



SDJA ATHLETIC HANDBOOK

ATHLETIC DEPARTMENT MISSION STATEMENT

Welcome to SDJA athletics. Our commitment to the SDJA community is that our athletic program will provide students with opportunities to compete in competitive team sports, in turn building a strong set of values including teamwork, self-discipline, ethical development and physical fitness.

Athletics are a vital part of the curriculum at SDJA. As an extension of the academic classroom and traditional school day, many valuable life lessons are learned through athletic participation.

Learning Objectives in Athletic Participation

Physical Fitness & Athletic Functional Movement Skill

Ethical Qualities

Emotional Maturity

Constructive Social Abilities

SDJA ATHLETIC DEPARTMENT ORGANIZATION

Athletic Director – Nate Solow, 858-704-3771 nsolow@sdja.com

Athletic Trainer – Justin Duksis, 860-309-9051 jduksis@sdja.com

Physical Education Teachers

Middle School - Emily Neice, [Eneice@sdja.com](mailto:Enoice@sdja.com)

High School Graduation Credit

SDJA students are required to earn one unit of co-curricular activity credit per academic school year for grades 9-12 as a high school graduation requirement. To fulfill this requirement through athletic participation, the following options exist for all students.

Rostered Student Athlete on a team sport

Student athletes are expected to attend and participate in all team practices. Student athletes are expected to attend all contests, for the team which they have signed up for. Student athletes must attend no less than 80% of practices and games in any one season of sport, or they will not receive sports credit.

Completing Wellness I

Wellness I is a course offered during the spring season of sport (Feb-May). This course is only open to students in grades 10-12 and will take place twice a week from 3:30pm-4:30pm in the SDJA weight room.

Student for Sports Training

The student will gain hands-on experience by aiding the school sports trainer with the general duties regarding student-athletes. They will learn general sports medical terminology and practices while assisting the school sports trainer. They will learn essential rehab, taping, and functional movement while observing the school sports trainer. They will aid in-game day preparation for sports teams as directed by the school sports trainer. They will get an athletic room overview and learn its usage rules while keeping it stocked appropriately. Optional Requirements for the internship: CPR/First Aide Training with the Red Cross certification

Student Sport Management for Team

The Student Manager plays a vital role in supporting the coach and the team during practices and competitions. They contribute to the team's success by helping from the sidelines and are considered valued members. Benefits include building the student's resume, learning from the coach, and being included in team experiences. Duties may include equipment management, hydration assistance, and capturing media. Student managers provide positive support but do not determine line-ups, provide instruction, or interact with officials, volunteers, or fans during competitions. Requirements include submitting an application with parent/guardian approval and obtaining Athletic Department approval.

Student Seasonal Event Volunteers

This is a non-credited position for SDJA Athletics. It is a volunteer role based on the needs of the SDJA Athletic Department. Responsibilities include providing support at marketing SDJA sporting events, assisting with concession stand sales, setting up the gym or field on game days as required, aiding with hospitality for the SDJA community, issuing or collecting game tickets as

per seasonal sports requirements, and helping to create positive event environments for competitions.

Sports Offered

FALL

High School: Flag Football (girls - CIF, boys - club), Boys & Girls Cross Country, Girls Volleyball, Girls Tennis, Cheer

Middle School: Coed Flag Football, Boys and Girls Cross Country, Girls' Volleyball

WINTER

High School: Girls and Boys Soccer, Boys Basketball, Cheer

Middle School: Boys Basketball, Girls and Boys Soccer, Cheer

SPRING

High School: Baseball, Golf, Boys Tennis, Boys & Girls Track & Field

Middle School: Girls Basketball, Coed Tennis, Baseball, Boys & Girls Track & Field

Independent Study Physical Education (ISPE)

We recognize that some students pursue athletics and other non-CIF competitive activities at a high competitive level and to accommodate and support those students, SDJA offers I.S.P.E as a way to earn physical education credit.

The I.S.P.E. program at SDJA is designed with two goals:

1. To provide exceptionally gifted athletes who compete at a high regional or national level an opportunity to earn SDJA physical education credit for graduation while pursuing their sport off campus.
2. To provide students who are pursuing an in-depth study of an athletic or competitive dance discipline not offered as part of the SDJA curriculum an opportunity to earn physical education credit.

STUDENT ATHLETES

SDJA student athletes aspire to improve an aspect of their performance every day in the classroom and in the athletic arena. Having the self-awareness to challenge daily personal growth requires the ability to accept failure, learn and grow.

