Important Contact Information

Jeff Hutzler
Director of Athletics and Physical Education
858-453-3440 x129
858-518-1905 mobile
jhutzler@ljcdfs.org

Robert Grasso
Assistant Director of Athletics and Physical Education
858-453-3440 x259
rgrasso@ljcdfs.org

Judy Spoelstra
Assistant to the Athletic Director for Middle School
858-453-3440 x262
jspoelstra@ljcdfs.org

Kevin Reaume
Physical Education Department Chair
858-453-3440 x244
kreaume@ljcdfs.org

Kathy Dinwiddie
Athletic Business Manager
858-453-3440 x130
kdinwiddie@ljcdfs.org

Terri Bamford
Athletic Transportation Coordinator
858-453-3440 x233
tbamford@ljcdfs.org

Christine Mitchell
Head Athletic Trainer, M.S., ATC
858-453-3440 x138
760-390-7903 mobile
cmitchell@ljcdfs.org

Christian Evans
Athletic Trainer, MAT, ATC
858-453-3440 x138
619-402-8793 mobile
cевans@ljcdfs.org

Nikki Romani
Athletic Trainer, ATC
858-453-3440 x138
626-905-0834 mobile
nromani@ljcdfs.org
<table>
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<tr>
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<th>School Ext./Home</th>
<th>E-mail</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball, Men’s</td>
<td>Mike Ricchiuti</td>
<td>858-334-5276</td>
<td><a href="mailto:basketball.mens@ljcds.org">basketball.mens@ljcds.org</a></td>
</tr>
<tr>
<td>Basketball, Women’s</td>
<td>Terri Bamford</td>
<td>x233</td>
<td><a href="mailto:tbamford@ljcds.org">tbamford@ljcds.org</a></td>
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<tr>
<td>Baseball</td>
<td>John Edman</td>
<td>x175</td>
<td><a href="mailto:jedman@ljcds.org">jedman@ljcds.org</a></td>
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<tr>
<td>Cheerleading</td>
<td>Christine Mitchell</td>
<td>760-390-7903</td>
<td><a href="mailto:cmitchell@ljcds.org">cmitchell@ljcds.org</a></td>
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<tr>
<td>Cross Country</td>
<td>Scott Sanders</td>
<td>x248</td>
<td><a href="mailto:ssanders@ljcds.org">ssanders@ljcds.org</a></td>
</tr>
<tr>
<td>Dance Team (club)</td>
<td>Hannah Kehmna</td>
<td>408-364-6248</td>
<td><a href="mailto:h.kehmna@gmail.com">h.kehmna@gmail.com</a></td>
</tr>
<tr>
<td>Equestrian (club)</td>
<td>Christina Zupanc</td>
<td>857-210-8375</td>
<td><a href="mailto:czupanc@ljcds.org">czupanc@ljcds.org</a></td>
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<tr>
<td>Fencing (club)</td>
<td>Joanne Edelstein</td>
<td>858-342-0182</td>
<td><a href="mailto:joanne@teamtouche.com">joanne@teamtouche.com</a></td>
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<tr>
<td>Field Hockey</td>
<td>Krista Jackson</td>
<td>x131</td>
<td><a href="mailto:kjackson@ljcds.org">kjackson@ljcds.org</a></td>
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<tr>
<td>Football</td>
<td>Tyler Hales</td>
<td>x193</td>
<td><a href="mailto:thales@ljcds.org">thales@ljcds.org</a></td>
</tr>
<tr>
<td>Golf, Men’s</td>
<td>Greg Chachas ‘14</td>
<td>858-431-9812</td>
<td><a href="mailto:gichachas@gmail.com">gichachas@gmail.com</a></td>
</tr>
<tr>
<td>Golf, Women’s</td>
<td>Bob Simon</td>
<td>858-337-0719</td>
<td><a href="mailto:rsimon@ljcds.org">rsimon@ljcds.org</a></td>
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<tr>
<td>Ice Hockey (club)</td>
<td>Dan Wagner</td>
<td>x322</td>
<td><a href="mailto:dwagner@ljcds.org">dwagner@ljcds.org</a></td>
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<tr>
<td>Lacrosse, Men’s</td>
<td>Kyle Espejo</td>
<td>845-475-6511</td>
<td><a href="mailto:kespejo@ljcds.org">kespejo@ljcds.org</a></td>
</tr>
<tr>
<td>Lacrosse, Women’s</td>
<td>Christa DeMovellan</td>
<td>x469</td>
<td><a href="mailto:cdemovellan@ljcds.org">cdemovellan@ljcds.org</a></td>
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<tr>
<td>Rock Climbing (club)</td>
<td>Ivy Guild</td>
<td>x476</td>
<td><a href="mailto:iguild@ljcds.org">iguild@ljcds.org</a></td>
</tr>
<tr>
<td>Sailing (club)</td>
<td>Aine McLean</td>
<td>619-758-5066</td>
<td><a href="mailto:ainemclean@gmail.com">ainemclean@gmail.com</a></td>
</tr>
<tr>
<td>Sand Volleyball</td>
<td>Lynne Galli</td>
<td>858-395-9979</td>
<td><a href="mailto:lynnegalli@gmail.com">lynnegalli@gmail.com</a></td>
</tr>
<tr>
<td>Soccer, Men’s</td>
<td>Corbin Prychun</td>
<td>x343</td>
<td><a href="mailto:cprychun@ljcds.org">cprychun@ljcds.org</a></td>
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<tr>
<td>Soccer, Women’s</td>
<td>Brie Benson</td>
<td>x274</td>
<td><a href="mailto:bbenson@ljcds.org">bbenson@ljcds.org</a></td>
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<tr>
<td>Softball</td>
<td>Erin DaSilva</td>
<td></td>
<td><a href="mailto:softball@LJCDS.org">softball@LJCDS.org</a></td>
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<tr>
<td>Surf (club)</td>
<td>Jean Ah Lee</td>
<td>x332</td>
<td><a href="mailto:jlee@ljcds.org">jlee@ljcds.org</a></td>
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<tr>
<td>Swimming</td>
<td>Nate Heppner</td>
<td>x227</td>
<td><a href="mailto:nheppner@ljcds.org">nheppner@ljcds.org</a></td>
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<tr>
<td>Tennis, Men’s</td>
<td>Mike Reisinger</td>
<td>858-204-4603</td>
<td><a href="mailto:mreisinger@ljcds.org">mreisinger@ljcds.org</a></td>
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<tr>
<td>Tennis, Women’s</td>
<td>Mike Reisinger</td>
<td>858-204-4603</td>
<td><a href="mailto:mreisinger@ljcds.org">mreisinger@ljcds.org</a></td>
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<tr>
<td>Track &amp; Field</td>
<td>Kevin Reaume</td>
<td>x244</td>
<td><a href="mailto:kreaume@ljcds.org">kreaume@ljcds.org</a></td>
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<tr>
<td>Ultimate Frisbee (club)</td>
<td>Noa Parker</td>
<td>612-298-2784</td>
<td><a href="mailto:nparker@ljcds.org">nparker@ljcds.org</a></td>
</tr>
<tr>
<td>Volleyball, Men’s</td>
<td>Steve Jones</td>
<td>951-440-4249</td>
<td><a href="mailto:jonesadaus@gmail.com">jonesadaus@gmail.com</a></td>
</tr>
<tr>
<td>Volleyball, Women’s</td>
<td>Tina Kinkead</td>
<td>x275</td>
<td><a href="mailto:tkinkead@ljcds.org">tkinkead@ljcds.org</a></td>
</tr>
<tr>
<td>Water Polo, Men’s</td>
<td>Billy Barham</td>
<td>951-387-1427</td>
<td><a href="mailto:ljcdpolo@gmail.com">ljcdpolo@gmail.com</a></td>
</tr>
</tbody>
</table>
Welcome to La Jolla Country Day School Athletics

Dear Students, Parents, Faculty and Staff,

The La Jolla Country Day School student-athlete embodies the spirit of interscholastic athletics by combining intellectual and artistic achievement with physical excellence. Surrounded by their intellectual equals off the field and their athletic equals on the field, student-athletes must strive to their limits to maintain their standing in both environments. LJCDS student-athletes are among the most visible members of the school community and, as such, a student who elects to participate in athletics is voluntarily making a choice to represent themselves, their family, their team and their school with dignity.

The LJCDS athletic program provides our student-athletes with an opportunity to broaden their educational experiences through a wide assortment of team and individual sports. The many lessons learned in athletics will complement those taught at home. LJCDS athletics fosters personal integrity, work ethic, self-responsibility, responsibility to others, self-sacrifice, delayed gratification, teamwork, overcoming fears, attacking challenges, goal setting, the pursuit of excellence, community and being a part of something greater than oneself. Student-athletes whose families value these principles will find participation in LJCDS athletics rewarding. And the pursuit and sharing of these ideals forge lifelong relationships among teammates, opponents and coaches.

A thoughtful and well-organized athletic program includes a philosophy, best practices and regulations that govern the spirit of competition for the school. These principles require a broad basis of community understanding which is achieved through communication to our student-athletes and their parents and our faculty, staff and administration. We hope to accomplish our objective through this athletic handbook. If at any time you have questions or concerns, please call me so that we can discuss possible solutions. We look forward to your participation in, and support of, our athletic program and its student-athletes and coaches.

Go Torreys!

Jeff Hutzler
Director of Athletics and Physical Education
Athletic Director
Jeff Hutzler

This is Jeff Hutzler’s 22nd year as La Jolla Country Day School’s director of athletics and physical education.

Two hundred and two championship banners (127 league/conference, 59 CIF, 14 Southern Regional and 7 State) have gone up in the Smith Gymnasium during Coach Hutzler’s 21 years as athletic director with Torrey baseball, men’s basketball, women’s basketball, men’s cross country, football, men’s golf, softball, women’s soccer, men’s and women’s swimming, men’s and women’s tennis, men’s and women’s track and field, men’s and women’s volleyball, women’s lacrosse and men’s water polo teams capturing championships in recent years. In 2020–21, women’s basketball and co-ed tennis competed in the CIF San Diego Section Open Division, the county’s eight elite programs regardless of enrollment.

Sixteen members of the class of 2022 will play baseball (5), basketball, football (3), soccer, volleyball (2), swim and dive (3) and tennis at the college level at Princeton, Santa Clara University, USD, University of Chicago, Grinnell, Emerson, Johns Hopkins, Denison, Carnegie Mellon, the University of Toronto, the University of Wyoming, Washington & Lee, Dominican, Chapman and the Massachusetts College of Liberal Arts. Over 75 former Torrers will compete for the nation’s finest college athletic programs in 2022-23, including four competing in the Pac-12 Conference and eight in the Ivy League. In addition, two former Torreys are playing Major League Baseball, one is playing in the WNBA, one is playing professional basketball in France, and one is competing on the Latin American PGA tour.

LJCDS students participate in athletics at a rate that is among California’s highest: 83 percent of the Upper School and 98 percent of the Middle School participated on at least one athletic team in 2021–22. In 2021-22 we had 115 Upper School students playing two sports and 41 earning three-sport recognition.

