

ATHLETICS AT URBAN



URBAN BLUES: Athletics at Urban

INTRODUCTION

Athletics can enhance every participant's life when approached in a positive way. At Urban, our goal is to provide every student the opportunity to participate on a team to enhance personal growth, self-discipline and to promote positive group involvement. We want to teach students the fundamentals of every sport that will provide them with the courage to compete and the intellect to win.

Urban is a member of the Bay Area Conference and Bay Counties League-West. We field teams in soccer, volleyball, cross-country, basketball, baseball, softball, tennis, track, fencing, lacrosse, swimming and golf. The rules and regulations governing Urban's interscholastic program come from the California Interscholastic Federation (CIF), CIF's North Coast Section (NCS) and the Bay Area Conference (BAC).

ATHLETIC DEPARTMENT MISSION STATEMENT

In conjunction with the mission statement of Urban School, the Urban Athletic Department seeks to provide experiences where students develop a passion for their sport or physical activity. The Interscholastic Athletic program is designed to promote and affirm the ideals of respect, discipline, integrity, commitment, physical fitness, sportsmanship, leadership and teamwork.

STATEMENT OF PHILOSOPHY

Through participation in interscholastic athletics, students will mature physically, emotionally and socially. Students will be inspired to become self-motivated, enthusiastic participants in their physical education and further develop such attributes as loyalty, integrity, responsibility and commitment. Participation will provide students opportunities to grow and learn, offering them skills to take well beyond their years at Urban School.

PHYSICAL ACTIVITY REQUIREMENT

In addition to our interscholastic sports teams, Urban also has a Physical Activity requirement. The program is designed to meet two main objectives. The first is to instill in students both the life-long value and the habits of engaging in a physically active lifestyle. The second is to satisfy the state requirements for physical education in schools. Our requirement can be met flexibly in order to honor the diversity of interests and abilities of our students and address the constraints of the school's facilities and block schedule.

Each Urban student is required to earn eight physical activity credits throughout their four years at Urban. There are four types of activities that will meet the requirement:

- Participation on an Urban athletic team (2 credits)
- After school physical activity classes sponsored by Urban (1 credit)
- U Period physical activity classes sponsored by Urban (.5 credit)
- Alternate outside activity, supervised by an adult and approved and monitored by the Director of Athletics and Assistant Director of Athletics, which occurs outside the curriculum offered by the school. Students who choose this option will be required to meet a minimum standard of hours and complete the appropriate paperwork. (1 credit)

HELPFUL INFORMATION

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|----------------------------------|--|
| Director of Athletics: | Joe Skiffer jskiffer@urbanschool.org 415 593 9530 |
| Athletic Department Fax: | 415 593 9597 |
| Associate Director of Athletics: | Kali Heys kheys@urbanschool.org 415 593 9531 |
| Athletics Website: | www.urbanschool.org/athletics |
| School Athletic Colors: | Navy/White |
| Team Name: | Urban Blues |

Always check the Urban Athletics website (www.urbanschool.org/athletics) for comprehensive team schedules, directions, locations, etc. Times and locations of games and practices are subject to change. The website contains the following information:

- Directions to facilities: www.urbanschool.org/athletics/calendar (click on item)
- Practice and game schedules: www.urbanschool.org/athletics/calendar

Bad weather will often affect our schedule of activities. There are many, many other outside factors that force us to change times, locations and dates for practices and games. Some of these factors are foreseeable, but most are not. We need to maintain flexibility. The Athletic Department will do all it can to keep schedules as current as possible.

TEAM GUIDELINES

Attendance is mandatory at every practice and game.

Every athlete is expected to attend every practice and every game. It is not uncommon for practices and games to be held during Saturdays, holidays and vacation times. Heavy homework load is not a reason to miss practice.

Attendance is mandatory in EVERY CLASS.

Any unexcused absence during the day means that the student may not participate in their practice or game that day. Sleeping in, feeling sick or staying home to finish homework are NOT excused absences.

Good sportsmanship is a MUST, for everyone playing and attending Urban athletic events.

