

# **Sam H. Lawson Middle School**



## **AFTER-SCHOOL SPORTS HANDBOOK 2006-2007**

# **LAWSON MIDDLE SCHOOL AFTER-SCHOOL SPORTS PROGRAM**

Welcome to the Lawson Middle School After-School Sports Program. This program allows the participants to experience inter-school competition, team play and sportsmanship.

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 self-esteem building, self-discipline and conscientious sportsmanship by student-athletes, coaches, referees, parents and administrators.

During the 2006-2007 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.

Lawson Middle School is always interested in speaking with individuals who might be interested in coaching during the school year. Parents are welcome to coach. 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 Lawson Athletic Director or physical fitness instructors.

## **Lawson After-School Sports Contacts:**

### **Lawson Athletic Department:**

Mr. Jeremy Gibbons: [Gibbons\\_Jeremy@cupertino.k12.ca.us](mailto:Gibbons_Jeremy@cupertino.k12.ca.us)

Mr. Jeren Jensen: [Jensen\\_Jeren@cupertino.k12.ca.us](mailto:Jensen_Jeren@cupertino.k12.ca.us)

### **Lawson Sports Boosters Contact:**

Mr. Mark Cabrales: [mjcabrales@sbcglobal.net](mailto:mjcabrales@sbcglobal.net)

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

Directions to the Valley Athletic League Schools are included in this packet.

## SPORTS OFFERED

<u>SPORT</u>	<u>TEAMS</u>	<u>HOW TEAMS ARE MADE*</u>
<b>BOYS:</b>		
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*
<b>GIRLS:</b>		
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*

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

## 2006-2007 SPORTS SCHEDULE IMPORTANT DATES

Sport	Tryouts/Practice Starts	First Game	Playoffs
<b>BOYS</b>			
Volleyball	August 28	September 12	Oct. 9, 10 & 12
Wrestling	October 11	October 26	**See Notes
Soccer	November 29	December 19	Jan 31, Feb 1 & 5
Basketball	January 31	February 27	April 2, 3, & 5
<b>GIRLS</b>			
Softball	August 28	September 12	Oct. 9, 10 & 12
Volleyball	October 11	October 26	Nov 30, Dec 4&5
Basketball	November 29	December 19	Jan 31, Feb 1 & 5
Soccer	January 31	February 27	April 2, 3, & 5
<b>BOYS &amp; GIRLS</b>			
Cross Country	August 28	September 6	October 11
Track & Field	April 4	April 26	**See Notes

\* Season Begins indicates the first day of tryouts.

^Exact Dates to be determined in February

**\*SPECIAL NOTE REGARDING PLAYOFF FORMAT:** With the exception of the Wrestling and the Track & Field Programs, all sports will participate in a playoff format whereby the top 4 teams in each division will meet in semi-finals on the first date listed, and the two teams advancing from semi-finals will meet in a championship match/game on the second date listed.

**\*\*NOTES:**

Wrestling JV Tournament: December 1, 2006, Location TBA

Wrestling League Finals: December 7, 2006, Location TBA

Wrestling Sectional Finals: December 12, 2006, Location TBA

Wrestling County Finals: December 14, 2006, Location TBA

Track & Field League Finals: Thursday, May 17, 2007, Time/Location TBA

Track & Field County Finals: May 23, 2007 or May 24, 2007 Time/Location TBA

**PLEASE NOTE- All dates are subject to change! Best to confirm with your child or the Lawson After-School Sports Website**

<http://teacherweb.com/CA/LawsonMiddleSchool/AfterSchoolSports/>

## 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 4:30pm. 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 are often more students interested in a sport than can participate on a team. When this occurs, it is difficult and uncomfortable for the coach to have to make cuts during the tryout period in order for the team to be within maximum limits. 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. In a competitive league the goal is to win. During the regular season the goal is for coaches to play all players, but not necessarily equally. During playoffs, the goal is to put the best players in the game in order to win and advance. Playing time is at the sole discretion of the coaches. You must realize that every coach has a different philosophy and you need to respect the coaches right to coach. Any questions regarding the placement of a student or specific concerns during the season should be directed to the coach.**

A typical tryout schedule will be as follows (this is subject to change depending on certain circumstances):

- ✪ FIRST TWO TRY-OUT DAYS (for everyone interested in playing)
- ✪ FIRST CUT (depending on the number of students trying out the coach invites a certain number of players to return to the next try-out)
- ✪ SECOND CUT (after the first cut if the team still has too many players the coach may decided to do a second cut in order to narrow down the field even more before deciding on the final team. Keep in mind that some teams may not require two cuts.)
- ✪ FINAL CUT (this is when the final team is chosen)

