

Sam H. Lawson Middle School



AFTER-SCHOOL SPORTS HANDBOOK 2009-2010

LAWSON MIDDLE SCHOOL AFTER-SCHOOL SPORTS PROGRAM

Welcome to the Lawson Middle School After-School Sports Program. This program allows the participants to experience inter-school competition, team play and sportsmanship.

It is the goal of this program to provide an inter-school athletic program to as many students as possible. The program offers sport-specific instruction and reinforces the principles of self-esteem building, self-discipline and conscientious sportsmanship by student-athletes, coaches, referees, parents and administrators.

During the 2009-2010 school year, we will again be participating in the Valley Junior High School Athletic League, which includes schools in Los Altos, Mountain View, Cupertino, Sunnyvale and San Jose. We are pleased with our continuing relationship with these schools, as it has provided us with a wide base of competition for our after-school sports program.

The tennis program is a separate program run by the Mid-Peninsula Tennis Patrons, an organization that sponsors junior high tennis programs with a goal of stimulating interest in junior tennis. The tennis team for Lawson is coordinated by Mr. Jeremy Gibbons. Tennis matches are typically on Mondays, Wednesdays and Fridays, beginning at the end of March and running through early May. The tennis team is usually coordinated by parent volunteers and Lawson coaches.

Lawson Middle School is always interested in speaking with individuals who might be interested in coaching during the school year. Parents are welcome to coach. Parents are also welcome to coach a team that their child is participating on. If you know of anyone who might be interested, please contact the Lawson Athletic Director or physical fitness instructors.

Lawson After-School Sports Contacts:

Lawson Athletic Department:

Mr. Jeremy Gibbons: Gibbons_Jeremy@cusdk8.org

Mr. Jeren Jensen: Jensen_Jeren@cusdk8.org

Lawson Sports Boosters Contact:

President: Jay Cena, jaycena@comcast.net

PARTICIPATING SCHOOLS

The Junior High Sports Program participates in the Valley Junior High School Athletic League (VJHSAL), which is comprised of the following schools:

- 1) Blach Intermediate School (Los Altos)
- 2) Columbia Middle School (Mountain View)
- 3) Cupertino Middle School (Sunnyvale)
- 4) Egan Intermediate School (Los Altos)
- 5) Graham Middle School (Mountain View)
- 6) Hyde Middle School (Cupertino)
- 7) Kennedy Middle School (Cupertino)
- 8) Miller Middle School (San Jose)
- 9) Sunnyvale Junior High School (Sunnyvale)
- 10) Lawson Middle School (Cupertino)

Directions to the Valley Athletic League Schools are included in this packet.

SPORTS OFFERED

<u>SPORT</u>	<u>TEAMS</u>	<u>HOW TEAMS ARE MADE*</u>
BOYS:		
Volleyball	8, 7, C	Grade & Height Classification*
Cross Country	8, 7	Grade Classification
Wrestling	Varsity, JV	Weight Classification
Basketball	8, 7, C	Grade & Height Classification*
Soccer	8, 7	Grade Classification *
Track & Field	8, 7	Grade Classification*
GIRLS:		
Softball	8, 7	Grade Classification
Cross Country	8, 7	Grade Classification
Volleyball	8, 7, C	Grade & Height Classification*
Soccer	8, 7	Grade Classification*
Basketball	8, 7, C	Grade & Height Classification*
Track & Field	8, 7	Grade Classification*
BOYS & GIRLS:		
Tennis	Varsity, JV	Ability

The tennis program is a separate program coordinated by Mr. Jeremy Gibbons. The tennis team season will begin in the middle of March and run through early May.

*NOTE: Skill level is also a component in determining participants for each team. "C" teams consist of players who are 5'3" or under.