Urban has high expectations regarding sportsmanship for our athletes, coaches, parents, student body and faculty. We must all work together to hold ourselves up to high standards.

Structure of Urban Teams

VARSITY: At the varsity level, the goal is to field a team that will be competitive. The basic requirements for a student-athlete to play on a varsity team are as follows:

- a player must possess a high level of skill;
- they must demonstrate a knowledge of the game including team strategy;
- they must put forth their best work ethic at all times.

Team members may be from all grade levels. Unless special circumstances exist, 12th graders may participate only on the varsity level. On the varsity level, there is no guarantee of playing time for anyone.

JV & FROSH/SOPH: At the Frosh/Soph and Junior Varsity levels the goals are participation, sportsmanship, and the development of basic skills and leadership. The basic requirements for a student-athlete to play on the JV or Frosh/Soph team are as follows:

- consistent attendance at practices;
- a willingness to learn and be able to apply what is learned in a game situation;
- the ability to put forth their best effort.

The Junior Varsity level also seeks to prepare student-athletes for the more competitive Varsity level by enhancing skills and promoting a commitment to team, physical fitness and individual development. There is no guarantee of playing time for anyone, however our coaches will do their best to ensure that everyone plays during the season.

Tryouts are held during the first week of every season for every sport to assess the ability of each athlete in order to place him/her on the appropriate team. Each student-athlete must earn her/his position based upon ability, attitude and effort. The head coach will conduct tryouts and will make the selection of team personnel. Participation one year does not guarantee participation in following years, as each year the team composition is different. In certain situations students may need to be cut from teams. School personnel, parents/guardians, students or other coaches must not try to influence these decisions.

Participation in off-season events, such as conditioning workouts, is encouraged.

Game and Practice Venues

FALL SPORTS

Girls Volleyball

HOME GAME VENUE(S)

Salkind Center Gym

PRACTICE VENUE(S)

St. Agnes Gym; Salkind Center Gym

Girls Golf

Presidio Golf Course

Presidio Golf Course

Boys & Girls Cross Country

Lindley Meadow – GG Park

Various Locations

Girls Tennis

GG Park Tennis Center, Various SF Park & Rec Fields

Various SF Park & Rec Courts, SFSU

Co-Ed Sailing (club team)

St. Francis Yacht Club

St. Francis Yacht Club

Flag Football (club team)

Paul Goode, Various SF Park & Rec Fields

SF Park & Rec Fields, Paul Goode

WINTER SPORTS

Boys & Girls Varsity Basketball

HOME GAME VENUE(S)

Salkind Center Gym

PRACTICE VENUE(S)

St. Agnes Gym, Boys & Girls Club, Salkind Center Gym

Boys Varsity Soccer
Boys JV Soccer

Beach Chalet , Crocker-Amazon,
Kezar Stadium, Kimbell Field

Beach Chalet, Youngblood
Coleman, Kimbell Field
Beach Chalet, Youngblood

| | | |
|---|--|---|
| Boys & Girls JV Basketball | Salkind Center Gym, St. Agnes | Salkind Center Gym, St. Agnes |
| Girls Varsity Soccer Girls JV Soccer | Polo Fields, Crocker-Amazon, Kezar Stadium, Youngblood Coleman, Beach Chalet | Coleman, Kimbell Field Various fields |
| SPRING SPORTS Boys Varsity Baseball | HOME GAME VENUE(S) Big Rec, SF Park & Rec Fields | PRACTICE VENUE(S) Big Rec, SF Park & Rec Fields |
| Boys Golf | Presidio Golf Course | Presidio Golf Course & other various locations |
| Boys Tennis | GG Park Tennis Center, SF Park & Rec Courts | Various SF Park & Rec Courts, SFSU |
| Boys Volleyball | Salkind Center Gym | Salkind Center Gym |
| Girls Softball | SF Park & Rec Field | Rossi Park or other SF Park & Rec Fields |
| Co-Ed Fencing | All Saints Church, St. Agnes Gym, Crocker-Amazon, | All Saints Church, St. Agnes Gym |
| Boys & Girls Lacrosse | Minnie Lovie, Boxer Stadium, Kimbell Field, Beach Chalet, other SF Park & Rec fields | Polo Fields, other SF Park & Rec fields |
| Co-ed Swimming | Don Fisher Boys and Girls Club, Various city pools | Don Fisher Boys & Girls Club |

League Information

Urban is a member in good standing of the Bay Counties League-West and the Bay Area Conference. One of the strongest Division V leagues in Northern California, BCL-West consists of independent high schools in San Francisco and Marin.

