

Frequently Asked Questions

1. Are there conditioning practices during the summer/off-season?

- i. Yes, every sport has different requirements for their summer/off-season training. Make sure you are in communication with the Head Coach about what those requirements are.

2. Can I play a different sport each season?

- i. Absolutely! However you will need to make sure that you have turned in your signed (by both parent and student) *Athletic Confirmation* page and the rest of items necessary for Athletic Clearance.

3. Can I play on two high school sports teams during the same season?

- i. It is very rare that CIF restrictions permit that. You would need to speak directly with the AD.

4. How can I become cleared to try-out for a team?

- i. To become cleared for any sport, one must fill out all Athletic Clearance paperwork from the Athletic Clearance website.
- ii. **Athletic Website** - ClearanceTab:
<http://www.lacanadaspartanpride.net/athletic-clearance.html>
- iii. **For helpful video instructions on filling out paperwork on the Athletic Clearance website:** <https://cartyws.wistia.com/medias/auqpoq4kv6>
- b. **Reminder:** After creating an account, you will be prompted to go over your email to activate the link and confirm the account. You will not be able to proceed until you have done that.
- c. **Physical:** The form is on the Athletic Clearance website. To download the physical form, please click here where it says [DOWNLOAD PHYSICAL FORM HERE](#)
- d. Please keep in mind that physicals are valid for 365 days only, and please make sure that your physical is *signed and dated* by **MDs, DOs, and Nurse Practitioners ONLY** as they are the only ones legally permitted to complete this form.
 - i. A helpful reminder is to make your doctor appointments early. And if you need a quick physical, you may also go to the CVS Minute Clinic or Urgent Care as an alternate option. Note that in the summer the wait times tend to be long as it is all walk-in appointments.
- e. **Items to bring in once Athletic Clearance paperwork is filled out:**
- f. 1. Hard copy of the signed and dated physical - [DOWNLOAD PHYSICAL FORM HERE](#)
- g. 2. Signed Confirmation Message page (both the athlete and a parent/guardian must sign). Indicate/Print for EACH sport for which you have registered your child.
- h. 3. Concussion Protocol Information Sheet Signature Page.
- i. 4. CIF Student Code of Ethics form signed for 2018-19
- j. 5. Cardiac Arrest Signature Form.
- k. 6. Copy of Health Insurance Card if not uploaded to AthleticClearance.com *Please note we cannot make a copy for you.*
- l. 7. Receipt for requested ASB and Transportation Donations (not required to be cleared).

5. Why should I join ASB and how much does ASB cost? Are there any perks?

- a. ASB(Associated Student Body) provides *sole funding* for items such as, game officials, certificates of participation and letter patches.

- b. The cost for ASB is \$75 - please note that it is not required to purchase ASB, **however** if an athlete does not purchase ASB they will no longer be receiving an end of the year certificate or letterman patch.
- c. Perks for ASB include, free entrance to home Football and Basketball games. Discounts on school dance tickets and other events. End of the year certificate and patch.
- d. **Note on payment-** You may purchase after July 1st. You may pay by check, payable to LCHS-ASB with your athlete's name and ID number in the memo line (Can be combined in the same check as Transportation donation if you wish) **OR** you can pay online (link will be posted once activated by LCHS ASB) with a credit card (it is still tax deductible) Please be aware that there is a processing fee if you pay online.

6. Why am I requested to provide a transportation donation, and what are the costs?

- a. Every dollar that we raise in transportation donations goes to providing transportation via bus for our athletes to and from their games and tournaments. No other funding is allocated towards the buses, and our only source of funding is through the generous contributions from our community.
- b. We ask if the following donation breakdown
 - i. \$200 First Sport
 - ii. \$150 Second Sport
 - iii. \$150 Third Sport
- c. **Note on payment-** You may purchase online or in person. You may pay by check, payable to LCHS with your athlete's name and ID number in the memo line **OR** you can pay online in the Athletic Clearance program with a credit card (it is still tax deductible) Please be aware that there is a processing fee if you pay online.

7. How can I become involved with clubs if I participate in sports?

- a. Many of our athletes are involved in both on campus clubs as well as sports. We strongly suggest that athletes are in constant communication with both groups as many times commitments to both groups clash. We strongly encourage our coaching staff to work with students to find compromises as we want to provide our students with a well rounded high school experience. However sometimes games and certain events do get in the way of club activities, and our athletes need to be aware of the commitment level to both club and sports before joining.

8. Is there a no-cut policy for sports?

- a. All of our sports are competitive CIF high school-level sports and most teams have try-outs and cuts.