2009-2010 SPORTS SCHEDULE IMPORTANT DATES

Sport	Tryouts/Practice Starts	First Game	Playoffs
BOYS			
Volleyball	August 31	September 10	Oct. 6, 8, 12
Wrestling	October 12	October 22	**See Notes
Basketball	December 7	January 6	Feb 8, 9, & 11
Soccer	February 10	March 1	April 5, 6, 8
GIRLS			
Softball	August 31	September 10	Oct. 6, 8, 12
Volleyball	October 12	October 22	Dec 2, 4 & 8
Soccer	December 7	January 6	Feb 8, 9, & 11
Basketball	February 10	March 1	April 5, 6, 8
BOYS & GIRLS			
Cross Country	September 2	September 11	October 13
Tennis	March [^]	May [^]	May [^]
Track & Field	April 4	April 26	**See Notes

* Season Begins indicates the first day of tryouts.

[^]Exact Dates to be determined in February

***SPECIAL NOTE REGARDING PLAYOFF FORMAT:** With the exception of the Wrestling and the Track & Field Programs, all sports will participate in a playoff format whereby the top 4 teams in each division will meet in semi-finals on the first date listed, and the two teams advancing from semi-finals will meet in a championship match/game on the second date listed.

****NOTES:**

Wrestling League Finals: December 3, 2009, Location TBA
 Wrestling JV Tournament: December 4, 2009, Location TBA
 Wrestling Sectional Finals: December 8, 2009, Location TBA
 Wrestling County Finals: December 10, 2009, Location TBA

Track & Field League Finals: Thursday, May 18 & 19, 2010, Graham MS
 Track & Field County Finals: Week of May 24, 2010, St. Francis H.S.

PLEASE NOTE- All dates are subject to change! Best to confirm with your child or the Lawson After-School Sports Website

<http://teacherweb.com/CA/LawsonMiddleSchool/AfterSchoolSports/>

Tryouts

Tryouts are generally held one or two weeks prior to the start of each sport. Tryouts are held after school and generally last until 4:30pm. Students are expected to attend all tryout sessions. Students are placed on teams based on standards established for each sport, which include height, weight, grade and skill level. In some cases, where there are limited coaches available or there is not adequate competition in the neighboring schools, it may be necessary to limit the number of students playing in a particular sport. It is the intention of the athletic program to encourage all students to try out for all sports in which they have an interest. It is also a reality that there are often more students interested in a sport than can participate on a team. When this occurs, it is difficult and uncomfortable for the coach to have to make cuts during the tryout period in order for the team to be within maximum limits. Each coach labors over these decisions.

Please understand that the Valley Junior High School Athletic League is a competitive league, not solely recreational in nature. In a competitive league the goal is to win. During the regular season the goal is for coaches to play all players, but not necessarily equally. During playoffs, the goal is to put the best players in the game in order to win and advance. Playing time is at the sole discretion of the coaches. You must realize that every coach has a different philosophy and you need to respect the coaches right to coach. Any questions regarding the placement of a student or specific concerns during the season should be directed to the coach.

A typical tryout schedule will be as follows (this is subject to change depending on certain circumstances):

- ⊕ FIRST TWO TRY-OUT DAYS (for everyone interested in playing)
- ⊕ FIRST CUT (depending on the number of students trying out the coach invites a certain number of players to return to the next try-out)
- ⊕ SECOND CUT (after the first cut if the team still has too many players the coach may decided to do a second cut in order to narrow down the field even more before deciding on the final team. Keep in mind that some teams may not require two cuts.)
- ⊕ FINAL CUT (this is when the final team is chosen)

Students must be present at try-out days in order to be eligible to make the team. However, if a student is able to make all the try-out days, but has to miss the last day before the second cut his/her status will be based on previous observations. If a student misses the try-outs due to illness a doctor's note is needed before a student is considered for the team. There are no students accepted for try-outs after the first cuts. (The only exception to this rule is if a student were playing on another Lawson sports team when the try-outs were taking place)

Participant Information

Sports Fee: There is a \$70 sports fee per sport to support our after-school sports program. Some sports may be different. The money goes towards paying for coaches, referees, and equipment replacement. *There are scholarships available, so please talk to one of the coaches for a form.* Payment methods are cash or check. If paying by check, make payable to Los Gatos Saratoga Recreation Department. Payment is not taken until the athlete is selected by the team. The coach will notify the athletes by giving them a handout explaining the program, releasing liability and schedules.

