

Parent Meeting

Expectations of our UHS Student-Athlete FAMILIES

UPLAND ATHLETICS VISION STATEMENT

CORE VALUES

Developing student-athletes based on **RESPECT, RESPONSIBILITY,** and **INTEGRITY.**

HOLISTIC GROWTH

Emphasizing positive growth in their **PHYSICAL, PSYCHOLOGICAL,** and **EMOTIONAL** lives.

ENDURING IMPACT

Creating meaningful **LIFE-LONG EXPERIENCES** and **MEMORIES.**

UPLAND ATHLETICS ATHLETICS BACKGROUND





LEAGUE CHAMPIONSHIPS

UHS has over 300 Baseline League Championships



HIGHLANDERS/SCOTS

We are both the Scots and the Highlanders and they have been used interchangeably by members of our community.

CIF CHAMPIONSHIPS

UHS has over 30 CIF Championships









UPLAND ATHLETICS BACKGROUND



FALL SPORTS

Cross Country
Cheer
Esports
Girls Golf
Girls Flag
Football
Football
Girls Tennis
Girls Volleyball
Boys Water Polo





WINTER SPORTS

Boys Basketball
Girls Basketball
Boys Soccer
Girls Soccer
Girls Wrestling
Boys Wrestling
Girls Water Polo



SPRING SPORTS

Softball
Baseball
Boys Tennis
Track & Field
Boys Golf
Boys Volleyball
Swim & Dive



REQUIREMENTS TO BE AN UPLAND ATHLETE

ACADEMIC STANDING



2.0 OR ABOVE GPA

ENROLLMENT



ENROLLED IN 20 SEMESTER UNITS AT UHS

ONLINE REGISTRATION



REGISTERED ON ATHLETE CLEARANCE

PHYSICAL EXAM



HAVE A COMPLETED PHYSICAL UPLOADED ON ATHLETE CLEARANCE

CODE OF CONDUCT



SIGN THE 2025-2026 CODE OF CONDUCT

BEHAVIOR & ATTENDANCE



GOOD STANDING AT UHS IN BEHAVIOR AND ATTENDANCE

ATHLETIC CLEARANCE

PHYSICAL EXAMS

Must be completed by a qualified medical professional.

ONLINE REGISTRATION (CIF)

Complete the process through the Athletic Clearance website.

EMERGENCY CONTACT FORMS

Provide accurate and up-to-date contact information.

MEDICAL HISTORY FORMS

Submit comprehensive student-athlete medical history.



EXPECTATIONS OF OUR STUDENT-ATHLETES



CORE VALUES

REPRESENT RESPECT, RESPONSIBILITY & INTEGRITY AT ALL TIMES



DIGITAL CITIZENSHIP

USE PHONE AND SOCIAL MEDIA RESPONSIBLY



CODE OF CONDUCT

FOLLOW THE UHS AND TEAM CODE OF CONDUCT



LEADERSHIP & TEAMWORK

BE A GREAT LEADER AND TEAMMATE

EXPECTATIONS OF OUR STUDENT-ATHLETE FAMILIES



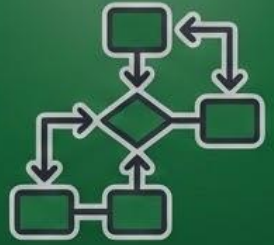
SPORTSMANSHIP & FAN BEHAVIOR

BE FANS, NOT FANATICS! Demonstrate positive support and respect for all.



24 HOUR RULE

Wait 24 hours after a contest before discussing concerns with coaches.



CONFLICT RESOLUTION

USE AND FOLLOW THE TIERED SYSTEM OF CONFLICT RESOLUTION.



BEHAVIORAL EXPECTATIONS

Adhere to high standards of conduct at all times, representing UHS positively.

SPECTATOR BEHAVIOR EXPECTATIONS

Parent/Guardian Contract

RESPECT FOR ALL



SHOW RESPECT TO ALL PLAYERS/COACHES AND OFFICIALS. THIS INCLUDES AWAY GAMES ALSO.

EJECTION CONSEQUENCES (PER CIF)



IF A FAN IS EJECTED THEY WILL BE SUSPENDED FROM ATTENDING THE NEXT 3 CONTESTS MINIMUM.

TIERED SYSTEM FOR COMMUNICATION & CONFLICT RESOLUTION

ATHLETICS

IN THE INSTANCE THAT A CONFLICT HAS OCCURRED, THE FOLLOWING PROTOCOL MUST BE FOLLOWED AS WE LOOK TO RESOLVE THE ISSUE.



TIER 1: ATHLETE & COACH

Athlete communicates directly with Coach.



TIER 2: PARENT & COACH

Parent/Guardian must first contact the coach/head coach to discuss the issue as a preliminary course of action.



TIER 3: PARENT, COACH & AD

If resolution cannot be reached, the Athletics Directors will be notified and a meeting with coach, AD, and parent/guardian can be scheduled.



TIER 4: ADMINISTRATION

If resolution still cannot be reached, the Athletics Director will notify school administration and a further meeting will be scheduled under the direction of administration.

ATHLETIC TRAINER & INJURY PROTOCOLS



INJURY REPORTING PROCESS

Immediate notification to Athletic Trainer and Coach. Complete necessary injury report forms.



TREATMENT TIMES & LOCATIONS

Before/after school and during practice in the Athletic Training Room. Specific times posted.



RETURN-TO-PLAY PROCEDURES

Must be cleared by Athletic Trainer/Physician. Follow a gradual progression protocol.

FUNDRAISING & BOOSTER INVOLVEMENT

ROLE & OPPORTUNITIES



Support athletics through active participation in the booster club and various volunteer opportunities.

MAXIMIZING YOUR EXPERIENCE



The more you put into it, the more you and your family will get out of it. Get involved!

JOIN THE MOVEMENT

#UBeforeMe

GET INVOLVED and be part of the Upland Athletics community. Your support makes a difference!

MULTI-SPORT ATHLETE SUPPORT

ENCOURAGING PARTICIPATION



Promoting student engagement in multiple sports

COACH COORDINATION



Collaboration between coaches to avoid schedule conflicts

DEVELOPMENT BENEFITS



Enhancing overall athletic development through cross-training









EQUITY & INCLUSION IN ATHLETICS



Commitment to providing Equal Opportunities



Anti-bullying, Anti-discrimination Policies



Promoting a welcoming environment for all athletes







CONTACT INFORMATION

ATHLETIC OFFICE LOCATION



K242

PHONE NUMBERS



Athletic's Office Number:
(909) 949-7880 x. 35242

Athletic Secretary's Number:
(909) 949-7880 x. 35401

EMAILS



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