

Monterey Trail High School Mustangs

New Athlete Parent Meeting

About the Meeting

- Once in a lifetime meeting
 - Good for all children in the immediate family
- Handbook online or hard copy (1 handbook per family)
- Everyone signs handbook clearance as part of Athletic Clearance packet
- Returning Athletes resign handbook annually

Transportation Clearance

- Form added to Athletic Clearance Packet
- All athletes must sign – releases coaches liability to parent in an emergency
- *If student-athlete drives – please fill out back page

Competitive, Character, Academics

- Grade Point Averages (GPA) for Athletes
- 2008-09 – 456 student-athletes – 3.37 GPA
 - 3.41 Fall, 3.22 Winter, 3.40 Spring
- Perspective
 - Frosh, Junior Varsity – developmental
 - Varsity level - Highlighted

Sports by Season

FALL

WINTER

SPRING

FOOTBALL	BASKETBALL (Men's and Women's)	BASEBALL
WOMEN'S VOLLEYBALL	WRESTLING	MEN'S VOLLEYBALL
CHEERLEADING	CHEERLEADING	SOFTBALL
CROSS COUNTRY (Men's and Women's)		TRACK AND FIELD (Men's and Women's)
WOMEN'S GOLF		MEN'S GOLF
WOMEN'S TENNIS		MEN'S TENNIS
MEN'S SOCCER		WOMEN'S SOCCER
WATERPOLO (Men's and Women's)		SWIMMING AND DIVING (Men's and Women's)

Monterey Trail Mustangs

Philosophy

- Student Athletics (p. 1)
 - Commitment and Dedication
 - Different than Youth Sports
 - Different than Pro Sports

Sportsmanship

- Athletes (p. 1-4)
- Parents
- **ELECTRONIC HAZING / MISCHIEF**
- Any inappropriate comments and/or images representing MTHS Athletics will lead to suspension and/or termination from Athletic Program

School Attendance

- Must attend day of game (p. 5)
- Talk to Coach about emergencies

Eligibility

- Governed by C.I.F.
 - Sac Joaquin Section
- Residential
 - Athletes who transfer from another H.S. (10th-12th graders) must fill out paperwork for Athletic Eligibility
 - See A.D. if any questions

Academic Eligibility

- 2008-09 Overall G.P.A. 3.37
 - 456 students
- Tryout Requirements
 - 2.0 GPA on the most recent Term Grade Report
 - No Contracts
- Summer School (p. 6-7)

Progress Report Eligibility

- Midway of each Term
- 2.0 GPA & No F grades allowed
- All school fines must be paid
- If under 2.0 GPA or F grade, 1 week remediation period
 - Ineligible during that week
 - After 1 week, if remediation is not achieved athlete is removed from the team permanently

Athletic Eligibility

- Physical (p. 7)
 - Annually after May 1st – Must be from M.D. doctor – NO CHIROPRACTORS
- Emergency Card
- Proof of Medical Insurance
- Take care of it early

Road Trips

- Bus provided (p. 9)
 - Travel to and from games as a Team

Discipline

- School Rules apply
- Be a leader
- High Standards
 - Academics, Character, Competitive

Issues

- Strong mind and body (p. 11)
- Drugs and alcohol
 - Overcome temptations
- Performance Enhancing drugs
- Caffeine

Tryouts, Training, & Practices

- 3-Sport Athletes (p. 11-12)
 - M.T.H.S. Philosophy
- Playoffs
- Strength and Conditioning
- 100% Practice Attendance
 - Schedule appointments around practice
 - Holidays, Sundays
 - Closed to parents
 - Support at games

Office Hours

- 15 minute rule (p. 12)
- Athlete and Coach communication
 - Know role on team
- Parent support

Serious Issues

- Go through Chain of Command (p. 13)
 - See Chart on page 12
 - Coach
 - Varsity Head Coach
 - Athletic Director
 - Vice Principal
 - Principal

Get Involved

- ASB Cards
- Family and Individual Passes
- Spirit Wear sales

- Get Involved with Boosters
 - Booster Rep for each program at every level

Contact Information

- Website
 - -www.egusd.net/mths
 - Click on Athletics link
 - www.highschoolsports.net
- Athletic Office
 - 916-688-0070
 - rarcuri@egusd.net