“I’ve missed more than 9,000 shots in my career. I’ve lost almost 300 games. Twenty-six times I’ve been trusted to take the game-winning shot and missed. I’ve failed over and over and over again in my life. And that is why I succeed.” - Michael Jordan

At SDJA FAILURE IS AN OPTION, FAILURE TO TRY IS NOT.

CHARACTERISTICS OF A LION

1. DEDICATED
2. DISCIPLINED
3. COMPETITIVE
3. PREPARED
4. SELFLESS
5. SUPPORTIVE
6. ETHICAL
7. LOYAL
8. RESPECTFUL
9. COACHABLE
10. SELF CONFIDENT
11. PERSISTENT

EXPECTATIONS

Participating in interscholastic athletics is a privilege, not a right. We expect our student athletes to dedicate themselves to very high standards in their academic performance, as well as personal conduct on and off the athletic fields and courts. Student athletes need to be dedicated to the commitment they made by joining an athletic team. Student athletes are expected to

attend, participate and be prepared for all practice sessions and contests. More importantly, SDJA student athletes are expected to dedicate themselves to improving their skills and teamwork every day. By demonstrating a growth minded approach to athletics, student athletes are able to work towards reaching their potential as student athletes and become true teammates.

PERSONAL RESPONSIBILITY

An SDJA student athlete's behavior must be beyond reproach at all times whether on campus, in class or at contests and practices. While participating in SDJA athletics, student athletes represent the school, their family, and themselves. SDJA student athletes should always conduct themselves in a dignified and respectful manner.

Respect will always be shown to visiting teams, coaches, fans and game officials. Failure to do so is not in keeping with the values of SDJA and will be grounds for disciplinary action up to and including dismissal from the team.

Cell phone use is not authorized during any SDJA athletic practice or contest.

Failure to comply with any team and or Athletic Department rule may be cause for disciplinary action up to and including dismissal from the team.

DRUGS, ALCOHOL AND TOBACCO USE.

Student athletes suspected of using or possessing non-MD prescribed medication or alcohol or tobacco products will be removed from the in-season team roster and placed in a *not eligible to play* status until the MUS Dean of Students determines that student is clear to return to play.

SDJA discourages the use of any non-prescription drug, medication or supplement used solely for performance enhancing purposes.

ELIGIBILITY

ACADEMIC

The California Interscholastic Federation (CIF) requires students to maintain a 2.00 GPA and be progressing towards graduation as set forth by the school or public school district. For an SDJA student to be academically eligible to participate on an interscholastic athletic team, the student must maintain an overall 2.0 GPA. All high school student athletes must also be making significant progress towards graduation. Grades will be checked at the mid-point of each season. If a student athlete is found to have below a 2.0 GPA that student athlete will be given a two week time-out from practice and competition to address their academic issue. Academic performance will be assessed by the Athletic Director and Dean of Academics prior to the student athlete returning to play. Student athletes are responsible for completing any class work missed due to games and or practices.

School Attendance Policy on Game Days

Student athletes must attend all academic classes on a game day. If a student athlete misses an academic class on game day they are not eligible to compete in their athletic contest for that day. This rule is not applicable to contest days when SDJA is not in session. If a student athlete has a doctor's appointment on a game day, a doctor's note must be presented to the athletic director and/or MUS Office Manager in order to be ruled as an excused absence for game day eligibility.

PRACTICE

To be eligible to compete in a middle or high school contest, a student must attend and participate in ten (10) practices prior to his / her first contest.

Opportunity Statement

SDJA believes that participation in interscholastic sports is an extension of the academic classroom and we believe that any student dedicated to pursuing interscholastic athletics should have the opportunity to compete. SDJA aims to provide a competitive interscholastic athletic opportunity for all students.

With the exception of middle school coed tennis, and high school golf, SDJA will field high school teams at multiple levels, e.g. JV, Varsity in all sports provided there are an appropriate number of students rostered for that sport. Due to space limitations, SDJA conducts a try out week for middle school tennis players in February to identify the 25 – 28 students who will play on the Middle School Tennis Team. Since our tennis facility has six courts, fielding a team of 25 – 28 players provides the most beneficial and safe environment for the students. The High School Golf team will hold a try-out period in February to identify the roster of competitive golfers.

