School as stated in the “Rules of Conduct,” outlined on page 18 of the Student-Parent Handbook. A student may be suspended from participation by a coach for violation of a training rule or by the Dean when he violates a student code that ordinarily calls for suspension.

Communication Protocol

Any student-athlete who has an issue or concern while 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 find it appropriate).
 - If this process takes place on the Freshman or Sophomore/JV levels, and there is no resolution, the next step for the student-athlete is to approach the Varsity Head Coach 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 step 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.

The following topics are appropriate for parents to discuss with coaches and school administration, following the steps listed above:

- The treatment of your son mentally and physically
- Ways to help your son improve and develop
- Concerns about your son’s behavior
- Notification of schedule conflict well in advance
- Status of injuries and/or rehabilitation timelines

The following topics are to be left to the discretion of the coaches and their staff, and are not appropriate to discuss with coaches and school administration:

- Playing time
- Decisions regarding which athletes make or do not make a team
- Team strategies (play calling)
- Other student-athletes

Student-athletes (with parents) will meet individually with a coach to discuss conflicts/issues. Such meetings should be scheduled at a mutually agreeable time, and should avoid being scheduled during the following:

- Immediately before/after an athletic contest
- During an “active” practice session

- When other student-athletes are present, or are readily visible by others
- When it is apparent that sufficient time is not available to complete the discussion

Cuts

Some sports have a roster limit, which means that not all interested and able student athletes may find a place on a particular team. This is always a difficult reality for students and coaches alike. The student's well being will be the primary consideration in the manner a coach chooses to determine cuts. Seven CIF sports – soccer, basketball, baseball, golf, volleyball, and lacrosse – hold tryouts and make cuts. The other eight CIF sports at Jesuit High School, football, cross country, water polo, wrestling, track and field, tennis, rugby and swimming/diving, do not make any cuts.

The determination of whether to cut is based on a variety of factors, chief among them the nature of the sport, the size and availability of facilities, coaching duties and minimum requirements/skills. Coaches will clearly spell out the skills and qualities necessary to make their team. Athletes will be given feedback on their performance during tryouts. Coaches will make themselves available (i.e., specific time and place) to talk to any student who has been cut.

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 five (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 five (5) days of dropping a sport, the matter will be handled by the Athletic Director and the Dean of Students' office.

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) 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 and 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/or 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.

Coaches are required to address the issue of drug and alcohol use with their student-athletes and to review with them the policy of the school and the Athletic Department regarding drug and alcohol use.

Eligibility

Athletes must meet all Delta League and CIF requirements before they participate in the given sport (see the respective coach or Director of Athletics for more details). Students must also meet specific academic and conduct requirements of Jesuit High School to be eligible to participate in its athletic program.

Equipment and Spirit Packages

With the approval of the Director of Athletics, each sport may offer a package to the athletes. These packages usually include sport-specific logo-wear, which is designed for use in practices and contests. Packages may include mandatory and / or optional items. Coaches are encouraged to keep the prices of the packages as reasonable as possible. This is not a fundraising opportunity and packages may only be sold to athletes and to their immediate family members.

- **Cost:** Equipment costs and needs vary for each sport. Costs for additional personal equipment (equipment that is not provided by the school) are not listed in this handbook. Some athletes will already have the required personal equipment and will not need to purchase any additional equipment. Not all athletes need the same type of equipment and thus their costs will be less than other athletes.
- **Returns:** Students must return equipment to their coach no later than five (5) school days after the close of the season. If equipment is not returned within the five (5) day period, the student will be billed for it by the Head Coach and/or receive sanctions by the Dean of Students.
- **Spirit Packages:** Students will have the opportunity to purchase "spirit packages" at the start of each season. Items will include practice gear and/or individual game needs (hats, socks, mouthpieces, etc.). There are items that are both mandatory and optional for purchase. If the cost presents a financial hardship, please contact the program Head Coach to work out alternative payment options.

Student Health Insurance

Jesuit High School assumes that all students who participate in athletics have adequate medical/liability insurance in the case of an accident and/or sports related injury.

The school does offer parents the option to purchase health insurance for their student for the school year. In addition, the school offers parents of football players the option to purchase a secondary insurance plan during the playing season. This would be in addition to your family's primary health insurance.

Off-Season Requirements

Each Head Coach, with 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 CIF 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 that is 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 Freshman student-athletes to participate in any summer programs prior to the start of the academic year.

Overnight Travel Procedures

Overnight travel trips are sanctioned events sponsored by Jesuit High School. All school policies are in force on said trips and participants (athletes, coaches and parents) will be accountable to the policies, rules and expectations of Jesuit High School.

