

WELCOME PARENTS
IRVINE HIGH SCHOOL'S
FALL ATHLETICS PARENT
ORIENTATION



FALL ATHLETIC PROGRAMS

Directors of Sport/Head Coaches

**BOYS CROSS
COUNTRY**

Kerry Hughes



**GIRLS CROSS
COUNTRY**

DARIN HURST



FALL ATHLETIC PROGRAMS

Directors of Sport/Head Coaches

FOOTBALL

TOM RICCI



CHEER

MEGAN BROPHY



FALL ATHLETIC PROGRAMS

Directors of Sport/Head Coaches

GIRLS GOLF

Lisa Baker



GIRLS TENNIS

GARY RUSSELL



FALL ATHLETIC PROGRAMS

Directors of Sport/Head Coaches

GIRLS VOLLEYBALL

Noel Nguyen



BOYS WATER POLO

RAY WONG



SUPPORT STAFF

- ▶ Dawne Zelano Athletic Clerk
- ▶ Veranae Woods Certified Athletic Trainer
- ▶ Gabe Cota Athletic Director
- ▶ Kris Klamberg Athletic Director
- ▶ Bob King Administrator in charge of athletics
- ▶ Dr. Monica Colunga Principal

THE RESEARCH ON COLLEGE SCHOLARSHIPS

Utah State University research study findings:

- ▶ 98 out of 100 high school athletes will never play in college.
- ▶ Only 1 out of every 100 high school athletes will receive a scholarship to a Division 1 school.
- ▶ Only 1 out of 12,000 athletes will go on to become professional athletes.

IRVINE ATHLETIC PHILOSOPHY

OUR MISSION

To enrich the mental, physical, and emotional well-being of all students by providing competitive opportunities in which the lifelong values of sportsmanship, individual effort, teamwork, integrity, and commitment are emphasized.

Inside Out Initiative: “THE IRVINE WAY”

- I - Integrity**
 - Do the right thing even when no one is watching
 - Be Your Best Self
 - Actions aligned with your words
- R - Fosters Culture of Respect**
 - Being respectful of others' experiences, ideas, and differences
 - Being conscious of external factors and how they affect the people around you
 - Assume best intentions (other teams, officials, etc.)
- V - Values-based**
 - Aware of your responsibility as a member of the larger community
 - The best you adds value to the “Us” (Give Your Best in your Role)
 - Exhibit strong character (Selfless, Humble, Compete to your fullest potential)
- I - Instills Pride and Commitment**
 - Be a Team Player/ Accept and Have Pride in your Role
 - Give Back to the Community
 - Make your Mark. (Leave the jersey better than you found it. Make your time here mean something. Value the History of Vaquero Athletics)
- N - Nurtures Positive Relationships**
 - Bridging the Gaps of Differences Towards Unity
 - Instill Trust in Teammates and Coaches; Assume Best Intentions (Take Care of Each other)
 - Constant Communication and Conflict Resolution (Always Positive and Purposeful)
- E - Encourages Sportsmanship and Perseverance**
 - Teaching Resilience (Overcoming Adversity with Focus and Commitment)
 - Appreciating competitors win or lose
 - Win every day in every way



IRVINE ATHLETIC PHILOSOPHY

- ▶ We believe high school athletics should be **fun and rewarding**.
- ▶ We believe our **GOAL** is to compete and win, but our **PURPOSE** and the most important result of competition is the **development of life-long values and skills**.
- ▶ We believe **positive parent support** and involvement enhance student growth and program quality.
- ▶ We believe in **honoring the sport** which includes our teammates, our opponent and our officials.



PACIFIC COAST LEAGUE

- ▶ Irvine High
- ▶ Beckman
- ▶ University
- ▶ Portola
- ▶ Sage Hill
- ▶ Northwood
- ▶ Woodbridge
- ▶ Laguna Hills
- ▶ Dana Hills (Football Only)

IRVINE HIGH ATHLETIC BOOSTERS

BOOSTER CLUB PRESIDENT

Mark Burgett

SUPPORTING IHS ATHLETICS AND YOUR ATHLETIC PROGRAMS

- ▶ **Athletic Boosters** - Manages the money for all teams and also raises funds for longer term expenses, such as scoreboards, playing surfaces, fitness training equipment, and more.
 - ▶ Becoming a member is free
 - ▶ **blastathletics.com**
 - ▶ Post pictures and video to share - there's an app for that

The screenshot shows the Blast Athletics website interface. At the top, there is a navigation bar with the Blast Athletics logo, a 'Dash' button, and links for 'Schedule', 'Notifications', '+ New', 'Search', and a menu icon. Below the navigation bar is a large banner image of the Irvine High School building with the 'AQUEROS' logo. To the left of the banner is a smaller image of the school's mascot logo. Below the banner, the text reads 'Irvine High School', 'Boosters (2018 - 2019)', and 'Irvine, CA'. There are buttons for 'Share', 'Invite', and 'Following'. Below this is a navigation menu with 'Home', 'Schedule', 'Roster', 'Videos/Photos', 'Articles', 'Contact/Info', and 'More'. A '+ Video' and '+ Photo/Comment' button are visible. Below the navigation menu is a 'BULLETIN' section with a post titled 'Become a FAN, SPIRIT, or SUPER Booster today!' and a 'Read More' link. On the right side, there is a 'Team Setup Checklist' with a list of tasks: 'Watch Video', 'Upload Logo', 'Upload Cover Photo', 'Enter Schedule', 'Fundraiser', 'Invite Team', and 'Admin Tour'. The 'Upload Logo' and 'Upload Cover Photo' items are checked.