Middle School teams are open to all 6th, 7th and 8th grade students. In the high school; freshmen, sophomores, juniors and seniors are eligible to join varsity programs. In sports where JV or freshman teams are offered, seniors are not allowed to play on those teams. In order to allow for a smooth transition to the demands of high school academics, it is highly recommended—except in rare instances—that freshmen and sophomores participate on JV / freshman teams when available.

Interscholastic athletic teams at SDJA are structured to teach teamwork, game / match preparation and the life lessons associated with team sports. Although there is considerable time dedicated to teaching proper technique and game strategy in all sports. We are not staffed to provide lessons in the sports of golf and tennis.

PLAYING TIME

Playing time is earned by the effort and performance that is put forth continually in practice sessions. Experimenting or providing a chance to audition for more playing time during games may not be best for the team or even possible. Many times it is falsely assumed that playing in games is the only way for a player to get better, however, it all starts with what happens in practice.

At the high school varsity level, playing time is earned through hard work, preparation, and performance, as assessed by the coaching staff. There is no amount of playing time guaranteed for any varsity athlete. High school varsity teams are competitive and every member of the team plays a role in its performance.

JV and freshman teams are developmental programs. The purpose of these teams is to provide students with opportunities to learn sport specific and fitness fundamentals, compete and learn to be a member of a team. Participation on a JV team is in preparation for varsity competition, therefore, playing time is not guaranteed although every effort is made by the coach to provide game/match experience to JV student athletes.

Middle school teams are also developmental programs. When numbers allow we will provide multiple middle school teams, a Blue team and a White team. The Blue team's focus will be in preparing students for high school athletics, playing time is not guaranteed equal, however, the coach will make every effort to provide game/match experience to middle school student athletes. As for the White team, playing time will be maximized so all members of the team receive the opportunity to play in game/match situations throughout the season. The experience on this team is in preparation for eventual competition on the Blue team.

Please note, when middle school team enrollment only allows us to have one team, that team will compete as the Blue team.

STUDENT / PARENT COMMUNICATION WITH COACHES

When students or parents have concerns regarding a coach and/or the team, it is imperative to follow the steps of resolution below.

1. Student meets with coach
2. Student meets with Athletic Director
3. Parent meets with coach
4. Parent meets with Athletic Director
5. Parent meets with MUS Division Head
6. Parents should never contact a coach about their child's issue until after the student has met with his/her coach first.

INDIVIDUAL PARENT MEETINGS WITH A COACH

For effective communication to occur between parent and coach, it is best to set up a meeting outside of practice or contest times. Parents should never approach a coach during or just before or after an athletic event to discuss an area of concern. Parents must wait at least 24 hours after a contest before approaching a coach with concerns. Unless directed to do so by an official or coach, parents should never approach the bench or dugout during practices or contests. Before, during and after practices or contests is the time when coaches are fully focused on the student athletes on his/her team and that timeframe should always be respected.

ISSUES OF CONCERN

Parents are encouraged to discuss with coaches:

- Ways for their child to improve
- Concerns over their child's behavior or academic performance
- The coach's philosophy
- Team rules
- Schedules
- College placement.

Parents should never discuss with their child's coach:

- Playing time
- Placement on a team (Varsity, JV)
- Other students
- Game strategies (play calling, decisions on substitutes, timeouts etc.)

HIGH SCHOOL TEAM MEETINGS

Throughout the school year, team meetings are held for student athletes. These meetings are mandatory. The purpose of team meetings vary, however, for the most part student athlete meetings are held pre and post season for planning purposes or when a coach feels it necessary to dialogue with his / her team.

Student athlete team meetings generally occur either during lunch time or after school. The team coaches or the Athletic department announces the time and place of the team meetings.

MIDDLE SCHOOL TEAM MEETINGS

There is a parent meeting held for middle school sports at the beginning of the school year. This meeting is typically held at Back to School Night. Our purpose in bringing the parents together is to disseminate important information and provide background and philosophy to how we run our middle school sports program.

TEAM COMMUNICATION METHOD

The primary means of team communication is through email. When your child joins a middle or high school team, a roster with parent emails is communicated to the head coach. The contact information is compiled from our internal system, please be sure to update your family email address with the SDJA Admissions Department if it has changed recently.

GAME / MATCH SCHEDULES

All high school team schedules will be posted to maxpreps.com. Middle School schedules will be emailed to parents and students before the start of the season.

