

PALM SPRINGS HIGH SCHOOL INDIANS

PARENT & STUDENT GUIDE TO ATHLETICS



Committed to Developing Student-Athletes of Character

Pursuing Victory with Honor

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COACHING STAFF DIRECTORY

2026-2027 Athletic Season

FALL SPORTS | August – November

SPORT	HEAD COACH	EMAIL	INFO
Girls Volleyball	Seulia Barragan	sbarragan@psusd.us	FALL
Girls Golf	Jay Gilstrap	jgilstrap@psusd.us	FALL
Boys Water Polo	Michael Marks	mmarks@psusd.us	FALL
Cross Country	Rachel Schoenbeck	rschoenbeck@psusd.us	FALL
Football	Daryl Goree	dgoree@psusd.us	FALL
Girls Tennis	Sergio Rodriguez	srodriguez@psusd.us	FALL
Girls Flag Football	Mark Abercrombie	mabercrombie1@psusd.us	FALL

WINTER SPORTS | November – February

SPORT	HEAD COACH	EMAIL	INFO
Boys Basketball	Chris Howard	choward@psusd.us	WINT
Girls Basketball	Terry Tatum	terrytatum76@gmail.com	WINT
Girls Water Polo	Michael Marks	mmarks@psusd.us	WINT
Boys Soccer	Jimmy Jordan	jimtax@hotmail.com	WINT
Girls Soccer	Richard Burgos	richardburgos94@gmail.com	WINT
B/G Wrestling	Cole Bates	cbates@psusd.us	WINT

SPRING SPORTS | February – May

SPORT	HEAD COACH	EMAIL	INFO
Baseball	Angel Cruz	acruz@psusd.us	SPRG
Boys Golf	Jay Gilstrap	jgilstrap@psusd.us	SPRG
Boys Tennis	Britanie Zamora	bzamora@psusd.us	SPRG
Softball	Carmen Vargas	cvargas@psusd.us	SPRG

PALM SPRINGS HIGH SCHOOL INDIANS

Coaching Staff Directory



SPORT	HEAD COACH	EMAIL	INFO
Girls Swimming	Michael Marks	mmarks@psusd.us	SPRG
Boy Swimming	Curtis Goehring	cgoehring@psusd.us	
Track & Field	Kurt Schieldge	kschieldge@psusd.us	SPRG

Contact Information:

For questions about a specific sport or tryout dates, contact the head coach directly via email above.

For general athletic inquiries, contact the Athletic Secretary, **Mrs. Johnson**, at Ext. 1411 or AP Athletics **Arthur Sanchez** at Ext. 1406. Athletic Trainer, **Andrea Zavala**

**SPORTS OFFERED**

FALL SPORTS	WINTER SPORTS	SPRING SPORTS
Girls Volleyball	Boys Basketball	Baseball
Girls Golf	Girls Basketball	Boys Golf
Boys' Water Polo	Girls Water Polo	Boys Tennis
Cross Country	Boys Soccer	Softball
Football	B/G Wrestling	Swimming
Girls Tennis		Track & Field
Girls Flag Football		

Pursuing Victory with Honor



Mission Statement

The Palm Springs High School Athletic Program is committed to excellence in academics and athletics. We are dedicated to Pursuing Victory with Honor, to adhering to the rules of competition and sportsmanship, and to displaying the Six Pillars of Character: trustworthiness, respect, responsibility, fairness, caring, and citizenship on and off the playing field.

As teacher-coaches and student athletes, we understand that participation in the athletic program is a privilege. We gladly accept our responsibility to be role models, to exercise self-discipline, and to be hardworking, prepared, and self-sacrificing team players. We will lose with grace, win with honor, and strive through both to bring pride and respect to our school, our sport, our teammates, and ourselves.

Purpose

This guide provides the goals and objectives, along with the responsibilities and expectations of parents and student-athletes while actively involved in our athletic program. Because student-athletes are held to high standards of performance, citizenship, and sportsmanship during school and non-school functions, acceptance of these responsibilities to self and to the team is mandatory.

Teamwork is the fuel that allows common people to achieve uncommon results.



Student-Athlete Goals & Objectives

OUR GOAL:

The student-athlete shall become a more effective citizen and learn the values of Character development.

Our Specific Objectives

To work with others. You must learn to develop self-discipline, respect for authority, and the spirit of hard work and sacrifice. The team and its objectives must be placed above personal desires.

