

Palo Alto High School

Athletic Department

Parent Handbook

2018-2019



Mission Statement:

Education Based Athletics is an integral part of the Palo Alto High School community and exists to promote the common good through athletic competition by providing equitable opportunities for student-athletes. Palo Alto Athletics models a student-centered approach while creating a diverse and inclusive environment emphasizing academics, student-athlete welfare, sportsmanship and Viking Pride.

PALY ATHLETICS STAFF

- **THERREN WILBURN, ATHLETIC DIRECTOR**
 - TWILBURNSUDDUTH@PAUSD.ORG
- **SYDNEY DAVIS, ASSISTANT ATHLETIC DIRECTOR**
 - SYDAVIS@PAUSD.ORG
- **JUSTINE IONGI**
 - JIONGI@PAUSD.ORG

SPORTS OFFERED AT PALY

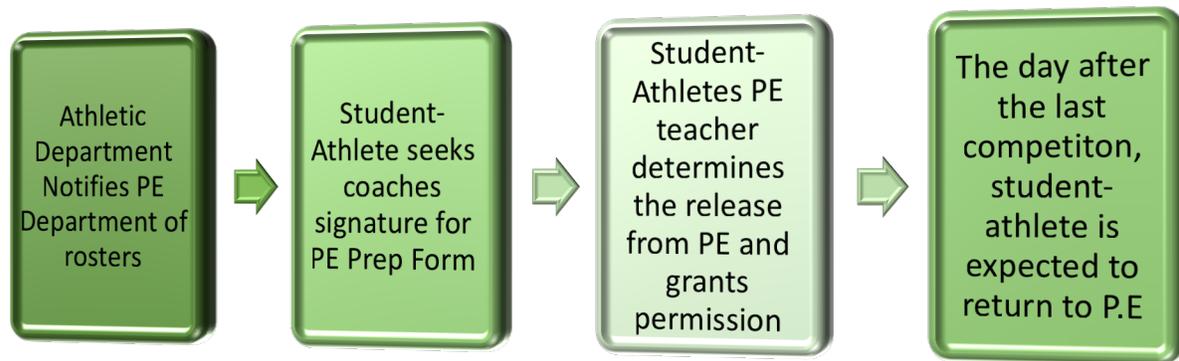
FALL SPORTS	WINTER SPORTS	SPRING SPORTS
Earliest start date: Aug 3 rd	Start Date: Oct 29th (for all athletes not still playing a PALY fall sport)	Start Date: Jan 28 th (for all athletes not still playing a PALY winter sport)
Cross Country – Boys*	Basketball - Boys	Badminton – Boys/Girls
Cross Country – Girls	Basketball - Girls	Baseball - Boys
Field Hockey	Soccer - Boys	Golf - Boys
Football*	Soccer - Girls	Lacrosse - Boys
Golf - Girls	Wrestling – Boys*	Lacrosse - Girls
Tennis - Girls	Wrestling – Girls*	Softball - Girls
Volleyball - Girls		Swimming & Diving – Boys*
Water Polo - Boys		Swimming & Diving – Girls*
Water Polo - Girls		Tennis - Boys
		Track and Field – Boys/Girls
		Volleyball- Boys

TEAM SELECTION

Interested Student-Athletes Should:

- ✓ Tryout dates and times posted on Palyathletics.com, announced on InFocus, and or Coaches Pre-Season Meeting (Date, time, location, announced on InFocus)
- ✓ Attend all tryout sessions (each student-athlete receives 4 tryout days); Multi-sport athletes must finish the current sport's season before trying out for a new team. However, it is a good idea to communicate with the coach of the new team of intentions to try out after the current season ends. Athletes coming from another sport are given the same 4-day tryout once their season ends.
- ✓ Rosters will be communicated to student-athletes via Email from Coach or Athletic Department or roster being listed with Student ID
- ✓ Student-Athletes MUST attend following practices after roster selection, confirming they're spot on the roster

PE PREP



- ✓ If student-athlete is released from or quits a team, or is academically ineligible, they must return to P.E. immediately.
- ✓ If a JV/F-S player is called up to Varsity for CCS playoffs, the coach must notify the AD, who will inform the PE teacher.

