



**YULA GIRLS HIGH SCHOOL
ATHLETICS HANDBOOK**



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Message from the Athletic Director

YULA Girls High School has embraced the concept that athletics play a meaningful and crucial role in the overall education of a student. The notion that a strong athletic program can complement a strong Judaic and General Studies academic curriculum is one that has inspired us to provide our students with many ways to proudly wear YULA's colors.

Implementing the ideas of "person before player" and that "we" makes "me" stronger, is very important. These mantras serve as a reminder that YULA Girls Athletics will always place a greater value on who the individual is off the court vs. what they can do on it.

Trust, sacrifice, selflessness, team accountability, responsibility, passion and joy are just a handful of traits we hope to instill in each player throughout her athletic experience at YULA Girls. With our 8 varsity athletic programs we are aiming to make YULA Girls the destination for female Orthodox athletes who want to play in a competitive, yet supportive, environment.

The athletic culture at YULA Girls is designed to accommodate the novice and to challenge our more experienced athletes. This allows each girl to emerge from the program as a confident young woman, capable of making intelligent decisions and gracefully accepting the consequences. By the season's end she will have experienced victory and defeat, the camaraderie of the team, and the passion of competition.

YULA Girls High School is proud of our talented coaching staff, which guides our students through this journey. We view our coaches as teachers first, and they are committed to making the athletic experience both fun and successful for our girls. Due to the commitment and dedication of our student-athletes, coaches and teachers, YULA Girls Athletics will serve as a great source of YULA Girls pride and a spring board for school spirit that will be felt both within the school's halls and beyond.

Alexandra Novak

Director of Athletics



Sports Offered at YULA Girls High School

Fall Sports

Cross Country

Volleyball

Tennis

Winter Sports

Basketball

Soccer

Spring Sports

Softball

Swimming

Track

Flag Football



TRY-OUTS

Student - Athletes will have a two-day try-out period. If a student is not able to attend, they will miss the opportunity to try-out unless pre-arranged with the coach and the Athletic Director. The exceptions to this are as follows:

- Athletes coming from a sport which has not concluded (playoffs) will have three practice days from the day of the last game to try-out for the next sport.
- Athletes may pre-arrange with a coach to extend the try-out period. This must occur in advance and is solely at the discretion of the coach and Athletic Director.
- Fall sport athletes who will not be back in town in time for tryouts must contact the Athletic Director directly.

Physical Exam and Other Forms

As a condition of membership, the CIF-SS requires that a student receive an annual physical examination conducted by a medical practitioner certifying that the student is physically fit to participate in athletics. The report of the examination will be on a school approved form that includes a health history. The physical examination form must be completed by a Medical Doctor/Doctor of Osteopathy, before a student may try out, practice or participate in sports.

Physical exams are valid for one year.

Other mandatory forms include:

- Informed Consent to Participate in Athletics Waiver
- Concussion
- Sudden Cardiac Arrest
- Code of Conduct

Expectations of Student-Athletes

PARTICIPATION

The expectation is for athletes to be at all games and practices. Athletes must be in attendance at school for the entire day in order to participate in an athletic event scheduled for that day – this includes both practice and games.

ACADEMICS

While athletics are an integral piece of the total YULA Girls educational experience, academics still remain the primary focus at YULA Girls. Maintaining academic eligibility



is the student's responsibility, not that of coaches, teachers, or parents. The C.I.F. mandates that students must maintain a minimum 2.0 G.P.A. in order to remain academically eligible, with no D's or F's in the academic quarter in which she is competing.

COMPETITION ON AN OUTSIDE TEAM:

A student on a high school team becomes ineligible if she competes, participates, or tries out for an "outside" team (Club Tryouts, I.D. Camps, Etc.) in the same sport during the student's high school season of sport.

SPORTSMANSHIP

Positive sportsmanship is an expectation of the players, coaches and parents involved in our athletic program. Teams are expected to play "harder" than our opponents, but also are expected to play within the rules of the sport and the boundaries of clean and fair play.

PROCEDURE IF YOU ARE INJURED

Report all injuries immediately to your coach or the Athletic Director. The coach and/or Athletic Trainers will file a report with the Athletic Department.

EQUIPMENT

All equipment issued to you is owned by YULA Girls High School. Please treat it with respect. You are responsible to pay for lost, stolen or damaged items at replacement cost.

DRESS CODE

Modesty is very important on our campus and all girls are required to wear skirts to the knee until they arrive at the playing field.

ELIGIBILITY

Athletes removed from a team for disciplinary reasons may not participate in any other sport that is offered that season, or the next.

Personal Behavior

The following outlines the personal ethics and consequences for unethical behavior:

1. Any athlete found guilty of stealing or defacing school property will be dismissed from the team.
2. Profanity or obscene language or any act of vulgarity, is not acceptable. Violators will be disciplined by the coach and may also face school disciplinary action.



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GINDI FAMILY CAMPUS

3. Athletes are expected to treat their opponent, officials, teammates, and coaches with respect. Students who fail to do so will be disciplined by the coach.
4. An athlete who is suspended from school may not participate in practices or games for the duration of the suspension, including holidays, weekends, and breaks.
5. Social Media: Students are expected to demonstrate ethical behavior as it pertains to their social media presence.
6. Initiation/Hazing: Student-athletes are expected to be leaders and mentors for younger girls. Initiation rituals and hazing are not acceptable and will not be tolerated. One is expected to lead by example. Leave a positive legacy during your time at YULA Girls High School.

Athletic Fees

- 1st sport will be \$350
- 2nd sport will be pro-rated to \$250
- 3rd sport will be free
- All sports will be non-refundable

Expectations of Parents

SUPPORT YOUR STUDENT-ATHLETE

- Encourage participation. Allow the student to select the sport based on her perceived ability and interest. Provide a pressure-free environment.
- Be supportive of your athlete. See that her needs are met. See that she has the right equipment. Attend as many of your child's games as possible.
- Stress the importance of the complete athlete—both the mental and the physical preparation. Do not emphasize quitting as the best way to solve a problem, but rather perseverance.

KEEPING ATHLETICS IN PERSPECTIVE

- Emphasize that academics must always come first.
- Assist the student to structure time wisely so that athletics do not interfere with academics.
- Use athletics as a way to teach our children how to interact with other people during emotional situations. Help your child understand that athletic ability varies with body maturity and that effort is just as important, if not more important, as natural ability.



SUPPORTING THE PROGRAM

- Be supportive of the coaching staff. Go to all meetings requested by the coaches. Support the coaches' preparation plan.
- Talk to your child frequently about how things are going with her sport.
- Make arrangements to talk to the coaches privately and early about perceived problems, but please allow for 24 hours after a game or incident.
- During the season, take into consideration practice and games when planning family events.
- Support your child, team, and coaches by keeping a positive perspective.
- Poor behavior towards coaches, players, and officials by parents and spectators will not be tolerated.
- Understand the needs of a particular sport. Some take more equipment, while some take more time.
- Model positive behavior

As a participant in the YULA Girls Athletic Program, you are expected to follow the rules listed in this handbook. We are looking forward to your positive participation.



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I have read the YULA Girls Athletics Handbook. I understand the rules and expectations as they are stated and agree to abide by them by signing this agreement. I recognize that if I do not agree to abide by these rules, I will not be allowed to participate.

This document must be signed and returned prior to participation.

Player _____

(Print Name)

Player's Signature _____

Parent/Guardian _____

(Print Name)

Parent/Guardian Signature _____