SUPPORTING IHS ATHLETICS AND YOUR ATHLETIC PROGRAMS

Individual Athletic Programs

- ▶ Join Athletic Booster Club
- ▶ Team Financial Donation
- ▶ Volunteering
- ▶ Fundraising

ASB Card - \$50

- ▶ Free entry to home sporting events
- ▶ Discounts on school activities

CIF ELIGIBILITY

- ▶ CIF - The California Interscholastic Federation is the governing body for high school sports in the state of California. Irvine High is a member of the Southern Section. (The largest of ten sections in California.)
- ▶ Residential - Must live in IHS boundaries or be accepted on an inter or intra-district transfer.
- ▶ New IHS Athletes - Students who have recently moved into our school's boundaries must complete CIF residential eligibility paperwork with Mr. King.

Did student pass 20 credits last grading period?
(Only 5 of those 20 can be PE/Athletics)

YES

NO

Was student's last grading period
total GPA at least a 2.00?

Student is *ineligible*.
Student cannot use
probation.

YES

NO

Student is eligible
to participate!

Has student used athletic
probation at any time during
high school?

YES

NO

Student is *ineligible*.
Student cannot use
probation.

Parents/guardians,
students, and coach may
decide to use a one-time
probation for the

ACADEMIC ELIGIBILITY

- ▶ October 21st is end of quarter. Eligibility begins October 31st.
- ▶ One-time Probation where athletes can still participate with a GPA below 2.0 (STILL need 20 credits)

PREVENTION, TREATMENT, AND MANAGEMENT OF ATHLETIC INJURIES

Athletic training encompasses the prevention, examination, diagnosis, treatment and rehabilitation of emergent, acute or chronic injuries and medical conditions.

Role of the Certified Athletic Trainer:

- ▶ Deal with athletic injuries and illness
 - ▶ ImPact Testing
- ▶ Emergency preparedness - CPR, AED, Emergency Preparedness
- ▶ Game and practice medical coverage to assess injuries
- ▶ Rehabilitation and Return to Play protocols

PREVENTION, TREATMENT, AND MANAGEMENT OF ATHLETIC INJURIES

- ▶ If your student athlete is injured please make sure they inform the coach and then contact and tell the athletic trainer
- ▶ If your student athlete sees a doctor or other medical professional they must have a note clearing them to return to practice and play

COMMUNICATION IS THE KEY

In order to maintain open lines of communication, it is important that the following statements be put into practice:

- ▶ Never put the student athlete in the middle.
- ▶ Communicate any unusual circumstances that may be affecting your athlete.
- ▶ Build a relationship of trust between all parties (parent/guardian, coach, players, teammates).

COMMUNICATION PROCEDURES

Please never communicate anonymously!

If a parent has a concern, he or she should follow the following procedures in addressing that concern:

- ▶ **Talk to your athlete in detail regarding the concern.**
- ▶ **Try to look at the “Big” picture and be objective.**
- ▶ **Contact the Head coach of your level and set up a meeting to express concern.**
- ▶ **Contact the Director of Sport/Head coach of the program and set up a meeting to express concern.**
- ▶ **Contact Athletic Administrator in charge of Athletics to set up a meeting.**
- ▶ **Contact the Principal to set up a meeting.**

Covid-19 Protocols

- ▶ If a student athlete tests positive for Covid 19
 - ▶ After quarantine, a student-athlete must follow return to play protocols with the athletic trainer which includes a signed and stamped Physician's Referral Form.

Irvine Unified School District		
Athlete Name: _____	Sport(s): _____	Grade: _____
Physician's Referral Form: COVID-19		
This athlete has indicated that he/she has contracted COVID-19. We are requiring a Signature AND Stamp (MD/DO/PA/NP) that clears he/she for a progressive return to play protocol. This form is a risk assessment tool to evaluate eligibility to return to athletics. The symptoms below are based on guidelines from the Center for Disease Control and Prevention (CDC).		
For parent/guardian:		
I, _____, authorize release of the healthcare practitioner's exam findings and other pertinent medical data of this injury/illness as it relates to the participation of my child in IUSD sports activities. I understand that the documentation of this injury/illness will be kept on file in the Athletic Training office.		
Parent/Guardian Signature: _____		Date: _____
<i>This student must bring back this document and any associated documentation regarding their COVID-19 diagnosis.</i>		
Indicated Positive for COVID-19 on: _____		Date of Visit: _____
Was Student Hospitalized: <input type="checkbox"/> Yes or <input type="checkbox"/> No Dates: _____		
Indicated Symptoms: _____		Date of Symptom(s) onset: _____

TEAM MEETINGS LOCATIONS

- ▶ Girls Golf: Lobby
- ▶ Boys Cross Country: SLG
- ▶ Girls Cross Country: Aug. 23rd 4pm
- ▶ Football: Theater
- ▶ Girls Tennis: Coaches Office
- ▶ Girls Volleyball: M1
- ▶ Boys Water Polo: M9
- ▶ Cheer: Amphitheater
- ▶

The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the left and right sides of the frame, leaving a large white central area. The shapes are angular and layered, creating a sense of depth and movement.

THANK YOU