Coach Hutzler’s football teams posted a win-loss record of 101–37 from 2002–2013, claiming six league and three CIF Championships. He was honored as one of California’s 13 Model Coaches in 2009, was selected the 2016–2017 San Diego High School Sports Association’s Athletic Director of the Year, and was honored as a High School Coaching Legend by the San Diego Hall of Champions in 2017. Prior to coming to LJCDS, Coach Hutzler coached football, track and field, men’s and women’s basketball and women’s volleyball in Nevada, Los Angeles and upstate New York. He is a two-time Football Nevada State Coach of the Year, six-time Southern Nevada Track and Field Coach of the Year, was inducted into the Southern Nevada Track and Field Coaches Hall of Fame in 2005, and was inducted into The Meadows School (Las Vegas) Athletic Hall of Fame in 2017.

Coach Hutzler grew up in Kailua, Hawaii. He competed in cross country, track and boxing at the University of Nevada where he earned a degree in education in 1983. He received a master’s degree in physical education from UNLV in 2000.
The Team

The Team
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1. Athletes, coaches, parents and spectators are expected to abide by the Country Day Code of Sportsmanship (p. 42).

2. “Quitting” is an intolerable habit to acquire. Joining a team represents a commitment to that team for the entire season. Therefore, a student-athlete who quits a team may not participate in the next LJCDS athletic season. Quitting is defined as leaving the team after the team’s first scheduled contest.

3. Because LJCDS values well-rounded, multi-sport athletes, the athletic department gives special consideration to multi-sport athletes when awarding its year-end awards (pp. 17-19) and all three-sport athletes are awarded a special patch for their letterman jacket.

4. Students must be in school no later than 11 a.m. in order to participate in after-school practices and contests on a given day.

5. Student-athletes must take school-provided transportation to all athletic events that take place during the school day. They are not allowed to drive themselves unless a signed parent note explaining the reason for them driving has been turned in to and approved by the athletic director. Student-athletes may drive themselves to athletic events that occur after the conclusion of the school day with the permission of their coach and parent.

6. All student-athletes who are participating simultaneously on a school and club team or simultaneously on two school teams must complete, and have on file in the athletic director’s office, a Country Day Dual Sport Participation Contract (pp. 25-26).

7. Torrey student-athletes shall not participate in hazing rituals for teams. Activities that produce mental or physical discomfort, embarrassment, harassment, or ridicule have absolutely no place in LJCDS’s athletic program. Any student who encounters hazing should inform their parent, coach, teacher, advisor, dean and athletic director.

8. All student-athletes must inform their teachers of any planned class absence due to athletics a minimum of one day in advance of the absence (p. 15).

9. It is a privilege to be a Torrey athlete, not a right. Student-athletes are expected to earn that privilege every day of each athletic season.

10. Because Torrey student-athletes owe it to themselves, their teams and the LJCDS school community to be at their physical and mental best, all students must sign and adhere to the Torrey Student-Athlete Pledge (p. 22) before they may compete for the school.
Athletic Principles

The principles of athletics at La Jolla Country Day School are to offer student-athletes, through participation in competitive sports, an opportunity to experience meaningful growth, accomplishment and success through the development of sound habits of mind, heart and work that will allow the realization of one’s fullest potential. The opportunity for participation in a wide variety of student-selected activities is a vital part of a student’s educational experience.

In keeping with the school’s commitment to enhance the scholar, artist and athlete within each student, LJCDS employs a “no-cut policy” (p. 16). LJCDS does not exclude students from participating on a team due to a lack of experience and/or ability. The School will provide a team to meet every ability level, and each team will be coached and provided competitive opportunities commensurate with the team’s experience and athleticism.

LJCDS’s athletic program strives to provide experiences that will enable our students to develop physically, mentally, socially and emotionally. As such, athletics play an important part in the life of students at LJCDS. Through their participation in athletics, students learn lessons in sportsmanship, teamwork, goal setting, competition, overcoming adversity, and winning and losing while maintaining behavior consistent with the School’s philosophy. The athletic program must function as an integral part of the total LJCDS curriculum. It strives to be in conformity with the general objectives of the school by promoting sound learning and strong character.

Upper School Athletic Membership

La Jolla Country Day School is a California Interscholastic Federation (CIF) Division IV San Diego Section school. For most sports, LJCDS competes in the Coastal League of the Coastal Conference.

Coastal Conference

<table>
<thead>
<tr>
<th>Army Navy Academy</th>
<th>Horizon Prep</th>
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<tr>
<td>Calvin Christian</td>
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<td>Maranatha Christian</td>
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<td>Coastal Academy</td>
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<td>Del Lago Academy</td>
<td>Pacific Ridge</td>
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<td>Escondido Adventist</td>
<td>San Diego Jewish Academy</td>
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<td>Foothills Christian</td>
<td>The Bishop’s School</td>
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<td>Francis Parker</td>
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<td>Guajome Park Academy</td>
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</table>
**LJCDS Upper School Athletic Requirement**

All La Jolla Country Day School Upper School students must complete a minimum of one season of athletic participation during the freshman year. All freshmen (class of 2026) must successfully complete a minimum of one athletic season (fall, winter or spring) on one athletic team (varsity, JV or novice).

**Note:** All Upper School students are encouraged to be physically active and athletically competitive consistently during each year. A special patch is awarded every year to each student who participates in three sports and special consideration is given to multi-sport athletes when selecting Athletes of the Year.

**Team Managers, Student Athletic Trainers, Student Photographers, Mascots:** Students may elect to participate in Torrey Athletics as team managers, student trainers, student photographers and mascots. Interested students should speak with the appropriate head coach, the athletic trainer or the athletic director to learn about these non-credit opportunities.
Schedules, LJCDS Torreys App

By downloading the LJCDS Torreys app, fans will have access to a wide variety of information about all Torrey athletic teams. Schedules, rosters, photos, videos, news items, live scoring and more will be delivered straight to your mobile device. And it’s all free and easy to manage. Torrey fans can receive as much or as little information as desired. Here are some simple instructions to get started:

1. Download the LJCDS Torreys app for free from the App Store or the Google Play Store.

LJCDS Torreys

2. Highlight all of the teams that you would like to follow.
3. Customize your notifications.
4. Enjoy staying up to date with your teams.

If you have any questions or need assistance, please contact Assistant Director of Athletics and Physical Education Robert Grasso at rgrasso@ljcds.org.

Upper School
Interscholastic Athletics Offered

Fall Season: August–November

<table>
<thead>
<tr>
<th>Men</th>
<th>Women</th>
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<tr>
<td>Football</td>
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<tr>
<td>Rock Climbing *</td>
<td>Field Hockey</td>
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<td>Sailing *</td>
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<td>Sailing *</td>
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### Winter Season: November–February

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<td>Rock Climbing *</td>
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<tr>
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<tr>
<td>Swim and Dive</td>
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* Torrey Club Sports

**Torrey Club Sports**

Equestrian, Dance Team, Fencing, Ice Hockey, Rock Climbing, Sailing, Ultimate Frisbee and Surfing are non-CIF Torrey club sports and require a fee for participation. Student-athletes who participate on Torrey club teams earn the same one required sport credit during their freshman year as students on regular CIF teams but do not earn LJCDS athletic letters. Students who participate on Torrey club teams are eligible for three-sport athletic recognition. It may be possible for students to participate on some Torrey club teams while they play on regular CIF teams (see Dual Sport Participation Contract on pp. 25-26). Students interested in Torrey club sports should contact the club coach with inquiries about club fees, schedules and requirements. Torrey club sports do not fall under the School’s “no-cut” policy and Torrey club coaches may limit participation.
Practice, Contest Times and Equipment

Typically, Upper School practices are conducted Monday–Friday from 3:15 to 5:30 p.m. Due to facility availability, some teams may practice at different times. Contests are held weekday afternoons and evenings as well as on Saturdays. In addition, each Upper School athletic season carries special requirements of proper dress, equipment and time. For example, some sports may require student-athlete participation for practice and/or contests during school vacations (see Practices and Contests During Winter, Spring and Summer Vacations below). Sports may require special equipment such as rackets, lacrosse sticks, shoes, etc. It is the responsibility of each Upper School student to ascertain what these special requirements may be before going out for a sport. Each Upper School student is expected to arrive at each first day of practice properly dressed, equipped and informed. Additionally, students are expected to keep all conflicts with their practice times to an absolute minimum. Students are expected to schedule appointments (on- and off-campus), seek help from teachers and participate in arts or other activities either before or after practice, but not during. Any students who miss or are late to any practice for any reason may miss playing time at the discretion of the head coach.

Practices and Contests During Winter, Spring and Summer Vacations

It is a general athletic department policy that varsity student-athletes will have one half of winter and spring school breaks off and are expected to practice and/or compete the other half of those breaks. Novice and JV athletes generally have more than half to all of winter and spring school breaks off. Coaches of winter and spring season sports have their school break schedules well in advance of winter and spring breaks, and it is the responsibility of each Upper Schooler to ascertain the head coach’s school break participation expectations before going out for a sport. Certain Torrey teams may require participation during summer vacations. Torrey coaches, especially those leading the School’s football, cross-country, baseball, basketball, lacrosse and water polo programs, require their student-athletes’ participation over the summer. Torrey coaches encourage their students to vacation during the CIF-mandated dead period. It is the responsibility of each Upper Schooler to ascertain the head coach’s summer vacation participation and expectations before going out for a sport.

Torrey Spirit Wear and Letterman Jackets

The Torrey Store is available to purchase Torrey spirit wear and PE clothing 24/7; and for your convenience, we will have both PE clothing and Torrey spirit wear available for purchase at various events.

For questions regarding the Torrey Store, please contact Jenna Stein at jjsteinsd@gmail.com.

Letterman Jackets can be purchased at Town & Country – The Varsity Room www.thevarsityroom.com 977 Lomas Santa Fe Drive, Suite C Solana Beach, CA 92075 858-755-6653
Athletic Uniforms

Athletic uniforms, warm-ups, athletic bags and equipment are the property of La Jolla Country Day School. They are entrusted to the student-athletes for the athletic season and should be cared for in a reasonable manner by student-athletes and their parents. Care should be used to avoid fading and/or shrinking uniforms while laundering. Washing in cold water and hang drying is recommended. Students will be charged the replacement cost for damaged uniforms. Athletic uniforms, warm-ups and equipment shall be distributed by the coach at the beginning of the season and should be returned immediately following the season. Uniforms and warm-ups, etc. are not for sale. Students will not compete in their next athletic season until their previous athletic season’s uniforms have been returned. Students are responsible for the replacement cost of lost or stolen uniforms.

Lockers, Athletic Bags and Equipment

Student-athletes and PE students are issued athletic locks and lockers through the men’s and women’s coaches’ offices. All athletes and PE students must use their assigned lockers. For the security of the athletic gear and the appearance of LJCDSD, no athletic, tennis, baseball, field hockey, golf, lacrosse and hockey bags, sticks, bats and rackets (whether school or personally owned) are allowed to be left in the School’s hallways, classrooms, restrooms or offices. Bags and equipment left anywhere other than the athletic locker rooms will be held in the athletic office for 24 hours.

Dressing for Practices, Contests and Team Photos

The head coach will determine the proper dress for team practices. All LJCDSD student-athletes will dress exactly alike in their complete school-issued game uniform and warm-ups for all contests. No other athletic clubs, other schools, or any non-LJCDSD uniforms, T-shirts, jackets, sweats, or socks will be worn during contests either on the field or on the sidelines. For team photos, students will be dressed exactly as they would for a contest, this includes socks and shoes. Students without their complete game uniforms will not be included in the team photo.

Student-athletes must use the athletic locker rooms to change for practices and contests. Students are never to change in their cars or in the School's restrooms.

