

Mountain View High School
Fall Sports Parent
Meeting
August 20, 2024

INSPIRE
GREATNESS!



TODAY'S AGENDA

Introductions

Our Vision & Mission

Student Expectations

Parent Expectations

Question & Answer



Athletic Department Staff



Allende Palma-Saracho
Assistant Principal



Geodi Sunabe-Davidson
Girls Athletic Director



Angel Lopez
Boys Athletic Director



Monica Reyes
Activities Clerk

[Our Contact Information \(MVHS Athletics website\)](#)

Our Fall Coaches



Paul Rodriguez
Football Head Coach



Jasmine Soza
Volleyball Head Coach



Felipe Loera
Cross Country Head
Coach



Jorge Martinez
Girls Tennis Head Coach

Rudy Gastelum, JV Coach
Miguel Soza, Frosh Coach

Jose Centeno, JV Coach

Anthony Mora, JV Coach

Contact information on our [Athletics Website](#) - MV Coaches

Our Year-round Coaches



Martha Guerrero
Cheer Head Coach



James Fraracci
Band Director



Michelle Rodriguez
Drill Team Coach



Angel Jimenez
Colorguard Coach

Gracia Barragan, JV
Coach

Jecsan Solis, Drumline
Coach

Contact information on our [Athletics Website](#) - MV Coaches

Mountain View Athletics.

Our Vision

TO BE A MODEL PROGRAM THAT INSPIRES GREATNESS IN THE ACADEMIC AND ATHLETIC ARENA.

Our Mission

To build scholar athletes of great character, who take great pride in representing their school, and care most about winning the right way. Who compete every day on the field and are role models in the classroom. Toward that end, our athletic program will provide

1. Exemplary coaches and mentors,
2. Top-notch facilities,
3. Academic assistance to help students achieve their college and career aspirations, and
4. Care for the physical, social-emotional, and overall well-being of our Vikings.



Coach/Volunteer Clearance

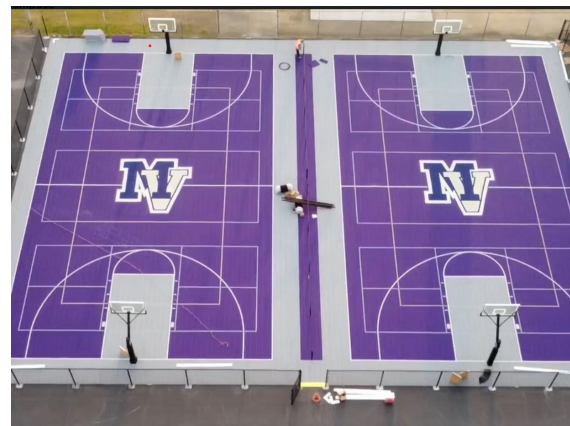
All coaches/volunteers must be fully cleared in order to work with students.

Only cleared personnel are allowed on the field, court, locker rooms, bus, etc.



Coaches complete multiple trainings each year

Our Facilities - WE BLEED PURPLE & GOLD!



Our Facilities - State of the Art Training



Coming in March!
New locker room &
conditioning room for
Girls PE & Girls
Athletics!

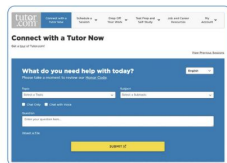
Tutoring, Study Halls, Saturday Sessions

Tutor.com Classroom: How it Works

Connect with expert tutors for on-demand, 1-to-1 help

The expert tutors at **Tutor.com** can help you work through a tough homework problem, improve your writing skills, study for a test, review a difficult concept, and so much more!

Live Tutoring Step-by-Step Guide



Step 1: Get started

Click the Tutor.com icon in your Google Waffle.

Step 2: Get the right tutor and start your session

Fill in the quick pre-session questionnaire. Using this information, we will match you with the first available tutor best qualified to assist you.

Click on the **SUBMIT** button to quickly connect with an incredible tutor.



Step 3: Communicate

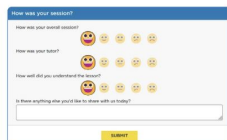
You can use text- or voice-chat to communicate with your tutor in the online classroom. You and your tutor may also use the interactive whiteboard to share work and ideas.

*All activity in the classroom is recorded for review and quality control. Transcripts will be available afterward in **My Account** under the **Completed Sessions** tab.*



Step 4: Share a file

You can upload files related to your assignment to the online classroom—including documents, spreadsheets, presentation slides, screenshots, image files, and more. You and your tutor will be able to view them together during your session.



