CVHS Athletics ***Pride – Tradition –Honor***
2900 Community Avenue, La Crescenta, CA 91214 ***Phone: 818-249-5871 Fax: 818-957-6809***

Re: Athletic Information for Incoming 9th Grade Students and their Parents (last update 1/13/16)

Question: What sports do you offer and when?
3 Seasons of Sports + Summer

Fall	Winter	Spring	Summer
Mid Aug.-Early Nov.	Early Nov.-Mid. Feb	Early Feb. – Mid. May	Usually aligned with summer school
Football Volleyball (G) Tennis (G) Cross-Country (B&G) Golf (G) Water Polo (B)	Water Polo (G) Basketball (B&G) Soccer (B&G)	Softball Baseball Tennis (B) Volleyball (B) Golf (B) Track & Field (B&G) Swimming (B&G) Lacrosse (G)	Football Volleyball (B&G) Tennis (G) Cross-Country (B&G) Basketball (B&G) Water Polo (B&G) Soccer (B) Baseball Softball* Soccer (G)* *year to year

Question: Are there tryouts? When? Do kids get cut? Do they practice in the summer?

	Football	Volleyball (Girls)	X-Country	Golf (G)	Water Polo (B&G)	Basketball (B&G)	Soccer (B)	SoccerG)	Softball
Tryouts	Usually within 3 days of graduation	Usually within 3 days of graduation	Usually 3rd or 4th week of summer	Usually later in the summer	Usually within 3 days of graduation	Usually within 3 days of graduation	Usually within 3 days of graduation	Usually within 3 weeks of graduation	November
Cuts made?	No	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes
Summer Practices	Yes	Yes	Yes	No	Yes	Yes	Yes	No	Sometimes

	Tennis (B)	Tennis (G)	Golf (B)	Baseball	Volleyball (B)	Track & Field	Swimming (B& G)	Lacrosse (G)	
Tryouts	November	5 weeks of summer	November or December	November	November	November or December	November or December	November or December	
Cuts made?	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	
Summer Practices	Sometimes	Yes	No	No	Yes	No	No	Yes	

Question: Can I participate in more than 1 sport?
Yes. We encourage our student-athletes to be multiple sport athletes. Many are dual-sport athletes; some are 3-sport athletes (1 each season).

Question: Can my child take summer school and play sports?
Yes. Summer school ends at 12:45 each day; practices will start as early as 1pm and as late as 7pm (usually for 2-3 hours).

Question: When can we schedule our family summer vacation?
All the sports that practice over the summer (exception of x-country) will practice for 5 weeks aligned with summer school. Then Fall Sports will take 3 weeks off and come back for training camp 1 week prior to start of school. X-country usually takes its 3-week "dead period" at the beginning of summer then train right through start of school. "Dead Period" is mandated by CIF where each sport has to take 3 consecutive weeks off away from the playing field/court/pool sometime during the summer period.

Question: Is there a minimum grade requirement?
Yes. Each student-athlete must be academically eligible to participate by earning a minimum of 2.0 GPA each grading period (every 10 weeks). Some teams have a higher GPA requirement. (S)he must also pass 4 classes, i.e. a student who earns 3 A's and 3 F's (2.0 GPA) is ineligible since (s)he did not pass 4 classes. Eligibility of all incoming 9th grade students participating in the Fall season will be determined by their final 8th grade 2nd semester grades.

Question: When do they practice during the school year?
During the season of sport, there will be practices Monday thru Friday (also Saturdays). Practices will be after school and can start as early as 2pm after 5th period and as late as 6pm for lower level teams. Practices will last between 2-3 hours. Some teams also practice in the morning before school, i.e. from 6am to 7:20am. Period 1 starts at 7:55 and YES, we expect all our student-athletes to get to class on time!!!
Off-season teams may also hold practice during 6th period or after school.

Question: Can I contact the coach now to ask questions?
No. CIF (the governing body for inter-scholastic sports) does not allow coaches to have any contact with 8th grade students and/or their parents before graduation. If you have questions, please contact the athletic director.

Question: Will my 8th grader find out any information about CV athletics before middle school graduation?
Yes. Athletic Directors will visit Rosemont MS sometime before April to discuss athletics with all 8th grade students. AD's will bring current varsity athletes who will represent their sport to the 8th grade class.

Question: Will my child need his/her physical before trying out?
Yes. We recommend your child go see his/her doctor sometime in May for an annual physical. Student-athletes must have updated athletic packets completed each year. Go to http://cvhsfalcons.com/cms/lib6/CA01001107/Centricity/Domain/200/GUSD%20Extra%20Corricular%20ActivitiesMay2015.pdf and print out all 15 pages. Your child's pediatrician will have to fill out pages 3 & 4.

Question: Do I need to fill out more than 1 athletic packet if my child participates in multiple sports?
No. You can make copies, or coaches will pass the packet along to the new coach from season to season.

If you have any other questions (boys or girls), email me at pkim@gusd.net

Peter Kim (Girls Athletic Director)