Team T-shirts and Sweats

All team T-shirts, sweats, shooting shirts, or any other team apparel containing the school's name and/or logo worn by student-athletes at school or off campus must be approved by the athletic director, whether it has been purchased by the school or donated by a student or parent.
Away Contests

Dismissal of Athletes from Class

While the majority of Torrey athletic contests are scheduled during a non-class time, there are times when student-athletes must miss class to compete. At these times it is the responsibility of the student to inform their teacher of the planned class absence as far in advance as possible. Students who fail to inform their teachers about missed class time a minimum of one day in advance of the planned class absence will not be excused from that class (see Athletic Guideline #8 on p. 8).

Torrey Team Travel

Torrey athletic teams will travel by school van and bus as well as charter buses and commercial airlines. Whether traveling locally in the San Diego area or out of the state or country, all Torrey student-athletes are expected to:

1. Conduct themselves as LJCDS gentlemen and ladies in a manner that will reflect positively on themselves, their families, their team and La Jolla Country Day School.
2. Follow all school rules just as if they were on campus.
3. Realize that every choice they make has an effect on themselves, their families, their team, the Torrey athletic department and on La Jolla Country Day School. Every choice a player makes while traveling should be one that helps their team play at a championship level.
4. Enjoy their teammates and the trip while maintaining a competitive focus.

Students Driving to Contests

Number five of LJCDS’s Athletic Guidelines states that student-athletes must take school-provided transportation to all athletic events that take place during the school day and are not allowed to drive themselves unless a signed parent note explaining the reason for him/her driving has been turned in to and approved by the athletic director (see Athletic Guidelines on p. 8). Please note that written permission is also required for:

- a student to drive another student during or after the school day.
- a student to ride with another student during or after the school day.

If a student is transported to a game using anything other than School-provided transportation, the School takes no responsibility for the student or their safety while not under the School’s supervision.

Verbal and/or emailed permission will not be accepted. Notes signed by a parent may be faxed or scanned and emailed to the athletic director at 858-453-3099 or jhutzler@ljcds.org. Note: Although parental permission is not required for students to drive themselves to away contests that do not depart from the LJCDs campus until after the conclusion of the school day, all students must obtain their coach’s permission to do so. There may be times when coaches will require all athletes to ride school-provided transportation even when departing after the end of the school day.
No-Cut Policy

La Jolla Country Day School employs a “no-cut” policy. This policy states that no student-athlete will be excluded from participating in any of the School’s athletic programs due to a lack of experience and/or ability. However, all students should understand that:

- Not all student-athletes will make the varsity team. Each student will be placed on the appropriate team (varsity, JV or novice) commensurate with their experience and athleticism. The head coach of each of the School’s athletic programs will make the final determination as to which team each student plays on.
- Student-athletes may be dismissed from the School’s athletic programs. Head coaches may dismiss students from their programs for breaking team rules such as repeated absences and/or tardies, failure to dress in proper game and/or practice uniform, failure to be properly prepared for practices and/or games (see Practice, Contest Times, and Equipment on p. 13), etc. It is the responsibility of each student to ascertain and follow each coach’s set of team rules.
- The sports of tennis and golf may limit the number of student-athletes on their team due to facility capacity.
- Torrey club teams may limit participation (see Torrey Club Sports on p. 12).

Objective of Athletics at LJCDS

Varsity Athletics

- To allow committed and qualified students the opportunity to participate on competitive sports teams sponsored by the athletic department.
- To enhance and refine fundamental skills and game strategies.
- To provide stimulating practice sessions and appropriate competition to allow an opportunity to achieve success.
- To allow playing time as determined by a student-athlete's inherent ability, commitment to team and quality of work ethic.
- To allow for maturity as athletes and as individuals by facing challenges inherent in competitive sports.
- To allow for the further development and enhancement of qualities of sportsmanship, leadership, loyalty and commitment.
- To insist upon self-discipline and a strong work ethic as a means to ensure achievement and excellence.
Junior Varsity / Novice

- To prepare junior varsity and novice student-athletes through an appropriate level of competition for participation in the varsity program.
- To emphasize and develop fundamental skills and game strategies.
- To provide stimulating practice sessions and appropriate competition to allow an opportunity for the attainment of success.
- To allow playing time in practice and games over the course of the season so that maturity may be gained as an athlete (a student-athlete’s inherent ability, commitment to team and quality of work ethic will be factors in determining an appropriate amount of playing time). Athletes do not have to play in EVERY contest but should see playing time every week.
- To allow for the development of qualities of sportsmanship, leadership, loyalty, honor, respect, preparation, commitment, teamwork, personal integrity, work ethic, self-responsibility, responsibility to others, self-sacrifice, delayed gratification, overcoming fears, attacking challenges, goal setting, the pursuit of excellence, community and the idea that being a student at LJCDS is a privilege, not a right.
- To encourage self-discipline and a strong work ethic to fuel a desire for achievement and excellence.
- To recognize success and progress throughout the season as fundamental skills are mastered, as team unity develops and as offensive and defensive concepts are realized in competition.

Upper School Athletic Awards

Team Awards

Letters — Varsity student-athletes will receive a varsity letter for the first varsity team on which they participate and for which they meet the team’s qualifications. After receiving their first letter, pins will be awarded to recognize participation on varsity teams. Students must meet certain criteria in order to earn a varsity letter:

1. Student-athletes must attend all practices and contests unless excused by their head coach. Excused absences from practices and contests may be granted by the head coach in the event of illness, religious holidays or approved family commitments such as weddings or funerals.
2. Student-athletes must be a member of the team in good standing for the entire season.
3. Students injured during the season may earn a varsity letter provided they remain with their team for the entire season.
**MVP, Most Improved Player and Coach’s Award**

At the end of each season, each varsity, junior varsity and novice team will recognize up to three of its student-athletes. Generally, these awards are given to the Most Valuable Player (MVP), the Most Improved Player and the Coach’s Award recipient. The Coach’s Award is given to the player who, in the opinion of the coach, embodies the LJCDS athletic department philosophy. The timeless principles of teamwork, character, leadership, perseverance, work ethic and a positive attitude are the keys to this award.

**Department Awards**

**Patches** — LJCDS awards letterman jacket patches to:

- athletes selected to an all league/conference first team
- league/conference team champions
- athletes selected to an all CIF first team
- three-sport athletes

**Banners** — Banners are hung in the Smith Gymnasium for teams who win:

- league/conference championships
- CIF championships
- southern regional championships
- state championships

**Year-End Awards**

**Scholar-Athlete** — Presented to a varsity male and female student-athlete who is outstanding both in the classroom and on the field of play.

**Hagey Girls’ Sports Participation Award** — Presented to the varsity student-athlete for participation, desire and enthusiasm in women’s athletics.

**Jack Wigley Award** — Presented to the varsity male student-athlete who demonstrates courage and determination in athletic performance.

**Athlete of the Year** — Presented to the outstanding male and female student-athlete.

**Torrey Booster Club Scholarship** — Presented to a graduating male and female student-athlete who, through their work ethic, team leadership and loyalty to LJCDS, have exemplified the idea of a true Torrey athlete.
Iron Torrey Award — Presented to graduating male and female student-athletes who have completed 12 seasons of athletic competition for LJCDS.

Conduct resulting in sanction by the Ethics Council, failure to honor the Student-Athlete Pledge (p. 22), or any other behavior resulting in disciplinary measures by the school, may result in student-athletes being ineligible for recognition as recipients of the athletic department year-end awards listed above, as well as other disciplinary measures as appropriate.

Union-Tribune All-Academic Teams

At the conclusion of each sport season, The San Diego Union-Tribune selects an all-academic team consisting of student-athletes maintaining a 3.0 and above cumulative GPA. The newspaper then publishes all the student-athletes and their GPAs for each sport per season. Please notify Athletic Business Manager Kathy Dinwiddie at extension 130 if you DO NOT wish your child’s GPA to be reported to The San Diego Union-Tribune.

Torrey Athletic Hall of Fame

La Jolla Country Day School’s athletic program has been a part of the school’s history for many years. As a tribute to the athletes, coaches and individuals who have contributed so significantly to LJCDS athletics, the Athletic Hall of Fame was established in 2006. Along with athletic accomplishments, the virtues of being a scholar, artist and athlete of character are celebrated in the Athletic Hall of Fame.

The purpose of the LJCDS Athletic Hall of Fame is to honor and recognize athletes, coaches and individuals/administrators who have made a significant contribution to Torrey athletics.

The Hall of Fame Committee will consist of seven members:

1. La Jolla Country Day School athletic director
2. A current member of the coaching staff to be appointed by the athletic director
3. A retired member of the coaching staff to be appointed by the athletic director
4. Booster Club president or their appointed representative
5. Alumni coordinator
6. Head of school or their appointed representative
7. A La Jolla Country Day School graduate to be appointed by the alumni coordinator
Qualifications for the Hall of Fame

A person can qualify for the Hall of Fame by falling into one of the following categories:

1. A graduate from La Jolla Country Day School who participated in LJCDS athletics and earned a letter in a particular sport. All nominees must have been out of high school for a minimum of 10 years.
2. Coaches/athletic administrators at La Jolla Country Day School are eligible after they retire.
3. Those who have given meritorious service or are a loyal friend to the athletic program.
4. A La Jolla Country Day School team that has distinguished itself through extraordinary efforts and accomplishments and has been out of school for a minimum of 10 years.

Selection Process

1. Names for nomination can be submitted to the committee at any time by anyone.
2. Nomination forms can be completed online or obtained from the athletic office.
3. To become a member of the Hall of Fame, the nomination must be seconded by a member of the committee.
4. To qualify for the Hall of Fame, a nominee must receive a minimum of five votes from the committee members.
5. A maximum of three candidates in each category; individual, team and coach can be enrolled in any one year. It is not necessary that the award be given each year.
6. A nomination made will be carried over for three, two-year cycles. If they have not been voted into the Hall of Fame after three cycles, their nomination will automatically be withdrawn.

Recognition

1. The Country Day Hall of Fame Committee will present the inductee with a 7x9 citation that will include a photo from school (if available) and text about the person and their accomplishments.
2. The citation will be presented at an appropriate event such as the Hall of Fame dinner. The inductee may also be recognized at an event in which the person participated.
3. A duplicate citation will be placed in the Smith Gymnasium Foyer.
LJCDS’s modern weight room and fitness center are staffed by full-time strength and conditioning coach, Kevin Reaume, who is experienced in the proper techniques for the training of student-athletes. Proper and safe strength and conditioning is taught year-round and is geared for athletes of all sports. Strength and conditioning courses are offered during the summer session. For more information on how to Train the Torrey Way, contact Coach Kevin Reaume at kreaume@ljcds.org.

Performance Enhancing Drugs and Supplements

LJCDS does not condone or tolerate the use of performance-enhancing drugs or supplements which may endanger the health of any student-athlete. LJCDS follows the guidelines set forth by the American Academy of Sports Medicine, the National Football League (NFL), the National Collegiate Athletic Association (NCAA) and the National Athletic Trainers Association. LJCDS does not promote or advocate the use of any performance-enhancing substance including, but not limited to:

- anabolic-androgenic steroids
- creatine (in any form)
- human growth hormones
- non-approved FDA medications
- blood doping

The student-athlete at LJCDS is educated on these topics by the athletic trainer and coaching staff. LJCDS coaches believe that hard work, commitment, proper diet and rest allow students to achieve their physical goals. They teach that the use of any performance-enhancing drug is a shortcut that, in the long run, could cause damage or death to the student.