To be successful. You must learn how to compete. You do not always win, but you can succeed by continually striving to do your best. Develop a desire to be the best you can be!

To develop sportsmanship. To accept any defeat like a true sportsman, knowing you have done your best. Learn to treat others as you would have them treat you, developing emotional control, honesty, cooperation, and dependability.

To improve. Continual improvement is essential to good citizenship. As an athlete, you must establish a goal and constantly strive to reach that goal with commitment and dedication.

To enjoy athletics. Athletes should enjoy participation to acknowledge all the personal rewards to be derived from athletics, and to preserve and improve the program.

To develop desirable personal health habits. It is important to obtain a high degree of physical fitness through exercise and proper training, and to develop the desire to maintain physical fitness after formal competition has been completed.



Steps to Participation

Step 1	Contact the head coach and listen to the daily bulletin for upcoming dates.
Step 2	Complete the Athletic Clearance Packet from the Athletic Trainer or Athletic Secretary. The packet includes: • Emergency Card • Assumption of Risk Form • Extra & Co-Curricular Activities Bylaws • Medical History • Athletic Physicals Card
Step 3	Each student will be evaluated by the athletic director, athletic trainer, and teacher(s) as to his/her eligibility for participation.

Try-Outs

- All athletes at Palm Springs High School will be given a fair tryout to make the team.
- Athletes must be in good standing and complete the season of sport before trying out for another team.

IMPORTANT NOTE:

Students cannot participate on any school team until ALL forms are signed and returned to the Athletic Trainer's Office.



The Palm Springs High School Indians Athletic Code

The Athletic program at Palm Springs High School is recognized by the administration, faculty, student body, and community as essential and worthwhile. Athletics shall be governed by the C.I.F. Blue Book of Rules and Regulations, the Desert Sands League Constitution and Bylaws, the Palm Springs High School Athletic Code, and Coaches' policies.

Participation in athletics is considered a PRIVILEGE, not a right!

General Requirements

- Athletes shall follow all team rules set forth by the coach and the Athletic Code.
- Prior to participation, a student-athlete must complete the proper athletic clearance procedures.
- Read and understand the Student/Parent Guide.
- Read the C.I.F. Code of Ethics.
- Read and understand the School Student Handbook.

Conduct and Behavior

As athletes, you represent yourself, as well as your team, parents, school, and community. Proper conduct is always expected, on or off the playing fields and during school and non-school activities.

Appearance

Team members are expected to dress neatly and be well-groomed. A dress code on game day may be required by your coach.

Dedication

An athlete must be willing to dedicate himself/herself to being a scholar-athlete. This means making a commitment to attending all practices, games, and team meetings, and being willing to sacrifice his/her own desires for the good of the team.

Language

Profanity, vulgar talk, ethnic or religious slurs, or jokes will not be tolerated on or off the playing field at any time.



Letter Requirements

Because of the differences in many sports, each coach will set his/her own Varsity, JV, or Frosh/Soph award requirements.

Eligibility

Any student who has transferred more than once from one high school to another must check in with the Director of Athletics to ensure eligibility. You are ineligible to participate on any sports team until cleared by the Athletic Director/Principal.

Respect

The athlete is to demonstrate the proper respect and courtesy to all coaches, teachers, administrators, officials, opponents, and spectators.

Responsibility for Equipment

Athletes shall assume the responsibility for the proper care and return of all equipment and supplies issued. The athlete will be expected to pay for any lost, stolen, or damaged items.

Transportation

Athletes may NOT drive their own vehicles to school athletic events when transportation is provided by the PSUSD. When necessary, district-cleared approved drivers ONLY will transport students.

Quitting a Sport

A. Athletes may be allowed to quit a sport at any time during the first two weeks of practice or prior to the first interscholastic contest without penalty. However, if an individual decides to quit after this period, he or she will not be able to try out for the next sport until the last contest of the current season.

B. Athletes leaving one sport and going to another within the same season must have the approval of both coaches involved and the Athletic Director.



Hazing Policy

Hazing is any action taken or situation created intentionally that causes embarrassment, harassment, or ridicule that risks emotional and/or physical harm.

Joining a group should never put someone's physical or mental health at risk. If an initiation or group activity is harming you or someone you know, please report it and get help.