North Coast Section

The North Coast Section of the CIF is one of 10 sections in California that is responsible for the alignment and classification of all students of all schools within its area. The NCS spans an area from San Francisco to the Oregon border along the coast of California. NCS divisions are based on the guidelines that schools shall be (1) classified to provide for league and section competition among schools of similar sizes, (2) aligned into basic leagues to strive for competitive equity, and (3) placed in league alignments that provide equity of travel time, mileage and expenses for all schools in the respective conference and league.

As a member of the Bay Area Conference, Urban can qualify to compete in North Coast Section Championships at the end of each season. These championships are prestigious opportunities for our student-athletes, and many of our teams participate in NCS playoffs annually.

Bay Area Conference / Bay Counties League

| BCL – West | BCL - Central | BCL – East |
|---|---------------------------|----------------------------------|
| Convent of the Sacred Heart/ Stuart Hall | The Bay School | The Athenian School |
| San Domenico | Gateway High School | Bentley School |
| Lick Wilmerding High School | Drew School | College Preparatory School |
| Marin Academy | San Francisco Waldorf | Head Royce School |
| University High School | International High School | Redwood Christian School |
| Urban School of San Francisco | Jewish Community High | Valley Christian School (Dublin) |
| | | BCL Conference |
| | | California School for the Deaf |
| | | Contra Costa Christian |
| | | Fremont Christian |
| | | California Crosspoint Academy |
| | | Making Waves Academy |

When there are enough teams in any particular sport from any one league, then a league schedule comprises the teams from that league (i.e. basketball). When there are not enough teams from one league, then a regional or conference schedule will be made that may include schools from either side of the Bay (i.e. girl's tennis).

PARENT/GUARDIAN INFORMATION

What parents can expect from the Urban Athletic Department:

- Fulfillment of our mission
- A safe, caring and challenging environment
- An invitation to be involved
- Fairness and consistency
- Discipline
- An “open ear” when concerns arise
- That the desire and pressure to win is not placed above education
- Professionalism
- Respect

What the Urban Athletic Department expects from parents:

- To support our mission
- To support our values and discipline
- To demonstrate good sportsmanship when attending a game or match
- To communicate concerns at the appropriate time
- To seek involvement in appropriate ways
- To pick up your child on time from practices or games
- To support our teams and their coaches
- Respect
- To attend the pre-season coaches meeting
- To “Honor the Game” by respecting the efforts of everyone involved in competitive athletics
- No conversations about playing time
- No coaching from the sideline

POLICIES AND PROCEDURES

In an effort to provide our students with a variety of athletic experiences, Urban offers an interscholastic athletics program in a number of sports. Because participants in interscholastic competition represent the school to the public, they must observe the following policies. Students will need the help and support of their parents in this effort.

Parents should know that:

- Student-athletes who sign up for an interscholastic team make a commitment to attend all games and practices, including practices and games scheduled during school holidays and vacations. Parents are asked to avoid scheduling family obligations in conflict with practice and game schedules.
- Parents will be responsible for promptly picking up student-athletes after practices and games:
 - From games and practices at the game or practice site.
 - After away games, student-athletes may be transported to, and may be picked up from, Urban.
- When attending an interscholastic contest, parents are asked to set an example of good sportsmanship. Parents/guardians are urged to support our teams, the referees and be respectful of our opponents.
- Parents, as well as student-athletes, are responsible for all school property issued to a player. Any lost or damaged school property (outside of normal wear and tear) will be the financial responsibility of the player’s parents.

