

EGAN JUNIOR HIGH

AFTER-SCHOOL
SPORTS HANDBOOK
2007-2008



Offered by the
City of Los Altos Recreation Department
in cooperation with the
Los Altos School District

http://www.eganschool.org/activities_and_events/after_school_sports.html

EGAN JUNIOR HIGH SCHOOL AFTER-SCHOOL SPORTS PROGRAM

Welcome to the Egan Junior High School After-School Sports Program, which is run by the Los Altos Recreation Department with the support of the Egan Athletic Boosters and the Egan Student Council.

It is the goal of this program to provide an inter-school athletic program to as many students as possible. The program offers sport-specific instruction and reinforces the principles of teamwork, self-esteem building, self-discipline and conscientious sportsmanship by student-athletes, coaches, referees, parents and administrators.

During the 2007-2008 school year, we will again be participating in the Valley Junior High School Athletic League, which includes schools in Los Altos, Mountain View, Cupertino, Sunnyvale and San Jose. We are pleased with our continuing relationship with these schools, as it has provided us with a wide base of competition for our after-school sports program.

The tennis program is a separate program run by the Mid-Peninsula Tennis Patrons, an organization that sponsors junior high tennis programs with a goal of stimulating interest in junior tennis. Annalies Geelen (948-1709) is the president of the Mid-Peninsula Tennis Patrons, and serves as the volunteer coach at Egan. The tennis team practices three times a week with matches on Fridays, beginning at the end of March and running through early May. Parent volunteers usually coordinate the tennis team.

The City of Los Altos Recreation Department is always interested in speaking with individuals who might be interested in coaching or officiating during the school year. Parents are welcome to coach or officiate. Parents are also welcome to coach a team that their child is participating on. If you know of anyone who might be interested, please contact the Egan Athletic Directors, Los Altos Recreation Supervisor Beverly Tucker, or President of Egan Athletic Boosters Brigit Grimm.

Ian Brand
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Egan School
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ibrand@eganschool.org

Brenda Dyckman
Principal
Egan School
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Brigit Grimm
President
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Beverly Tucker
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Los Altos Recreation Dept.
(650) 947-2889
beverly.tucker@ci.los-altos.ca.us

PARTICIPATING SCHOOLS

The Junior High Sports Program participates in the Valley Junior High School Athletic League (VJHSAL), which is comprised of the following schools:

- | | |
|---|---|
| 1) Blach Intermediate School (Los Altos) | 6) Columbia Middle School (Sunnyvale) |
| 2) Cupertino Junior High School (Sunnyvale) | 7) Kennedy Junior High School (Cupertino) |
| 3) Egan Intermediate School (Los Altos) | 8) Sunnyvale Junior High School (Sunnyvale) |
| 4) Graham Middle School (Mountain View) | 9) Miller Middle School (San Jose) |
| 5) Hyde Junior High School (Cupertino) | 10) Lawson Middle School (Cupertino) |

Eleven peninsula schools, private and public, participate in the tennis league.

Directions to the Valley Athletic League Schools are included on pages 6 & 7 of this packet.

SPORTS OFFERED

The following sports are offered in the Valley Junior High School Athletic League:

<u>SPORT</u>	<u>TEAMS</u>	<u>HOW TEAMS ARE MADE*</u>
BOYS:		
Volleyball	8, 7, C	Grade & Height Classification*
Cross Country	8,7	Grade Classification
Wrestling	Varsity, JV	Weight Classification
Basketball	8, 7, C	Grade & Height Classification*
Soccer	8, 7	Grade Classification *
Track & Field	8, 7	Grade Classification*
GIRLS:		
Softball	8, 7	Grade Classification
Cross Country	8,7	Grade Classification
Volleyball	8, 7, C	Grade & Height Classification*
Soccer	8, 7	Grade Classification*
Basketball	8, 7, C	Grade & Height Classification*
Track & Field	8, 7	Grade Classification*
BOYS & GIRLS:		
Tennis		20 players are selected.

*NOTE: Skill level is also a component in determining participants for each team. "C" teams consist of players who are 5'3" or under.