It’s not the team with the best players that win. It’s the players with the best team that wins!
TORREY STUDENT-ATHLETE PLEDGE

· I understand that the use of tobacco, alcohol and recreational drugs/controlled substances has a detrimental effect on my physical and mental fitness, abilities and development.
· I believe that, as a La Jolla Country Day School student-athlete, I owe it to myself, my team and my school community to be at my physical and mental best.
· I understand that it is a privilege to be a Torrey athlete, not a right, and that LJCDS student-athletes are expected to earn that privilege every day of each athletic season (see Athletic Guideline).
· I acknowledge that it is illegal for minors to drink alcoholic beverages and that it is also illegal to use recreational drugs/controlled substances.
· I am aware that there have been several alcohol-related driving deaths of high school students in San Diego County during the past few years.

Understanding the above, I ________________________________ pledge to abstain from the use of tobacco, alcohol and recreational drugs/controlled substances during my LJCDS athletic season. Additionally, I understand that if I am found to have used tobacco, alcohol and/or recreational drugs/controlled substances during my athletic season, I will be suspended from my team and season for a minimum of one week (seven days). My second offense, during any given school year, will result in my removal from my team for the remainder of the season. If removed from my team for the season, I will enroll in the upper school PE program for the remainder of that athletic season.*

Student-Athlete’s Name: ______________________________________________________________
Sport : ___________________________________________________________________________
Student-Athlete’s Signature: __________________________________________________________
Date: ______________________________________________________________________________
Parent’s Signature: ___________________________________________________________________

*Incidents that are punishable under the LJCDS Student Handbook in the absence of this pledge will continue to be handled in a manner consistent with school practices and will merit additional consequences to those stated herein.

Please fill out, sign and date above and return to your coach.
This form must be on record in the athletic office before you may compete for the Torreys.

GO TORREYS!
A copy of the CIF Ethics in Sports will be added to your Student/Parent Portal for you to complete. This form must be signed electronically before you may compete for the Torreys.

**ETHICS IN SPORTS (ATHLETE-PARENT/GUARDIAN/CAREGIVER) – 2019-2020**  
(Revised 3/09)

I. POLICY STATEMENT

- It is the mission of the California Interscholastic Federation, San Diego Section (CIFSDS) to promote high standards of sportsmanlike and ethical behavior in and around athletic contests played under its sanction and, in life, in general. Citizenship, Integrity, and Fairness are embodied in that mission. CIF and CIFSDS contests must be safe, courteous, fair, controlled, and orderly for the benefit of all athletes, coaches, officials, and spectators, and behavior by all involved at all times should manifest the highest standards of conduct.
- It is the intent of the section membership that poor sportsmanship, unethical behavior, and violence, in any form, will not be tolerated in athletic contests or practices. In order to enforce this policy, the membership, through its Board of Managers, has established rules and regulations.
- Coaches assume the responsibility to teach and demand high standards of conduct of their athletes both on the field of play and in everyday life, in season and out of season.
- It is the school principal’s responsibility to enforce all CIFSDS rules and regulations and to demand high standards of conduct from coaches, athletes, parents/guardians, and spectators. The principal shall demand strict adherence to all the CIF State and CIFSDS rules, regulations, and procedures.
- Participation in interscholastic athletics and section playoffs is a privilege.
- The CIFSDS Board of Managers requires that the following Code of Ethics be issued to and signed by each student-athlete, parent, coach, and officials’ association. Penalties for failure to submit a signed Code of Ethics are:
  1. Athlete: Ineligibility for participation in CIF-San Diego Section athletics
  2. Coach: Restricted from coaching in CIF-San Diego Section contests
  3. Officials Association: Not approved to officiate in the CIF-San Diego Section
  4. Parent: Prohibition/Removal from attendance at CIF or CIFSDS event
- Failure to abide by the standards of behavior as agreed will result in a penalty up to and including disqualification to participate.

II. CODE OF ETHICS FOR STUDENT-ATHLETE, PARENT/GUARDIAN/CAREGIVER, COACH, CONTEST OFFICIAL

A. Comply with the six pillars and 16 Principles of the Pursuing Victory with Honor program (on reverse side).
B. Be courteous at all times with school officials, opponents, game officials, and spectators.
C. Exercise self-control.
D. Know all rules of the contest, of CIF State, and the CIFSDS and agree to follow the rules.
E. Show respect for self, players, officials, coaches, and spectators.
F. Refrain from the use of foul and/or abusive language at all times.
G. Respect the integrity and judgment of game officials.
H. An athletic director, sports coach, school official or employee or booster club/sport group member may not provide any muscle-building nutritional supplements to student-athletes at any time. A school may only accept an advertisement, sponsor, or donation from a supplement manufacturer that offers only non-muscle building nutritional supplements. A school may not accept an advertisement sponsorship or donation from a distributor of a dietary supplement whose name appears on the label. Permissible non-muscle building nutritional supplements are identified according to the following classes: Carbohydrate/electrolyte drinks; energy bars, carbohydrate boosters, and vitamins and minerals. (Revised - Federated Council May 2007.)
I. Win with character; lose with dignity.

Accept consequences of conduct deemed inappropriate or in violation of rules.

I have read, understand, and accept the Policy Statement, Code of Ethics, The Pillars and Principles of Pursuing Victory with Honor, and the Violations, Minimum Penalties, and Appeal Process (on attached page) of the CIF-San Diego Section ETHICS IN SPORTS Policy. I agree to abide by this policy while participating and/or being a spectator at CIFSDS athletic events regardless of contest site or jurisdiction.

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PURSUING VICTORY WITH HONOR

SIX PILLS OF CHARACTER

TRUSTWORTHINESS RESPECT RESPONSIBILITY FAIRNESS CARING GOOD CITIZENSHIP

SIXTEEN PRINCIPLES OF PURSUING VICTORY WITH HONOR

1. The essential elements of character building and ethics in CIF sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these “six pillars of character.”

2. It is the duty of School Boards, superintendents, school administrators, parents, and school sports leadership - including coaches, athletic administrators, program directors, and game officials - to promote sportsmanship and foster good character by teaching, enforcing, advocating, and modeling these “six pillars of character.”

3. To promote sportsmanship and foster the development of good character, school sports programs must be conducted in a manner that enhances the academic, emotional, social, physical, and ethical development of student-athletes and teaches them positive life skills that will help them become personally successful and socially responsible.

4. Participation in school sports programs is a privilege, not a right. To earn that privilege, student-athletes must abide by the rules, and they must conduct themselves, on and off the field, as positive role models who exemplify good character.

5. School Boards, superintendents, school administrators, parents, and school sports leadership shall establish standards for participation by adopting and enforcing codes of conduct for coaches, athletes, parents, and spectators.

6. All participants in high school sports must consistently demonstrate and demand scrupulous integrity and observe and enforce the spirit as well as the letter of the rules.

7. The importance of character, ethics, and sportsmanship should be emphasized in all communications directed to student-athletes and their parents.

8. School Boards, superintendents, school administrators, parents, and school sports leadership must ensure that the first priority of their student-athletes is a serious commitment to getting an education and developing the academic skills and character to succeed.

9. School Boards, superintendents, principals, school administrators, and everyone involved at any level of governance in the CIF must maintain ultimate responsibility for the quality and integrity of CIF programs. Such individuals must assure that education and character development responsibilities are not compromised to achieve sports performance goals and that the academic, social, emotional, physical, and ethical well-being of student-athletes is always placed above desires and pressure to win.

10. All employees of member schools must be directly involved and committed to the academic success of student-athletes and the character-building goals of the school.

11. Everyone involved in competition including parents, spectators, associated student body leaders, and all auxiliary groups have a duty to honor the traditions of the sport and to treat other participants with respect. Coaches have a special responsibility to model respectful behavior and the duty to demand that their student-athletes refrain from disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent trash-talking, taunting, and inappropriate celebrations.

12. School Boards, superintendents, and school administrators of CIF member schools must ensure that coaches, whether paid or voluntary, are competent to coach. Training or experience may determine minimal competence. These competencies include basic knowledge of: 1) The character building aspects of sports, including techniques and methods of teaching and reinforcing the core values comprising sportsmanship and good character. 2) The physical capabilities and limitations of the age group coached as well as first aid and CPR. 3) Coaching principles and the rules and strategies of the sport.

13. Because of the powerful potential of sports as a vehicle for positive personal growth, a broad spectrum of school sports experiences should be made available to all of our diverse communities.

14. To safeguard the health of athletes and the integrity of the sport, school sports programs must actively prohibit the use of alcohol, tobacco, drugs, and performance-enhancing substances, as well as demand compliance with all laws and regulations, including those related to gambling and the use of drugs.

15. Schools that offer athletic programs must safeguard the integrity of their programs. Commercial relationships should be continually monitored to ensure against inappropriate exploitation of the school’s name or reputation. There should be no undue interference or influence of commercial interests. In addition, sports programs must be prudent, avoiding undue financial dependency on particular companies or sponsors.

16. The profession of coaching is a profession of teaching. In addition to teaching the mental and physical dimension of their sport, coaches, through words and example, must also strive to build the character of their athletes by teaching them to be trustworthy, respectful, responsible, fair, caring, and good citizens.
Senior Night/Day

Senior student-athletes and their parents are honored during a ceremony near the last regular season (non-playoff) home contest of each fall, winter and spring athletic season. Each team organizes its own Senior Night at the end of its season. The Torrey Booster Club honors all senior student-athletes and their parents near the end of each spring athletic season.

Torrey Time

The LJCDS athletic department operates on Torrey Time. If you are on time, you are late. Arrive early and be prepared. In other words, for a practice scheduled at 3:45 p.m. you should arrive no later than 3:30 p.m. At 3:45 p.m. you will be completely dressed, loosened up and ready to work.

Multi-Sport Athletes

In accordance with the Athletic Principles (p. 9) and Torrey coach description #6 (p. 27), it is the goal of the LJCDS athletic department to develop as many multi-sport athletes as possible. All LJCDS coaches believe that student-athletes gain valuable educational experiences and become stronger, more competitive athletes by playing a variety of sports under the guidance of a variety of coaches, competing in a variety of situations, and by overcoming a variety of obstacles. The development of specialized one-sport athletes is counterproductive to the athletic principles of LJCDS (see Athletic Guideline #3 on p. 8).

Overlapping Athletic Seasons

Some multi-sport student-athletes will face overlapping athletic seasons. For example, the student’s fall season team is in the playoffs while their winter team has started practices. Students who experience this overlap must give priority to the team that is finishing its season, the team that is in the playoffs. Torrey coaches have each student’s and the playoff team’s best interests at heart and, as such, will assist students to successfully end one season while transitioning into their next season (attending some limited basketball practices while completing football or volleyball practices and playoff games, for example). It is always the coach whose team is in the playoffs who makes the final determination as to when and how athletes may begin participation in their new sport season.

Dual Sport Participation Contract

All La Jolla Country Day School student-athletes who are participating simultaneously on a school and club team or two school teams must complete, and have on file in the athletic director’s office, a Country Day Dual Sport Participation Contract (see Athletic Guideline #6 on p. 8). Dual Sport Participation Contracts are available in the athletic office. The purpose of this contract is to support the following:
1. All adults working with the young student-athlete are fully aware of the amount of time and effort he/she is spending on athletics.
2. The two-sport participation is physically sound and safe for the young student-athlete.
3. The two-sport participation fits into the young student-athlete’s life in a manner that is educationally and socially sound.
4. Any scheduling conflicts are resolved as far in advance as possible.