Athletic Eligibility: Student-athletes have many demands on their time and must possess strong time management skills. If a student-athlete experiences some difficulty in their academic load it will be expected of him/her to seek help immediately by informing their advisor or the Director of Athletics. If the difficulty continues, whereby the student-athlete is receiving two Academic Warning forms during their season of participation, the student-athlete may be removed from any team. The student-athlete will remain on academic probation for the duration of the season and the subsequent season. The Assistant Head for Student Life and the Director of Athletics will decide further consequences on a case-by-case basis.

Each student athlete must turn in all Eligibility forms before the first day of practice. No one may practice without all forms turned in to the Director of Athletics and/or the school. Urban requires a Physical/Medical Release form, and the Permission to Authorize Emergency Treatment form, which are available to fill out online (or via hard copy on request).

Athletics and Substance Abuse: Because participation in the Urban athletic program requires that student-athletes keep themselves in optimal physical condition, and because the school policy is explicit in these matters, the use of illegal drugs, marijuana, alcohol, steroids or tobacco products will not be tolerated. Athletes who abuse this policy may be suspended or dismissed from their team for the remainder of the season.

Ejection Policy: The North Coast Section (NCS) of the California Interscholastic Federation (CIF) requires that each student-athlete and coach sign an Ejection Policy, which states that an ejection from a contest for unsportsmanlike or dangerous behavior will render a player ineligible for the next contest. A second violation of the Ejection Policy will disqualify the player for the remainder of the season. Further penalties for poor sportsmanship may also be rendered by the Director of Athletics.

Quitting a Team: To emphasize the importance and high level of commitment asked of the Urban student-athlete, the policy with regard to quitting a team before the end of its season is as follows:

If a student-athlete is a member of a particular team and then quits that team, they may not try out for, nor participate on, any other school team until the completion of the season of the sport that they have quit. The student-athlete will also relinquish Physical Activity credit for the term should they quit the team. The student athlete will also need to petition the Director of Athletics should they wish to try out for another team at a later date.

1. The student should set up a meeting with their coach.
2. The student should speak with the Director of Athletics.
3. The parents should contact the Director of Athletics.

Removal from a Team: If a student-athlete is removed from a team because of academic, disciplinary reasons or inconsistent attendance, they may not participate in the next season of sport, prior to a meeting between the student-athlete, a parent and the Director of Athletics. This meeting will be held to discuss the issues that prevented the student-athlete from participating. It will be the judgment of the administration to determine when the student-athlete may return to full participation.

Uniform Policy: Each student-athlete who participates in Urban athletics is issued a game uniform. This uniform is the property of Urban and each student is responsible for properly maintaining the uniform during their athletic season. If a uniform is lost the athlete's family will be charged 2x the amount of the uniform cost in order to replace the lost uniform.

Each student athlete is strongly encouraged to purchase an Urban warm-up suit, which they will own and keep for their entire career at Urban. Financial assistance is available.

For uniforms that are not returned to the athletic department (tennis, track, golf, cross country, practice jerseys) a bill will be sent home for the price of the uniform.

Transportation and Pickup Procedures

1. Athletic teams will be transported either by Urban's own school bus, vans or chartered buses to games and practices. For practice venues that are within walking distance, students may be required to walk or jog to the venue. This is subject to change based on various factors.
2. It is very difficult to predict when a team will return home due to unforeseen traffic situations. Coaches will have cell phones on the bus if a student needs to get in touch with their parents.
3. When picking up your child, we ask that you use the same procedures applicable for after school pickup - arrange ahead of time with your student for a meeting place nearby. No parent pickup on Oak Street is allowed. When picking up your child after dark, do not park and wait for the bus to arrive. Wait nearby, and come to the school after the students have been dropped off and the bus has left. **All pickup must occur in front of the Page Campus building. Absolutely no pickup in front of the Salkind Center on Oak Street.**
4. It is expected that student-athletes return to Urban with their team after games. Parents are asked to notify the coach if they plan to pick up their child directly from practice or games. Never depart a practice or game site with your child without notifying a coach in person.
5. Students will not be allowed to drive to games or practices unless mitigating circumstances arise or a permission waiver has been signed by a guardian and returned to the Athletic Department. No student may transport another student to a game or practice without written permission from the parents/guardians of both the driver and passenger.

