



# Mira Costa High School

## Athletic Program 2017-2018

The Mustangs have a long tradition of fielding outstanding athletic teams. Over the years we have won CIF titles in football, girls' volleyball, boys' cross country, girls' cross country, girls' basketball, wrestling, girls' tennis, boys' volleyball, boys' tennis, girls' soccer, and boys' water polo, as well as League championships in every sport. Mira Costa is a member of the Bay League.

### **Eligibility**

In order for a student to participate in athletics at Mira Costa High School, his or her grades must reflect a "C" (2.0) grade point average or better with a minimum of twenty (20) credits of new work completed or in progress. All classes that a student is enrolled in at Mira Costa count in the grade point average.

### **Clearance Packet**

In order to participate in any sport, students must register at <https://miracosta.8to18.com>. Every athlete must submit a sports physical and emergency card to Cindy Gardner in the Administration Office. The on-line registration includes:

- **Athletic Clearance Forms & Information**
- **Mira Costa Athletic Expectations**
- **CIF Eligibility Rules/Academic Eligibility Standards**
- **Insurance Coverage Information (you may purchase school insurance)**
- **Emergency Card**
- **Sports Physical Form for your physician to complete and sign**
- **Code of Ethics**
- **Agreement Regarding Use of Steroids**
- **Concussion Information**
- **Sudden Cardiac Arrest Information**

The on-line registration process and sports physical must be completed before an athlete is allowed to participate with team.

### **Tryouts**

Most teams hold tryouts due to the limited number of spots on teams. Tryout times and places will be publicized in the school Daily Bulletin as well as on the school website ([www.miracostahigh.org](http://www.miracostahigh.org)). Athletes participating in another sport during the tryout period will have an opportunity to tryout once their current sport has concluded.

### **Team Commitment**

Being a member of an athletic team is both a tremendous honor and a significant responsibility. Teams practice on a daily basis during their season, often including Saturdays. Sports that run through school vacation frequently have practices and/or games scheduled during vacation time. Before trying out for a sport, the student should consider the time commitment. Once a student is on a team, he or she is expected to complete the season. This includes attendance at all games and practices.

## Year-Long Sports

### Surf Team

**Length of Course:** All year long / credits 10

**Description:** The program is a highly competitive Surf Team that is divided into JV and Varsity with only Varsity competing in the contests. The program runs Monday through Friday and meets at 26<sup>th</sup> St. Lifeguard tower at 6:30 am. Sharp! Practices end at 7:45 am.

Tryouts for Varsity are done in the fall. Tryouts to get into the program are done in the spring the year before. The dates for tryouts are announced at the respective middle schools for incoming freshmen and in the daily bulletin at Mira Costa for upper classmen.

**Expectations:** Team members will compete before school in a local high school league along with 4 or 5 Saturday Specialty contests. We will also travel to and host non-league contests with high schools from down south. Top competitors will compete at the NSSA State and National Championships.

Team Members are expected to work out after school on Tuesdays and Thursdays as a team with a fitness trainer. Team members must provide their own equipment and transportation. For more information, please contact Tracy Geller at [tgeller@mbusd.org](mailto:tgeller@mbusd.org).

**Textbook:** Surfing California. (Not required but a must own for serious surfers).

## Fall Sports

### Cross Country

Mira Costa has a successful tradition in cross-country. Both the boys' and girls' teams have accounted for seven CIF Championships, six second place finishes, and many top ten placements. Both the boys and girls teams regularly reach the CIF finals and State meet. In 2003, 2005, 2006, and 2007, the boys placed 10<sup>th</sup> in the State meet held in Fresno. The girls finished 4<sup>th</sup> in the State meet in 2007 and 2<sup>nd</sup> in 2008, 2009, and 2010. The girls also placed 2<sup>nd</sup> in CIF and State, as well as earning a bid to Nike Nationals in 2009 and 2010. Both boys and girls teams continue to place in the top 10 in the state meet.