UNIFORMS

For Student-Athletes who do not keep uniforms at the end of their seasons:

- ✓ Coach will instruct student-athletes of when/where to collect uniform
- ✓ In the event student-athlete cannot pickup on assigned time, they will work with their coach to pick up their uniform
- ✓ At the conclusion of the season, student-athlete will receive instructions about who to turn their uniform in to
- ✓ If uniform isn't received 1-week post competition they will be sent a uniform invoice
- ✓ If uniform isn't returned or invoice isn't paid, student-athlete will receive a hold on their diploma (Sr's), Schedule Hold (Fr, Soph, Jr's), and not given a uniform for the next sport season

RELEVANT FORMS

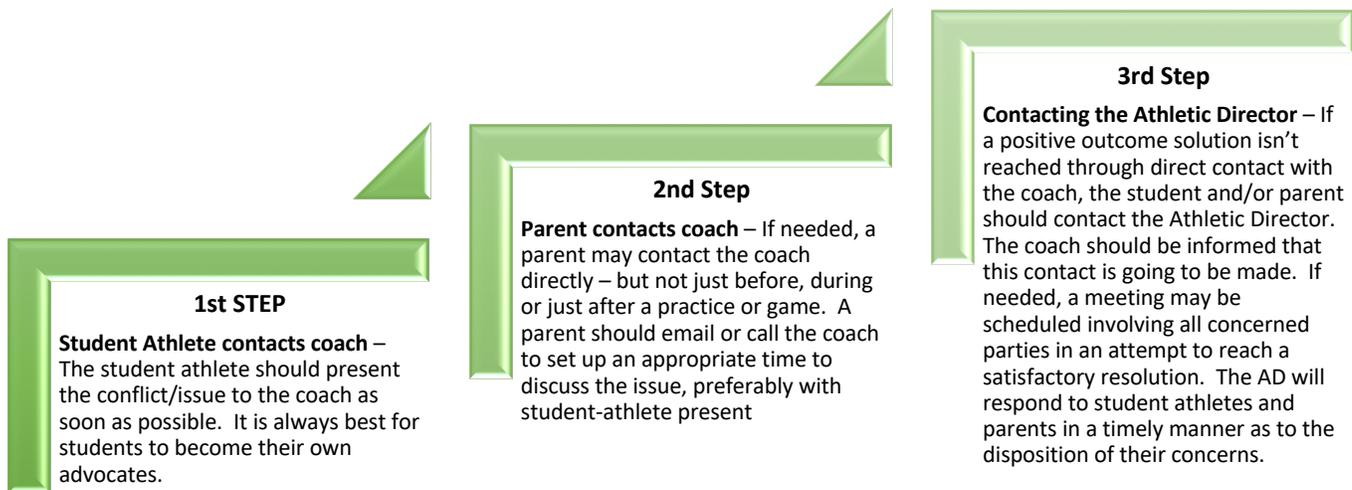
- ✓ Paly Physical Form
- ✓ PAUSD Parent Driver Form
- ✓ Paly Sports Boosters Reimbursement Form

ROLE OF PALY SPORTS BOOSTERS

- ✓ Consists of parent **VOLUNTEERS** who raise funds to support Paly Athletics
- ✓ Annual budget of **\$400,000** is raised to help support all sports which caters to over half the student body (1200 student-athletes)
- ✓ Money that the Sports Boosters raise goes directly to uniforms, officials, transportation, awards, equipment, additional practice facilities and league & tournament fees. PAUSD only pays for Coaches Stipends and facility maintenance
- ✓ Paly Sports Boosters meets on the 3rd Wednesday of each month.
- ✓ Visit <http://palysportsboosters.org> or email pahssportsboosters@gmail.com for more information

CONFLICT RESOLUTION

When conflicts or issues arise, it is important that they be addressed immediately, with the goal of finding a positive solution. Coaching strategy and playing time are not appropriate subjects for complaint. In addition, parents should follow any instructions from the coach about the best way and time to approach the coach with questions or concerns.