2007-2008 SPORTS SCHEDULE IMPORTANT DATES

Sport	Season Begins*	Checks Due	First Game	Playoffs
BOYS				
Volleyball	August 27	September 5	September 11	Oct. 8,9, & 11
Wrestling	October 10	October 17	October 23	Nov. 29
Basketball	December 5	December 17	January 8	Feb 4,5, & 7
Soccer	February 6	February 12	February 26	Mar. 31, Apr. 1 & 3
GIRLS				
Softball	August 27	September 5	September 11	Oct. 8,9, & 11
Volleyball	October 10	October 18	October 23	Nov 27, 29, Dec. 3
Soccer	December 5	December 17	January 8	Feb 4, 5, & 7
Basketball	February 6	February 13	February 26	Mar. 31, Apr. 1, & 3
BOYS & GIRLS				
Cross Country	August 24	September 5	September 12	October 10
Tennis	March#	March#	May#	May#
Track & Field	April 2	April 13	April 29	May 14 & 15

* = Season Begins indicates the first day of tryouts # = Exact Dates TBA

*** SPECIAL NOTE REGARDING PLAYOFF FORMAT:** With the exception of the Wrestling, Cross Country, Tennis and the Track & Field Programs, all sports will participate in a playoff format whereby the top 6 teams in each division will advance. The #6 seed plays at #3 seed and #5 seed plays at #4 seed on the first date listed (#1 and #2 seeds get quarterfinal byes). The lowest seed remaining then plays at #2 seed and the higher seed plays at #1 seed in the semi-finals on the second date listed above. Winners will meet in a championship match/game on the third date listed.

PLEASE NOTE – All dates are subject to change!

TRYOUTS

Tryouts are generally held one or two weeks prior to the start of each sport. Tryouts are held after school and generally last until 5:00pm. Students are expected to attend all tryout sessions. Students are placed on teams based on standards established for each sport, which include height, weight, grade, and skill level. In some cases, where there are limited coaches available or there is not adequate competition in the neighboring schools, it may be necessary to limit the number of students playing in a particular sport. It is the intention of the athletic program to encourage all students to try out for all sports in which they have an interest. It is also a reality that there is often more students interested in a sport than can participate on a team. In these occurrences, realize that cuts will take place and that each coach labors over these decisions.

Please understand that the Valley Junior High School Athletic League is a competitive league, not solely recreational in nature. Any questions regarding the placement of a student or specific concerns during the season should be directed to the coach.

PRACTICES AND GAMES

The program usually runs four days per week, Monday through Thursday. Games are mostly on Tuesdays and Thursdays, but this varies by sport. The practices are generally held from 3:00pm to 4:45 pm, and game days will run later depending on the sport. Games typically begin at 3:45pm and are held at all participating schools. Please be prepared to be flexible on timing, especially if students are traveling by bus to an away game. Tennis practices are Mondays, Wednesdays and Fridays at Egan Jr. High. Matches are generally held on Fridays (and some Wednesdays) at Fremont Hills Country Club. The coaches will have more detailed information on away games and practices for each sport. You can also check the Egan Sports as well as the VJHSAL websites for updates. It is the responsibility of the student to attend all practices if they expect to play. *Please note that most Cross Country meets are held on Wednesdays.*

ATHLETIC ELIGIBILITY

Grade Point Average: A student athlete must maintain a Grade Point Average (G.P.A.) of at least 2.0 on the Blue/Report Card immediately preceding and/or during the season. Student athletes that do not meet this requirement will be given one week to raise his/her G.P.A. to become eligible or will be removed from the team (or will not be permitted to tryout).

School Attendance: A student athlete must attend at least a half-day of classes to be eligible for practice and/or games. If a student does not attend at least a half-day of classes, he/she will be prohibited from participating in a practice or game on the respective day(s).

Physical Education: A student athlete that has been excused from his or her Physical Education class will be prohibited from participating in a practice or game on the respective day(s).

QUITTING A TEAM

If a student quits a team or is dismissed for disciplinary reasons, the student will be prohibited from participating in the next sport season.

INELIGIBILITY

A student athlete that does not meet the above requirements will be deemed ineligible. A student athlete may appeal his/her ineligibility by writing a letter of appeal, which will be reviewed by the Athletics Board. Upon review and approval, the student may be able to participate.