Step 5: Rate and review your session

After each session, be sure to let us know how we did! Complete the survey and share your comments. Then, you'll have the option to play a recording of your session and email or print the chat log and whiteboards.



The Princeton Review® is not affiliated with Princeton University.



Athletes can make up absences (10+ absences will make them ineligible), while working with their team. Requires 4 consecutive hours of activity on campus. Allows for creativity in designing sessions to do things like:

- Practice drills
- Strength & Conditioning
- Film Sessions
- Study Hall
- Community Service



**What do we expect
from our athletes?**

Follow the protocols

#1 GET CLEARED!

Student Athlete Clearance

Students must be fully cleared to try-out, practice, dress for games, transport, & be on sidelines. Only parent email accounts will be accepted.

- **Complete an Athletic Packet** every academic year: **July 1st - June 30th**
 - sports physical, insurance, code of conduct, student & parent signatures.

M.V.H.S

ATHLETIC CLEARANCE PACKET

MV Vikings: if you are planning to play a sport, join band, cheer, drill or color guard you will need to complete an Athletic Clearance Packet online.

[CLICK HERE TO COMPLETE THE ATHLETIC CLEARANCE PACKET](#)

Steps for parents to complete the online packet:

- **Parents will CREATE AN ACCOUNT** (please do not use student email)
- Click on START CLEARANCE HERE
- FOR SCHOOL: Type in Mountain View and select Mountain View. Make sure the address shows 2900 Parkway Drive, El Monte, CA
- Select the **2024-2025** school year
- Select all the sports your child will participate in (use ADD NEW SPORT to add a new sport)
- Then click NEXT
- You will then go through the different sections to fill out
 - Student
 - Parent/Guardian
 - Medical
 - Additional Questions
 - Signatures (This section requires both the Student & Parent signature)
- UNDER FILES, you will upload a copy of:
 - Physical Form (MEDICAL ELIGIBILITY FORM)
 - Your child's medical card.
- Once you have finished all sections you will click SUBMIT COMPLETED APPLICATION
- You will be given a confirmation message, this does not mean the student is cleared.
- You will receive a separate notification that your child has been APPROVED.



The El Monte Union High School District requires a yearly physical for students participating in co-curricular and extracurricular activities. All physicals will expire 1 year from the initial date of physical. Physical Expiration emails will be sent to the email on file at 30 days, and again at 10 days. Once submitted and approved, your physical will be valid for 1 calendar year from your initial physical date. EMUHS and CIF-SS require all sports physical exams to be completed by a qualified medical provider. Qualified exams, signatures and documentation are acceptable from the following: Medical Doctor, Doctor of Osteopathic, Nurse Practitioner, or Physician's Assistant, (MD, DO, NP, PA).

**Anyone need a
physical?**

LAST CHANCE!!!

SPREAD THE WORD!

**Pick up a physical form &
permission slip from the
Activities Office!**

**LAST PHYSICAL ON CAMPUS!
MOUNTAIN VIEW HIGH SCHOOL**

SPORT PHYSICALS

**AUG 22, 2024
@3:45PM**

**\$25 CASH ONLY
@ MVHS ACTIVITIES OFFICE**

**MUST PICK UP A PERMISSION SLIP & PHYSICAL
FORM FROM THE ACTIVITIES OFFICE**

**FOR ALL SPORTS:
FOOTBALL, SOCCER, BASKETBALL, WRESTLING, BASEBALL,
SOFTBALL, TRACK & FIELD, TENNIS, VOLLEYBALL, CROSS
COUNTRY, BAND, DRILL, COLOR GUARD, CHEER
FOR THE 2024-25 SCHOOL YEAR**

#2 Be Healthy

Yearly Sports Physical - ideally in June, July, or August to cover all seasons from July 1 - June 30th.

Emergencies - Should an injury occur that requires the athlete to be removed from the playing or practice field:

- Coaches/trainers will provide first aid or in an emergency, call 911
- Call parents/guardians using Emergency Card
- **Parents should take student to be immediately evaluated by a doctor**
- **Report results to school nurse:**
Ms. Nikki Benavides (626) 443-6181 ext 5904

Clearance to Resume - If an athlete requires medical attention or misses practice on the request of a physician, the athlete must have a written note of clearance from physician before returning to practice. Students must submit a copy of clearance to the Health Office and the Activities Office.