This contract must be signed by the head coaches of both of the student’s teams, the student’s parent/guardian, the School’s athletic trainer, and the athletic director. In addition, the student must submit (attach) practice and competition schedules for both teams as well as a written plan for resolving any conflicts. The head coaches of both teams should approve this plan. No student-athlete may compete for LJCDS simultaneously with another team until their Dual Sport Participation Contract is completed and on file in the athletic director’s office.

**Coach Evaluation by Student-Athlete**

Each varsity, JV, and novice team athlete will evaluate his or her head coach, assistant coaches and athletic program using an anonymous evaluation form provided by the athletic director at the end of each season. These evaluations will aid LJCDS’s coaches and the athletic director as they strive to consistently build and improve the school’s athletic program.

**Torrey Coaches**

In most cases, coaching is done by teachers who have themselves competed with distinction in their sports. These coaches personify the manner in which the mind, body and spirit can enhance and reinforce each other. Our coaches aim to challenge student-athletes to help them learn to reach beyond themselves and to teach them a life-long love of their sport.

1. Lead by example keeping in mind that they are teachers at all times while coaching. Torrey coaches carry themselves, behave and dress like professional athletic teachers.
2. Teach through sport. Torrey coaches are fair and firm with their student-athletes, teaching the following sound timeless athletic principles every day of their seasons:
   - strong work ethic at practice and effort during contests
   - loyalty to team and school
   - punctuality, i.e. Torrey Time (if you are on time, you are late!)
   - being prepared with uniform and equipment
   - being physically and mentally prepared
   - respect for teammates
   - respect for opponents
   - respect for the game
   - respect for officials
   - being humble in victory and gracious in defeat
3. Remind their student-athletes that it is a privilege to be on an LJCDS team, not a right, and expect them to earn that privilege every day of their season.

4. Strive to make being a member of their team special and exclusive for each student-athlete. Torrey coaches require their students earn that team membership each day of their season.

5. Remind their student-athletes that, while they view each of them as an important part of the program, none of them is as important as the team. Torrey coaches ask their students to put the needs of the team before their own needs every day of the season. “The Team, The Team, The Team.”

6. Encourage their student-athletes to be multi-sport athletes. LJCDS does not believe in specialized, one-sport athletes at the Middle or Upper School levels. It is the goal of the athletic department to develop as many multi-sport athletes as possible.

Torrey Coaches are **Double-Goal Coaches**

1) Compete and win
2) Build character and teach life lessons
Athletic Trainer / Sports Medicine

La Jolla Country Day School strives to provide quality athletic training and sports medicine services. LJCDs employs full-time, certified athletic trainers in order to provide care for injuries incurred during school athletic participation. The athletic trainer works in coordination with the school nurse and team physicians in order to deliver appropriate, specific care for each injury or illness. The athletic trainer works under the BOC Standards of Professional Practice and is committed to using current evidence and clinical judgment in order to ensure the best patient care for our student-athletes.

What is a Certified Athletic Trainer?

An athletic trainer specializes in the prevention, diagnosis, assessment, treatment and rehabilitation of muscle and bone injuries and illnesses, and is educated in emergency care for catastrophic injuries such as spinal cord injuries, sudden cardiac arrest, heat illness and concussions.

Athletic Trainers:

- must obtain, at minimum, a bachelor’s degree in athletic training from an accredited university or college and complete appropriate clinical training.
- must pass a comprehensive exam to earn the athletic trainer credential (ATC).
- must keep their knowledge and skills current by participating in continuing education.
- must adhere to standards of professional practice set by one national certifying agency and to a national code of ethics.

Training Room Hours

Monday–Friday 11:30 a.m. to the completion of home practices and games.

Athletic Training Room Rules:

- All athletes **MUST** sign in for every treatment, including ice.
- No treatment (with exception of ice) is to be self-administered.
- No cleats in the training room.
- No foul language.
- No horseplay.
- No supplies (including tape) or equipment are to be removed from the training room without permission.
Event Coverage

There will be an athletic trainer on campus for all high school CIF competitions hosted on campus. With the exception of football, there will NOT be away coverage provided. In the event of an injury at an away contest, the athlete and coach should seek the advice of the host school’s athletic trainer and use their best judgment in determining care. Home game coverage will be prioritized in the order of collision, contact, limited contact and non-contact. Additionally, varsity competitions will be given priority over JV or novice competitions.

Sport Classification

Collision: Football and Men’s LAX
Contact: Basketball, Cheerleading, Field Hockey, Soccer, Women’s LAX and Water Polo
Limited Contact: Baseball, Field Events (High Jump and Pole Vault), Softball and Volleyball
Non-Contact: Cross Country, Fencing, Golf, Swim and Dive, Tennis and Field Events (Discus, Shot Put, Triple Jump and Long Jump)

Communication with Parents Regarding Injuries

Our students’ safety on the playing fields and courts is as important to us as their success. Our team of dedicated coaches, conscientious athletes and caring families can ensure a safe and successful experience by recognizing the appropriate protocol.

It is imperative that the athletic trainer, coach and student-athlete communicate in order to provide quality care and safeguard the athlete’s safety. The coach and athlete should report any injury that has occurred to the athletic trainer. The athlete should report any trauma or symptoms that they encounter to their coach and athletic trainer immediately. The athletic trainer will keep parents and coaches informed on the progress of the student-athlete. The athletic trainer is accessible for questions by phone or email. The injured student-athlete is responsible for scheduling rehab and treatment.

Hurt or Hurting?

It is important that all LJCDS student-athletes and their parents understand the difference between hurt and hurting. Sore muscles, bumps and bruises are a part of athletics. It is essential that the LJCDS athletic trainer assess student-athletes to determine the severity of the injury and communicate such to athletes and parents.
Athletic Removal from Practice and/or Contests Due to Injury

The athletic trainer, in cooperation with the team and the student’s doctors, is responsible for the care and treatment of the athletic injuries sustained while participating in LJCDS athletics. The athletic trainer is responsible for determining when it is safe and in the student-athlete’s best interest to return to participation. As a result, the athletic trainer maintains the authority to hold the athlete from participation and requires examination by a physician before the student-athlete can return to play.

Athletic Injury Protocol for Parents and Other Non-Sport Related Persons

In order to maintain an efficient condition of service related to the athletic trainer, parents and other non-sport related persons will remain off the field/court sidelines throughout an athletic event (practice/contest). This condition is established for the safety of both the parent or supporter and the student-athletes on the field/court. The athletic trainer must be able to control the environment in which an emergency situation may occur. If an emergency should arise with a student whose parents are present, the athletic trainer must be able to perform their duties in a swift and efficient manner. To do so with a parent on the field/court is many times unproductive and a source of greater confusion and anxiety to the student. As is the athletic trainer’s responsibility, the parent will be kept informed of an emergency involving their child, and, as soon as possible, the student will be removed from the field and the parent will be able to see him/her. Other non-sport-related persons at the athletic event will be asked to remain in the stands or away from the sideline if an emergency situation occurs. This is required for both the safety and security of the student. As with any medical situation, all information concerning a student is confidential and will not be made available to the public by anyone other than the involved student or his or her parents.

Medication

Student-athletes may receive medication limited to antacid, ibuprofen, acetaminophen, decongestant and antihistamine during a game or practice only if deemed appropriate by the athletic trainer and pre-approved by the parents on the health and emergency form. Coaches will not administer medication. Student-athletes are not allowed to share their own medication with other students.

Pre-participation Examination

Pre-participation physical examinations are required by the California Interscholastic Federation (CIF) and LJCDS for athletic participation. The physical may be completed by an M.D., D.O., P.A. or N.P. These examinations are required for students in Grades 7–12 whether or not they play a sport. The exam must be conducted after May 1 in order to be valid for the upcoming year and must be submitted by August 1 in order for a student to attend classes.
Concussion Information and Policy

Concussion is a type of traumatic brain injury caused by a bump, blow or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move quickly back and forth causing the brain to bounce around or twist within the skull. This sudden movement of the brain can cause stretching and tearing of brain cells, damaging the cells and creating chemical changes in the brain. A concussion can have a serious effect on a young, developing brain. While most children and teens with a concussion recover quickly and fully, some will have concussion symptoms that last for days, weeks or even months.

Not giving the brain enough time to heal after a concussion can be dangerous. A repeat concussion that occurs before the brain heals from the first, usually within a short amount of time (hours, days, weeks), can slow recovery or increase the chances for long-term health problems. These may include changes in how the child or teen thinks, feels and acts, as well as their ability to learn and remember.

While rare, a repeat concussion can result in brain swelling or permanent brain damage. It can even be fatal. Resource: Centers for Disease Control and Prevention

ImPACT Testing

LJCDS uses a software tool called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) in evaluating and treating head injuries. A computerized exam utilized in many professional, collegiate and high school sports programs across the country, ImPACT assists our athletic trainer and team doctors in successfully diagnosing and managing concussions. Student-athletes who participate in sports with a higher risk for concussions take a baseline test and then are tested again with ImPACT after sustaining a concussion.

Concussion Policy

LJCDS follows CIF regulation and California state law to promote student-athlete safety during athletic participation. Any middle school or high school athlete, who is suspected of sustaining a concussion is NOT allowed to return to athletic activity that day and must bring back a physician’s note stating that a head injury was not sustained in order to return to athletic activity in the future. The concussion can be suspected by a coach, athletic trainer, athletic director, nurse or referee. CIF also requires that the athlete be seen by an M.D. or D.O. trained in concussions and working in their scope of practice. This means that the athlete cannot be seen by a nurse practitioner or physician’s assistant. If the athlete did sustain a head injury or concussion, he or she must complete a seven-step (seven plus days after being symptom-free) return-to-play progression supervised by a physician in order to return to play. The student-athlete must have made a complete return-to-learn before they start the return-to-play progression. Every step of the progression must be signed off by a designated concussion monitor. Even if an athlete brings a note stating that he or she is cleared to play, the progression must be completed and signed before the athlete is cleared for participation.
The coach and athletic trainer cannot monitor all athletes’ every move. It is the student-athlete’s responsibility to read, understand and report any symptoms of a concussion.

Concussion Information Sheet

A copy of the Concussion Information Sheet will be added to your Student/Parent Portal for you to complete. This form must be signed electronically before you may compete for the Torreys.

CIF Concussion Information Sheet

Why am I getting this information sheet?
You are receiving this information sheet about concussions because of 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 student-athlete removed for this reason must receive a written note from a physician trained in the management of concussion before returning to practice.
3. Before a student-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 student-athlete and the parent or guardian.

[Every 2 years all coaches are required to receive training about concussions (AB 1451), sudden cardiac arrest (AB 1639), and heat illness (AB 2500), and 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 (see back of this page) 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 physician trained in the evaluation and management of concussion. If your child is vomiting, has a severe headache, or has difficulty staying awake or answering simple questions, call 911 for immediate transport 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 physician, athletic trainer or coach understand how they are feeling and hopefully will show improvement over time. You may 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 their 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, your child can fill out this checklist again. This Graded Symptom Checklist provides a list of symptoms to compare over time to follow your child’s recovery from the concussion.