Athletic Eligibility: Student-athletes must have a C average (2.0) and must have no more than one U in citizenship. Grade checks will be done with registration. Students who do not maintain their grades, have attendance problems or have severe disciplinary issues may be placed on a two-week probation during which they may participate in practices only. If problems continue, an administrator may remove the student from the team.

Code of Conduct: Our student-athletes must realize that they represent our school, our coaches and themselves by their conduct. Good sportsmanship must be stressed at all times.

Good Sportsmanship involves:

1. Treating opponents, officials & coaches with fairness, courtesy and respect.
2. Taking a loss gracefully and without complaint.
3. Taking victory without gloating.

The following statements represent the type of conduct from the athletes expected by the coaches, athletic directors, and school administration.

- ⊛ Play by the "Rules of the Game."
- ⊛ Never argue with the referee. Let your captain or coach ask any relevant questions.
- ⊛ As a player, do not use profane language
- ⊛ Play with control. Do not lose your temper.
- ⊛ Be a 'good sport'. Applaud all good play whether by your teammates or by your opponent/s.
- ⊛ Respect your coaches and opponents. Treat all players, as you would like to be treated. (No taunting)
- ⊛ Remember that the goals of the games are to have fun, to improve your skills, and to feel good.
- ⊛ At the final whistle applaud and thank your opponents and the referee for the match.
- ⊛ Always make your opponents welcome at Lawson Middle School - before, during and after matches.
- ⊛ Win with humility - lose with dignity.

Practice and Game Day Schedules

Practices:

During the season there are usually two games and two practices a week. Friday practices will exist only until the first league and then again after the last league game before the end of the year playoff/tournament. Athletes need to attend all practices. Please schedule medical appointments around game and practice times. If an emergency happens and you can't attend practice or a game please notify your coach A.S.A.P. Unexcused absences from practices will result in sitting on the bench the following game.

*Coaches who are also teachers at Lawson may have other school related obligations on certain days. So, once the season starts, the players will be informed of which days their coaches will not hold practice.

Game Days: Games are usually held on Tuesdays and Thursdays. (*See schedule that was sent home with your student.) The rotation of these games is typically 8th grade first game, "C" team second game, and 7th grade last game.

- ⊛ Home games start around 3:30-3:45, depending greatly on when the visiting school arrives at Lawson. Home games end around 4:30-6:00, however, the number of teams playing at home and the rotation of the games will affect these times.
- ⊛ Away games students usually return to Lawson by 5:30 or 6:00. However, this depends on how many teams are playing away and the rotation of the games. (*You may pick your student up from the opposing school as long as the player checks out with the coach.)
- ⊛ For all game days we will be asking parents to drive the players to the opposing school. This will require you to fill out some paperwork and show proof of sufficient insurance.
- ⊛ We encourage all parents and/or guardians to attend the sporting events.
- ⊛ Please be on time to pick your child up after sporting events.

Parent/ Guardian Information

Drivers Needed: We need drivers to help transport students to and from the after school sports venues. This is a fun way to enjoy the enthusiasm of the kids and to watch them play some exciting contests.

If you are interested in volunteering to drive, please complete the transportation insurance form provided by the coach or at the end of this document. You only need to fill out one (1) form for the entire school year, unless your insurance information changes. These forms are kept on file.

Code of Conduct: As parents/ guardians of young athletes your encouragement and support are a critical part of their success. The following statements represent some ideals that the coaches, athletic directors, and administrators expect from parents/ guardians.

- ✪ Encourage your son/daughter to always play by the “Rules of the Game.”
- ✪ Encourage young people to work towards skill improvement and good sportsmanship.
- ✪ Do not place emphasis on winning at all costs.
- ✪ Set a good example by applauding good play on both sides.
- ✪ As a spectator do not use profane language or harass referees, coaches or players.
- ✪ Do not publicly question the referees' judgment and never his/her honesty.
- ✪ Recognize the value and importance of the coaches. They give their time and resources to provide athletics for young players.
- ✪ Recognize the value and importance of the referees. They give their time and resources to facilitate orderly games for young players.