Guidelines for Fan Behavior at all Athletic Contests

An SDJA athletic contest is an opportunity for our community to come together and support the hard work and performances of SDJA students. Athletic contests are fun, emotional and sometimes very suspenseful. It is expected that the behavior of the SDJA community at athletic contests be exemplary. Respecting opponents, fans and officials by cheering for SDJA athletes in a positive manner and refraining from un-sportsman like behavior is a reflection of the values of our school. Below is an excerpt from the CIF-SDS Green Book.

SPIRIT SIGNS: Only positive booster or spirit signs, posters, etc., are to be used at the sites of San Diego Section contests. No reference to opponents, either directly or indirectly, shall be made except in a positive manner. School site administration or supervision is responsible for monitoring and enforcing this provision.

SPORTSMANSHIP: Spectator noise should be positive. Booming and other unsportsmanlike actions such as offensive cheers and chants and provocative and/or inciting acts or negative noise are to be actively discouraged and guarded against. School site administration or supervision is responsible for monitoring and enforcing this provision.

NOISEMAKERS: No noisemakers (miniature megaphones, cowbells, air horns, blocks, whistles, cannons, drums, thunder sticks, etc.) of any kind will be permitted at the site of any CIFSDS contest (interscholastic scrimmage, practice, league, tournament, or playoff). Megaphones shall be used only by uniformed cheerleaders for the purpose of directing and controlling rooting sections and shall not be used toward the athletes or the opposing side. Amplification by cheerleaders will be permitted if the speakers are directed toward their own rooters. At gymnasium venues for CIFSDS-hosted events or contests, there shall be no electronic amplification of pep bands or other artificial amplification of sound. Balloons that impair line of sight are prohibited at all CIFSDS hosted sites. (Approved June 3, 2003, Board of Managers)

INJURED ATHLETES

In the unfortunate event that a student athlete is injured, their first priority is treatment and rehabilitation. It is expected that injured student athletes communicate with their coach and keep them updated on the following:

- status of injury
- rehabilitation plan
- estimated return to play date

While rehabilitation is the priority for injured student athletes, they still have a commitment to the team. Injured student athletes are expected to attend practices and games unless these interfere with doctor's appointments or physical therapy. Communication between the injured student athlete and the head coach is mandatory with regard to recovering from an injury.

CONCUSSIONS

CIF Concussion Information

California state law AB 25 (effective January 1, 2012), now Education Code § 49475:

1. The law requires a student athlete who may have a concussion during a practice or game to be removed from the activity for the remainder of the day.
2. Any athlete removed for this reason must receive a written note from a medical doctor trained in the management of concussion before returning to practice.
3. Before an athlete can start the season and begin practice in a sport, a concussion information sheet must be signed and returned to the school by the athlete and the parent or guardian.

Every 2 years all coaches are required to receive training about concussions (AB 1451), as well as certification in First Aid training, CPR, and AEDs (life-saving electrical devices that can be used during CPR).

What is a concussion and how would I recognize one?

A concussion is a kind of brain injury. It can be caused by a bump or hit to the head, or by a blow to another part of the body with the force that shakes the head. Concussions can appear in any sport, and can look differently in each person. Most concussions get better with rest and over 90% of athletes fully recover. However, all concussions should be considered serious. If not recognized and managed the right way, they may result in problems including brain damage and even death. Most concussions occur without being knocked out. Signs and symptoms of concussion may show up right after the injury or can take hours to appear. If your child reports any symptoms of concussion or if you notice some symptoms and signs, seek medical evaluation from your team's athletic trainer and a medical doctor trained in the evaluation and management of concussion. If your child is vomiting, has a severe headache, or is having difficulty staying awake or answering simple questions, call 911 to take him or her immediately to the emergency department of your local hospital. On the CIF website is a Graded Concussion Symptom Checklist. If your child fills this out after having had a concussion, it helps the doctor, athletic trainer or coach understand how he or she is feeling and hopefully shows improvement. We ask that you have your child fill out the checklist at the start of the season even before a concussion has occurred so that we can understand if some symptoms such as headache might be a part of his or her everyday life. We call this a "baseline" so that we know what symptoms are normal and common for your child. Keep a copy for your records, and turn in the original. If a concussion occurs, he or she should fill out this checklist daily. This Graded Symptom Checklist provides a list of symptoms to compare over time to make sure the athlete is recovering from the concussion.

