WELCOME
2020-2021
Parent Athlete
Informational Meeting

Presented by: Ms. Noeth Athletic Director
Los Altos Athletic Boosters:

Co-Presidents:

Angela Player: angela.player@gmail.com       Valerie Cairns: vjcairns@yahoo.com

Board Members:

Team Parent Coordinator- Wendy Allyn
Treasure: Ty Conner
Volunteer Coordinator: Gwen Byard
Marketing/Spirit Wear: Kirsten Sirey
Membership Coordinator: Norelle Tavrow
What does Booster do?
Athletic Boosters is a non-profit group comprised of parents, grandparents, community members, alumni, and teachers.

We support our athletic teams through the purchase of uniforms, equipment, coach training and assist the Athletic Director to improve resources for student athletes.

We have 4 primary fundraisers:

1. Boosters Membership Sales
2. Pumpkin Patch in October
3. Holiday Tree Lot in December
4. Eagle Madness Silent Auction in March

We Encourage parents to become an Athletic Boosters member and learn more about what we do to assist our sports programs.

Meeting Dates and Time. All meetings are held at 5pm- For now all on zoom
October 19, November 16, January 11, February 8, March 8, April 5, May 10

Are you a Team Parent for one of our LAHS SPORTS? Meetings are held after Athletic Boosters with the Athletic Director.
What’s happening with Sports?

OPEN CONDITIONING

- Began September 8th for Season 1 sports only.
- 14 athletes in a cohort allowed and 2 Coaches.
- Cohorts are for two weeks.
- Parent form must be filled out prior to attending conditioning session.
- Forms are available on the Athletic Home Page
- Athletes must make contact with the Coach prior to attending the workout.
- Masks must be worn to and from workouts.
- Athletes must maintain social distancing. Coaches may remove them from the sessions if student athletes is non cooperative.
Additional information.

● Athletes are not excused/or exempt from PE or any class to attend conditioning sessions.

● Coaches will wear masks and have hand sanitizers available.

● Athletics is following the Santa Clara County Guidelines and further guidance from our Superintendent.

● At the end of September AD’s will get further notice from the Superintendent in regards to opening up for Season 2 Conditioning Sessions. Coaches will be notified information.

● Conditioning sessions are optional and do not determine if an athlete makes a sports team.
IMPORTANT DATES

OCTOBER 9th END OF 1st Quarter
Determines Season 1 Tryout/practice eligibility

DECEMBER 18th End of 1st SEMESTER
Determines continuing eligibility for Season 1

Season 1- Start Date- Week of 12/14- Finals Week

• 12/14 & 15 - lite practices/ Tryouts
• 12/16-17 no practice/Tryouts - Finals
• 12/18 - Practice /Tryouts after Finals
• 12/19- Double Day practice/complete Tryouts
<table>
<thead>
<tr>
<th>SPORTS</th>
<th>FIRST PRACTICE</th>
<th>FIRST CONTEST</th>
<th>SECTION FINAL DATE</th>
<th>LAST DAY FOR REGIONAL/STATE CHAMPIONSHIPS</th>
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<tbody>
<tr>
<td>Football</td>
<td>12/14/2020</td>
<td>1/8/2021</td>
<td>4/10/2021</td>
<td>4/17/2021</td>
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<tr>
<td>Field Hockey</td>
<td>12/14/2020</td>
<td>12/28/2020</td>
<td>3/20/2021</td>
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<td>Gymnastics</td>
<td>12/14/2020</td>
<td>12/28/2020</td>
<td>TBD</td>
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<td>Boys Water Polo</td>
<td>12/14/2020</td>
<td>12/28/2020</td>
<td>3/13/2021</td>
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IMPORTANT DATES SEASON 2

MARCH 12th END OF 3rd Quarter
Determines Season 2 tryout/practice eligibility

June 9th End of 2nd SEMESTER
Determines continuing eligibility for Season 2

Season 2- Start Dates vary by Sports

● February 22- Tennis, Soccer, Badminton
● March 8th-Swimming & Diving
● March 15th- Baseball, Softball, Basketball, Wrestling, Track & Field, Golf, and Lacrosse
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<td></td>
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<td>Girls 6/9/2021</td>
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## Season (2) Conflict Events