Races are over a distance of three miles on a varying terrain -- the more hills and obstacles the better the teams like it. Two important factors in our sport make it unique: scoring and participation. The team score is determined by adding the finish places of the team's top five runners - low score is the winner. This is tremendously significant. It is far better to have five solid runners than one, two, or three "stars" with a huge gap between runners four and five. This means that a youngster can make a valuable contribution to his/her team although he/she may not be a gifted runner. Dedication can turn a runner into a solid performer.

**Tryouts are held at the end of the summer session and once you make the team, everyone is allowed to compete.** There are no limits to the number of runners who are able to enter races. The only time a runner is "cut" is if he/she shows no interest or enjoyment in running and therefore does not want to participate in our workouts. Each runner ends the season with the same experience and "playing time" as his /her more talented teammates. The top seven runners constitute the varsity; 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> graders not on varsity, constitute the junior varsity; 9<sup>th</sup> graders not on varsity, constitute

our frosh team. This is a sport for everyone. There is a summer school class that is HIGHLY RECOMMENDED in order to be in shape to compete in the fall; see the MBAF Summer School website ([www.mbxfoundation.org](http://www.mbxfoundation.org)) for more info.

Since our season begins in September, runners must use the summer to condition themselves for our races. Our runners continue to train throughout the summer together after summer session is completed, because it has been our experience that running regularly with a group gets the job done better. Incoming freshmen who do not take the summer class must try out for the team in late August. The same rule applies to returners.

For further information please contact the respective coaches. Girls Cross Country Coach: Renee Williams-Smith at [rsmith@gmail.com](mailto:rsmith@gmail.com) and the Boys Cross Country Coach: Roberto Calderon at [rcalderon@mbusd.org](mailto:rcalderon@mbusd.org).

### **Football**

The football program at Mira Costa offers three levels of competition: frosh, junior varsity and varsity. We have no cuts in football; the student simply must meet the accepted demands academically and athletically. We play ten games on each level per season. The varsity team has the opportunity for additional playoff games.

There is a five-week summer school class. Fall practice begins in mid-August, prior to the beginning of school. These are our first practices in pads and usually there is a morning and afternoon workout.

Our staff is very experienced and we have enjoyed great success during the last decade. Mira Costa was a CIF Champion in 1993, 1997, and 2009. We were a finalist in 1994, 1996, 2000, 2002, and 2008, and semi-finalist in 2001 & 2003, and a quarterfinalist in 1995, 2005, and 2006. We have had numerous All-CIF and All Area players, as well as CIF Players of the Year.

### **Girls' Golf**

Mira Costa girls' golf has competed since 2000. There are two levels: varsity and junior varsity. Mira Costa's home course is Chester Washington Golf Course for the varsity and The Lakes for junior varsity. Girls' golf allows young golfers to develop their skills while having fun. We are looking for players with some experience who are willing to make a commitment to golf. Arrangements have been made with courses in the area for price reductions on range fees and for drastically reduced prices for small group lessons. Girls' golf is a fall sport, and tryouts for new players begin in late August for incoming 9<sup>th</sup> graders. Check the Mira Costa website ([www.miracostahigh.org](http://www.miracostahigh.org)) for more info.

### **Girls' Tennis**

Girls' tennis is a very popular and successful sport at Mira Costa. The team plays about twenty matches during the season and our tennis program has advanced to CIF playoffs every year for at least the last twelve years. Mira Costa's girls' tennis teams and individual players have been considered contenders in league play and CIF competition for many seasons. Many players have competed on the university or college level, and several former Mustangs are currently teaching pros at major racquet clubs throughout Southern California.

There are two levels of girls' tennis: varsity (around twelve players) and junior varsity (twelve to fifteen players). The girls' tennis program stresses improving skills, learning to deal with competition, and enjoying a life-long sport. A challenge ladder is one of the things used to determine position slots for players and most all players will participate in each match.

Tryouts are in late June. Exact dates are to be announced. Check the Mira Costa website ([www.miracostahigh.org](http://www.miracostahigh.org)) for more info. There is no summer program attached to the tennis team but there is a non-mandatory summer school program which is open to all students (boys and girls) and all skill levels are offered.