Symptoms may include one or more of the following:

- Headaches
- "Pressure in head"
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- "Don't feel right"
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)
- Repeating the same question/comment

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination

- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Cannot recall events prior to hit
- Cannot recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

What can happen if my child keeps playing with concussion symptoms or returns too soon after getting a concussion?

Athletes with the signs and symptoms of concussion should be removed from play immediately. There is NO same day return to play for a youth with a suspected concussion. Youth athletes may take more time to recover from concussion and are more prone to long-term serious problems from a concussion. Even though a traditional brain scan (e.g., MRI or CT) may be “normal”, the brain has still been injured. Animal and human research studies show that a second blow before the brain has recovered can result in serious damage to the brain. If your athlete suffers another concussion before completely recovering from the first one, this can lead to prolonged recovery (weeks to months), or even to severe brain swelling (Second Impact Syndrome) with devastating consequences. There is an increasing concern that head impact exposure and recurrent concussions may contribute to long-term neurological problems. One goal of this concussion program is to prevent a too early return to play so that serious brain damage can be prevented.

What is Return to Learn?

Following a concussion, student athletes may have difficulties with short- and long-term memory, concentration and organization. They will require rest while recovering from injury (e.g., avoid reading, texting, video games, loud movies), and may even need to stay home from school for a few days. As they return to school, the schedule might need to start with a few classes or a half-day depending on how they feel. If recovery from a concussion is taking longer than expected, they may also benefit from a reduced class schedule and/or limited homework; a formal school assessment may also be necessary. Your school or doctor can help suggest and make these changes. Student athletes should complete the Return to Learn guidelines and return to complete school before beginning any sports or physical activities, unless your doctor makes other recommendations. Go to the CIF website (cifstate.org) for more information on Return to Learn.

How is Return to Play (RTP) determined?

Concussion symptoms should be completely gone before returning to competition. A RTP progression involves a gradual, step-wise increase in physical effort, sports-specific activities and the risk for contact. If symptoms occur with activity, the progression should be stopped. If there are no symptoms the next day, exercise can be restarted at the previous stage. RTP after concussion should occur only with medical clearance from a medical doctor trained in the evaluation and management of concussions, and a step-wise progression program monitored by an athletic trainer, coach, or other identified school administrator. Please see cifstate.org for

a graduated return to play plan. [AB 2127, a California state law effective 1/1/15, states that return to play (i.e., full competition) must be no sooner than 7 days after the concussion diagnosis has been made by a physician.]

Final Thoughts for Parents and Guardians: It is well known that high school athletes will often not talk about signs of concussions, which is why this information sheet is so important to review with them. Teach your child to tell the coaching staff if he or she experiences such symptoms, or if he or she suspects that a teammate has had a concussion. You should also feel comfortable talking to the coaches or athletic trainer about possible concussion signs and symptoms that you may be seeing in your child.

References:

- American Medical Society for Sports Medicine position statement: concussion in sport (2013) · Consensus statement on concussion in sport: the 4th International Conference on Concussion in Sport held in Zurich, November 2012
- <http://www.cdc.gov/concussion/HeadsUp/youth.html> CIFSTATE.ORG CIF 5/2015

SDJA ATHLETIC DEPARTMENT AFFILIATIONS

SDJA is a member in good standing with the California Interscholastic Federation (CIF) and abides by all policies, rules and procedures set forth by CIF. To view the CIF Green Book (policies, rules etc.) please visit www.cifsds.org.

MEMBERSHIP

The middle school is a member of the South Coast Middle School League (SCMSL) and the high school is a member of the Coastal Conference.

SCMSL member schools: SDJA, Coronado Middle School, Warren Walker, Christian Jr. High, Francis Parker, Bishops, La Jolla Country Day, Horizon Prep, Tri – City Christian, Army Navy Academy, Santa Fe Christian, Horizon Middle School, Pacific Ridge School, Maranatha Christian and Rancho Santa Fe Middle School.

Coastal Conference member schools: SDJA, Calvin, Tri-City, Escondido Charter, Pacific Ridge School, Army Navy Academy, Santa Fe Christian, La Jolla Country Day, Bishops, Francis Parker, Classical Academy, Del Lago, Maranatha Christian, Rock Academy, Foothills, Guajome Park Academy, Orange Glen.

Logistics

ACTIVITY TIMES

Athletic team sports at SDJA are co-curricular activities. Middle school team practices are held during 5th period. High School teams practice after school Monday through Friday. There may be practices held on Sundays for high school teams. All Friday practices and activities will conclude one hour prior to candle lighting time. Specific practice schedules for high school teams are distributed by the head coach. Middle School teams do not practice on Fridays or Sundays.