Basic expectations include:

1. Athletes should stay in a team room. Exceptions to this rule may be granted by the Head Coach for the following reasons: (a) an athlete staying with his parents saves the family money because they will also be making the trip and staying in the team hotel; (b) The athlete staying with his family will have his own bed for proper rest; (c) It increases the ratio of student to adult supervision by sharing the responsibility with parents.
2. Athletes staying with their parents will abide by all the same rules and regulations set forth by Jesuit High School and specific teams (curfew, team meetings, etc.).
3. The coaching staff has the responsibility of room assignments and supervision of all team rooms. Athletes may not switch rooms for any reason without approval from the Head Coach.

4. The Head Coach will communicate a set curfew each night. The coaching staff will enforce this time with hallway and room checks as necessary. Athletes that violate curfew rules will face disciplinary action consistent with their actions.
5. No fraternization between genders will take place inside of a hotel room. Any visiting between genders will take place in the hallway outside of the hotel room or in the hotel lobby with adult supervision.
6. No congregation of large groups of players inside a single hotel room is allowed unless there is a team meeting held by a member of a coaching staff, or special circumstances approved by the Head Coach.
7. Athletes may not leave the premises of the hotel unless they are accompanied by an adult. If an athlete is going to leave an event, the hotel or any other team activity, they must get prior approval from the Head Coach. The coaching staff should know the whereabouts of each athlete at all times.
8. The coaching staff should communicate these travel policies, team rules and the Jesuit High School travel policy with all student-athletes and parents prior to departure for the trip.
9. Any behavior that takes place on a trip that violates school policy must be communicated to school administration (Athletic Director) immediately following the events. The Athletic Director will forward this information to the Dean of Students for proper disciplinary action.

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 the 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.

Physicals

CIF rules require that all students wishing to participate in an interscholastic sport complete a pre-physical screening and show evidence of having a physical given by a licensed California physician. The physical and screening must be completed on forms provided by the CIF. Physical exam for athletes is provided by the school during the summer and is valid for one year. Athletes who miss the school-provided physical must procure one on their own. Jesuit has a full-time trainer on staff and a committed group of physicians (parents of alumni and current students) who provide quality medical care and rehabilitation throughout the year. If a student suffers an injury during a practice or contest, the on-site medical personnel (trainer, physician and/or EMT staff) will respond first. If they are not available, the coach on-site will assess the extent of the injury and call either the athlete's parents (non-serious injury) or 911 for emergency medical treatment.

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 ensure their athletes meet this requirement. All students must have physicals dated after June 15 of the current school year on file in the Main Office. Jesuit High School offers a Physical Night for student-athletes each year in June.

Practice Times

Per CIF By-Law 506, sports programs may spend a maximum of 18 hours per week on sports-related activities. Practices may be no longer than four (4) hours per day, and double-sessions cannot be held on consecutive days (three hour rest period between). Team activities include practice, weight-lifting, film study and competition days that count as three hours (regardless of the length of day). Study halls, tutoring, team dinners and/or chapel sessions are not counted towards the 18-hour limit.

No athletic practice may be held on the following days without the permission of the President of Jesuit High School:

- Christmas Eve and Christmas Day
- New Year’s Eve and New Year’s Day
- Easter weekend (Thursday – Sunday)
- Labor Day
- Thanksgiving
- Sunday

Schedules and Cancellations

Schedules are developed by each Head Coach under the supervision of the Director of Athletics and in cooperation with the Delta League. Contests are scheduled to minimize lost class time and to avoid conflict with semester exams.

Should a condition occur when it is unsafe or undesirable to play an athletic contest, the Director of Athletics in consultation with the respective head coach, will cancel the contest and will notify the opposing school and the officials. If a contest during the week is to be canceled, the decision will be made by 12:00 p.m., at the latest, on the day in question. (For weekend games, parents and athletes should contact the coach.) Parents should check the school website between 12:00 - 12:30 p.m. to receive updated information on the status of the contest. After 2:30 p.m., the cancellation decision will be made by the Head Coach and game officials on site.

Starting Dates

There are three athletic seasons: fall, winter, and spring. Each has a starting date designated for the beginning of practice:

- Football (Fall)..... July 23
- Cross Country August 30
- Water Polo..... August 13

- Winter..... October 29
- Rugby January 7
- Spring..... February 4

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

Transfers

All transfer students must fill out the appropriate State CIF transfer certification form. This form is available from the Director of Athletics and on our school website.