**Students must be present at try-out days in order to be eligible to make the team.** However, if a student is able to make all the try-out days, but has to miss the last day before the second cut his/her status will be based on previous observations. If a student misses the try-outs due to illness a doctor's note is needed before a student is considered for the team. There are no students accepted for try-outs after the first cuts. (The only exception to this rule is if a student were playing on another Lawson sports team when the try-outs were taking place)

## Participant Information

**Sports Fee:** There is a \$65 sports fee per sport to support our after-school sports program. Some sports may be different. The money goes towards paying for coaches, referees, and equipment replacement. *There are scholarships available, so please talk to one of the coaches for a form.* Payment methods are cash or check. If paying by check, make payable to Los Gatos Saratoga Recreation Department. Payment is not taken until the athlete is selected by the team. The coach will notify the athletes by giving them a handout explaining the program, releasing liability and schedules.

**Athletic Eligibility:** Student-athletes must have a C average (2.0) and must have no more than one U in citizenship. Grade checks will be done with registration. Students who do not maintain their grades, have attendance problems or have severe disciplinary issues may be placed on a two-week probation during which they may participate in practices only. If problems continue, an administrator may remove the student from the team.

**Code of Conduct:** Our student-athletes must realize that they represent our school, our coaches and themselves by their conduct. Good sportsmanship must be stressed at all times.

Good Sportsmanship involves:

1. Treating opponents, officials & coaches with fairness, courtesy and respect.
2. Taking a loss gracefully and without complaint.
3. Taking victory without gloating.

The following statements represent the type of conduct from the athletes expected by the coaches, athletic directors, and school administration.

- ✪ Play by the "Rules of the Game."
- ✪ Never argue with the referee. Let your captain or coach ask any relevant questions.
- ✪ As a player, do not use profane language
- ✪ Play with control. Do not lose your temper.
- ✪ Be a 'good sport'. Applaud all good play whether by your teammates or by your opponent/s.
- ✪ Respect your coaches and opponents. Treat all players, as you would like to be treated. (No taunting)
- ✪ Remember that the goals of the games are to have fun, to improve your skills, and to feel good.
- ✪ At the final whistle applaud and thank your opponents and the referee for the match.
- ✪ Always make your opponents welcome at Lawson Middle School - before, during and after matches.
- ✪ Win with humility - lose with dignity.

## Practice and Game Day Schedules

### **Practices:**

During the season there are usually two games and two practices a week. Friday practices will exist only until the first league and after the last league game before the end of the year tournament. Athletes need to attend all practices. Please schedule medical appointments around game and practice times. If an emergency happens and you can't attend practice or a game please notify your coach A.S.A.P. Unexcused absences from practices will result in sitting on the bench the following game.

\*Coaches who are also teachers at Lawson may have other school related obligations on certain days. So, once the season starts, the players will be informed of which days their coaches will not hold practice.

**Game Days:** Games are usually held on Tuesdays and Thursdays. (\*See schedule that was sent home with your student.) The rotation of these games is typically 8<sup>th</sup> grade first game, "C" team second game, and 7<sup>th</sup> grade last game.

- ★ Home games start around 3:30-3:45, depending greatly on when the visiting school arrives at Lawson. Home games end around 4:30-6:00, however, the number of teams playing at home and the rotation of the games will affect these times.
- ★ Away games students usually return to Lawson by 5:30 or 6:00. However, this depends on how many teams are playing away and the rotation of the games. (\*You may pick your student up from the opposing school as long as the player checks out with the coach.)
- ★ For all game days we will be asking parents to drive the players to the opposing school. This will require you to fill out some paperwork and show proof of sufficient insurance.
- ★ We encourage all parents and/or guardians to attend the sporting events.
- ★ Please be on time to pick your child up after sporting events.

## Parent/ Guardian Information

**Drivers Needed:** We need drivers to help transport students to and from the after school sports venues. This is a fun way to enjoy the enthusiasm of the kids and to watch them play some exciting contests.

If you are interested in volunteering to drive, please complete the transportation insurance form provided by the coach or at the end of this document. 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

**Code of Conduct:** As parents/ guardians of young athletes your encouragement and support are a critical part of their success. The following statements represent some ideals that the coaches, athletic directors, and administrators expect from parents/ guardians.

- ✪ Encourage your son/daughter to always play by the “Rules of the Game.”
- ✪ Encourage young people to work towards skill improvement and good sportsmanship.
- ✪ Do not place emphasis on winning at all costs.
- ✪ Set a good example by applauding good play on both sides.
- ✪ As a spectator do not use profane language or harass referees, coaches or players.
- ✪ Do not publicly question the referees' judgment and never his/her honesty.
- ✪ Recognize the value and importance of the coaches. They give their time and resources to provide athletics for young players.
- ✪ Recognize the value and importance of the referees. They give their time and resources to facilitate orderly games for young players.