Examples of Hazing May Include:

- Being expected to steal or deface property
- Being forced to eat or drink inappropriate substances
- Performing embarrassing songs, tricks, or simulating improper behavior
- Dressing inappropriately against one's will
- Being screamed at, insulted, or treated like a servant
- Being deprived of sleep, kidnapped, or left stranded
- Being physically harmed, branded, or made up against one's will

RETHINK

Hazing can create lasting physical and emotional damage, not bonding.

REACT

Make a confidential report to the administration immediately.

REGROUP

Every team member must ensure our campus does not allow any form of hazing.



Expectations of You as an Athlete

As an athlete at Palm Springs High School, I commit myself:

- To be a worthy representative of my teammates and coaches, abiding by school and community expectations and reflecting my team's values of commitment and hard work.
- To reflect the knowledge that a commitment to victory is nothing without the commitment to hard work in practice.
- To attend every practice unless excused by my coach.
- To understand that my future as a responsible adult and citizen relates to my academic and athletic activities.
- To find the time to satisfy my academic, personal, and family obligations while obtaining team goals.
- To accept the responsibility of team membership: cooperation, support of my teammates, shared responsibilities, positive interaction, and mutual respect.
- To reflect my belief that true strength involves humility and that even the toughest athlete is sensitive to others.

Scholastic Eligibility

Academic requirements must be maintained to remain eligible to compete.

- **Athletes MUST achieve at least a 2.0 G.P.A. and earn passing grades in a minimum of five (5) classes during the last Progress Report/Grading Period.**
- Athletes need to complete all homework assignments with care and on time.
- Athletes must obtain and complete missed assignments due to participating in an athletic event.
- Athletes should communicate immediately with their coach, teacher, and parents if they fall behind in their studies.

NOTE:

An exception may be made for students who can verify with written documentation that he/she missed school to keep a medical appointment, court appearance, or any other qualifying reason.



Basic C.I.F. Eligibility Rules

A student must:

- Not have reached his/her 19th birthday on or before June 14th of the previous year.
- Have met the residency requirements.
- Not have competed on any outside team in the same sport season during the school season.
- Not have transferred more than once from one high school to another.
- Have attended high school for not more than eight (8) semesters after completing the 8th grade.



Discipline Code

Student athletes are required to follow all Palm Springs High School rules and regulations.

Athletes subjected to multiple-day suspensions from school will face the following consequences:

OFFENSE	DESCRIPTION	CONSEQUENCE
First Offense	Violation of athletic rules	1-Week suspension from contests
Second Offense	Subsequent violation	3-Week suspension from contests
Third Offense	Continued violation	365-Day suspension from all athletics

IMPORTANT NOTICE:

Violations shall be documented with records kept by the coach stating infractions, date of occurrence, and remedy. A copy will be given to the Athletic Director and Principal following a parent conference.

Students habitually violating team objectives may, at the discretion of the coach, be suspended or declared ineligible.



Parent Guide

A coalition among coaches, athletes, parents, and school personnel is essential if students are to realize the values of athletic participation. Please read the following and, as needed, discuss your reactions with your child's coach or the Athletic Director.

Expectations of Parents

- To accompany my child to as many orientations and informational meetings offered by the athletic department as my schedule permits.
- To work closely with all school personnel to ensure an appropriate academic and athletic experience for my child.
- To ensure my child attends all scheduled practices and athletic contests.
- To require my child to abide by the Athletic Department's and coaches' training rules.
- To acknowledge that the ultimate authority of the coach determines strategy, player selection, and playing time.
- To promote and model mature behavior from students and parents during athletic contests.
- To work cooperatively with other parents and school personnel to ensure a wholesome and successful athletic program.
- To work closely with coaches to identify a reasonable and realistic future for my child as a student-athlete.

VALUE OF WINNING	VALUE OF LOSING
• Offer congratulations and discuss efforts made • Recognize improvement and growth • Emphasize competitiveness and doing one's best	• Credit the play of the opponent • Focus on improvement by individuals and team • Accept the loss as something to grow from and move forward

Parent Conduct

Parents who harass officials or make comments regarding judgment decisions made by the coach are counter-productive and tend to destroy the values of good sportsmanship. Palm Springs High promotes a family atmosphere please model appropriate language and conduct at all times.