### **Girls' Volleyball**

Attaining a championship is not an easy task; however, Mira Costa is committed to that challenge. Mira Costa not only has the ability to play excellent volleyball, but also more importantly, has the opportunity to enrich athletes' lives through participation in this demanding sport. Volleyball takes dedication, sacrifice and self-discipline to succeed. The athletes, parents, and coaches all play an active role in the pursuit of excellence, which symbolizes the girls' volleyball program.

There are three levels of girls' volleyball: frosh/soph, junior varsity, and varsity. Each level has its own coach; the under division coaches assist in the varsity program when designated.

Tryouts are held at the end of July. Check the Mira Costa website (<http://www.mustangvball.com/>) for more info. This is a highly competitive sport at Mira Costa, and there is a size limit to the number of teams and players. Students who try out are judged and given a skill evaluation by the coaching staff. Information regarding tryouts will go out to the P.E. Department of MBMS, American Martyrs, and Hermosa Valley regarding the date and time.

All volleyball players are expected to enroll in summer school. They have flexed time and will be notified when this class will meet at the parent meeting before summer school begins.

### **Boys' Water Polo**

The boys' water polo program has been one of the most successful programs at Mira Costa for many years. The Mustangs have won the Bay League seven times in the last ten years, and were the CIF Division champions three of those years. In addition, water polo has qualified for CIF over twenty years in a row and was a CIF finalist in 2009 and a semifinals in 2010. Mira Costa had twenty-six All CIF players and five All-American Players in the last decade.

We have varsity, junior varsity and frosh/soph teams that carry about twenty players on each level. Summer school water polo begins late June and ends early August. It is very important for new players to participate because they learn a game with which they are unfamiliar. Fall practice for varsity starts late August. Practice for frosh/soph and new players, begins the first week of school.

## **Winter Sports**

### **Boys' Basketball**

The boys' basketball program takes pride in achievements on the court and in the classroom. There are three levels with up to fifteen players per team: Varsity, junior varsity, and frosh. There are several tryout dates during the year. The first tryout is the first or second week of school. This tryout is intended for students not in a fall sport. After fall sports conclude another tryout is offered in mid-November. All tryouts will be communicated through the daily bulletin.

Boys' basketball has a summer school program, which includes practices that are coordinated with football and baseball. Returning players are invited to the summer program and cuts are made before

summer. Students interested in participating over the summer can work out with the team in the spring by contacting the head coach, Jeff Amaral at [jamaral@mbusd.org](mailto:jamaral@mbusd.org). Coaches make final decisions on who will be invited to summer. All incoming 9<sup>th</sup> graders can participate. There are approximately two summer league games per week during summer school and also weekend tournaments. The summer program emphasizes skill development, weight and fitness training, and team practice.

### **Girls' Basketball**

The Mira Costa girls basketball team has enjoyed great success over the last several years, making it to the CIF finals in three of the past four years. The team plays a very demanding schedule each year, including at least one out-of-town tournament or Showcase game.

There are three levels of play, each with 12-15 players: frosh/soph, junior varsity, and varsity. Each team plays 20-25 games beginning in late November. Tryouts are held in September, during the first full week of school. Specifics about timing will be communicated through the Daily Bulletin, as well as the basketball program's website.

The summer program is highly recommended for entering freshman, as well as for returning players. The summer program meets Monday through Thursday in the late afternoon, focusing on skill development. The six-week program also allows the players and coaches to get to know one another before the three-day tryout period in September. In addition to skill development, the summer program gives many of the more experienced players a chance to play in a summer league.

For more information, please contact Coach John Lapham, at [JGLaphree@aol.com](mailto:JGLaphree@aol.com).

### **Rugby**

#### **Rugby (Boys)**

The Mira Costa Rugby Team is a Winter Sport. The season runs from mid-November to mid-February. The program presently consists of Varsity and Junior Varsity levels and at present is for boys only. The students practice after school with games either on Friday or Saturday. Rugby is an extremely fun and fast paced sport in which 15 players from each team play in non-stop action. Rugby is truly a team sport as all 15 players have opportunities to carry the ball as responsibilities overlap. The game is a contact sport and involves tackling. However, it is not a high impact collision type of game as players are not allowed to wear hard plastic padding. Players are expected to be in good physical condition and practices are designed to assist the students in getting into good game level condition. Following every game the players share food and drink with our opponent in what is known as the "third half." So sportsmanship is emphasized and expected. 2014 was our first year of Rugby at Mira Costa and our team went 11-0 and won the Southern California State Championship. The 2016 team also won the SC Championship and traveled to the National Championship and finished #7 in the country. Costa Rugby...We Ride! For more information, please e-mail Coach Dulgarian at [duke@scoreproperties.com](mailto:duke@scoreproperties.com).