**Lawson Sports Boosters:** The Lawson Sports Boosters is a parent organization that supports Lawson's after school athletics programs as well as establishing intramural sports or other athletic events that benefit all students at Lawson. The program allows any Lawson student to experience interschool competition, team play and sportsmanship in a variety of ways.

The Boosters organization supports Lawson Athletics by raising funds to supplement the district budget for school athletics. This revenue is raised through memberships, donations and fundraisers. We are able to provide supplemental funding to purchase needed sports equipment, provide scholarships to athletes and provide volunteer support. Your yearly contributions are the main source of funding for these key areas. We strongly encourage Lawson Families to join the Boosters to help us provide for the many needs of our sport teams and sport programs as they compete throughout the school year.



## **DIRECTIONS TO SCHOOLS IN THE VALLEY ATHLETIC LEAGUE**

### **Blach Intermediate School**

1120 Covington Road  
Los Altos  
(650) 964-1196

Take 85 North. Take Fremont Blvd Exit and make a left turn at the light. Go down three lights and make a right turn onto Grant Ave. Stay on Grant until 3rd light and make a left onto Covington. Blach will be on your left.

### **Columbia Middle School**

739 Morse Ave.  
Sunnyvale

Take De Anza Blvd North. De Anza will turn into Sunnyvale-Saratoga Rd. Continue down Sunnyvale-Saratoga to Remington Dr. Go Right on Remington across El Camino. Remington Turns into Fair Oaks Blvd. Continue on Fair Oaks to Maude Ave. Turn Left on Maude. Then turn right onto Morse Ave. School will be on the left.

### **Cupertino Middle School**

1650 South Bernardo Avenue  
Sunnyvale  
(408) 245-0303

Take De Anza Blvd North over 280. Turn left onto Homestead Road. Follow Homestead Rd. and turn right on Bernardo Ave. School is on the right.

### **Graham Middle School – Mountain View Sports Pavilion**

1175 Castro Street  
Mountain View  
(650) 526-3570

Take 85 North. Exit at El Camino Real/Mt. View. Go back over the freeway. At the 3rd light make a left (Castro Street). Graham Middle School/Mountain View Sports Pavilion is on the left a few blocks down from El Camino.

**Hyde Junior High School**

19325 Bollinger Road , Cupertino  
(408) 252-6290

From Lawson, go to Blaney Ave and make a right toward Stevens Creek. Turn Left at Stevens Creek Blvd. 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**

821 Bubb Road, at Hyannisport, Cupertino  
(408) 253-1525

Take De Anza Blvd South toward Stevens Creek. Turn right on Stevens Creek. Go over the 85 Freeway Then 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.

**Miller Middle School**

6151 Rainbow Drive, San Jose  
(408) 252-3755

From Lawson, go to Blaney Ave and make a right toward Stevens Creek. Turn Left at Stevens Creek Blvd. 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

Take De Anza Blvd over 280. De Anza turns into Sunnyvale-Saratoga. Go South until you reach Remington Drive. Turn Left onto Remington. Continue on Remington to Mango. Make a right on Mango and park in the lot to your right.

**Egan Junior High School**

100 West Portola Ave, Los Altos  
(650) 917- 2200

From Lawson, Take 280 North to El Monte Blvd Exit. Go right on El Monte. At Foothill Expressway, take a left. The next right is San Antonio Rd. Follow San Antonio for a while and turn left on Portola Ave. There is a signal at Portola. The Egan Gym will be on your left. First large building.

## **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 can or 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 Lawson Middle School.

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***Parent/guardian***

***date***

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***Student***

***date***

## **Driver's Information**

### School Information

School Name\_\_\_\_\_

Grade Level(s)\_\_\_\_\_

Name Of Driver\_\_\_\_\_

Driver's License #\_\_\_\_\_

Address\_\_\_\_\_

Phone #\_\_\_\_\_

Make/Model/Yr. Vehicle\_\_\_\_\_

License Plate #\_\_\_\_\_

Insurance Company\_\_\_\_\_

Note: Driver must meet the California's V.C. Secs. 16000-16075 liability insurance of \$15,000-\$30,000 - \$5000 Bodily Injury / Property Damage. (Must be 25 years or older and have a valid California Drivers License.)

I hereby understand and agree that the Cupertino Union School District does not provide any coverage against loss for Personal Injury Liability, Bodily Injury, and Property Damage that may occur through the operation of any personal vehicle. To the best of my knowledge my vehicle is in good condition and I accept full liability for my driving and operation of the vehicle.

