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.

Coaches Expectations

1. All coaches are required to hold a meeting with all interested participants at the beginning of the season.
2. Coaches are expected to recruit players for their sport.
3. An accurate list of names is to be submitted to the athletic director by the end of week 1.
4. Game day participants need to be submitted to the attendance office by the end of the game.
5. Use a variety of techniques and drills to help players understand the sport.
6. Model professional and sportsmanship behavior, always.
7. Develop team goals, objectives, and philosophy for your sport.
8. Communicate with the AD in the following matters:
    a. Equipment orders
    b. Game day itineraries
    c. Gym/Field use
    d. Practice plan
9. Secure and care for equipment and supplies used in the program.
10. Exercise good judgement in modeling positive coaching behavior and taking responsibility for the team's appearance and conduct during practice, games, and events.
11. Make sure all participating athletes are academically eligible.
12. Dressing rooms should always be supervised. Coaches are responsible to check for garbage before leaving.
13. Attend all coaches meetings and workshops as required.
14. Coaches are expected to:
    a. Encourage good sportsmanship, fair play, and ethical relationships.
    b. Hold a parent meeting at the beginning of the season.
    c. To promote the program
    d. To communicate with parents whenever there is a problem with, concern about, or special praise for their son and daughter.
    e. To conduct all electronic communication with student participants via Band.
15. Coaches are responsible for their coaching clearance/requirements.

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.

Family ID

All athletes must complete Family ID to participate in all sports.

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 3:30-4:45. Coaches can practice more days if needed. Game times will be 11:00 am on Fridays.