



# ALL ABOUT ATHLETICS

**Website:** [www.tamathletics.com](http://www.tamathletics.com) offers helpful information including the following:

Game schedules	Practice schedules	Coaching contacts
Try-out information	FAQ's	All-league recipients
Sports medicine	Athlete registration	Team rosters

In addition, twitter users may choose to follow **@TAMathletics**

**Athlete Eligibility:** Students must maintain a 2.0 gpa each grading period. At the end of the grading period students will become eligible or ineligible dependent upon their GPA. The date of determination marks the athletic date that students' grades will take affect.

Grading periods for the 2018-2019 school year			
Grading period	Season	Date of Determination	Scholar Athlete Seasonal Recognition
Fall R1:	Fall	Oct 10, 2018	X
Fall/Winter R2:	Fall/Winter	Nov 21, 2018	Fall
Fall/Winter: R3/S1	Fall/Winter	Jan 16, 2019	X
Winter/Spring: R4	Winter/Spring	Mar 13, 2019	Winter
Spring: R5	Spring	May 8, 2019	Spring
Spring/Fall: R6	Spring	June 15, 2019	X

If a student fails to meet the 2.0 gpa, a one-time waiver is available. Exceptions however are if the student is below a 1.5 gpa or has been below a 2.0 gpa in back to back grading periods. Scholar Athletes recognition will be awarded to any student that holds a 3.5 gpa or higher during the 'Scholar athlete seasonal recognition.' AP/Honors courses are NOT weighted in athletic gpa or awards.

**Athletic Trainer:** With the support of TAM BOOSTERS, UCSF, and TUHSD, Tamalpais High School supports an Athletic Trainer Monday-Friday, 2pm-7pm. Athletes seeking medical attention/treatment, return from concussions, first aid, taping, etc. should connect with our ATC, Jessica Dominguez at [tamATC@tamdistrict.org](mailto:tamATC@tamdistrict.org)

**Attendance & Early Release:** In order to participate in an athletic contest, an athlete must have attended a minimum of four (4) regular periods or two (2) block periods on the day of the contest (or on Friday for a Saturday contest). A school field trip is considered to be school attendance. Students/parents should be aware that there is a good chance that students may miss part of the school day when they travel to other schools for competition. This could happen throughout the season. Students have the responsibility to contact their teacher in advance to coordinate make-up work.

**Physicals/Registration:** physicals are valid for 1 year from date of exam.

**Post-Season Championships & Tickets:** All MCAL member schools must equally divide sports up and host championship events. At the end of each year MCAL will reevaluate the locations and name the locations for the following year. These sites will be considered neutral even if the host site is playing in the championship contest. Tickets prices for MCAL post-season are: Adults \$7, Students \$4 and for NCS playoffs: Adults \$10, Students \$6.

MCAL championship information: [www.mcalports.org](http://www.mcalports.org)

NCS championship information: [www.cifnccs.org](http://www.cifnccs.org)

**Practice/School/Game Expectations:** Teams most likely have games/practices 6 days each week Monday – Saturday. No practices or games may be held on Sundays. Times vary depending on the sport and field/court availability. Attendance is expected at school, practices, and games. Punctuality is expected as many teams share facilities or overlap practices with other Tam teams. Students should proactively communicate with teachers of the classes they may miss on game days as well as utilize tutorials for class time missed.

**Social Suspension:** Administration will cover this with individual student-athletes as needed.

**Tam Boosters:** Athletics programs benefit student athletes and the rest of the school community, yet school budgets do not begin to cover program costs at the high school level. Tam High Boosters is a non-profit, parent volunteer organization, whose mission is to help fill the gap, supporting interscholastic sports in the belief that a strong, successful athletic program fosters school spirit, pride and an atmosphere of excellence in the student body. The money raised by Boosters funds team equipment, facilities improvements, training aids, senior scholarships, tournament fees, Hall of Fame, need-based scholarships, and many others. Your donation is greatly needed and appreciated. We ask for a donation of \$250 per student athlete per school year. We understand that this may not be possible for everyone but we appreciate any level of participation that you are able to afford. [www.tamhighboosters.com](http://www.tamhighboosters.com)

**Team Parent:** All sports need support from parents. Support varies by sport and coach needs. Examples of team parent tasks across programs may include but not be limited to: transportation organization, team communications, game/practice/early release updates, representation at TAM BOOSTERS monthly meetings, senior day recognition, scorekeeping/game personnel, and other tasks as needed by program and level.