

## Palo Alto High School - Athletics Info

- **Sportsmanship**

Paly students will compete at the highest levels. They will take a loss or defeat without complaint and a victory without gloating. They will treat all opponents with fairness, courtesy, and respect.
- **CIF/CCS Rules**

The CIF/CCS *prohibits* the following at all high school athletic contests:

  - berating your opponent's school or mascot;
  - berating opposing players;
  - obscene cheers or gestures;
  - negative signs;
  - artificial noise makers;
  - complaining about officials' calls (verbal or gestures)
- **Eligibility**

Athletic eligibility is determined once grades appear as marks on the record. This is typically two weeks after the end of the grading period. A student shall be eligible for participation in school athletics and cheerleading if he/she is *currently enrolled in five classes for a minimum of 25 credits; receiving passing grades in 20 or more credits of course work; and had a GPA of at least 2.0 in the previous grading period.* Before a student is permitted to take part in authorized conditioning, tryouts, practice, or participate on any interscholastic athletic team, his/her school must have on file a statement indicating that the student is physically fit to participate in his/her sport. The statement must be completed by a practitioner holding a valid physician's and surgeon's certificate and must be based upon an examination accomplished within one year prior to the start of the particular season. Forms are available in the main office.
- **Contribution**

A contribution of \$150 to the **Palo Alto High School Sports Boosters** will be requested of each athlete upon his/her selection to a team and prior to each season of a sport. This contribution is used to provide for the non-coaching costs of our program--uniforms, equipment, transportation, officials, tournament fees, awards, etc. A request for a fee waiver must be made in writing to the Athletic Director prior to the season. All athletes are required to buy a Palo Alto High School Student Body Card.
- **Athletic Information and Game Schedules**

Schedules are given to team members and publicized in the *Paly Reporter*. For more information, call Athletic Director, Earl Hansen, 329-3886.
- **Tryouts for Teams**

Students who wish to try out for a team should pick up an "Interscholastic Athletics Participation" card in the Main Office. Have your parent/guardian sign for permission to participate and have your physician sign the certification of fitness. Bring the card to pre-season practice which starts no sooner than ten days before the opening of school (for fall sports). You will receive information regarding where to report in the Paly August mailing. During the school year, watch the school bulletin for information about tryouts.