- ✓ It is our hope that the majority of concerns will be resolved at this first meeting between student-athlete and coach.
- ✓ Athletic Director will always ask if steps 1 and 2 are met before engaging with parents, unless its deemed a concerning circumstance (to AD's discretion)
- ✓ If there is still not a satisfactory resolution, the student or parent may contact the AP of Athletics. The Athletic Director should be informed that this contact is going to be made. While there can be no guarantee that all parties will agree with all resolutions or findings, a thorough, respectful airing of different perceptions and experiences can lead to more productive relationships and clearer understandings in the future.

PARENT EDUCATION SERIES

1. Concussion Awareness & Injury Protocol
 - a. August 27th 6:30pm Big Gym
2. Sports Psychology and High School Student-Athletes
 - a. September 17th 6:30pm Performing Arts Center (PAC)
3. NCAA Info Night
 - a. October 17th 6:30pm Performing Arts Center (PAC)
4. The Second Goal Parent, Developing Winners Throughout Life—Positive Coaching Alliance
 - a. November 14th 6:30pm Media Arts Center (MAC)

SOCIAL MEDIA



@PALYATHLETICS



@PALYATHLETICS

THE HIGH SCHOOL SPORTS PARENT: DEVELOPING TRIPLE IMPACT COMPETITORS, Positive Coaching Alliance

A FOCUS ON THE BIG PICTURE

- Adults in high school sports too often get caught up in the little picture (performance on the field) and lose sight of the big picture (life lessons learned on the field)
- Two broad goals in education-based athletics: striving to win and building character so teens become productive members of society

A HIGHER CALLING FOR HIGH SCHOOL ATHLETES

- Education Based athletics is a fundamentally different enterprise than professional sports. High school sports are about developing great people
- Triple Impact Competitors, 1) Strive for personal mastery & improvement, 2) look for ways to make their teammates better, 3) Make the game better by competing with honor.

UNDERSTANDING THE HIGH SCHOOL SPORTS LANDSCAPE

- High School sports programs have a well-defined chain of authority. Parents create problems when they circumvent it when a concern or perceived inequality arises. Parents are best served to help athletes advocate for themselves
- Student-athletes are on a public stage. The pressure to win can bring out the worst in all parties. Parents assist in a second-goal focus by encouraging effort over results.

GETTING STRAIGHT WITH GOALS

- Let your student-athlete complete the 100 Point Exercise and have a discussion about their goals. Listen more than talk.
- **100 Point Exercise**

AVOIDING THE TALENT TRAP

- Foster a growth mindset, with a focus on effort and improvement. This will assist in recognition that success depends on effort more than talent.
- Focusing on teens talent rather than effort is a trap that can actually harm student-athletes of reaching their full potential.

THE ELM TREE OF MASTERY

- Effort,
- Learning and improvement, and
- Mistakes, how we respond to mistakes and fear of them

YOUR ATHLETES EMOTIONAL TANK

- **Emotional Tank Cues**
- Provide constructive criticism that take into account when and how to deliver criticism so your student-athlete can hear it and be more likely to act upon it.

SPORTSMANSHIP RECONSIDERED

- Adults in high school often make the crucial mistake of adopting the win-at-all-costs mindset of professional sports. Recognize the real purpose of education-based athletics is character development and embracing the idea of HONORING THE GAME!

Palo Alto High School Athletics and Positive Coaching Alliance have partnered for the 2018-2019 school year in an effort to improve the athletic culture at Palo Alto High School. These are **fictional** case studies provided by Positive Coaching Alliance, that address many topics that both parents and student-athletes could experience.

We hope you enjoy reading through the various scenarios.

[Ouch! Dealing with Injuries](#)

[Playing Time Blues](#)

[Quitting Time](#)

[Surviving Tryouts](#)

[The Bad Call](#)

[The Club vs High School Dilemma](#)

[The Coach as Partner](#)

[The Ineffective Coach](#)

[The Next Level](#)

[The Rumor Mill](#)