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 concussion education is to prevent a too early return to play so that serious brain damage can be prevented.
### Signs observed by teammates, parents and coaches include:

<table>
<thead>
<tr>
<th>Signs Observed</th>
<th>Symptoms may include one or more of the following:</th>
</tr>
</thead>
<tbody>
<tr>
<td>* Looks dizzy</td>
<td>* Slurred speech</td>
</tr>
<tr>
<td>* Looks spaced out</td>
<td>* Shows a change in personality or way of acting</td>
</tr>
<tr>
<td>* Confused about plays</td>
<td>* Can’t recall events before or after the injury</td>
</tr>
<tr>
<td>* Forgets plays</td>
<td>* Seizures or “has a fit”</td>
</tr>
<tr>
<td>* Is unsure of game, score, or opponent</td>
<td>* Any change in typical behavior or personality</td>
</tr>
<tr>
<td>* Moves clumsily or awkwardly</td>
<td>* Passes out</td>
</tr>
<tr>
<td>* Answers questions slowly</td>
<td></td>
</tr>
</tbody>
</table>

### Symptoms may include one or more of the following:

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Loss of memory</th>
</tr>
</thead>
<tbody>
<tr>
<td>* Headaches</td>
<td>* Don’t feel right</td>
</tr>
<tr>
<td>* “Pressure in head”</td>
<td>* Tired or low energy</td>
</tr>
<tr>
<td>* Nausea or throws up</td>
<td>* Sadness</td>
</tr>
<tr>
<td>* Neck pain</td>
<td>* Nervousness or feeling on edge</td>
</tr>
<tr>
<td>* Has trouble standing or walking</td>
<td>* Irritability</td>
</tr>
<tr>
<td>* Blurred, double, or fuzzy vision</td>
<td>* More emotional</td>
</tr>
<tr>
<td>* Bothered by light or noise</td>
<td>* Confused</td>
</tr>
<tr>
<td>* Feeling sluggish or slowed down</td>
<td>* Concentration or memory problems</td>
</tr>
<tr>
<td>* Feeling foggy or groggy</td>
<td>* Repeating the same question/comment</td>
</tr>
<tr>
<td>* Drowsiness</td>
<td></td>
</tr>
<tr>
<td>* Change in sleep patterns</td>
<td></td>
</tr>
</tbody>
</table>

### What is Return to Learn?

Following a concussion, students may have difficulties with short- and long-term memory, concentration and organization. They may require rest while recovering from injury (e.g., limit texting, video games, loud movies, or reading), and may also need to limit school attendance for a few days. As they return to school, the schedule might need to start with a few classes or a half-day. 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 physician can help suggest and make these changes. Students should complete the Return to Learn guidelines, successfully returning to a full school day and normal academic activities, before returning to play (unless your physician 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 is a gradual, step-wise increase in physical effort, sports-specific activities and then finally unrestricted activities. If symptoms worsen 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 physician 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 students 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 they experience such symptoms, or if they suspect that a teammate has had a concussion. You should also feel comfortable talking to the coach or athletic trainer about possible concussion signs and symptoms that you may be seeing in your child.

### References:

- Consensus statement on concussion in sport: the 4th International Conference on Concussion in Sport held in Berlin, October 2016
- https://www.cdc.gov/traumaticbraininjury/PediatricTBI/Guideline.html
- https://www.cdc.gov/headsupyouthsports/index.html
Sudden Cardiac Arrest

A copy of the Sudden Cardiac Arrest will be added to your Student/Parent Portal for you to complete. This form must be signed electronically before you may compete for the Torreys.

Keep Their Heart in the Game

What is sudden cardiac arrest? Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart’s electrical system, causing the victim to collapse. The malfunction is caused by a congenital or genetic defect in the heart’s structure.

How common is sudden cardiac arrest in the United States? As the leading cause of death in the U.S., there are more than 300,000 cardiac arrests outside hospitals each year, with nine out of 10 resulting in death. Thousands of sudden cardiac arrests occur among youth each year, as it is the #1 killer of student athletes and the leading cause of death on school campuses.

Who is at risk for sudden cardiac arrest? SCA is more likely to occur during exercise or physical activity, so student-athletes are at greatest risk. While a heart condition may have no warning signs, studies show that many young people do have symptoms but neglect to tell an adult. This may be because they are embarrassed, they do not want to jeopardize their playing time, they mistakenly think they’re too young to need to worry, or they simply ignore the symptoms, assuming they will "just go away." Additionally, some health history factors increase the risk of SCA.

What should you do if your student-athlete is experiencing symptoms? We need to let student-athletes know that if they experience any SCA-related symptoms it is crucial to alert an adult and get follow-up care as soon as possible with a physician, surgeon, nurse practitioner or physician assistant. If the athlete has any of the SCA risk factors, there should also be discussed with a doctor to determine if further testing is needed. Wait for your doctor’s feedback before returning to play, and alert your coach, trainer, and school nurse about any diagnosed conditions.

Recognize the Signs & Risk Factors

Tell Your Coach and Consult Your Doctor if These Conditions Are Present in Your Student Athlete

Potential Indicators That SCA May Occur

- Fainting or seizure, especially during or right after exercise
- Fainting repeatedly or with excitement or startle
- Excessive shortness of breath during exercise
- Racing or fluttering heart palpitations or irregular heartbeat
- Repeated dizziness or lightheadedness
- Chest pain or discomfort with exercise
- Excessive, unexpected fatigue during or after exercise

Factors That Increase the Risk of SCA

- Family history of known heart abnormalities or sudden death before age 50
- Specific family history of Long QT Syndrome, Brugada Syndrome, Hypertrophic Cardiomyopathy, or Hereditary Right Ventricular Dysplasia (ArVD)
- Family members with unexplained fainting, seizures, drowning or near drowning or other accidents
- Known structural heart abnormality, repaired or unrepaired
- Use of drugs, such as cocaine, inhalants, "recreational" drugs, excessive energy drinks, diet pills or performance-enhancing supplements

Cardiac Chain of Survival

On average it takes EMS teams up to 12 minutes to arrive at a cardiac emergency. Every minute delayed in attending to a sudden cardiac arrest victim decreases the chance of survival by 10%. Everyone should be prepared to take action in the first minutes of collapse.

Recognition of Sudden Cardiac Arrest

Victim is collapsed, unresponsive and not breathing, even if gasping, groaning, exhibiting breathing noises or seizure-like activity.

Call 9-1-1

Follow emergency dispatcher’s instructions. Call any on-site Emergency Responders.

Hands-Only CPR

Begin CPR immediately. Hands-only CPR involves fast and continuous two-inch chest compressions—about 100 per minute.

Defibrillation

Immediately retrieve and use an automated external defibrillator to restore the heart to its normal rhythm. Follow step-by-step audio instructions from the AED.

Advanced Care

Designate a bystander to direct EMS to the victim for quick transfer to the hospital.
What are we doing to help protect student athletes?
The State of California passed the Eric Paredes Sudden Cardiac Arrest Prevention Act in 2016 to protect K-12 students participating in school-sponsored athletic activities. New policy adds sudden cardiac arrest (SCA) training to coach certification, and new protocol that empowers coaches to remove from play a student-athlete who exhibits fainting—the number one warning sign of a potential heart condition, and potentially for other conditions if they are believed to be cardiac related. A student-athlete who has been removed from play after displaying signs or symptoms associated with SCA may not return to play until he or she is evaluated and cleared by a licensed health care provider. Parents, guardians, caregivers and adults involved in athletic activities are urged to dialogue with student-athletes about potential warning signs and risk factors and be familiar with the cardiac chain of survival so they are prepared in the event of a cardiac emergency.

I have reviewed and understand the symptoms and warning signs of SCA and the new protocol to incorporate SCA prevention strategies into my/my student’s sports program or activity.

For more information about Sudden Cardiac Arrest visit:
California Department of Education
cde.ca.gov
Eric Paredes Save A Life Foundation
epsavealife.org
California Interscholastic Federation (CIF)
cifstate.org
National Federation of High Schools Free 20-Min. Training Video For Coaches, Parents or Anyone Involved in Student Sports Activities
nfhslearn.com/courses/61032
Heat Illness Information Sheet

A copy of the Heat Illness Information Sheet will be added to your Student/Parent Portal for you to complete. This form must be signed electronically before you may compete for the Torreys.

Why am I getting this information sheet?

You are receiving this information sheet about Heat Illness because of California state law AB 2800 (effective January 1, 2019), now Education Code § 35179 and CIF Bylaws 22.B.(9) and 503.K (Approved Federated Council January 31, 2019):

1. The law requires a student athlete who has been removed from practice or play after displaying signs and symptoms associated with heat illness must receive a written note from a licensed health care provider before returning to practice.
2. Before an athlete can start the season and begin practice in a sport, a Heat Illness 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), heat illness (AB 2800) as well as certification in First Aid training, CPR, and AEDs (life-saving electrical devices that can be used during CPR).

What is Heat Illness and how would I recognize it?

Exercise produces heat within the body and can increase the player's body temperature. Add to this a hot or humid day and any barriers to heat loss such as padding and equipment, and the temperature of the individual can become dangerously high.

Heat Illness occurs when metabolically produced heat combines with that gained from the environment to exceed the heat and large sweat losses. Young athletes should be pre-screened at their pre-participation physical exam to detect early metabolic/physiologic and psychological factors that should be supervised closely during strenuous activities in a hot climate. Fatal heat stroke occurs most frequently among obese high school middle lineman.

Much of one’s body heat is eliminated by sweat. Once this water leaves the body, it must be replaced. Along with water loss, many other minerals are lost in the sweat. Most of the commercial drinks now available contain these minerals, such as Gatorade, etc., but just plain water is all that is really required because the athlete will replace the lost minerals with his/her normal diet.

PREVENTION: There are several steps which can be taken to prevent heat illness from occurring:

ADEQUATE HYDRATION The athlete should arrive at practice well-hydrated to reduce the risk of dehydration. The color of the urine can provide a quick guess at how hydrated the athlete. If the urine is dark like apple juice means the athlete is dehydrated. If the urine is light like lemonade in color means the athlete seems adequately hydrated.

Water or sports drinks should be readily available to athletes during practice and should be served ideally chilled in containers that allow adequate volumes of fluid to be ingested.

Water breaks should be given at least every 30-45 minutes and should be long enough to allow athletes to ingest adequate volumes of fluid.

Athletes should be instructed to continue fluid replacement in between practice sessions.

GRADUAL ACCLIMATIZATION: Intensity and duration of exercise should be gradually increased over a period of 7-14 days to give athletes time to build fitness levels and become accustomed to practicing in the heat. Protective equipment should be introduced in phases (start with helmet, progress to helmet and shoulder pads, and finally fully uniform).

A FREE online course “Heat Illness Prevention” is available through the CIF and NFHS at https://nfhslearn.com/courses/61140/heat-illness-prevention.
Parent/Student CIF Heat Illness Information Sheet

HEAT EXHAUSTION: Inability to continue exercise due to heat-induced symptoms. Occurs with an elevated body-core temperature between 97 and 104 degrees Fahrenheit.

- Dizziness, lightheadedness, weakness
- Headache
- Nausea
- Diarrhea, urge to defecate
- Pallor, chills
- Profuse sweating
- Cool, clammy skin
- Hyperventilation
- Decreased urine output

Treatment: Stop exercise, move player to a cool place, remove excess clothing, give fluids if conscious. COOL BODY: fans, cold water, ice towels, or ice packs. Fluid replacement should occur as soon as possible. The athlete should be referred to a hospital emergency if recovery is not rapid. When in doubt, CALL 911. Athletes with heat exhaustion should be assessed by a physician as soon as possible in all cases.