**Spring Break**: April 12th - 16th  
**Winter Break**: Feb 15th - 19th  

<table>
<thead>
<tr>
<th>AP Exams</th>
<th>(M) 5/3</th>
<th>(Tu) 5/4</th>
<th>(W) 5/5</th>
<th>(Th) 5/6</th>
<th>(F) 5/7</th>
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<tbody>
<tr>
<td>Afternoon</td>
<td>Physics C Mechanics</td>
<td>German Geography</td>
<td>Japanese Physics 1</td>
<td>Art History Computer Sci A</td>
<td>European Hist Physics 2</td>
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<td>(M) 5/10</td>
<td>(Tu) 5/11</td>
<td>(W) 5/12</td>
<td>(Th) 5/13</td>
<td>(F) 5/14</td>
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<td></td>
<td>Macro Economics</td>
<td>Latin Psychology</td>
<td>Micro Econ Music</td>
<td>Statistics</td>
<td>Chinese Environmental Science</td>
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**SATs**  
- Saturdays  
  - March 13th  
  - May 8th  
  - June 5th

**ACTs**  
- Saturdays  
  - April 17th  
  - June 12th

**Memorial Day**: (M) 5/31
What is new:

Due to the change of Season of Sports there will be games during breaks/Saturdays. Athletes are expected to commit and be there.

Last year we were sanctioned and fined for not playing a game due to athletes leaving on vacation.

Dual sport participation 2020-2021 school year **ONLY**. Athletes will be able to participate in two sports simultaneously. They must fill out a contract that will include:

1. Athlete
2. Parent
3. Coach A
4. Coach B
5. Councilor
6. Athletic Director
7. Principal.

**Contract**

Contract will be available online once confirmed.
• If dual sport athletes need to modify their schedule they must stay with their primary sport chosen.
• If an athlete experiences an injury and still wants to earn credit they must attend practices/games until season is completed and communicate with their Coach.
• Tryouts- Athletes in a Season 1 Sport **MUST** communicate with the Season 2 Coach regarding trying out for the sport.
• Due to the overlap of seasons the league schedules start earlier therefore students must tryout immediately for the next sport so rosters are set.
• Athletes are not guaranteed to be on the team because it’s on the class schedule.
• PE Exemptions are **ONLY** for Freshman with 7 classes. The form will not be given out until Rosters are confirmed by the Coaches.
Eligibility

**Must have 2.0**

Season 1 Sports eligibility will be based off of 1st quarter grades to tryout/practice.

October 9th end of 1st quarter.

Continuing eligibility will be based off of Semester Grade.
Athletes **MUST** be cleared on [athleticclearance.com](http://athleticclearance.com)  

There is how to youtube video to assist with clearance.  

- Process for now is to upload updated physical. This is mandatory by the first day of tryout/practice.

**Transfer students**- must be cleared before competition. If an athlete was not enrolled the last 12 months at Los Altos they are a transfer student you need to contact Athletic Director for transfer forms. Does not apply for Freshmen who enrolled in August.
Associated Costs:

- The Athlete Transportation donation of a $100 is used to cover bus costs. Please hold until season begin.
  
- ASB Card - Please purchase your ASB card. We are still required to pay our CIF/CCS/SCVAL fees. [$30.00]

- Spirit Packs are sport specific. Coaches put together their team spirit pack that students purchase and keep for the remainder of the season.

- Uniforms are given out at the beginning of the season and are required to be returned. Students will be fined if uniforms are not returned.
Meet the Staff

Stay current and visit our athletic website.

Follow us on instagram: losaltosathletics

Follow us on twitter: @LosAltosAth
Student Athlete Leadership Team

~SALT~

Who are we?
- Athletes who are passionate about leadership, our sport and our school community

What do we do?
- For 2020-2021: meetings to discuss training during quarantine, projects to increase motivation and spirit in our school, zoom workouts and athlete leadership building activities

Who can join?
- Any student athlete at Los Altos

When do we meet?
- Every other week on Wednesday! Times are flexible, usually around 3pm. Next meeting is September 23rd.