

Sequoia Athletics Handbook

Program Purpose/Philosophy

Character defines greatness. Skilled enhances it, but without the desire to do and have either, is simply a waste of time. Trustworthiness, Fairness, Caring, Citizenship, Respect and Responsibility on and off the field. 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.

Coaches Expectations

1. Commitment to the players and to the program.
2. To build and maintain the overall program (i.e. academics, athletics, and character)
3. To teach, develop and enhance proper skills
4. To properly instruct athletes
5. To properly plan for practices and games
6. To teach life skills (i.e. accountability, responsibility, respect)
7. To teach the importance of teamwork and sportsmanship
8. To putting forth our best effort

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: You are a student first. If you are not succeeding in the classroom, you will not have the opportunity to be successful on the field.
5. 100% Commitment to Respect: For the game, for yourself, for your coaches, for your parents, for your teammates and for the other team and officials.

Academics

All student athletes will have weekly grade checks. The Athletic Director will give the coach an F-list on Monday, and the coach will talk with each player. It will be the players responsibility to meet with the teacher to improve any F's. Final grade check is due to coach on Thursday by 12:30 pm with improved grades. If the team doesn't have enough players eligible by Thursday 12:30, I will let our opponents know of forfeit. We are students first and athletes second.

Family ID

All athletes must have a complete Family ID to compete in all sports at Sequoia High School.

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.