

# TORRANCE HIGH SCHOOL

Dear Parents,

Your son/daughter has indicated an interest in athletic participation. This letter contains information regarding physical examinations, equipment, insurance and additional athletic information for this coming year. The following responsibilities must be met before your athlete can participate during the school year:

Physical	Insurance Certificate
Emergency Cards	Warning to Students & Parents
Substance Abuse Policy	Transportation Contribution
Athlete Code of Ethics	Due Process Form
Driver Authorization Form	Athletic Information Sheet & Steroid Abuse Form

A packet containing all of the necessary forms can be downloaded from the Torrance High Web Site or picked up in the Business Office between **the hours of 8:00 am and 3:30 pm. The packet must be completed and returned to the school prior to the first practice session.** Special dates have been set up for Fall Sport athletes to get cleared during summer.

**Physical Examinations-** an annual physical examination certifying that the student is physically fit to participate in athletics is required by the C.I.F. (Rule 306). Every athlete must have a physical to participate in any sport/ activity. Packets returned without physicals will not be accepted.

**Insurance-** California law (Education Code Section 31751-52) requires that every member of an athletic team be insured for \$1,500.00 in medical benefits. The school does not carry accident insurance on students. If your family health and accident insurance does not cover your son/daughter for athletics, insurance application forms for this type of coverage will be made available at Torrance High School. The school district offers the following optional insurance coverage: "Student Accident & health insurance" through Myers Stevens. Information can be obtained in the business office. If applicable, please make checks payable to: MYERS STEVENS at the appropriate time.

**Equipment-** Equipment that all candidates are required to furnish during the sport season will be announced by the coach. It would be wise for the candidate to wait until the final squad assignments are made before purchasing athletic equipment.

**Please do not purchase any special equipment until the final team rosters are approved and posted.**

## **OUTSIDE TEAMS (CLUB)**

*A member of a high school athletic team may not, during his/her season of sport, compete for an outside team in that same sport (CIF Article 60). Torrance High teams are your priority, if you miss or games due to an outside team, you may be subject to dismissal from the team.*

# Torrance High School

## Athletic Department Overview

*Next year your student will become a Torrance High “TARTAR.” The Tartars have a great tradition in athletics that is well known in California. We invite your student to be a part of the Torrance Tartar Tradition. Incoming 9<sup>th</sup> graders are encouraged to get involved in activities/ clubs and do their very best in and out of the classroom.*

*To be a member of the Torrance High athletic program is a privilege and an honor. All athletes are expected to conduct themselves in a manner that will make fellow players, coaches and alumni proud of them. Torrance High Athletes are expected to act with class and character on and off the playing field.*

Torrance High School offers 22 varsity sports that are integrated into the academic day during 6<sup>th</sup> period. The following is a list of sports offered:

Fall- Sept. Nov	Winter- Dec-March	Spring- March- June
Football- 3 levels	Boys Basketball- 3 levels	Baseball- 3levels
Girls Volleyball- 3 levels	Girls Basketball- 3 levels	Softball- 3 levels
Boys & Girls Cross Country	Boys Soccer- 3 levels	Boys Volleyball- 3 levels
Girls Golf- 2 levels	Girls Soccer- 3 levels	Boys Tennis- 2 levels
Girls Tennis- 2 levels	Wrestling- 3 levels	Boys Golf- 2 levels
Boys Water polo- 2 levels	Girls Water polo- 2 levels	Track- 2 levels
		Swim- 2 levels

Athletics begin at 2:00pm and sometimes do not end until 9:00pm due to practice times and facility issues. All coaches must schedule a practice time and facility through the business office. Coaches must also reserve all district transportation through the business office.

### Athletic Tryouts

The athletic department has set general guidelines for the coaches to follow in setting appropriate dates to hold try-outs throughout the year. Fall try-outs are always held at the end of summer, winter tryouts are held in late September/ early October and spring tryouts are held in December or January. Try- out dates are set by the coaches and are always announced through the daily bulletin. A student must attend all days of try-outs to be considered for a spot on the team.

