

Grant High School Athletics.

Policies and team rules.

Team Activities

- Direct sports specific activities- i.e. dribbling, shooting, etc
- Indirect athletic activities- to improve stamina and footwork
- Strength Training- to improve general muscular strength and flexibility along with helping to prevent injury.
- Stretching and warm-up- to improve flexibility and decrease chance of injury.
- Study Hall- Students will be given time during and after the season to work on their homework or study.
- Conditioning- to improve overall cardiovascular conditioning and ability to run.
- Fundraising

In Season-Schedule

Practice schedule- see your coach.. Game schedule are available on Maxpreps.com (Search Grant High School, and the sport)

Playing Time

Playing time will be determined based on ability of the athlete and the need of the team..

Grading Procedures

- Athletic Packet- The Athletic Packet must be turned in prior to the start of the season. 35% of grade
- Participation in contests- 35% of grade
- Attendance-15% of grade
- Dress- 15% of grade

Grading scale- 100%-90%-A, 89%-80%-B, 79%-70%-C, 69%-60%, 59%-0%- F

Behavior and Expectations

- Athletes must arrive to practice, class and team functions everyday on time
- Athletes must be dressed appropriately, depending on weather conditions.
- Athletes must respect coaches, staff, faculty and fellow athletes at all times
- Athletes must respect all locker-room and other athletic facility rules.
 - Failure to follow rules will result in disciplinary actions, which may include “extra conditioning.” and/or loss of playing time and a possible “FAIL” in the class/removal from team
- **Fighting, bullying and/or hazing will not be tolerated. Such offences will be reported to the Dean.**

Academics

- Athletes are expected to keep up with their classes; homework, assignments and tests.
- All Student-Athletes must have at least a minimum 2.0 GPA to participate. (CIF policy)
- Athletes should seek help if grades begin to drop. (Teacher, counselor, coach)
- Fails, D's and “U” are considered unacceptable grades
 - Failure to meet the above may result in extra conditioning and/or loss of playing time, removal from team.

Athletic Clearance

Prior to beginning of the official season, athletes must complete an Athletic Packet. This packet includes various forms that must be filled out accordingly. These include: a *doctors medical clearance* and *proof of medical insurance*. Please make a doctors appointment as soon as possible. Student-Athletes will not be allowed to play or practice after-school until a packet is cleared by the Athletic Director and School Nurse.

In the case of an injury/emergency: we will contact an authorized person listed on the emergency card as soon as possible. Parents are to provide a note from a doctor upon return to practice if the athlete was removed from the game by staff due to injury.

Leaving with parents after away contests: Parents must fill out a form and have it signed by an administrator 24hours prior to the game.

Team Pictures: To be determined by coach.

Question or Concerns

818 756-2700 or email your coach or Athletic Director Miguel Gonzalez- Mag7521@lausd.net

After games: please wait until 24hrs after a game to set a meeting with a coach.

Parent Sign and date below

Student Sign and date below