Issues of Concern — What to Discuss with the Coach

ENCOURAGED TOPICS	NOT APPROPRIATE TO DISCUSS
• Treatment of their child • Ways to help their child improve • Concerns about their child's behavior • Coach's expectations for their child and the team • Team rules, requirements, and sanctions • Scheduling and college participation	• Placement on teams • Playing time • Strategies used by the coach during games • Other student-athletes

SPECIAL NOTE:

Coaches are professionals who make judgments based on what they believe is in the best interest of the team. The coach must consider ALL members of the team, not just your son or daughter.

Steps for Resolution — Coach or Program Complaints

It is imperative that parents respect the position of the coach and direct any concerns TO THE COACH FIRST.

Step 1	Contact the Coach
Step 2	Contact the Athletic Director (A.D.)
Step 3	Contact the Assistant Principal
Step 4	Contact the Principal

PRODUCTIVE COMMUNICATION:

Please make an appointment to speak with the coach prior to or after game day.



The Parent's Role A Realistic View

Those of us involved in sports recognize that only 1 in 100 to 150 young athletes ever receive a scholarship to play in college, and many of those are partial scholarships.

59%	of high school football and basketball players believe they will get a college scholarship
98/100	high school student-athletes will never play in college
1/150	high school athletes will receive a scholarship to a Division I school
1/12K	athletes will go on to become professional athletes

Given this awareness, we promote the value of academics in high school and in college. We ask parents to do the same it promotes a realistic and reasonable approach to athletics now and in the future.



Parent/Guardian Pledge

As the parent/guardian of a student-athlete, I understand the important role sports can play in the development of a child's character. I also understand that the highest potential of sports is achieved when everyone works together to Pursue Victory with Honor.

I promise to help my child and his or her team Pursue Victory with Honor by always modeling my behavior after the Six Pillars of Character trustworthiness, respect, responsibility, fairness, caring, and citizenship. I also expect my child to do the same.

An Open Letter to Parents of High School Athletes

After 14 years of coaching high school baseball, I have experienced a part of coaching that is the most difficult to accept. It is the parent that interferes, criticizes, and manipulates constantly in order to improve his or her child's chances of playing time. What the parent does not realize is the person ultimately hurt is their son or daughter, not the coach.

The purpose of an athletic program is basically two-fold:

- To give the average and gifted player the opportunity to test what they have worked hard to master under the pressure of competition to experience the joy of victory and stand up strong after giving everything.
- To provide the gifted athlete an opportunity to demonstrate his or her abilities.

Help your child by allowing them the space to fail or succeed on their own. Allow them to come home and express their feelings without fear of you jumping in to solve their problems. Listen and use it as an opportunity to help them grow.

Parents can love and support their athlete without subverting their quest to become an adult. Encouragement and support are what players need. Remember, the coach is the most unbiased person on the field.



Code of Ethics Coaches

Athletics is an integral part of the school's total educational program. All school activities must be congruent with the school's stated goals for the intellectual, physical, social, and moral development of its students. In accordance with Title V of the California Administrative Code, this Code of Ethics is presented. Palm Springs High School Athletics follows all **California Interscholastic Federation (CIF)** rules, regulations, and eligibility requirements. While this Code of Conduct establishes the expectations for all student-athletes, certain sports may have additional standards or requirements established by the head coach to address the unique demands of that program. These expectations may include, but are not limited to, attendance, practice participation, team conduct, dress, training, or communication.

All sport-specific expectations must align with CIF regulations, Palm Springs Unified School District policies, and Palm Springs High School athletic standards. Student-athletes are expected to comply with both this Code of Conduct and any reasonable program-specific expectations communicated by their coach.

- Show respect for players, officials, and other coaches.
- Respect the integrity and judgment of game officials.
- Establish and model fair play, sportsmanship, and proper conduct.
- Establish player safety and welfare as the highest priority.
- Always provide proper supervision of students.
- Use discretion when providing constructive criticism and when reprimanding players.
- Maintain consistency in requiring all players to adhere to established rules and standards.
- Properly instruct players in the safe use of equipment.
- Avoid exerting undue influence on a pupil's decision to enroll in any post-secondary institution.
- Avoid exerting undue influence on pupils to take lighter academic courses in order to remain eligible.
- Avoid suggesting, providing, or encouraging any athlete to use non-prescribed drugs, anabolic steroids, or any unapproved substance.
- Avoid recruitment of athletes from other schools.
- Refrain from the use of profanity, vulgarity, and other offensive language and gestures.
- Support the principles of Pursuing Victory with Honor.
- Accept and fulfill the contractual and sponsorship commitments made by the CIF Southern Section during playoff competition.



