



2019-2020

## Athletic Program and Tryout Information for Parents and Student Athletes

**THE TRYOUT PROCESS** – *Students in the Sweetwater Union High School District, regardless of age or grade, have the ability to try out for any level of sport being offered at a site. The Novice level of sport does have some guidelines for participation (see below).* In each program, a coach and/or coaches are hired by Sweetwater Union High School District and are responsible for team selection. The head coach establishes criteria for selection, possibly with input from the entire coaching staff. By its very nature, this may be a highly subjective process. Team selection, practices, and decisions regarding game situations are the responsibility of the coaching staff.

**MAKING THE TEAM** - The Sweetwater Union High School District wants to encourage all students to go out for a sport and participate. Athletic programs within the Sweetwater Union High School District are highly competitive. We are not able to place on every team every student-athlete who wishes to participate. While this is not our desire, it is our reality. The hardest thing our coaches have to do is to tell young people they will not be on a team. Please be sure when your student-athlete tries out for a team, both you and he/she understands there is a very real possibility he/she may not be selected. Normally, coaches have a very short amount of time to make team selections. They try to do the very best they can in keeping the most skilled and hardworking athletes and filling positions for play. Their goal is to assemble the most competitive team possible. We believe it is the coaches' responsibility and right to select the team with whom they will work for the entire season.

### LEVELS OF PLAY IN THE SUHSD

**VARSITY** -Varsity is a term that is reserved for the top team or the most experienced team made up of the strongest players that will represent the institution in sporting events. In most cases, the majority of Varsity team rosters are made up of students in 11<sup>th</sup> and 12<sup>th</sup> grade. Although all grade levels are eligible to be selected on a Varsity team, factors such as experience, skill, physical ability, and mental maturity are important considerations.

**JUNIOR VARSITY**- or JV are the teams comprised of players who are not deemed experienced or skilled enough to play for varsity teams. JV teams have sophomores, freshmen, juniors, or seniors who do not find a place on the varsity teams. As such, junior varsity teams are used as a developmental level to prepare these athletes to compete in varsity level competition.

**NOVICE** - A student athlete who is a beginner, new to the sport, or has limited high school experience.

**Novice Sports offered in the Sweetwater District** – Co-ed Football, Girls Volleyball, Boys Basketball, Girls Basketball, Girls Soccer, and Softball

### BASIC NOVICE GUIDELINE

- 1. A student's first year at the Novice level must be their first time participating in that sport in high school.***
- 2. A Senior would only be allowed to participate at the Novice level if they had never played that sport in high school.***
- 3. Student athletes are not permitted to play more than two consecutive years at the Novice level in any given sport***

If you have any questions on the information above, please contact **Mr. Joe Heinz, Sweetwater Union High School District Athletic Coordinator, 619-600-3301.**

"Sweetwater Union High School District programs and activities shall be free from discrimination based on age, gender, gender identity or expression, or genetic information, sex, race, color, religion, ancestry, national origin, ethnic group identification, marital or parental status, physical or mental disability, sexual orientation; the perception of one or more of such characteristics; or association with a person or group with one or more of these actual or perceived characteristics."