9. What are the eligibility requirements in order to play on a team?

- a. In order to be academically eligible to participate in extra-curricular activities at La Canada High School, a student shall meet the academic and citizenship standards including:
- b. Maintain regular attendance in all classes.
- c. (Students on SART or SARB: eligibility is at the discretion of the administrator over discipline.)
- d. **On the day of an extra-curricular activity (or the Friday prior to the weekend event), attend at least one-half day of students' scheduled classes (3 out of 6 classes, or 2 out of 3 classes on block days - STEP does not count as a class). ***

- e. The student is currently enrolled in at least 4 classes, which is equivalent to 20 semester credits of work.
- f. The student passed at least 4 classes of work at the completion of the last regular grading period. Failure to complete this requirement will meet with *immediate* ineligibility.
- g. The student is maintaining minimum progress toward meeting the high school graduation requirements as prescribed by the governing board.
- h. The student has maintained during the previous grading period, a minimum of passing grades which is defined as at least an *un-weighted* 2.0 grade point average and a 2.5 citizenship average with no more than one "F" or one "U".
- i. A student who does not achieve said educational progress in item (e) above, in the academic quarter immediately preceding participation in any extra-curricular activity will be placed on extra-curricular probation for the following quarter.
- j. If the student does not meet the academic and citizenship standards during the probation quarter, the participant will be declared ineligible. Participants and parents shall receive written notice of ineligibility. The length of ineligibility will be one quarter at which time the participant's current grades and citizenship will be reviewed.
- k. Note: If the student has 2 or more F's or 2 or more U's, the student is immediately ineligible for the next grading period (probation does not apply).
- l. The participant will continue to be ineligible during subsequent grading periods (quarters) until he/she raises his/her G.P.A. and/or Citizenship to the minimal standards of 2.0 G.P.A. and 2.5 Citizenship with no more than one "F" or one "U".
- m. During the period of ineligibility, the participant will be allowed to rehearse/practice with the group/team during school hours, at the discretion of the advisor or coach, but will NOT participate in or travel with any extra-curricular activity. The intention of the rule is for athletes to spend their non-school time improving their academic standing instead of participating.
- n. Guidelines for Suspensions for Non-athletes are available in the office of the Administrator over Discipline.

10. Do I have to ride the bus to away games?

- a. Student-Athletes will travel to and from ALL athletic events on team Buses. The purpose of this policy is to assist coaches with their responsibility and liability to the team members under their supervision. The policy is to encourage team unity and comradeship.
- b. The ONLY exception to this policy is specific unique family or academic situations.**
- c. - Athletes are ONLY released to their parents**
- d. - Students are NOT allowed to drive to events.**
- e. - Athletes CANNOT be released to other team members' parents.**
- f. - CARPOOLING IS NEVER PERMITTED**
- g. In order for your student athlete to be released from an event, a note from the parent(s) needs to be submitted for *each* situation 24 to 48 hours in advance of the special circumstance.
- h. 1. All requests must include the date, the name of the student and the name of the parent driving the athlete home.
- i. 2. The Athletic Director, Assistant Principal over Athletics, or the 9/12 Principal will sign the note.
- j. 3. It will be returned and then the athlete must hand it to the coach in order to be released.

11. Will teachers know what I need to leave for a game?

- a. There is a weekly report sent out to faculty and staff stating which teams need to be released and at what time. *However*, it is the responsibility of the athlete to inform the teacher they will be leaving early or missing class. It is also the responsibility of the athlete to make up any missed work.

12. Will I miss class to leave for an away game?

- a. It is a good possibility that you may miss class for an away game. It all depends on the start time and distance needed to travel for each game. If there are any concerns about missing work or assignments we strongly suggest the athlete communicate with the teachers ahead of time to make the necessary arrangements to make up said work.

13. Will teachers give me extra time to turn in homework I missed because I was absent for a game?

- a. Prior arrangements need to be made with your teacher on a one on one basis when dealing with any missing work or assignments that are due on the day of an away game.

14. Are parents/guardians expected to volunteer and help with fundraising?

- a. We **highly** encourage that all of our families be involved with their child's programs in one way or another.
- b. Some options include becoming a member of Spartan Boosters Club: www.lchsboosters.org
- c. Talk to the Head Coach of your program about any volunteer options or team roles- all teams welcome positive parental support

15. Can I be recruited by colleges if I play for a team at La Canada High School?

- a. Yes you can, you must register with the NCCA through your counselor in order to be eligible for potential collegiate recruitment

16. What if I am a transfer student? What do I do?

- a. If you are a transfer student you **must** make an appointment with the Athletic Director to go over any necessary paperwork and guidelines in compliance with CIF rules and regulations - *and you may not have any contact with the coaching staff prior to meeting with the Athletic Director and filling out necessary paperwork.*
- b. CIF has changed the eligibility rules. ATHLETES NOT IN COMPLIANCE WITH THE CIF TRANSFER RULES WILL LOSE THEIR ELIGIBILITY AND THEIR TEAMS WILL FORFEIT ANY GAMES WHERE THEY HAVE PARTICIPATED
- c. You are considered a transfer student if you are a 10th, 11th, or 12th grade student; a student who transfer in after the beginning of the school year; and all foreign exchange students.
- d. **Please make sure you make an appointment with the Athletic Director or send an email to answer all clarifying questions**

17. What is Athletic Leadership Council (ALC)?

- a. ALC is a club of student-athletes who are chosen to represent sports at LCHS. ALC helps direct the positive influence of sports through leadership, spirit, and service, and be the voice of Spartan Athletics.

18. What happens if I cannot afford the financial requirements of sport?

- a. La Canada High School is not a "pay to play school" and does not want financial concerns to prevent students from participating. With any concerns please do not hesitate to contact Kristina Kalb the LCHS Athletic Director at kkalb@lcsd.net