Lawson Sports Boosters: The Lawson Sports Boosters is a parent organization that supports Lawson’s after school athletics programs as well as establishing intramural sports or other athletic events that benefit all students at Lawson. The program allows any Lawson student to experience interschool competition, team play and sportsmanship in a variety of ways.

The Boosters organization supports Lawson Athletics by raising funds to supplement the district budget for school athletics. This revenue is raised through memberships, donations and fundraisers. We are able to provide supplemental funding to purchase needed sports equipment, provide scholarships to athletes and provide volunteer support. Your yearly contributions are the main source of funding for these key areas. We strongly encourage Lawson Families to join the Boosters to help us provide for the many needs of our sport teams and sport programs as they compete throughout the school year.

You can visit them on the web at: <http://www.lawsonsportsboosters.org>

DIRECTIONS TO SCHOOLS IN THE VALLEY ATHLETIC LEAGUE

Blach Intermediate School 1120 Covington Road Los Altos (650) 964-1196

Take 85 North. Take Fremont Blvd Exit and make a left turn at the light. Go down three lights and make a right turn onto Grant Ave. Stay on Grant until 3rd light and make a left onto Covington. Blach will be on your left.

Columbia Middle School 739 Morse Ave. Sunnyvale (408) 522-8247

Take De Anza Blvd North. De Anza will turn into Sunnyvale-Saratoga Rd. Continue down Sunnyvale-Saratoga to Remington Dr. Go Right on Remington across El Camino. Remington Turns into Fair Oaks Blvd. Continue on Fair Oaks to Maude Ave. Turn Left on Maude. Then turn right onto Morse Ave. School will be on the left.

Cupertino Middle School 1650 South Bernardo Avenue Sunnyvale (408) 245-0303

Take De Anza Blvd North over 280. Turn left onto Homestead Road. Follow Homestead Rd. and turn right on Bernardo Ave. School is on the right.

Graham Middle School – Mountain View Sports Pavilion

1175 Castro Street Mountain View (650) 526-3570

Take 85 North. Exit at El Camino Real/Mt. View. Go back over the freeway. At the 3rd light make a left (Castro Street). Graham Middle School/Mountain View Sports Pavilion is on the left a few blocks down from El Camino.

Hyde Junior High School 19325 Bollinger Road Cupertino (408) 252-6290

From Lawson, go to Blaney Ave and make a right toward Stevens Creek. Turn Left at Stevens Creek Blvd. Turn right on Wolfe. Wolfe turns into Miller at Stevens Creek Boulevard. Continue on Miller to Bollinger. Turn left on Bollinger. School is on the left.

Kennedy Junior High School 821 Bubb Road, at Hyannisport

Cupertino (408) 253-1525

Take De Anza Blvd South toward Stevens Creek. Turn right on Stevens Creek. Go over the 85 Freeway Then turn left at the first street, which is Bubb Road. After going through an industrial area, the school will be on the right side at Hyannisport.

Miller Middle School 6151 Rainbow Drive San Jose (408) 252-3755

From Lawson, go to Blaney Ave and make a right toward Stevens Creek. Turn Left at Stevens Creek Blvd. Turn right on Wolfe. Wolfe turns into Miller at Stevens Creek Boulevard. Continue on Miller to Rainbow. Turn left on Rainbow. School is on the left.

Sunnyvale Middle School 1080 Mango Avenue Sunnyvale (408) 522-8288

Take De Anza Blvd over 280. De Anza turns into Sunnyvale-Saratoga. Go South until you reach Remington Drive. Turn Left onto Remington. Continue on Remington to Mango. Make a right on Mango and park in the lot to your right.