HEAT STROKE: Dysfunction or shutdown of body systems due to elevated body temperature which cannot be controlled. This occurs with a body-core temperature greater than 107 degrees Fahrenheit.

Warning Symptoms: This is a MEDICAL EMERGENCY. Death may result if not treated properly and rapidly.

Treatment: Stop exercise, Call 911, remove from heat, remove clothing, immerse athlete in cold water for aggressive, rapid cooling (if immersion is not possible, cool the athlete as described for heat exhaustion), monitor vital signs until paramedics arrive.

Signs observed by teammates, parents and coaches include:

<table>
<thead>
<tr>
<th>Dizziness</th>
<th>Weakness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drowsiness, loss of consciousness</td>
<td>Hot and wet or dry skin</td>
</tr>
<tr>
<td>Seizures</td>
<td>Rapid heartbeat, low blood pressure</td>
</tr>
<tr>
<td>Staggering, disorientation</td>
<td>Hyperventilation</td>
</tr>
<tr>
<td>Behavioral/cognitive changes (confusion, irritability, aggressiveness, hysteria, emotional instability)</td>
<td>Vomiting, diarrhea</td>
</tr>
</tbody>
</table>

Final Thoughts for Parents and Guardians:
Heat stress should be considered when planning and preparing for any sports activity. Summer and fall sports are conducted in very hot and humid weather in many parts of California. Many of the heat problems have been associated with football, due to added equipment which acts as a barrier to heat dissipation. Several heatstroke deaths continue to occur each season in the United States. There is no excuse for heatstroke deaths if the proper precautions are taken.

You should also feel comfortable talking to the coaches or athletic trainer about possible heat illness signs and symptoms that you may be seeing in your child.

I acknowledge that I have received and read the CIF Heat Illness Information Sheet.

________________________________________  ______________________________________  __________________________
Student-Athlete Name                     Student-Athlete Signature                     Date
Printed

________________________________________  ______________________________________  __________________________
Parent or Legal Guardian Name            Parent or Legal Guardian Signature            Date
Printed
Opioid Fact Sheet
A copy of the Opioid Fact Sheet will be added to your Student/Parent Portal for you to complete. This form must be signed electronically before you may compete for the Torreys.

PRESCRIPTION OPIOIDS: WHAT YOU NEED TO KNOW

Prescription opioids can be used to help relieve moderate-to-severe pain and are often prescribed following a surgery or injury, or for certain health conditions. These medications can be an important part of treatment but also come with serious risks. It is important to work with your health care provider to make sure you are getting the safest, most effective care.

WHAT ARE THE RISKS AND SIDE EFFECTS OF OPIOID USE?

Prescription opioids carry serious risks of addiction and overdose, especially with prolonged use. An opioid overdose, often marked by slowed breathing, can cause sudden death. The use of prescription opioids can have a number of side effects as well, even when taken as directed:

- Tolerance—meaning you might need to take more of a medication for the same pain relief
- Physical dependence—meaning you have symptoms of withdrawal when a medication is stopped
- Increased sensitivity to pain
- Constipation
- Nausea, vomiting, and dry mouth
- Sleepiness and dizziness
- Confusion
- Depression
- Low levels of testosterone that can result in lower sex drive, energy, and strength
- Itching and sweating

RISKS ARE GREATER WITH:

- History of drug misuse, substance use disorder, or overdose
- Mental health conditions (such as depression or anxiety)
- Sleep apnea
- Older age (65 years or older)
- Pregnancy

Avoid alcohol while taking prescription opioids. Also, unless specifically advised by your health care provider, medications to avoid include:

- Benzodiazepines (such as Xanax or Valium)
- Muscle relaxants (such as Soma or Flexeril)
- Hypnotics (such as Ambien or Lunesta)
- Other prescription opioids
KNOW YOUR OPTIONS

Talk to your health care provider about ways to manage your pain that don’t involve prescription opioids. Some of these options may actually work better and have fewer risks and side effects. Options may include:

- Pain relievers such as acetaminophen, ibuprofen, and naproxen
- Some medications that are also used for depression or seizures
- Physical therapy and exercise
- Cognitive behavioral therapy, a psychological, goal-directed approach, in which patients learn how to modify physical, behavioral, and emotional triggers of pain and stress.

IF YOU ARE PRESCRIBED OPIOIDS FOR PAIN:

- Never take opioids in greater amounts or more often than prescribed.
- Follow up with your primary health care provider within ___ days.
  - Work together to create a plan on how to manage your pain.
  - Talk about ways to help manage your pain that don’t involve prescription opioids.
  - Talk about any and all concerns and side effects.
- Help prevent misuse and abuse.
  - Never sell or share prescription opioids.
  - Never use another person’s prescription opioids.
- Store prescription opioids in a secure place and out of reach of others (this may include visitors, children, friends, and family).
- Safely dispose of unused prescription opioids: Find your community drug take-back program or your pharmacy mail-back program, or flush them down the toilet, following guidance from the Food and Drug Administration (www.fda.gov/Drugs/ResourcesForYou).
- Visit www.cdc.gov/drugoverdose to learn about the risks of opioid abuse and overdose.
- If you believe you may be struggling with addiction, tell your health care provider and ask for guidance or call SAMHSA’s National Helpline at 1-800-662-HELP.

Be Informed! Make sure you know the name of your medication, how much and how often to take it, and its potential risks & side effects.
Team Physicians

Lizzie Williams, D.O.
San Diego Sports Medicine
Tel: 619-229-3909 (San Diego Office)
Fax: 619-582-1497 (San Diego Office)
Tel: 858-793-7860 (Sorento/Carmel Valley)
Fax: 858-436-1289 (Sorento/Carmel Valley)
doctors@sdsm.com

Jan Fronek, M.D.
Orthopedic Surgery & Sports Medicine
Scripps Clinic Medical Group
10666 North Torrey Pines Road
La Jolla, CA., 92037
Tel: 858-554-7980 (Torrey Pines)
Tel: 858-764-3331 (Carmel Valley)

Booster Club

The LJCDS Booster Club is an organization of school parents who are devoted to the enhancement of Torrey athletics. Parents interested in joining the Booster Club should contact Gina Laws gina_laws@yahoo.com. The goals of the Booster Club are to:

- promote school spirit
- raise the awareness level throughout the school and the community with regard to the LJCDS athletic program
- encourage support for all athletic programs from the parents, alumni, students, faculty and staff
- sponsor fundraising activities that support the athletes, coaches, equipment and athletic facilities of LJCDS

The LJCDS Athletic Booster Club’s mission is to foster an environment that inspires the athletes, students, coaches, parents and the community to create a positive atmosphere for all of our athletic programs. Our focus is to help build strong moral character and academic excellence in our student athletes by promoting sportsmanship, personal responsibility and teamwork. We enrich the athletic programs at LJCDS by providing support through our parent volunteers, booster club members, fundraising and donations. We are dedicated to the continued support of our student athletes, coaching staff and athletic trainers year after year to sustain our long history of excellence.
Team Parents

Team parents can do much to enhance each Torrey athletic program by providing team lunches, refreshments at games, fostering communication between the team’s coaches and parents, organizing end-of-season parties/banquets, organizing and implementing senior nights/days, and participating as members of the Torrey Booster Club. Positive, supportive and energetic team parents are an important part of the Torrey athletic program.

Team Fundraising

As a general rule, Torrey athletic teams do not fundraise. All fundraising at LJCDS must be approved by the assistant head of school for development. Torrey club teams are pay-to-play and may fundraise.

Tuition Assistance

In keeping with La Jolla Country Day School’s policy, no student-athletes receive scholarships. As with all LJCDS students, student-athletes may qualify for and receive financial assistance. Financial assistance is only available to qualified LJCDS students (students who have been enrolled on their academic merit) who prove financial need. Any questions regarding financial assistance policies should be directed to Director of Financial Assistance and Enrollment Management, Brian Murphy at bmurphy@ljcds.org or 858-453-3440 x104.

Gifts from Parents, Vendors and Others

We recognize that parents, vendors, and others sometimes desire to express a wide variety of appreciation for our staff and faculty members, including thank you notes or cards, words of encouragement, gift cards, money, trips, tickets, faculty/staff luncheons, holiday remembrances and other gifts. The school appreciates the genuine spirit of generosity and appreciation for the exceptional work provided by our outstanding faculty and staff.

While flattering and well deserved, such gifts unfortunately may also create issues for our faculty, staff, and school, such as the potential for a real or perceived conflict of interest, or the creation of inequities among departments, faculty and staff.

As a result, faculty and staff may not encourage gifts of any kind, nor may they receive gifts valued at over $100 from parents, vendors and others related to school activity.

Should parents, vendors and others generously wish to provide gifts valued at over $100, they may do so by working with the development department to make a gift to the Country Day Fund or a temporarily restricted fund in honor of a particular faculty, staff or department.
Code of Sportsmanship

Athletes, coaches, parents, and spectators are expected to represent LJCDS in a manner that is consistent with good sportsmanship and strong character. LJCDS will not tolerate any behavior by athletes, coaches, or spectators, either students or adults, that is disrespectful to players, officials, coaches, or other spectators or detracts from the proper conduct of the contest.

Parent/Student Communication with Coaches

Parents should not contact the coach about their child’s issue or concern until after their child has met with their coach first. When parents/students have concerns regarding a coach or their program it is imperative that the parent/student follow the steps of resolution below.

1. Student-athlete contacts their coach.
2. Student-athlete contacts their head coach if not the same as #1.
3. Student-athlete contacts the athletic director.
4. Parent contacts the student’s coach.
5. Parent contacts student’s head coach if not the same as #4.
6. Parent contacts the athletic director.
7. Parent contacts the head of school.

Make an Appointment

Productive communication is most likely when parents make an appointment to speak with the coach at a time other than scheduled practice and/or contest time. Parents are never to approach a coach during or just before/after a practice or contest to discuss an issue of concern.

Issues of Concern

Parents/guardians are encouraged to discuss with their child’s coach:

- the treatment of the student-athlete.
- ways to help their child improve.
- concerns over the student’s behavior.
- the coach’s philosophy.
- the coach’s expectations of the student and the team.
- team philosophy and rules.
- team discipline.
- scheduling.
- college recruiting.
Parents are not to discuss with the coach:

- placement on teams (varsity, junior varsity, or novice).
- playing time.
- strategies used by the coach during contests.
- other students.

Parent Coaching During Contests

LJCDS’s coaches are professionals who endeavor to provide an opportunity for the School’s student-athletes to experience meaningful growth, accomplishment, and success through the development of sound habits of mind, heart and work that will allow each student to realize their fullest potential through participation in competitive sports (see Athletic Principles on p. ). As they coach during contests, they do so while teaching lessons in sportsmanship, teamwork, goal setting, competition, overcoming adversity, and winning and losing while maintaining behavior consistent with the School’s Six Pillars of Character. Parents are to respect the position and mission of the coach and should never coach students (their child or others) from the sidelines or the stands during contests.

