

Dear Athletes and Parents,

I cannot effectively express my deep love of our school and its programs. I am very proud to be the La Canada High School Athletic Director and am privileged to work with our athletes, coaches, parents, and community. I am looking forward to my first year as the official Athletic Director of LCHS! We encourage your participation in one or more of our many athletic offerings. Please note that CIF breaks the year down into three seasons: Fall, Winter, and Spring. We hope that you will participate in more than one season, and perhaps all three. With that involvement comes expectations. As Spartans, we adhere to the principles of the CIF's Victory with Honor Program. To this end, a collective group made up of the Athletic Department, Coaching Staff, Athletes, and Administration have identified the following 7 Core Values to guide us in our Athletic processes.

Excellence

Commitment

Integrity

Leadership

Character

Honor

Scholar-Athletes

The concept of sportsmanship, however, must be taught, modeled and reinforced by adults. The parents/guardians of athletes must maintain self-control and demonstrate proper perspective as it relates to winning and losing. We strongly encourage your active, positive support of your child, and look forward to your attendance at the games and other sponsored activities.

The 2014-15 school year marked a change in our Athletic team policies, which will continue in the 2015-16 school year. All teams conduct tryouts and all teams have a cut policy. High School CIF Athletics are competitive in nature. The tryout process does vary by sport. Some programs have summer and holiday break commitments. In order for your student to be cleared to participate in athletics at La Cañada High School, your athlete must complete the online clearance process and bring the required hard copies to Registration. Each athlete must complete the entire process EACH year. Physicals are only valid for 365 days.

In most organizations, there are times when concerns need to be addressed by parents to the athletic department. We encourage you to contact us. Even though there can be disagreements that do not always result in what you are asking for, we want you to know that your concerns are heard and considered for future changes.

We look forward to seeing you in the gym, on the fields or the pool deck. Thank you for supporting the initiatives of CIF, the Rio Hondo League and La Canada High School. If you have any questions, please call the Athletics Office at 818-952-4269.

GO SPARTANS!

Warm Regards,

Kristina Kalb

Nicole Morrison

Director of Athletics

Sports Coordinator