#3 Live by the Code of Conduct

Your actions and behavior as a member of an El Monte Union High School District (EMUHSD) athletic team reflect not only upon yourself and your family, but also upon your team and your school. Every EMUHSD athlete should pursue the 6 pillars of character:

- **TRUSTWORTHINESS** - be honest
- **RESPECT** - treat others with respect
- **RESPONSIBILITY** - do what you're supposed to
- **FAIRNESS** - play by the rules
- **CARING** - be kind & compassionate
- **CITIZENSHIP** - make your community better



Participation is a **PRIVILEGE**, not a right.
Be a role model representing the best of Mountain View

#4 Stay Academically Eligible

State of California requires all athletes:

- Must have a 2.0 GPA at the end of the previous grading period & passing at least 4 classes.
 - Incoming 9th graders enter eligible to play in a Fall sport
- Make successful progress toward meeting graduation requirements.
- Any student who earns more than one “4” in Citizenship is put on probation for 2 weeks (can’t play in games)
- Eligibility or ineligibility takes effect the first Friday after the grading period ends.
- Student transfers require transfer paperwork to be approved by CIF.



MV phenom Erika “Kika” Rivera signs her letter of intent to attend & play softball for Pomona Pitzer College

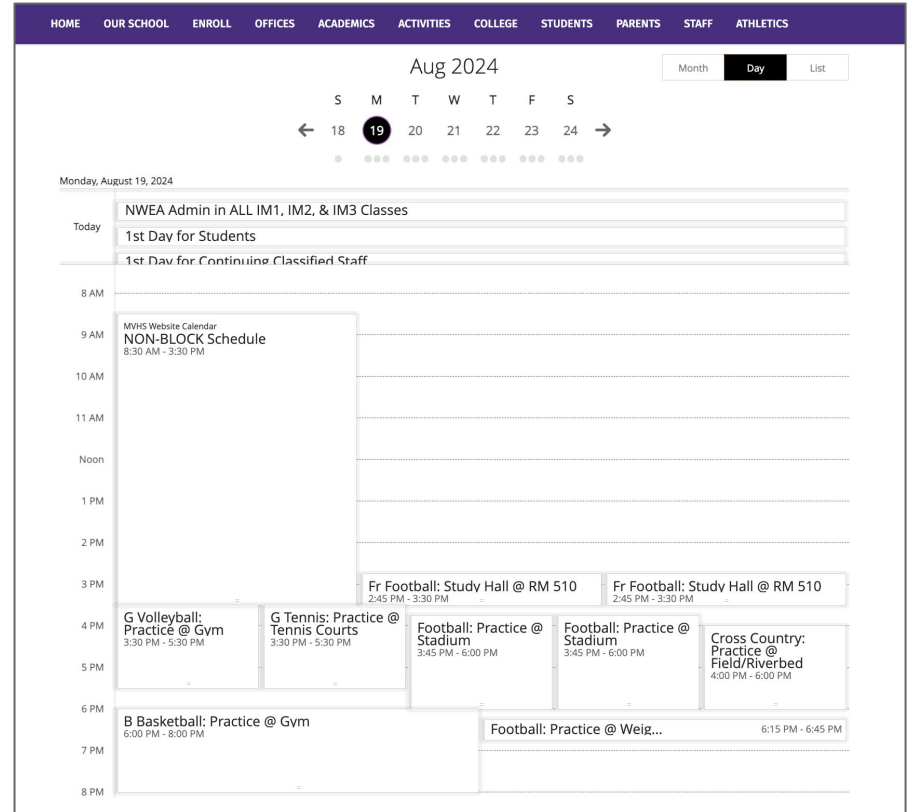
#5 Take care of your uniforms

- All uniforms are checked out to students and must be returned by students. Athletes are financially responsible for all equipment and uniforms they checked out.
- Team uniforms are to be worn only by athletes on game days.
- Uniforms must be turned in within 1 week of the season ending
- Athletes may not try out for another sport until all equipment has been returned.



#6 Stay Committed - Attend practices

- Practices are mandatory and can be held daily (except for Sunday)
- Attendance is taken, especially for those getting Athletics credit
- Athletes need to communicate with their coaches ahead of time if they need to miss practice. Employment is not a valid excuse for missing.
- Practice schedules can be found on our [MVHS Website Calendar](#)
- An athlete wanting to quit must get approval from the coach and athletic director or they will not be allowed to participate in another sport until the following season.