Transportation

Transportation to Jesuit High School athletic contests is provided by bus, van, student-driven vehicle or parent-driven vehicle. Unfortunately, costs prevent us from transporting athletes by bus to every off-campus contest. In a sport in which coaches, athletes and/or parents drive students to contests, the Head Coach will provide transportation permission forms and automobile insurance forms to each athlete. These forms are to be returned to the coach with the appropriate information and parental signatures. Parents may designate whether or not their son(s) may travel with another student or parent, or would prefer that their son(s) only travel with a coach in a school-assigned vehicle. On the day of a contest, the coach will assign athletes to specific vehicles and keep a list of those assignments. If an athlete leaves a contest with someone other than the person with whom he arrived (parent, friend, relative), he must notify his coach prior to his departure. Jesuit High School is responsible for all athletes who leave the school and proceed directly to an off-campus contest. If an athlete leaves campus on his own and goes home prior to his travel to an off-campus contest, the school is not to be held liable for the travels of that athlete.

Underclassmen playing on Junior Varsity or Varsity Squads

A. Sophomores on Varsity - The following are the criteria a coach must follow when considering placement of a Sophomore on the Varsity team:

- He fills a need that current players cannot
- He is demonstrably superior in ability and maturity
- He and his parents are supportive of the move and have met with the coach and Director of Athletics
- 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.

B. Freshmen on Junior Varsity or Varsity - All Freshmen student-athletes 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 the 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; in those sports where Freshman teams are offered, coaches may seek permission from the Athletic Director to move a Freshman to the Varsity level only in cases of extraordinary circumstances. Frosh/Soph and JV programs are limited to Freshmen and Sophomore student athletes only. Exceptions are made in Cross Country and Wrestling, which allow upperclassmen to participate at the JV level, per CIF By-Laws.



LIST OF COACHES

FALL SPORTS

	Varsity Coach	JV Coach	Frosh Coach
Football	Marlon Blanton <i>marlon.blanton@jesuithighschool.org</i>	Dave Salais <i>dave.salais@jesuithighschool.org</i>	Phil Nuxoll '83 <i>phil.nuxoll@jesuithighschool.org</i>
Cross Country	Walt Lange <i>walt.lange@jesuithighschool.org</i>		
Water Polo	Zac Koerner <i>zac.koerner@jesuithighschool.org</i>	John Joyce <i>john.joyce@jesuithighschool.org</i>	Michael Woodbury <i>michael.woodbury@jesuithighschool.org</i>

WINTER SPORTS

	Varsity Coach	JV Coach	Frosh Coach
Basketball	Tim Kelly <i>tim.kelly@jesuithighschool.org</i>	Delorean Walton '03 <i>delorean.walton@jesuithighschool.org</i>	TBA
			Kevin Stenvick (Gold) <i>kevin.stenvick@jesuithighschool.org</i>
Soccer	Paul Rose <i>paul.rose@jesuithighschool.org</i>	Rick Sardon (JV Red) <i>rick.sardon@jesuithighschool.org</i>	
		Joshua Palone (JV Gold) <i>joshua.palone@jesuithighschool.org</i>	
Wrestling	Mike Sexton <i>mike.sexton@jesuithighschool.org</i>		



SPRING SPORTS

	Varsity Coach	JV Coach	Frosh Coach
Baseball	Joe Potulny '76 <i>joe.potulny@jesuithighschool.org</i>	Shane Spence <i>shane.spence@jesuithighschool.org</i>	Ken Ramos <i>ken.ramos@jesuithighschool.org</i>
Golf	Pete Baichtal <i>peter.baichtal@jesuithighschool.org</i>	Kyle Verle <i>kyle.verle@jesuithighschool.org</i>	
Lacrosse	TBA	TBA	
Swimming	Mike Solander '92 <i>mike.solander@jesuithighschool.org</i>		
Diving	Dede Crayne <i>dede.crayne@jesuithighschool.org</i>		
Tennis	Dave Kuhn <i>dave.kuhn@jesuithighschool.org</i>		
Track & Field	Roderick Jett <i>roderick.jett@jesuithighschool.org</i>		
Volleyball	Scott Nicolos '06 <i>scott.nicolos@jesuithighschool.org</i>		
Rugby	John Shorey <i>john.shorey@jesuithighschool.org</i> Fred Khasigian <i>fred.khasigian@jesuithighschool.org</i>	Steve Seifert <i>steve.seifert@jesuithighschool.org</i>	Steve Seifert <i>steve.seifert@jesuithighschool.org</i>

Athletic Trainers

Brooke Swanson: *brooke.swanson@jesuithighschool.org*

Elizabeth Thompson: *elizabeth.thompson@jesuithighschool.org*

Jaime Llopis: *jaimellopis@jesuithighschool.org*

Strength & Conditioning

Jay Nacionales: *jay.nacionales@jesuithighschool.org*

TEAMS AND PACKAGES

The package costs are estimates and can vary year to year.

