

WILDCAT ATHLETICS

FREQUENTLY ASKED ATHLETIC QUESTIONS

What sports are offered at SI and when do they start?

FALL SPORTS - Start Date: August 3, 2018 (JV & Varsity), August 8, 2018 (Freshman)			
Boys' Cross Country	Girls' Cross Country	Girls' Field Hockey	Football
Girls' Golf	Girls' Tennis	Girls' Volleyball	Boys' Water Polo
	Girls' Water Polo		
WINTER SPORTS - Start Date: October 29, 2018 (All Levels)			
Boys' Basketball	Girls' Basketball	Boys' Soccer	Girls' Soccer
SPRING SPORTS - Start Date: January 28, 2019 (All Levels)			
Baseball	Boys' Crew	Girls' Crew	Boys' Golf
Boys' Lacrosse	Girls' Lacrosse	Softball	Boys' Swimming & Diving
Girls' Swimming & Diving	Boys' Tennis	Boys' Track & Field	Girls' Track & Field
	Boys' Volleyball		

What forms do I need to tryout?

A completed Ticket-To-Play Medical Clearance Form. This is a California State Law and needs to be completed each year. This form should be completed by a doctor, a copy made for your files, and either mailed in to the SI Athletic Department or hand-delivered to the coach at the first day of tryouts. ***Please note that for this athletic season, freshman will need to begin their Fall tryouts 2 weeks before the first day of classes so those forms must be turned in by August 1.***

How many tryout days will I get?

Freshman

All freshman receive 3 days of tryouts in their first choice sport. Freshmen will get up to 3 days of tryouts if they go out for a second sport in the same season.

JV/Varsity

All JV and Varsity teams get at approximately 3 days of tryouts.

Can I tryout for more than 1 sport in a season?

Yes. You can tryout for another sport if you do not make your first choice sport.

Can I play 2 sports in the same season?

Although our league rules state an athlete can, SI does not allow an athlete to play 2 sports in the same season.

Can I play a club sport while playing a sport for SI?

Each program handles this question differently. Some of our programs will allow you to play a club sport during the high school season and some programs will not allow you to play both. However, the CIF does not allow an athlete to play the same sport in the same season. For example, you might be able to play club volleyball during the high school basketball season but you cannot play club volleyball during the high school volleyball season. Individual sports such as tennis, golf, swimming and track & field, and the team sport of soccer have specific rules where you can play both but there are certain restrictions for each sport -- please contact the Athletic Director for these specific rulings. **It is important to note that if an athlete plays a club sport while playing a sport for SI, the school practice and game are always the priority over the club commitment.**

Does SI practice at off-campus sites?

Yes, we practice at multiple off-campus sites. We use Fairmont Field (Field Hockey, Soccer, Baseball and Softball) in Pacifica, Marchbank Park (Baseball) in Daly City, Gellert Field (Soccer and Lacrosse) in Daly City, and some rec fields in San Francisco. Our crew teams row at Lake Merced.

How will my son/daughter get there?

We provide school transportation to and from these locations for all Freshman and JV teams. Varsity team members, who have a valid California Driver's License may drive themselves to these sites. On practice days, the return practice bus will arrive at SI before the 6:00 PM Peninsula and Marin buses depart.

How will my son/daughter get to away games?

We provide school transportation for all weekday games. Sometimes, depending on the location, we might have the athletes meet at the venue. ***A majority of our trips will be one-way drops and families will be able to drive or arrange carpools to get the athletes home.***

Can I pick my child up after the game and go home?

Many of our programs will allow you to take your child home after a contest. You will need to touch base with that coach and communicate that pick up information with him/her. For example, if we were to play a game in the East Bay, it would make sense for the East Bay family to pick up their son/daughter instead of going back to SI to be picked up and brought home. It is important to note that communication is vital by the family to the coach regarding these type of pick ups. There will also be sometimes when our coaches will ask all the team members to ride back in the bus as this is a team bonding moment as well.

Can I speak to the coach about the type of offense/defense the program runs?

No, a parent is not allowed to discuss three things with a coach:

- 1) Decisions regarding which athletes make or do not make a team
- 2) Playing time
- 3) Team strategy and play calling

What can I talk to a coach about?

You may talk to a coach anytime there are concerns about the following:

- 1) the treatment of a son or daughter
- 2) about a son's or daughter's behavior

If you want to meet with a coach, please make an appointment if you have any of the above concerns.

Can our family vacation during the season?

Each athletic program produces a season syllabus which states the expectations of attendance for the season. In general, the expectation is that each member of the team will be at every practice and game. However, there are excused absences such as illness, meetings with a teacher/counselor, or a conflict with another SI event. Athletes generally practice during the school holidays and often times on the holidays themselves. There are always exceptions to the rules like a family reunion or wedding. If an athlete does travel during the season, the coach will not punish the athlete who missed the team events. He/she would reward those athletes who were in attendance. For example, if the starting point guard of the basketball team went away for 7 days during Christmas vacation while the team practiced, that guard would have to earn his/her time back at practice before playing in a game.

Can my son or daughter play JV or Varsity?

Yes. There are times when a freshman can compete at a higher level. We take these call-ups very seriously and go through a "move-up" process. We let the coach make that decision at try-outs if a freshman can play at the JV or Varsity level.

Can my freshman son or daughter workout with the team in the off-season?

No. Our athletic department policy does not allow a freshman to workout with a specific off-season program. This policy allows freshmen to feel like they can participate in multiple sports.

Can my freshman son or daughter play with the high school program in the summer before the first day of school?

No. Our West Catholic Athletic League policy states that freshmen are not allowed to participate on high school teams until the Fall start date or the first day of school.

What is the minimum GPA for an athlete to participate?

The minimum GPA requirement is a 2.0.

What are some of the costs to play a sport at SI?

Depending on the sport, you can pay somewhere between \$50 and \$300 for clothing, gear and athletic uniforms (swimming, water polo, crew, etc.). Most of these items can be used in subsequent years so the cost should decrease if the items still fit and are in good shape.