#### **Rugby (Girls)**

The Mira Costa Girls Rugby Team had its first year last year with great success. The season and goals of the program are the same as the boys program. However, at this time the girls play 7s with the goal of eventually becoming a 15s team. This past year the girls that played had a great time making new friends both from Mira Costa as well as their opponents while learning a new sport. The opportunity to play in college and get financial assistance through rugby is rapidly growing which can provide many avenues for our Mira Costa girls as they move on to college. For more information, please e-mail Coach Dulgarian at [duke@scoreproperties.com](mailto:duke@scoreproperties.com)

## **Boys'/Girls' Soccer**

The boys' and girls' soccer programs consist of varsity, junior varsity and frosh/soph teams. Each team has eighteen to twenty players. In recent years, records reflect league championship and CIF playoff victories. Winning seasons on all levels have become a tradition for both boys' and girls' soccer. The season runs from November to February (later for varsity when in CIF Playoffs).

We have two tryout periods for players. A separate summer school training program is offered for the boys' and girls' teams. This training program is not mandatory in order to make the team, nor does it ensure that a participant will make the team. It does give the coach a chance to fully evaluate the player's potential. At the end of class, the coach will inform participants whether they will be enrolled in the sixth period soccer training class once school begins. The final tryout is during the first week of November. For boys soccer, please contact Coach Gary Smith at [gsmith@mbusd.org](mailto:gsmith@mbusd.org). For girls soccer, please contact Coach Patty Perkinson at [pperkinson@mbusd.org](mailto:pperkinson@mbusd.org).

## **Girls' Water Polo**

Girls' water polo also holds summer school beginning late June and ending early August. This program is very important to teach girls new skills in an unfamiliar game. We field a varsity team with at least fifteen girls, and a junior varsity and frosh/soph team with twenty or more. Tryouts will be held in early November. The season begins for girls' water polo in November.

## **Wrestling**

Mira Costa's wrestling team has been very successful, winning CIF in 2015 and 2017 and finishing runners-up in 2016. Wrestling is a form of self-defense with safety rules to prevent injuries. Everyone wrestles in his/her own weight class; weight classes range from 106 to 285 pounds for boys and 101 to 235 pounds for girls. There are four teams in wrestling: freshman, junior varsity, varsity and girls' varsity; each have fourteen weight classes. To join wrestling you do not need experience, the coaches are experts at teaching the sport. All you have to have is desire, a willingness to try hard and an attitude to have fun. We never cut freshmen from the team. We want as many wrestlers as possible. Come and enjoy the satisfaction of working hard and being on a championship team. For more information, please contact Coach Jimmy Chaney at [Chaneyjc@ail.com](mailto:Chaneyjc@ail.com).

## **Spring Sports**

### **Baseball**

The tradition of Mira Costa High School baseball includes consistently competitive teams and highly successful individuals. Three teams are offered at Mira Costa: varsity, junior varsity and frosh/soph. These squads are limited to approximately sixteen players each. Baseball is very competitive at Mira Costa.

There are two tryouts each year. The first is in January and is intended for students not playing a winter sport. The second tryout period is held for athletes who are in a winter sport. After the winter sports end, there will be a baseball tryout for these athletes. Our season runs from the first week in March through the middle of May. Varsity playoffs occur after that time. During Spring Break, the varsity team often plays in a tournament. The junior varsity and the frosh/soph teams do not play games during Spring Break; however, the coaches may have practice.

