

Incoming 9th Grade Athletes



Thundering Herd Athletics



Student Athlete Handbook

The purpose of Elk Grove High School is to provide the community with leaders of character who will serve and carry the HERD principles into their daily lives. Elk Grove High School has a deep and abiding commitment to the moral development of its students and to instilling Elk Grove High Schools core values of honor, effort, respect and determination.

Participation in school sports programs is a **privilege, not a right**. To earn that privilege, student- athletes must abide by the rules and they must conduct themselves, on and off the field, as positive role models who exemplify good character.

No one person is bigger than the program.

Multi-sport Athletes

1. Fewer overuse injuries: Studies have shown that playing multiple sports leads to better muscle, motor and skill development and promotes athleticism, balance, speed and agility.
2. Less opportunity for emotional burn-out.
3. Exposure to different teammates and coaches. This will expand their social network.
4. Exposure to different roles. Starter, bench player, role player team captain.
5. Not putting all your eggs in one basket. Such a small number of athletes move on to play a sport in college, even fewer earn a college scholarship.

Sports Offered at Elk Grove High School

FALL

Cross Country (8-1-22)

Girl's Volleyball (8-1-22)

Girl's Tennis (8-1-22)

Girl's Golf (8-1-22)

Football (7-25-22)

WINTER

Boy's Basketball (10-31-22)

Girl's Basketball (10-31-22)

Boy's Soccer (10-31-22)

Girl's Soccer (10-31-22)

Boy's Wrestling (10-31-22)

Girl's Wrestling (10-31-22)

SPRING

Baseball (1-30-22)

Softball (1-30-22)

Boy's Tennis (2-6-22)

Boy's Golf (2-6-22)

Boy's Volleyball (2-6-22)

Swimming (2-6-22)

Track and Field (2-6-22)

Coaches Contact

<http://eghs.egusd.net/>

Go to Athletics for the name of the head coach and their email address.

24 hour rule

Chain of command

Coach

AD

Admin

Clearance Process

<http://eghs.egusd.net/> click on Athletics.

Athleticclearance.com

Hard copies: Physical dated after 5-1-22

Confirmation Page from Athleticclearance.com

Alternative Transportation form

Turned into the Athletic Director.

Clearance can take upto 3 days once everything is completed.

Academic Eligibility

Students must maintain a 2.0 GPA with no more than one F as long as they want to participate in Athletics.

Grades will be checked at each Quarter/Semester and Progress period.

Student-Athletes are responsible for all missed assignments and class information, please make arrangements with teachers for away games.

Summer Workouts

Incoming 9th Graders:

Graduate from 8th Grade.

Be scheduled to attend Elk Grove High School

Contact your coach for start dates and times.

Workouts with two HS team 50-50 if a conflict

HS team and outside team. HS needs to be the priority

(communicate with the coach)

Summer workouts

Football (Monday-Thursday 4-7 and Friday 4-6)(June 1st-July 1st)

Women's Volleyball (June 1st through July 11)

Cross Country (June 20th 8am EG park)(Remind class code @eklgrovexc)

Women's Tennis (June 1st through July 11)

Men's Basketball (June 1st)

Women's Basketball (June 1st)

Baseball (June 2nd meeting at Varsity Field 6 pm)(June 6th through July 13th)

Driver/Volunteer forms

District Volunteer Forms:

Clearance of Volunteers Form

Auto Use form District employee/Volunteer Driver

Expectations

Competitive High School Athletics: Work to compete at the highest level.

Coaches will Coach: Philosophy, scheme, tactics, lineups, development.

Playing time: We do not discuss.

Distractions: NO distractions around the team.

Sportsmanship: on the field and in the stands.

24 hour rule: Make an appointment with coach/AD. (Do not discuss Playing time/other students)

Coaches will do what is in the best interest of the TEAM.

Final Thoughts

Compete at the highest level.

Teach life long lessons that will help prepare our students for life.

Develop our student athletes in the classroom as well as on the field/court.

Build relationships.

Be stewards of the Game. Represent the game and our school with class and dignity.

Work hard, play to the end, put others first and have Fun.

Questions?