On Site Campus Parking: There is no Salkind Center parking available for most home games. If, on occasion, we do offer parking for a home game, it will be noted in *This Week at Urban* and/or on the Urban [website](#).

Vacation and Holiday Practices

It is important that student-athletes, as well as their parents/guardians, understand the commitment one makes when joining a team. Specifically, on the varsity level, it is imperative that everyone attends each practice. We understand that family plans are usually made in advance, and we will be as flexible as possible, but please be aware of these expectations. Contact the Athletic Department if you need advanced notice regarding upcoming dates.

An athlete on a varsity level team should expect to have practices and games on Saturdays, during holidays and vacation periods. Attendance is required during these activities.

Fall tryouts/practices begin the second week in August; always check the website calendar for details: www.urbanschool.org/calendar. It is not advisable for a varsity player to show up for practices after school has commenced. Players must earn their spots on the team and playing time is not guaranteed. Missing practice will only place a player behind the rest of the team in terms of their development. Please make every effort to plan vacations around the start of fall practices. For conditioning reasons, a player must attend at least five practices prior to playing in a game.

During the winter season, basketball and soccer teams practice and play through part of the Thanksgiving break, as well as winter break. Practice schedules will be made available so that families

may plan around these important practices. Practices over the break are necessary to keep players in shape. At times, we will be participating in local or out of town tournaments.

Spring practices begin in February. During interterm and spring breaks, teams may hold practices or games.

While participating in interscholastic athletics, it is not advisable for student-athletes to participate in other recreational activities that could lead to an injury. It is important that their focus and commitment be with the team sport they are involved in.

Communication

Parents and coaches are two of the most important role models in a child's life, and clear communication between these individuals is essential. The guidelines listed below are intended to clarify the athletic department's expectations for this relationship.

Communication parents/guardians can expect from coaches/athletic department:

- Location times of all practices and games
- Team requirements: i.e. practices, special equipment, out of season training
- If requested, an explanation of disciplinary action that may result in your child being denied the privilege to participate

Communication coaches expect from student-athletes and parents:

- Notification of any illness or injuries that may result in missed practices
- Early notification about potential scheduling conflicts
- Concerns regarding a coach's decision, philosophy and/or expectations

Appropriate concerns to discuss with coaches:

- Treatment of your child, emotionally and physically
- Ways to help your child improve
- Concerns about your child's behavior
- Coach's expectations for individuals and the team
- Team rules and requirements
- Sanctions incurred by their child
- Scheduling
- College participation

Issues NOT appropriate to discuss with the coach:

- Playing time
- Team strategy

- Placement on teams
- Other student-athletes

It is very difficult to accept your child not playing as much as you may hope. Coaches are professionals. They make decisions based on what they believe to be the best for all students involved. Certain decisions must be left to the discretion of the coach.

If you have a concern, express it at the appropriate time and place. Please do NOT attempt to confront a coach before or after a contest or practice. These can be emotional times for both parents and coaches. Meetings of this nature do not promote resolutions.

Listed below is the Urban Athletic Department's procedure for addressing any concerns you may have regarding your child's athletic experience. When a student has concerns about their participation, we ask that you use the following procedure:

- Have your child speak to the coach.
- Arrange an appointment to speak with your child's coach.
- Arrange an appointment with the Director of Athletics.

STUDENT ATHLETE INFORMATION

Training Habits

Being an athlete at Urban requires that students keep themselves in optimum physical condition. School policy is explicit in these matters: the use of illegal drugs, marijuana, alcohol, steroids or tobacco products is strictly prohibited. Student athletes who abuse this policy may be suspended or dismissed from their team.

Character

As an Urban student athlete, you have an obligation to your team, school and parents to behave in a manner that would never embarrass the athletic program. The welfare of the team must be placed ahead of personal glory.