Summer is another important time for Mira Costa baseball. A summer baseball class is open to all students. The dates of this class are the same as any summer school athletic class. Freshmen who participate in the summer learn our system, which gives them an advantage during tryouts. Email Coach Ramsey for additional information at [keith.b.ramsey@gmail.com](mailto:keith.b.ramsey@gmail.com).

### **Boys' Golf**

Golf has been a CIF sport at Mira Costa since the early 1990's, and we have built one of the most competitive teams in our league. Mira Costa's home course is Chester Washington Golf Club. Mira Costa offers two levels of play, varsity and junior varsity. A junior varsity team allows younger golfers to develop their skills. Arrangements have been made with courses in the area for price reductions on range fees and for drastically reduced prices for small group lessons.

Golf is a spring sport and tryouts for new players begin in October and continue once a month thereafter. Formal tryouts begin in February. Information is available from Coach Tom Cox at [tcox@mbusd.org](mailto:tcox@mbusd.org).

### **Ice Hockey**

A fairly new sport to the school, the Mira Costa hockey team has two levels, JV and Varsity. Both boys and girls may play on the teams and tryouts are usually at the beginning of the second semester. The league is becoming more competitive with the addition of new teams every year. The Mira Costa teams have won championships at both the JV and varsity level and plan on continuing that winning tradition.

### **Boys' Lacrosse**

As the fastest growing CIF sport in Southern California, the Boys' Lacrosse program at Mira Costa is a perennial top 20 team featuring Varsity and JV teams, with the option of a Frosh/Soph team if warranted. Lacrosse is a fast-paced, contact sport that emphasizes teamwork. Each team is made up of twenty to twenty-five players. Mira Costa Boys' Lacrosse has a proud tradition of success in the South Bay, and has won the Bay League Championship in 2006, 2009, and 2010. New players are welcome to come out for the team--there is no experience required but is a plus. Lacrosse is a big commitment, but one of the most rewarding experiences. The sport combines a little bit of everything and is known as "the fastest sport on two feet"!

Mira Costa Boys' Lacrosse focuses on building well rounded student athletes, emphasizing the lacrosse fundamentals. Our coaches encourage creative, competitive, and hardworking young men to excel in those moments of competition. Our strategy is to empower the individual team members to make critical thinking decisions, as well as build their team cohesion, conditioning and player development, within a fun and positive atmosphere. Boys' lacrosse practices throughout the school year [in the off season with Lacrosse P.E.](#) after school, and there is an option to participate in a summer program. Tryouts take place in late November, more involved preseason training in January and the season officially begins at the beginning of February and runs through mid may. More information can be found at [www.MiraCostaLacrosse.com](http://www.MiraCostaLacrosse.com)

### **Girls' Lacrosse**

The girls' lacrosse program consists of varsity and junior varsity teams. Each team has eighteen to twenty players. This is a relatively new sport to most girls. We have an off-season program that runs fall through winter and our season is in the spring. We use the fall to get the girls in shape and work on the fundamentals of lacrosse, passing, catching, shooting, etc. The main tryout is in September during the first few weeks of school. Those that make the program will be enrolled in the off season class.

Those that are in fall sports will be given a tryout in November. Lacrosse aims to help athletes become well rounded individuals, compete, stay active, think critically, and develop skills. We will most likely offer a summer program (that will not earn PE credit) but will teach the girls the fundamentals and rules of the game. This will give girls experience in the sport so that we can create competitive teams for the spring. Please contact Coach Amanda Cross, [across@mbusd.org](mailto:across@mbusd.org), for more information.

### **Softball**

The Mira Costa Softball Program offers a Varsity team and a Junior Varsity team with roster spots for approximately 32 players. The coaches strive for success through teamwork while helping their players to further develop individual skills and confidence. The softball teams are very strong and have participated in CIF playoffs almost every year.

The softball program is active throughout the entire year. During the Fall, the girls focus on conditioning, strength training and the development of fundamental skills. Prior to the start of the season, the teams will participate in several practice games leading up to Opening Day. The season typically runs from late February to the middle of May and can be extended based on the Varsity results during CIF.