Sam H. Lawson Middle School '09-'10 Team Photos

*** GIRLS ***

Season 1	5x7	8x10
Girls Cross Country - SERIOUS		
Girls Cross Country - SILLY		
8 th Grade Girls Softball - SERIOUS		
8 th Grade Girls Softball - SILLY		
6/7 th Grade Girls Softball - SERIOUS		
6/7 th Grade Girls Softball - SILLY		

Season 2	5x7	8x10
8 th Grade Girls Volleyball - SERIOUS		
8 th Grade Girls Volleyball - SILLY		
6/7 th Grade Girls Volleyball - SERIOUS		
6/7 th Grade Girls Volleyball - SILLY		
C Team Girls Volleyball - SERIOUS		
C Team Girls Volleyball - SILLY		

Season 3	5x7	8x10
8 th Grade Girls Basketball- SERIOUS		
8 th Grade Girls Basketball - SILLY		
6/7 th Grade Girls Basketball- SERIOUS		
6/7 th Grade Girls Basketball- SILLY		
C Team Girls Basketball- SERIOUS		
C Team Girls Basketball - SILLY		

Season 4	5x7	8x10
8 th Grade Girls Soccer - SERIOUS		
8 th Grade Girls Soccer - SILLY		
6/7 th Grade Girls Soccer - SERIOUS		
6/7 th Grade Girls Soccer- SILLY		

Season 5	5x7	8x10
Co-ed Tennis - SERIOUS		
Co-ed Tennis - SILLY		
8 th Girls Track & Field - SERIOUS		
8 th Girls Track & Field - SILLY		
7 th Girls Track & Field - SERIOUS		
7 th Girls Track & Field - SILLY		
6 th Girls Track & Field - SERIOUS		
6 th Girls Track & Field - SILLY		

*** BOYS ***

Season 1	5x7	8x10
Boys Cross Country - SERIOUS		
Boys Cross Country - SILLY		
8 th Grade Boys Volleyball - SERIOUS		
8 th Grade Boys Volleyball - SILLY		
6/7 th Grade Boys Volleyball - SERIOUS		
6/7 th Grade Boys Volleyball - SILLY		
C Team Boys Volleyball - SERIOUS		
C Team Boys Volleyball - SILLY		

Season 2	5x7	8x10
Co-ed Varsity Wrestling - SERIOUS		
Co-ed Varsity Wrestling - SILLY		
Co-ed JV Wrestling - SERIOUS		
Co-ed JV Wrestling - SILLY		

Season 3	5x7	8x10
8 th Grade Boys Soccer- SERIOUS		
8 th Grade Boys Soccer - SILLY		
6/7 th Grade Boys Soccer - SERIOUS		
6/7 th Grade Boys Soccer - SILLY		

Season 4	5x7	8x10
8 th Grade Boys Basketball - SERIOUS		
8 th Grade Boys Basketball - SILLY		
6/7 th Grade Boys Basketball- SERIOUS		
6/7 th Grade Boys Basketball- SILLY		
C Team Boys Basketball- SERIOUS		
C Team Boys Basketball - SILLY		

Season 5	5x7	8x10
Co-ed Tennis - SERIOUS		
Co-ed Tennis - SILLY		
8 th Boys Track & Field - SERIOUS		
8 th Boys Track & Field - SILLY		
7 th Boys Track & Field - SERIOUS		
7 th Boys Track & Field - SILLY		
6 th Boys Track & Field - SERIOUS		
6 th Boys Track & Field - SILLY		

Quantity 5x7's _____ @\$8 each = \$ _____ or **BONUS 5x7 Package** (Reg + Silly) @ \$11 = \$ _____
 Quantity 8x12's _____ @\$10 each = \$ _____ or **BONUS 8x12 Package** (Reg + Silly) @ \$15 = \$ _____

TOTAL ENCLOSED = \$ Checks ONLY payable to: **Lawson Sports Boosters: Check #:** _____

Student Name: _____ **Fitness Teacher:** _____ **Grade** _____ **M/F:** _____

Parent name: _____ **Email/Phone contact:** _____

Proceeds from the sale of team photos go to the Lawson Sports Boosters as supplemental funds used to purchase needed sports equipment, provide scholarships to athletes, and support other athletic events at Lawson that benefit ALL students.

THANK YOU FOR YOUR SUPPORT! Questions: contact Alysa Sakkas: 255-8132 asakkas@gmail.com

----- Please fill out for envelope label -----
 Coaches: _____ 10