



# Sequoia Athletics Overview

## Program Purpose/Philosophy

Character defines greatness. Skilled enhances it, but without the desire to do and have either, is simply not productive. Trustworthiness, Fairness, Caring, Citizenship, Respect and Responsibility on and off the field/court. Building better students, better people and better athletes.

## Program Goals

Preparing the student-athlete holistically, for the next competition of life. It is also our goal that regardless of the sport our student-athletes become good people.

## Coaching Mission Statement

To develop students into highly-skilled student athletes that can compete at the highest level of competition, both physically and mentally. It is our goal that through athletic competition, community service, and academic excellence, these young students will be in a better position to be more athletically or academically fit.

## Student Athletes Expectations

1. 100% Commitment: To the Sequoia Athletic Program, to your Teammates, and to your Coaches.
2. 100% Commitment: To Practices, Workouts, Games and Team Functions.
3. 100% Commitment: To our Goals, Objectives, and Philosophy.
4. 100% Commitment to Academics: They are students first. If they are not succeeding in the classroom, they will not have the opportunity to be successful on the field.
5. 100% Commitment to Respect: For the game, for themselves, for their coach, for their parents, for their teammates, for the other team, and officials.

## **Academics**

It is the responsibility of the coach to monitor eligibility. All student athletes will have weekly grade checks. Players cannot practice without a Family ID completed. The Athletic Director will give the coach an F-list on Monday, and the coach will talk with each player. It will be the player and coaches responsibility to meet with the teacher to improve any F's. Final grade check is due to coach on Thursday by 5:00 pm with improved grades. If the team doesn't have enough players eligible by Thursday, I will let our opponents know of forfeit. We are students first and athletes second.

## **Sports Physical**

All athletes must have a sports physical completed and submitted to participate in a sport.

## **Sports Uniforms**

All athletes will be given game uniforms to wear. Athletes are responsible for turning in their uniform after each game. The Athletic Director will be responsible for washing all uniforms prior to games.

## **Practice/Games**

Practices will be three days a week 3:15-4:30. Coaches can practice more days if needed. Game times will be 11:00 am on Fridays.