Athletic Director's Message

Most parents are genuinely concerned about the welfare of their children and will do anything possible to help them. Parents are not faceless figures in the crowd during a contest. They are allies in the school's efforts to develop and maintain the best possible athletic experiences for young athletes.

The closer athletic directors, coaches, and parents work together, the better our sports programs will be — benefiting from the collective knowledge and involvement of all the concerned adults in the community.

Pulling Together

Teamwork is based upon values. You must commit to the principles involved in the process. If we are to have a healthy athletic program, we must create an environment of faith and belief in the program. This must be a mindset that puts the team first.

Effective Teamwork

Large-scale success today is spelled Teamwork. The successful teammate puts the good of the team first. And if the whole prospers, he/she — as an active, effective, progressive part — will prosper with it.



CIF Code of Ethics

It is our duty...

- To emphasize the proper ideal of sportsmanship, ethical conduct, and fair play.
- To eliminate all possibilities which tend to destroy the best values of the game.
- To stress the values derived from playing the game.
- To show cordial courtesy to visiting teams and officials.
- To establish a happy relationship between visitors and hosts.
- To respect the integrity and judgment of sports officials.
- To encourage leadership, use of initiative, and good judgment by the players.
- To achieve a thorough understanding and acceptance of the rules of the game and standards of eligibility.
- To recognize that the purpose of athletics is to promote the physical, mental, social, and emotional well-being of the individual player.
- Remember that an athletic event is only a game not a matter of life and death for a player, coach, fans, officials, or school.



Do You Want to Be a Collegiate Athlete?

The NCAA Eligibility Center certifies the academic credentials of all students who want to play sports at NCAA Division I or II institutions as freshmen. In order to practice, play, and receive an athletics scholarship, students need to meet certain academic benchmarks.

Academic Checklist

- Graduate from high school on time.
- Complete a minimum of 16 core courses for Division I.
- Complete a minimum of 14 core courses for Division II (increased to 16 core courses for 2013 and beyond).
- Secure a minimum grade-point average (GPA) in core courses.
- Achieve a qualifying test score on either the ACT or SAT.

NCAA DIVISION I 16 Core Courses Required	NCAA DIVISION II 14 Core Courses Required
• 4 years of English • 3 years of Math (Algebra I or higher) • 2 years Natural/Physical Science (1 lab) • 1 year additional English, Math, or Science • 2 years of Social Science • 4 years of additional approved courses	• 3 years of English • 2 years of Math (Algebra I or higher) • 2 years Natural/Physical Science (1 lab) • 2 years additional English, Math, or Science • 2 years of Social Science • 3 years of additional approved courses

Eligibility Process by Grade

Grades 9 and 10:

- Take academic college preparatory courses in English, math, science, social studies, and foreign language.

Grade 11:

- Continue college preparatory courses.
- Register for SAT and/or ACT using code 9999 at registration.
- Register with the NCAA Eligibility Center and complete the academic and amateurism questionnaire.
- At the end of the sixth semester, the guidance counselor sends transcripts to the Eligibility Center.



Grade 12:

- Continue college preparatory courses.
- Register for additional ACT/SAT tests if necessary (use code 9999).
- On April 1st of the senior year, return to your Eligibility Center account to update information and request final amateurism certification.
- After graduation, the guidance counselor sends the final transcript.

NCAA Contact Information:

www.NCAA.org | www.ncaaclearinghouse.net | Eligibility Center: (877) 622-2321

Check your high school's list of NCAA-approved core courses at
www.ncaaclearinghouse.net



Acknowledgment & Agreement

CHARACTER COUNTS

PURSuing VICTORY WITH HONOR

This guide has provided you with the goals and objectives, along with the responsibilities and expectations of parents and student-athletes while actively involved in our athletic program.

I have read and understand the requirements of this Athletic Handbook and acknowledge that I may be disciplined if I violate any of its provisions.

Student's Name (Print)

Student's Signature

Parent/Guardian Name (Print)

Parent/Guardian Signature

Date

Sport / Team

IMPORTANT: For your son/daughter to participate in a sport, this signed agreement must be on file with the head coach.

Please remove and return this page to your coach.