Sport	Level	Cuts	Package Cost	Notes
Baseball	V*	20 players	\$175	Required and optional items at additional cost
	JV	20 players	\$140	
	Frosh	20 players	\$170	
Basketball	V*	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	\$125	Shoes, shooting shirt, t-shirt, practice gear
Cross Country	V / JV*	None	\$160	T-shirt, training shoes and racing shoes
Diving	V / JV	None	\$25	Suit
Football	V	None	\$175 & \$85	Practice gear, concussion insurance, two game jerseys
	JV		\$175 & \$85	Practice gear, concussion insurance, two game jerseys
	Frosh		\$150 - \$175	Game jerseys, practice gear
Golf	V*	11 players	\$350	Golf balls, range balls, bags
	JV	11 players		
Lacrosse	V*	20-23 players	\$250	Shorts, reversible practice jersey, t-shirt, hotel & polo
	JV*	15-18 players		
Rugby	V*	None	\$171	Jersey (initial year), shorts, socks, dues
	V II*			
	Frosh / Soph			
	Frosh / Soph II			
Soccer	V*	19-22 players	\$250	Three uniforms, jersey, shorts & socks, polo & training shirts
	JV Red	18-24 players		
	JV Gold	18-24 players		
Swimming	V*	None	\$50-\$100	Suit
	V & F / S			
Tennis	V*	15-24 players	\$100 - \$150	Team shirt & shorts
Track & Field	V / JV	None	\$0-\$255	All items are optional
Volleyball	V	15 players	\$100	Two numbered units, practice shirts, game shorts & long sleeve warm-up
	JV	15-18 players		
Water Polo	Varsity / JV / * Frosh		\$175	Basic package fee
Wrestling	V / JV	None	\$125	Sweatshirt & sweatpants, two t-shirts, two pairs of shorts, travel bag

* indicate sports that might have additional travel fees.

IN-SEASON AND OFF-SEASON REQUIREMENTS

	Sport	In-Season Practice Requirements	Off-Season Practice Requirements
Fall	Cross Country	6:30 – 7:40 a.m. – Early session 3:10 – 5:00 p.m. - Weather permitting	Voluntary summer training that coincides with summer school
	Football	4:00 – 7:00 p.m. Mon – Fri 3:30 – 5:00 p.m. Fridays	Winter weights – Jan through Feb Spring weights – March through May Spring practice – May MANDATORY (dates/times TBA) Summer workouts – Workout requires 22 days
	Water Polo	3:00 – 7:00 p.m. daily (TBD)	Participation on off-season team March - May.
Winter	Basketball	Varsity: 3:00 – 5:00 p.m. Frosh: 5:00 – 7:00 p.m. JV: 7:00 – 9:00 p.m.	Mandatory weights starting last week of March – May. Mandatory tryouts and practice for 10 days during May for summer team, schedule TBA. Mandatory summer league participation for practices, weights and weekend tournaments run the Tuesday after Memorial Day through the 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 and 5 days of weights during dead period.
	Soccer	3:30 – 5:15 p.m. daily	None
	Wrestling	4:00 – 6:00 p.m. daily	Non-spring sport athletes run 2 days a week, April 5 through May 31. Workouts will be 4:00 – 5:30 p.m. Jesuit Camp – June 20-24 participation expected for all interested and returning wrestlers. Summer workouts will be Tuesdays and Thursdays from 5:00 – 6:30 through the end of July. Pre-season conditioning will run from mid-September through October. Workouts will be Monday, Wednesday and Thursday from 4:00 -5:00 p.m., in the track and weight room.
Spring	Golf	3:15 – 5:30 p.m. M-Th	None
	Baseball	3:15 – 6:00 p.m. daily Saturdays TBA (practices, scrimmages and/or games)	Fall baseball starting in early September through late October not mandatory, but if you play in the Fall, it must be with the school team first. Weight training (Sophomore-Senior) November at start of practice M, W, F after school. Conditioning January – start of season for all players TBA. Field preparation TBA on weekend days in January.
	Track & Field	3:00 – 5:15 p.m. daily	
	Rugby		Fall Rugby starts in November
	Lacrosse	Varsity 3:30 – 5:45 p.m. JV 3:45 – 5:45 p.m.	Local club play opportunities. Winter conditioning directed by JHS coaches. Off-season opportunities strongly recommended.
	Volleyball	6:00 – 8:00 a.m. (pre-season)	Off-season no mandatory events, Club volleyball optional. Pre-season – Varsity lifts weights.
	Diving		No off-season requirements.
	Swimming		No off-season requirements.
	Tennis		Summer tourneys & pre-season conditioning, as announced.

Practice times are subject to change



1200 JACOB LANE, CARMICHAEL, CA 95608
PHONE 916.482.6060
ATHLETICS FAX 916.418.2620
WWW.JESUITHIGHSCHOOL.ORG