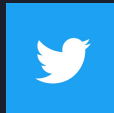


# WELCOME TO 2019-2020 SCHOOL YEAR

**CONTACT INFORMATION:**  
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[Losaltosath](https://twitter.com/Losaltosath)



[losaltosathletics](https://www.instagram.com/losaltosathletics)



# ELIGIBILITY

- Must be registered on [athleticclearance.com](https://athleticclearance.com)
  - Please be sure your email and students email are correct so you receive correspondances.
- Physical must be within 1 calendar year. Example: Physical given on June 1st 2018 EXPIRES June 1st 2019. Physicals can be uploaded when registering or hard copy turned into the Athletic Office. Confirmation letter also turned into the Athletic Office.
- MUST HAVE A 2.0
- MUST have Residential Eligibility- enrolled in the last 12 months at Los Altos High School

## GRADING PERIODS

End of Quarter 1 – October 11

End of Semester 1 – December 20

End of Quarter 3 – March 13

End of Semester 2 – June 5

Athletes become eligible or ineligible.



# Injuries & Concussions

We have an Athletic Trainer on campus.

- Athletes report to our Trainer when injuries occur. Depending on severity of the injury Parents/ Coaches will be notified if further Doctor evaluations are necessary.
- If an athlete sustains a concussion they must see a doctor and go through a return to play protocol. Our Trainer will give the athlete the final okay to play.
  - Athletes may try and hide their injury if you suspect anything please let us know.



# ISSUES/CONCERNS

When going through the clearance process please review the Athlete/Parent Guide Book

Briefly here is the protocol when there are issues or concerns.

1. Athlete to Coach
2. Athlete-Parent-Coach
3. Athlete-Parent-Coach-Athletic Director
4. Athlete-Parent-Coach-Athletic Director-Administrator



# FALL DATES

August 9th- First Day of practice/tryouts

SPORT and END Of LEAGUE DATES-

Girls Golf -October 24, 2019

Girls Volleyball -October 30, 2019

Field Hockey -November 2, 2019

Water Polo Girls November 2, 2019

Tennis November 8, 2019

Cross Country November 9, 2019

Football November 9, 2019

PLAYOFFS ARE FOR VARSITY ONLY TEAMS! MUST QUALIFY EACH ROUND

AWARDS NIGHT- TUESDAY NOVEMBER 26,2019



# WINTER SPORT DATES

Winter 1st Day of Practice November 4, 2019

Winter-End of League Season

Wrestling-February 15, 2020

Basketball -February 18, 2020

Soccer - February 19, 2020

PLAYOFFS ARE FOR VARSITY ONLY TEAMS! MUST QUALIFY EACH ROUND

AWARDS NIGHT- TUESDAY MARCH 3, 2019



# SPRING SPORTS

Spring 1st Day of Practice Monday NFHS week 31 February 3, 2020

Spring 1st Day of Contests Monday NFHS week 34 February 24, 2020

Spring-End of League Season

Boys Golf -April 30, 2020

Swimming May 2, 2020

Boys Tennis May 4, 2020

Boys Volleyball Badminton Track & Field Lacrosse -May 9, 2020

Baseball Gymnastics Softball May 16, 2020

PLAYOFFS ARE FOR VARSITY ONLY TEAMS! MUST QUALIFY EACH ROUND

AWARDS NIGHT- MAY 27,2019



# HOW YOU CAN GET INVOLVED?

## Be your student athletes # 1 Fan- Go to games & Cheer Positively

- Become a TEAM PARENT- assist the Head Coach with miscellaneous tasks.
- Volunteer to work games for various sports.
- Join and be a part of the Athletic Boosters. They hold fundraisers throughout the year to help support the cost of uniforms and equipment





# HIGH SCHOOL SPORTS NEED YOU!

MEN & WOMEN

## BECOME AN OFFICIAL

BE PART OF EDUCATIONALLY BASED ATHLETICS

GIVE BACK TO THE SPORT

ASSOCIATE YOURSELF WITH COACHES AND ATHLETES

REINFORCES SKILLS SUCH AS LEADERSHIP,

COMMUNICATION, CONFLICT RESOLUTION

EARN SOME EXTRA MONEY

**EMAIL:** YOUR NAME, EMAIL ADDRESS AND  
SPORTS YOU ARE INTERESTED IN OFFICIATING

**TO:**

**[CCSOFFICIALS@CIFCCS.ORG](mailto:CCSOFFICIALS@CIFCCS.ORG)**