### Team Selection

After the appropriate try-out period, coaches will determine the players they are keeping or cutting from their programs. **All coaches post a list of athletes who have made the team and will consult with the students who did not make the cut.** Coaches then submit a list of names, grades and ID numbers to the athletic director so that these students can be placed into the proper 6<sup>th</sup> period class. Some students will need to visit their counselors to discuss the changing of their class schedule. **Only the athletes that are on the coaches list will be enrolled into 6<sup>th</sup> period athletics, all others will remain in the main stream (PE classes periods 1-5).**

Since the number of squad assignments for any team is limited, it is not possible for all students who go out for athletics to make the team. Assignments to a team will be made on the basis of ability, desire, commitment, and attitude shown at practice.

## **Completion of the season of sport**

Upon completion of each athletic season, an athlete has the following options:

- Transfer to another sport, provided they made the team, and remain in 6<sup>th</sup> period athletics.
- Remain in their sport if an off-season program is offered by the coach
- Be placed into 0 Period Physical Education. (*Only if the class is not impacted*)

Most athletic teams offer off-season classes.

**Reminder--- 6<sup>th</sup> period athletics is a Physical Education Course. All students must attend, dress and participate daily to receive credit for Physical Education. A student must pass two years of Physical Education in order to graduate from high school.**

### **Athletic Awards and ASB Cards**

Athletic awards, certificates and letters must be earned by the athlete and are awarded by each individual sport. THS Athletic Department does not have pre-set criteria for the distribution of these awards, therefore each coach has set their own criteria for how these awards are earned and distributed.

Athletes are encouraged to purchase an ASB card to help defray the cost of running the athletic and activities. An ASB card helps cover the cost of athletic awards and entitles your athlete to attend other athletic events without charge. It also entitles your athlete to reduced prices for most of the Fine Arts Activities and Dances. Please contact our Activities Director, Mr. Spotts @ ext 8030 for further information.

### **Summer Athletics:**

Torrance High School offers a summer athletic program and almost all teams run a class. Most coaches run multiple classes to accommodate new athletes and returnees. All classes are run by THS Coaches and are held here on campus. This is a pay – for - play program that welcomes all incoming and returning athletes. The program runs for five weeks and costs \$ 80 for the first class and \$70 for each additional class. These fees include insurance for the summer program. Class times and sites vary. We encourage all athletes to sign up for the program. It gives the coaches a better opportunity to work with students and gives the students a chance to get used to the way high school athletics are run. Students can sign up for as many as three classes.

**No Grades/PE credit will be issued.**

## **Athletic Clearance Procedures**

In order for an athlete to be cleared to play athletics, they need to fill out an athletic clearance packet, which is available in the business office or on-line at [www.torancehigh.com](http://www.torancehigh.com) Click under athletics. This 12-page packet contains vital information such as:

- Emergency cards for the coaches and offices
- Proof of medical insurance
  - Must have medical insurance to play a sport. If you need to purchase insurance, there are forms available in the business office
- **Athletic rules and regulation- CIF and TUSD Rules**
  - **Athletic Eligibility Overview-**
    - **To be eligible for athletic participation a student must meet certain requirements:**
      - **Have a 2.0 grade point average in the equivalent of 20 semester credits and have not received more that one “U” in citizenship during the preceding quarter.**
      - **Be enrolled in a minimum of five classes at all times. Must be passing four of the five classes and not receiving more than one “U” in citizenship**
- TUSD Transportation Information
  - Transportation:

1	Student in one activity/team	\$110
1	Student in 2 or more activities/team	\$180
2	Students each in one activity/team	\$220
2	or more students in three activities/team	\$270
3	Students in one activity/team	\$270
2	Or more students in 2 or more activities/teams	\$270
  - *Contributions for transportation are subject to change from year to year*
- Athletic Physical Form
  - **Must have a physical in order to participate- Physicals are valid for 12 months from the date obtained.**
- Athletes code of ethics
- And other district/CIF mandated sheets requiring student & parent signatures.

Once the packet is filled out and the student has had a physical, the student must then return the packet to the business office. The office will then issue the student a clearance sheet that the student will give to their coach.

**Students are not allowed to participate in practice or games until the clearance packet is completed, turned in and approved by the athletic director. The office will then issue the student a clearance sheet that clears them for participation. Do not return packets to coaches, this may delay the clearance procedures. Incomplete packets will not be accepted.**