TRANSPORTATION

For Track & Field, bus transportation is provided for away meets. For all other sports, parent volunteers will be needed to transport students to and from away games. **If you are interested in volunteering to drive**, please complete the transportation insurance form at the end of this packet. You only need to fill out one (1) form for the entire school year, unless your insurance information changes. These forms are kept on file.

ADDITIONAL INFORMATION ON THE TRACK & FIELD PROGRAM

Two additional meets are held after the completion of the regular season; the VJHSAL League Finals and the Santa Clara County Sectional Finals. For both meets, qualifying students are released early from school (approximately 11:30-12:00noon) and are transported by bus to the meet. Additional information about these track meets is available at the beginning of the Track & Field season.

LIABILITY WAIVER & FEES

This program is offered through the City of Los Altos Recreation Department and requires a signed parent permission slip and payment of fees for students to be allowed to participate. Students participating in this program participate at their own risk, and the permission slip includes a liability waiver clause. For more information regarding this clause, contact the Los Altos Recreation Department. Please see the Registration Form in the back of the handbook for additional information regarding registration and fees.

For the most current and up-to-date schedules, standings, coach information and video highlights, please visit the Egan Sports and the VJHSAL websites. These sites are updated multiple times a week.

Egan Jr. High School

http://www.eganschool.org/activities_and_events/after_school_sports.html

Valley Junior High School Athletic League

<http://www.vjhsal.org>

DIRECTIONS TO SCHOOLS IN THE VALLEY ATHLETIC LEAGUE

Blach Intermediate School (650) 964-1196
1120 Covington Road, Los Altos

Go south on Foothill Expressway. Turn left on El Monte and right on Covington Road. Blach will be on your right, in between Miramonte and Grant Roads.

Columbia Middle School (408) 522-8247
739 Morse Avenue, Sunnyvale

Go east on Central Expressway. Go north on Fair Oaks Avenue. Continue on Fair Oaks until you reach Duane Avenue. Turn left on Duane. Turn right on Morse Avenue. School is on the left.

Cupertino Middle School (408) 245-0303
1650 South Bernardo Avenue, Sunnyvale

Go south on Foothill Expressway. Turn left on Homestead Road (before the Hwy 280 interchange). Go over Highway 85 and turn left on Bernardo. School is on the right.

Graham Middle School – Mountain View Sports Pavilion (650) 526-3570
1175 Castro Street, Mountain View

Go south on El Camino Real and turn right on Castro. Graham Middle School/Mountain View Sports Pavilion is on the left a few blocks down from El Camino.

Hyde Junior High School (408) 252-6290
19325 Bollinger Road, Cupertino

Go south on Highway 280, exit at Wolfe Road. Turn right on Wolfe. Wolfe turns into Miller at Stevens Creek Boulevard. Continue on Miller to Bollinger. Turn left on Bollinger. School is on the left.

Kennedy Junior High School (408) 253-1525
821 Bubb Road, at Hyannisport, Cupertino

Go south on Highway 280. Take Highway 85 South. Take the first exit (Stevens Creek Boulevard/De Anza College). Turn right on Stevens Creek. Turn left at the first street, which is Bubb Road. After going through an industrial area, the school will be on the right side at Hyannisport.

Lawson Middle School (408) 255-7500
10401 Vista Drive, Cupertino

Go south on Highway 280. Take De Anza Blvd. exit - Take a right onto DeAnza. Take second left on Lazaneo Drive, then a left on Vista Drive. School is on left side of Vista.

Miller Middle School
6151 Rainbow Drive, San Jose

(408) 252-3755

Go south on Highway 280, exit at Wolfe Road. Turn right on Wolfe. Wolfe turns into Miller at Stevens Creek Boulevard. Continue on Miller to Rainbow. Turn left on Rainbow. School is on the left.

Sunnyvale Middle School
1080 Mango Avenue, Sunnyvale

(408) 522-8288

Go south on El Camino Real and turn right on Mary Avenue. Continue on Mary to Knickerbocker. Turn right on Knickerbocker, left on Mango. School is on the left between Knickerbocker and Remington.