La Jolla Country Day School’s Fundamentals of Good Sportsmanship

- Show respect for the opponent at all times. When opponents visit our school, they should be treated as guests, greeted cordially on arriving, given appropriate accommodations, and accorded the tolerance, honesty, and generosity that all human beings deserve. When visiting another school, we should be cordial and appreciative of our host. Good sportsmanship is the Golden Rule in action.
- Show respect for the officials. The officials should be recognized as impartial arbitrators who are trained to do their jobs and who can be expected to do them to the best of their abilities. Good sportsmanship implies the willingness to accept and abide by the decisions of the officials.
- Know, understand and uphold the rules of the contest. A familiarity with the current rules of the game and the recognition of their necessity for a fair contest is essential. Good sportsmanship suggests the importance of conforming to the spirit as well as the letter of the rules.
- Maintain self-control at all times. A prerequisite of good sportsmanship requires one to understand their own bias or prejudice and the ability to prevent the desire to win from overriding rational behavior. A proper perspective must be maintained if the potential educational values of athletic competition are to be realized. Good sportsmanship means proper behavior by all involved in the game.
- Recognize and appreciate skill in performance regardless of affiliation. Applause for an opponent’s good performance is a demonstration of generosity and goodwill. The ability to recognize quality in performance and the willingness to acknowledge it without regard to team membership is one of the most commendable gestures of good sportsmanship.
Parent Conduct

The importance of parents behaving as model spectators cannot be overstated. Parents who support the La Jolla Country Day School Code of Sportsmanship (p. 42) provide a role model for other parents and students alike. Parents who harass officials, make comments to others regarding the judgment decisions made by coaches from the sidelines or stands are counterproductive and destroy the values of good sportsmanship and the games themselves. The athletic director reserves the right to remove such parents from school contests either on the Country Day campus or away.

Away and Playoff Game Ticket Prices

Families may be charged admission at away league and non-league baseball, basketball, football, lacrosse, soccer and volleyball games. League fees are $7 for adults and $5 for students/seniors at football games and $5 for adults and $3 for students/seniors for all other sports. Families may also be charged to attend home and away CIF playoff games at amounts set by the CIF SDS office.

Parent Guide for Dressing for Country Day Athletic Contests

When the Torreys are playing: The opponent will wear: Parents should Wear:

Army Navy Academy Black & Gold ROYAL BLUE
Bishop’s Maroon & Gold ROYAL BLUE
Calvin Christian Columbia Blue & Black ROYAL BLUE
Classical Academy Red & White ROYAL BLUE
Del Lago Academy Teal, Gray & White ROYAL BLUE
Escondido Charter Maroon, White & Black ROYAL BLUE
Foothills Christian Purple & Silver ROYAL BLUE
Francis Parker Brown, Gold & White ROYAL BLUE
Guajome Park Academy Teal & Black ROYAL BLUE
Maranatha Christian Navy Blue, Carolina Blue & White ROYAL BLUE
Pacific Ridge Columbia Blue, Black & White ROYAL BLUE
San Diego Jewish Academy Royal Blue & Gold ROYAL BLUE
Santa Fe Christian Red & Gold ROYAL BLUE
Tri City Christian Cardinal Red & Navy Blue ROYAL BLUE

The above should be followed for home and away games.
1. It is the responsibility of school administrators, ASB Council Officers, ASB Advisors, Cheer Advisors and Cheerleaders to assist in the appropriate behavior of members of their respective schools at various athletic events and extra-curricular activities both at home and at away matches.

2. There can be no posters, chants, or cheers directed toward the opposing school or specific players on opposing school teams. Posters, cheers, or chants of such nature will be removed or stopped immediately at the athletic contest. For example – cheerleaders chanting “miss it” during a free throw attempt or a negative poster such as “Beat the ______.”

3. No noisemakers of any kind are allowed to be directed toward the opposing teams. Cheer squads cannot direct megaphones toward the field of play, at a specific player and cannot use megaphones as a noisemaker directed at the opposing teams or players – for example banging megaphones on the floor during a free throw shot attempt. Fans cannot use noisemakers, megaphones directed toward another team or player at any time.

4. Cheerleaders are to cheer positively for their school and players to assist in controlling crowd cheers and directing the crowd in a positive way to support their schools.

5. Fans, students, and parents who behave inappropriately and are determined by the school administration to be not behaving in the best interests of the school and players are to be removed from the premises, and their attendance at school events will be based on the determination of the school administration.

6. School ASB Advisors and ASB Council Officers present at the various athletic contests or other extra-curricular events are to reflect a positive attitude about their schools and refrain from any negative behavior directed at the opposing schools. They are to assist in crowd behavior by setting positive examples and assist, if called upon, with crowd control.

7. Music played over the PA systems must be school-appropriate and not contain songs that refer to drug/alcohol use; use racial, cursing, inappropriate slang; are demeaning or inciting against any group. School officials are to immediately stop this music if it is heard or reported.
Middle School Athletics and Physical Education

Each trimester, Grades 7–8 students may choose to participate in one of the physical education classes, dance, fitness, golf, tennis (fall and winter season) or yoga, or participate on an interscholastic team. Athletic teams’ practices are held during the regular school PE period. Contests are held after school and occasionally on weekends. Students are required to dress in the LJCDS physical education uniform for each class/team practice. It is recommended that each student purchase at least 2 sets of PE uniforms. Repeated failure to have a PE uniform for class will negatively affect students’ PE grades.

The following PE Uniform items are permitted:

**PE T-Shirts** – Gray cotton, performance or long-sleeved performance PE T-shirt.

**PE Shorts** – Royal 3-inch girl’s cut, 7-inch youth or 9-inch adult PE shorts. Students may wear plain, black full-length tights in lieu of PE shorts. Tights are not for sale in the Torrey Store.

**PE Sweatshirts and Sweatpants** – Royal or gray PE sweats. Students will want these when it gets cold. Students may wear plain, black full-length leggings in lieu of PE sweatpants.

**Hats and Visors** – LJCDS hats and visors only.

**Volleyball** – During the fall volleyball season, volleyball players may elect to wear black school logoed volleyball shorts purchased through the LJCDS website. No other volleyball shorts (club, etc.) are permitted. Volleyball players may also wear royal PE shorts or plain, black full-length leggings during volleyball practices and matches.

**Tennis** – Tennis PE students and spring season tennis team members may wear shorts with pockets and tennis skirts. These shorts and skirts must be in the LJCDS colors of royal, gray, black or white. All other PE uniform requirements apply to tennis players including t-shirts, sweatshirts and sweatpants, hats and visors.

**LJCDS Club Gear, etc.** – Students may wear t-shirts, shorts, sweats and hats from LJCDS club athletic teams, art productions, and clubs, etc. provided they are in the LJCDS colors of royal, gray, black or white. LJCDS gear that is not in school colors may not be worn in PE classes.

**Shoes** - Athletic shoes are required. Students may wear cleats for sports such as flag football, soccer, lacrosse, field hockey, baseball and softball, etc. Cleats are never to be worn in the locker room or while passing through the gym and students should bring athletic shoes to wear to and from the field. No Crocs, slides or open-toed shoes or sandals are permitted in PE classes.
Middle School Athletic Membership

La Jolla Country Day School is a member of the South Coast Middle School League (SCMSL).

**SCMSL**

- Army Navy Academy
- Christian Junior High
- Coronado Middle School
- Francis Parker
- Horizon Prep
- La Jolla Country Day School
- Maranatha Christian
- Pacific Ridge
- Rancho Santa Fe School
- San Diego Jewish Academy
- Santa Fe Christian
- The Bishop’s School
- Tri-City Christian
- Warren-Walker

**Middle School Interscholastic Athletics Offered**

**Fall Season**
August-November
- Cross Country
- Flag Football
- Golf (competitive season)
- Lacrosse - Girls
- Volleyball - Girls

**Winter Season**
November-February
- Basketball - Boys
- Fencing *
- Field Hockey *
- Soccer - Boys & Girls
- Softball - Girls

**Spring Season**
February-June
- Baseball - Boys
- Basketball - Girls
- Cheerleading
- Lacrosse* - Boys & Girls
- Track and Field - Boys & Girls
- Tennis - co-ed
- Volleyball - Boy

*See paragraph on club sports on p. 12.

**Objectives of Middle School Athletics at Country Day**

- Allow all middle school students an opportunity to make a commitment to Country Day team sports.
- Teach fundamental sport skills and introduce game strategies.
- Provide stimulating practice sessions and appropriate competition to allow an opportunity for the attainment of success.
- Allow playing time in games and practices over the course of the season so that maturity may be gained as an athlete. Every athlete plays in every contest unless the athlete has been disciplined for behavior problems.
- Introduce self-discipline and a strong work ethic as a means to fuel a desire for achievement and excellence.
- Recognize success and progress throughout the season as fundamental skills are mastered, as team unity develops, and as offensive and defensive concepts are realized in competition.
Middle School Athletic Awards

End of Season Awards

At the end of each season, each Middle School team will recognize up to three of its student-athletes. Middle School athletes are generally awarded in recognition of strong team-building skills such as effort, “coachability” and improvement.

Year-End Awards

Donald Pringle Memorial Award — Awarded at the end of the school year to the eighth-grade boy and girl who best demonstrates ability, desire, determination and sacrifice in the field of athletics.

Away Contests - Middle School

Torrey athletic teams will travel by school van or bus to athletic contests.

Torrey student-athletes are expected to:

1. Conduct themselves as LJCDS gentlemen and ladies in a manner that will reflect positively on themselves, their families, their team and La Jolla Country Day School.
2. Follow all school rules just as if they were on campus.
3. Realize that every choice they make has an effect on themselves, their families, their team, the Torrey athletic department and on La Jolla Country Day School.
4. Every choice a player makes while traveling should be one that helps their team play at a championship level.
5. Enjoy their teammates and the trip while maintaining a competitive focus.

Tips for Team Travel

1. MS student–athletes should bring everything they will need for the game with them. Anything that student-athletes don’t need for the game may be left in the locker room or coach’s office.
2. Parents should pick up their students from the Genesee lot.
3. Parents may pick up their students from away games and should always alert the coach.

For our Middle School students’ safety, it is important that their coaches know where they are at all times. Student-athletes should be picked up by their parents at the athletic parking lot after away games. No Middle School student should return to the Middle School upon returning to campus after away games. If students have forgotten something, they may have their parents drive them around to the Genesee lot to get what they need after they have been picked up at the athletic lot.
TORREY ALMA MATER

All hail, to Alma Mater praise,
To Country Day, our voice we raise.

Our loyalty we pledge to you,
With colors proud, the white and blue.

Memories of friendships made,
Through time and travel will not fade.

As years go by and pass away,
We pledge our hearts to Country Day.

Mascot: Torrey Pine Tree “Torreys”
Colors: Royal Blue and White
Trim Colors: Black and Gray
Unofficial Mascot: Big Blue
TORREY ATHLETICS

PERSONAL INTEGRITY
WORK ETHIC
SELF RESPONSIBILITY
RESPONSIBILITY TO OTHERS
SELF SACRIFICE
DELAYED GRATIFICATION
TEAMWORK
OVERCOMING FEARS
ATTACKING CHALLENGES
GOAL SETTING
THE PURSUIT OF EXCELLENCE
COMMUNITY
BEING PART OF SOMETHING BIGGER THAN ONESELF
History of Excellence


187 League Championships
84 CIF Championships
15 Southern Regional Championships
8 California State Championships

2021-22 Championship Teams

League Champions
Women’s Basketball
Women’s Lacrosse
Men’s Swim and Dive
Women’s Track and Field

CIF Champions
Women’s Basketball - Open Div
Men’s Tennis Doubles -
Dante Schrantz & Camden French
Track & Field Shot Put / Discus - Sam Alligood
Track & Field - Triple Jump - Siena Bateman

Open Division Teams
Women’s Basketball
Men’s Tennis
The Team
Go Torreys!