\_\_\_\_\_  
Signature of Driver/Owner

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Administrator

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date of Trip

\_\_\_\_\_  
Date of Return

\_\_\_\_\_  
Destination

\_\_\_\_\_  
Purpose of Trip

\_\_\_\_\_  
Estimated Miles

\_\_\_\_\_  
Date of Trip

\_\_\_\_\_  
Date of Return

\_\_\_\_\_  
Destination

\_\_\_\_\_  
Purpose of Trip

\_\_\_\_\_  
Estimated Miles

\_\_\_\_\_  
Date of Trip

\_\_\_\_\_  
Date of Return

\_\_\_\_\_  
Destination

\_\_\_\_\_  
Purpose of Trip

\_\_\_\_\_  
Estimated Miles

\* This report should be kept on file in the school office for one year.

## **PARENTS' CODE OF ETHICS**

I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other sports event.

I will place the emotional and physical well-being of my child ahead of any personal desire to win.

I will insist that my child plays in a safe and healthy environment.

I will demand a drug-, tobacco-, and alcohol-free sports environment for my child and agree to assist by refraining from their use at all youth sports events.

I will remember the game is for the children and not the adults.

I will do my very best to make youth sports fun for my child.

I will ask my child to treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.

I will promise to help my child enjoy the youth sports experience within my personal constraints by assisting with coaching, being a respectful fan, providing transportation or whatever I am capable of doing.

*From the National Youth Sports Coaches Association*

## Athletic Emergency Card

Please Print

Name \_\_\_\_\_ Sport \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_ SS#\_\_\_\_-\_\_\_\_-\_\_\_\_ Phone \_\_\_\_\_

Father's Name \_\_\_\_\_ Phone \_\_\_\_\_

Mother's Name \_\_\_\_\_ Phone \_\_\_\_\_

Name of Health Insurance \_\_\_\_\_

Policy # \_\_\_\_\_ Group # \_\_\_\_\_ Phone \_\_\_\_\_

Family Physician \_\_\_\_\_ Phone \_\_\_\_\_

Person to Contact in Case of Emergency:

1. \_\_\_\_\_ Phone \_\_\_\_\_

2. \_\_\_\_\_ Phone \_\_\_\_\_

Allergic reactions or other medical conditions: \_\_\_\_\_

### After School Sports Liability Release

Before affixing a signature to this form, a parent should read this form.

#### 1. Voluntary Participation

I, the undersigned, acknowledge that my son/daughter is voluntarily participating in the After School Sports Program sponsored by the Los Gatos-Saratoga Department of Community Education and Recreation for the students of the Cupertino Union School District.

#### 2. Assumption of Risk

I am aware that after school sport activities are physically strenuous and hazardous activities and that no medical practitioner is on hand for the games. My son/daughter is voluntarily participating in these activities with my knowledge of the danger involved. I hereby agree to accept any and all risks of injury or death, and verify this statement by placing my signature below.

#### 3. Release

As consideration for being permitted to participate in the After School Sports Program, I hereby agree that I, my assignees, heirs, distributees, guardians, and legal representatives will not make a claim against, sue, or attach the property of the Los Gatos-Saratoga Department of Community Education and Recreation, the Cupertino Union School District or their affiliates or the supplier of any of the equipment used in these activities for injury or damage resulting from the negligence, failure of care, omission of other acts, howsoever caused, by an employee, agent, or contractor of Los Gatos-Saratoga Department of Community Education and Recreation, the Cupertino Union School District or any affiliate as the result of or incidental to my child's participation in these activities. I hereby release, to the fullest extent permitted by law, the Los Gatos-Saratoga Department of Community Education and Recreation and the Cupertino Union School District and the affiliates, from any and all actions, claims, demands, or liabilities that I, my assignees, heirs, distributees, guardians, and legal representatives now have or may hereafter have for injury or damage resulting from my son/daughter's participation in these activities irrespective of whether the same is based on breach of warranty, negligence, strict liability or any other theory of recovery.

#### 4. Knowing and Voluntary Execution

I have carefully read this entire release of liability agreement and fully understand its contents. I am aware that this is a release of liability and a contract between myself and the Los Gatos-Saratoga Department of Community Education and Recreation, and sign it of my own free will. My signature will be required prior to my son/daughter's participation and will be required for every sport my child participates in.

#### 5. Permission to Transport

My son/daughter has my permission to travel in private vehicles to all away after school sporting events.

ATHLETE'S NAME (FIRST/LAST) \_\_\_\_\_

PRINT NAME (PARENT/GUARDIAN) \_\_\_\_\_

SIGNATURE (PARENT/GUARDIAN) \_\_\_\_\_