**Egan Jr. High School
Athletic Boosters Board
2007-2008**

Chairperson	Brigit Grimm	
Sports Awards	Nancy Nichols	
8th Grade Boys Rep	Jodi Goodenough	
8th Grade Girls Rep	Stephanie Winner	
7th Grade Boys Rep	Mary MacLellan	
7th Grade Girls Rep	Carol Redfield	
C/Cross Country/ Track Rep	Molly Malone	
Athletic Director	Ian Brand ibrand@eganschool.org	917-2258

Egan Athletic Boosters

Egan School
100 West Portola
Los Altos, CA 94022

Dear Parents,

Egan Athletic Boosters is a parent organization that supports Egan after-school athletics programs. The Los Altos Recreation Department runs the after-school sports program. The program allows Egan students to experience interschool competition, team play and sportsmanship.

Boosters supports Egan Athletics by contributing funds to help with uniforms, equipment, scholarships or wherever needed. Your contributions are the main source of funding for these key items. The Boosters provide team parents and support the efforts of our excellent coaches and fine young athletes. We strongly encourage Egan families to join the Boosters Club and help us provide for the many needs of our sport teams who compete throughout the school year.

Thank You,
Brigit Grimm
Egan Athletic Boosters

Join the **EGAN ATHLETIC BOOSTERS**

Contribution: \$50 \$75 \$100 Other

Name: _____ Phone: _____

Address: _____

City _____ Zip: _____

Student's Name: _____ Grade: _____

Please make checks payable to **EGAN ATHLETIC BOOSTERS**
and return to school office

Thank you for joining ... your support makes a difference!

City of Los Altos Recreation Department
07-08 JUNIOR HIGH SPORTS PROGRAM - REGISTRATION FORM

Complete and return form with your checks or money orders to your coach/team representative.

Program Registration Fee: \$72 Made payable to "City of Los Altos" (No CASH)
For Track Only - Transportation Fee: \$15 Made payable to "Egan Sports Boosters" (No CASH)

Participant's First and Last Name Telephone Number

Street Address City Zip Code

School Grade Emergency Phone Number

Please mark the sport your child is participating in:

BOYS: Wrestling Volleyball Soccer Basketball

GIRLS: Softball Volleyball Soccer Basketball

BOYS AND GIRLS: Cross Country Tennis Track & Field

Please circle LEVEL: 7th 8th C

Unless otherwise arranged for and approved in advance, participants are expected to remain for the duration of any practice session or game day. Any student leaving early from a practice or a game, without proper permission, may lose the privilege of playing on the team.

It is the City of Los Altos' policy that coaches remain with participants (who are waiting for transportation home) up to 30 minutes after the conclusion of a practice and/or game. If a child is still waiting to be picked up after time has elapsed, and attempts to reach a responsible adult have not been successful, it is the City of Los Altos' policy that the coach contact the Los Altos Police Department to take custody of the child until such time a parent and/or guardian can be reached to pick up the child.

The undersigned, in consideration of participation in this program, agrees to indemnify and hold the City of Los Altos harmless, and release the City of any and all liability for any injury which may be suffered by the above named individual registered for this program, arising out of, or in any way connected with participation in this program.

I have read the above application and agreement and fully understand that I assume all risks for any injuries received.

Parent/Guardian Name (please print) E-mail Address

Signature of Parent/Guardian Date

EGAN INTERMEDIATE SCHOOL
Los Altos School District
100 W. Portola Avenue
Los Altos, California
94022
(650) 917-2200

VALLEY JUNIOR HIGH SCHOOL ATHLETIC LEAGUE

SPORTSMANSHIP EXPECTATIONS FOR ALL PERSONS
PARTICIPATING IN OR ATTENDING ATHLETIC CONTESTS

“The development and display of good sportsmanship ... is the prime objective ... [of] our athletic program ... No action by a coach, official, player, or spectator which downgrades, embarrasses or ridicules any other player, coach, official, or spectator should be tolerated or encouraged.” – VJHSAL Handbook

The following behaviors are unacceptable at VJHSAL events; violators will be requested to leave the premises; repeated instances of unacceptable behavior will result in permanent exclusion from VJHSAL events:

1. verbally berating players, coaches, or officials
2. obscene language or gestures directed at players, coaches, officials, or spectators.
3. physical violence or the threat of physical violence directed at players, coaches, officials, or spectators

Parent/Guardian and student signatures required for participation in the After-School Sports Program at Egan:

Student Name (Please Print) Date

Parent/Guardian Signature Date

Student Signature Date