Middle and high school games, matches and meets are held after school on weekdays Monday through Thursday and Saturday evening (high school only). Friday afternoon games are occasionally scheduled for CIF playoffs and special events.

TRANSPORTATION

SDJA will provide transportation to all middle school athletic contests. Return transportation will be provided from venues greater than fifteen (15) miles from the SDJA campus. Listed below are the schools we provide roundtrip transportation from for middle school athletic contests:

- Pacific Ridge School
- Army Navy Academy
- Coronado
- Tri City Christian

Round trip transportation for all high school contests and off campus practices will be provided by SDJA. However, parents are also able to complete a driving waiver form (provided by the athletic department), which will allow their child to drive their own personal vehicle to and from athletic contests as well as carpool with other students.

Parents and or legal guardians may pick up students at off campus athletic venues upon the completion of practice or games.

UNIFORMS

Student athletes must come to school prepared for games and practices with all necessary equipment (e.g. uniform, proper shoes, knee pads, gloves, etc.) In order to participate in any school athletic competition, SDJA student athletes must wear a complete school issued game uniform. Wearing non SDJA issued uniform items during a high school or middle school contest or practice is not allowed.

As directed by the team head coach, all student athletes must wear the prescribed practice uniform to every practice session.

All high school team game/match/meet uniforms must be returned within seven days of the conclusion of the season. The financial cost of any unreturned uniform items will be charged to the parents or legal guardian of the SDJA student athlete who was issued game/match/meet uniforms.

AWARDS

SDJA recognizes student athletes in various ways. SDJA, league, CIF and local awards are given throughout the year. Team awards are presented to students during all school assemblies at the end of each season.

End of Season High School Team Awards

These awards are given to high school student athletes for each sport at the end of each season. Team coaches determine the recipients and present plaques at the team awards assemblies.

A. LION AWARD

This award is given to the student athlete who represents the spirit of being an SDJA student athlete.

Characteristics:

1. Fully dedicated to the school, the team and their teammates
2. Exemplifies a growth mindset – dedicated to improvement every day... Willing to step outside of their comfort zone to grow as an athlete or help the team... Courageous enough to make mistakes and learn from them... Reaches out to coaches for feedback in order to improve.
3. Coachable, student of the sport.
4. Outstanding representative of SDJA.
5. Respected by his peers and coaches alike as a person of integrity.
6. Competitive

B. Athlete [fill in sport] of the Year. (ex. “Women’s Volleyball Player of the Year - 2014,” or “Soccer Player of the Year - 2015” etc.).

This award is given to the most outstanding (fill in sport) player on the team.

Characteristics:

1. Highest athletic performer on team.
2. Most physically fit.
3. Highest sport related production. (ex. Kills, Hits, Rebounds etc.)

C. Most Inspirational [fill in sport] of the Year. (ex. Most Inspirational Baseball Player of 2015.

This award should be given to the student athlete who is the heart and soul of the team.

Characteristics:

1. Never gives up ...never
2. Makes everyone around them better
3. The person on the team who digs deeper and goes 100% no matter what the circumstances – tired, losing, winning.
5. Goes the extra mile for the team—In practice, in a game, in the off season...always.

The awards below are honored at our end of the year athletic banquet. This banquet is for all high school teams. Invitations to this event are sent out via email to all families of high school athletes.

All-League Honors

Upon the conclusion of each high school season of sport, the head coaches from our league schools meet to vote and name the All–League recipients for that season. Certificates are awarded by the San Diego Hall of Champions.

San Diego Union Tribune All-Academic Team

Upon conclusion of each high school season of sport, the San Diego Union Tribune names high school juniors and seniors who participate on a varsity team and earn a 3.00 GPA, to their ALL Academic Team. The names of the recipients are printed in the UT and certificates are awarded.

ALL CIF

CIF names “All CIF” teams at the end of each season of sport. CIF hosts an awards night to honor the All CIF recipients.

SDJA “Golden Lion” Award

SDJA high school student athletes who participate in three seasons of sport in one academic year are recognized as an SDJA Golden Lion. A letter jacket patch and certificate are presented to recipients at the Lions Awards ceremony in June.

SDJA “Iron Lion” Award

SDJA high school student athletes who participate on twelve teams during their high school career receive the “Iron Lion Award.”