We plan to have a summer program for incoming freshmen and returning players that want to stay active. The summer program is not mandatory in order to make the team, nor does it ensure that a participant will make the team. It will give players the opportunity to improve their skills and prepare for tryouts in early September. The coaches encourage all interested athletes, including multi-sport athletes, to attend the tryout sessions. Tryout dates and times will be posted in the Daily Bulletin and on the website. For additional information, please refer to the team website, [www.miracostasoftball.shutterfly.com](http://www.miracostasoftball.shutterfly.com) or contact Head Coach Brittany Gardner at [Brittany@BrittanyGardner.com](mailto:Brittany@BrittanyGardner.com).

### **Boys' and Girls' Swimming**

Mira Costa has a very strong swim program. We already have one of the largest teams in the South Bay. In the past, we have carried more than 200 swimmers with over half in the ninth and tenth grades.

Tryouts for new swimmers are held in January before the start of fall semester finals. There is no summer school program for swimming, but there are a number of swim clubs active in the South Bay and swimming with one of them is great preparation. For more information, contact Coach Ali Isham at [aisham@att.net](mailto:aisham@att.net).

### **Boys' Tennis**

The boys' tennis team plays about twenty matches during the season. Boys' tennis has been a consistent contender in league play for many years and our tennis program has advanced to CIF playoffs every year for at least the last twelve years. Mira Costa's boys' tennis teams and individual players have been considered contenders in league play and CIF competition for many seasons. Many players have competed on the university or college level, and several former Mustangs are currently teaching pros at major racquet clubs throughout Southern California.

There are two levels of tennis for boys, varsity (around twelve players) and junior varsity (twelve to fifteen players). A challenge ladder is one of the things used to determine position slots for players. Most all players will participate in each match. The boys' tennis program stresses improving skills, learning to deal with competition, and enjoying a life-long sport.



Tryouts are held during the first or second week in December. Exact dates are to be announced. Players should check the Daily Bulletin or the Mira Costa website [www.miracostahigh.org](http://www.miracostahigh.org) for more info. There is no summer program attached to the tennis team but there is a non-mandatory summer school program which is open to all students (boys and girls) and all skill levels are offered.

## **Track**

The Track and Field team at Mira Costa is the largest sports program with approximately 230 athletes competing. The combination of individual achievement with team concept makes this sport one of the most appealing to the Mustang student body. Track has four levels of competition: boys' varsity, girls' varsity, boys' frosh/soph, and girls' frosh/soph. This program is among the best in the South Bay. Our coaching staff has been together for many years and is able to provide the necessary individual attention necessary to achieve success.

Track is a spring sport, which runs from February to May. We hold tryouts for new athletes the second week of school. If the athlete makes the team, then they'll be enrolled into our year-round 6<sup>th</sup> period Track Training Class. If an athlete is in a fall/winter sport, he/she need not attend the tryouts; after the fall/winter season is completed, the athlete will be able to try out. We have approximately nine dual meets a season, usually on Wednesday or Thursday afternoons. In addition, the team participates in eight Saturday invitationals, which are all day competitions, against many different schools. Mira Costa athletes have done very well at the invitationals, earning medals and trophies. Many parents attend these invitationals. The invitationals are fun social days as well as competitive activities. For more information, please contact Coach Moe Russell at [moedog31@gmail.com](mailto:moedog31@gmail.com).

## **Boys' Volleyball**

Boys' volleyball is a spring sport offering three levels of play: Varsity, Junior Varsity, and Freshman. Each team is composed of twelve to fifteen players. A minimum of four tryout days are held in the fall and winter. Interested prospective players should consult the Daily Bulletin for the dates and times, and/or visit Mr. Cook in room 80 for this information. There is no summer school involvement: the best players in the program play a lot of beach volleyball during that time - a wonderful, fun activity for developing the fundamentals. In addition, the finest players usually play in clubs during the off season.

## **Scholar Athletes**

Mira Costa takes pride in our athletes and our athletic program. We also take pride in our scholar/athletes. After each season of sport, we reward athletes who have a grade point average of 3.3 or above, with a scholar/athlete certificate.

Participation in sports while maintaining a high grade point average provides each athlete with good experience, an opportunity to achieve his or her greatest potential, and to develop characteristics of leadership.

Revised 4/17