



Saratoga High School

Sports Program Information

Welcome to Saratoga Falcon Athletics! We are excited to begin yet another year of athletic competition and hope that you are eager to get involved and compete in the name of the Falcons. In this packet you will find all the information necessary to get started. There are several items you must be aware of before you try out for an athletic team.

Before trying out for a sport the following items **must** be turned in to the Activities Office:

Athletic Participation Form with all areas completed on both sides.

Steroid Policy Form with signatures of parent/guardian and student

Uniform/Equipment Deposit of \$90 payable to Saratoga High School

Extra Curricular Activities Form with a **\$200** participation fee (separate check)

Incomplete forms will not be accepted.

EXTRA CURRICULAR FORM AND PARTICIPATION FEE: RETURN COMPLETED FORM AND **\$200** PARTICIPATION FEE, CHECK PAYABLE TO SHS, **BEFORE** TEAM TRYOUTS OR PRACTICE BEGINS. PRINT THE STUDENT'S NAME, GRADE AND I.D. # ON CHECK. THIS PARTICIPATION FEE ASSISTS IN SUSTAINING THE ACTIVITY. ONLY ACTIVITY CHECKS FOR THOSE WHO ACTUALLY MAKE A TEAM WILL BE PROCESSED. No student will be denied the opportunity to participate for financial reasons.

Steroid Policy Form: This form must be completed and signed by both student and parent.

UNIFORMS: Uniforms and other school equipment necessary to participate on a team will be issued **upon receipt of a \$90 deposit check** payable to Saratoga High School. **A uniform will not be issued without a deposit check.** This check will not be cashed unless the uniform/equipment is not returned in good condition **within one week of the end of the season** or when the athlete leaves the team. If it is necessary to cash the check, a \$20 late fee will be kept and the balance will be refunded by check after the uniform/equipment is returned in good condition. (If the deposit check is not used, it will be applied to the next season's sport and/or destroyed at the end of the school year.)

ELIGIBILITY: An area of utmost importance is academic eligibility. To be academically eligible to participate in an athletic contest, a student must receive a minimum grade point average of 2.0 at the last grading period (six week grading period or the end of the semester) prior to the start of the season and for any grades received during the season. In addition, the student must be passing at least four classes. All incoming ninth graders are automatically eligible.

COMMITMENT: Going out for an athletic team requires making a commitment to your team to be at all practices and games. Vacations and appointments should be scheduled around your sport season.

INSURANCE: You may have family coverage which fulfills this requirement, but please provide all of the necessary information required on the Athletic Participation Form (company and policy number and date and signature). If you need to purchase insurance, it may be purchased through the school district. The insurance brochure is available in the Student Activities Office. There are various plans available but note they do not include football as football coverage is a separate item. The check should be made out to the insurance carrier, not Saratoga High School, and returned to the Activities Office with the insurance form and Athletic Participation Form.

WARNING TO STUDENTS AND PARENTS: SERIOUS, CATASTROPHIC AND PERHAPS FATAL INJURY MAY RESULT FROM ATHLETIC PARTICIPATION. By its very nature, competitive athletics may put students in situations in which serious, catastrophic and, perhaps fatal accidents may occur.

Many forms of athletic competition result in violent physical contact among players, the use of equipment which may result in accidents, strenuous physical exertion, and numerous other exposures to risk or injury.

Students and parents must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution, or supervision will totally eliminate all risk of injury. Just as driving an automobile involves choice of risk, athletic participation by high school students also may be inherently dangerous. Obligation of parents and students in making this choice to participate cannot be overstated. There have been accidents resulting in death, paraplegia, quadriplegia, and other very serious permanent physical impairment as a result of athletic competition.

By granting permission for your student to participate in athletic competition, you, the parent or guardian, acknowledge that such risk exists. By choosing to participate, you, the student, acknowledge that such a risk exists. Students will be instructed in proper techniques to be used in athletic competition and in the proper utilization of all equipment worn or used in practice and competition. Students must adhere to that instruction and utilization and must refrain from improper uses and techniques. As previously stated, no amount of instruction, precaution and supervision will totally eliminate all risk of serious, catastrophic, or even fatal injury. If any of the foregoing is not completely understood, please contact your principal for further information.

SPORT SEASONS: You are encouraged to turn your completed forms into the Activities Office as early as possible even if you are not playing a fall sport. This will ensure that you will be able to try out or start practice with the rest of the team in the winter or spring.

SPORTS OFFERED:

FALL

Cross Country
Field Hockey
Football
Golf (G)
Tennis (G)
Volleyball (G)
Water Polo (B)
Water Polo (G)

WINTER

Basketball (B)
Basketball (G)
Soccer (B)
Soccer (G)
Wrestling

SPRING

Badminton (B/G)
Baseball
Golf (B)
Lacrosse (B/G)
Softball
Swimming (B/G)
Tennis (B)
Track
Volleyball (B)

SPORTS SCHEDULE: If you are interested in participating on one of our teams, you should be there on opening day prepared to practice. For example, girls' tennis players bring tennis shoes, shorts or skirt, water bottle, etc. All required forms must be on file in the Activities Office **BEFORE** you will be allowed to try out or practice. Unless instructed otherwise, tryouts will continue every day, Monday through Friday, until teams are announced.

COMMUNICATION AND SPORTSMANSHIP:

Coaches and players should communicate directly. If parents have concerns about any part of the program, they should contact the coach. If this is unsuccessful, please see the athletic director. Parents are also reminded that sportsmanship expectations apply to themselves as well. You are the example!

THIS should be a GREAT year for Saratoga Athletics. We hope you will not only enjoy being a part of that success but also be an important factor in that success. Go Toga!

Jeff Anderson
Principal

Joseph Bosco
Asst. Principal, Athletics