"Sports don't build character, they reveal character." -John Wooden

What We Expect from our Student Athletes

Proper conduct must be shown in school, at home and on the field or court. Respect should be shown to all coaches, teachers, parents/guardians, officials, fans, peers and opponents.

- Stay in good physical condition. This will require working outside of your season of sport. Coaches will work with you to set up a conditioning program – but you must do it. Be sure to take advantage of the times available to you in the Urban Fitness Room, either during the school year or during the summer.
- Adhere to our training habits concerning illegal drugs, marijuana, steroids, alcohol and tobacco products.

- Be PREPARED: be on time for school and practices; bring the appropriate equipment and clothing.
- Don't waste time.
- Show good sportsmanship always.
- Be proud to be a member of the Urban Blues!
- Enthusiasm, hustle and encouragement from everyone are vital for team morale. We all have different problems that may arise during the day — you must put them aside when you come to a practice or a game.
- Report any injury to your coach no matter how slight. We will see that you get the proper medical attention.
- Support your fellow athletes.

If you will not be at practice or at school, contact your coach via Remind as soon as possible. Coaches plan practice with each player in mind, and your absence will change what the team will and will not be able to do. If you are well enough to be at school, you should attend practice. If you are injured and cannot practice, the following is expected:

- Stay with your coach and listen to what is being taught.
- No horsing around or disturbing the team. Be helpful!
- If you miss practice, injured or not, and have not notified your coach, we will assume that you're no longer willing to satisfy your commitment to the team.

Philosophy of the Student Athlete

We believe that a successful athletic program depends on the ability of each student athlete to live up to the following:

- Be respectful at all times
- Be a team player always
- Be on time: for class and practice
- Work to your potential in all academic classes
- Be enthusiastic, industrious, dependable, loyal, cooperative
- Be in the best possible condition, physically and mentally
- Keep emotions under control without losing enthusiasm
- Always work to improve – never be satisfied with where you are in your development
- Strive to be the best that you are capable of being
- Never give negative criticism or blame teammates
- Never be selfish, jealous or egotistical
- Never waste time

- Adhere to all school rules
- Prepare for success.

Attendance

Other than for a school-approved absence, student athletes will not be allowed to participate in a game or practice if they have missed a class.

Sportsmanship

Sportsmanship is a pillar of our program. We expect our student athletes to demonstrate it at all times. Athletic competition can be very emotional and lead to a great deal of frustration or jubilation. Emotion and enthusiasm are encouraged, but an athlete must maintain poise. Be humble in victory and gracious in defeat.

Being a Captain

Being a captain of one of Urban's athletic teams is the most important role one can assume. It requires commitment, leadership, responsibility, fairness and an ability to listen and communicate clearly. In being selected as a captain, the team and coach have a great deal of confidence in your ability to lead. As a captain you are a representative of Urban School and will be measured on how you carry yourself.

Athletics and Social Media

Students may not use or misuse the Urban School name on social media. **No student or student group may create an athletics- or team-related social media account without first proposing the account and receiving approval from the Director of Communications & Marketing and Director of Athletics.** Login credentials of any account that represents Urban School IN ANY WAY must be shared with the Communications Office. For more information, please see the social media policy in the Student Life section of this handbook.

Athletic/Theater Production Conflicts

While Urban supports student engagement in multiple aspects of the school, there are times when limitations need to be placed in order for students to fulfill their commitments. With regard to Athletics and Theater Productions, please note the following:

- Students may not participate in the Fall Production **AND** a fall sport
- Students may not participate in the Winter Production **AND** a winter sport
- Students may not take a role in a One Act **AND** participate on a spring sports team
- Senior Spring athletes **may co-direct** a One Act, **as long as their co-director is not a spring athlete**

All athletes in a theater production who want to participate in a sport during the next term will miss tryouts. Therefore, they **must** communicate at least two weeks ahead of time with the the Assistant or Director of Athletics in order to make plans for late tryouts. In addition, all members of Peer Ed Theater and Peer Resources who plan to participate in winter sports must communicate with the Assistant or Director of Athletics before Thanksgiving vacation to plan for potential conflicts between the Peer Ed Theater show and winter practices and games.