#7 Be here on time every day

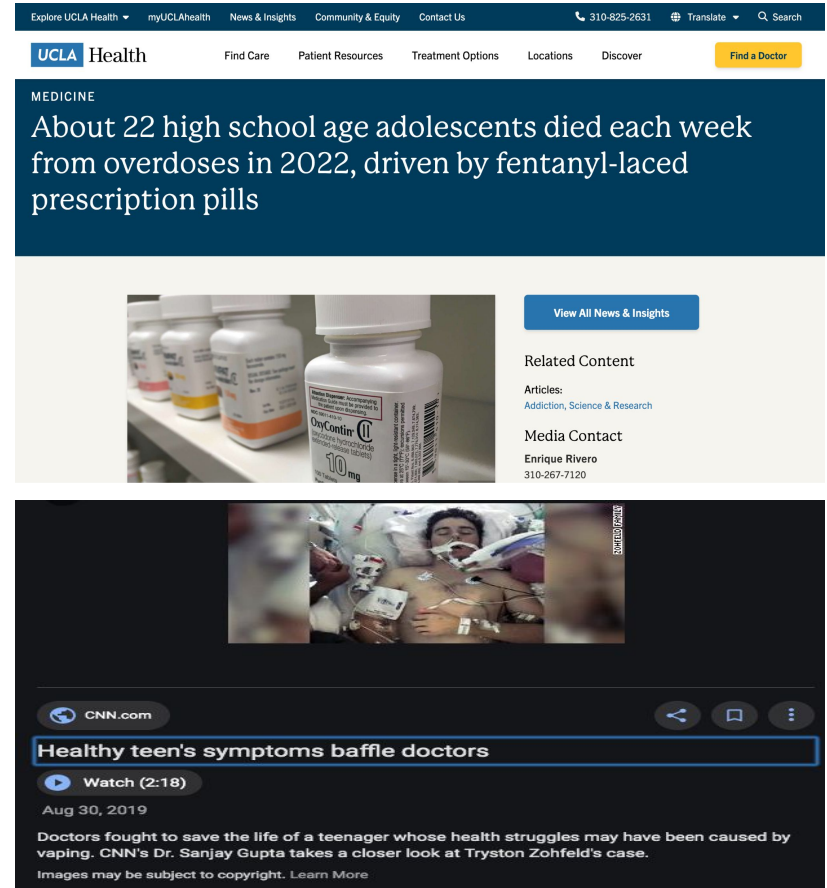
- Students with 10+ absences will become ineligible for athletics
- Students who are truant 2 or more periods in a single week, cannot play in the next game the following week.
- On game days, students must attend 3 periods of school in order to play in the game.
- Students who are chronically late or out of class will also lose the opportunity to participate.



#8 Behave Appropriately

A student athlete may not use any illegal substance including vaping, consuming alcohol, narcotics or performance enhancing drugs.

- 1st Violation: lose eligibility for the next 2 consecutive events or 2 weeks (whichever is greater).
- 2nd Violation: lose eligibility for next 6 events
- 3rd or more violations: lose eligibility for next 12 events, and require a treatment program in order to be reinstated any sooner.



The image is a composite of two screenshots. The top screenshot is from the UCLA Health website, showing a navigation bar with links like 'Explore UCLA Health', 'myUCLAhealth', 'News & Insights', 'Community & Equity', and 'Contact Us'. Below the navigation bar, there's a 'UCLA Health' logo and a 'Find a Doctor' button. The main content area features a headline: 'About 22 high school age adolescents died each week from overdoses in 2022, driven by fentanyl-laced prescription pills'. To the right of the headline is a 'View All News & Insights' button. Below the headline is a photo of several white pill bottles, one of which is labeled 'OxyContin 10 mg'. To the right of the photo is a 'Related Content' section with links to 'Articles: Addiction, Science & Research' and 'Media Contact: Enrique Rivero 310-267-7120'.

The bottom screenshot is from a CNN video player. It shows a video thumbnail of a person lying in a hospital bed, surrounded by medical equipment. The video title is 'Healthy teen's symptoms baffle doctors'. Below the title is a 'Watch (2:18)' button. The video was posted on 'Aug 30, 2019'. The description reads: 'Doctors fought to save the life of a teenager whose health struggles may have been caused by vaping. CNN's Dr. Sanjay Gupta takes a closer look at Tryston Zohfeld's case. Images may be subject to copyright. Learn More'.

#8 Behave Appropriately

Avoid any suspendable offenses including:

- Fights
- Possession, furnishing a weapon
- Robbery, stealing
- Causing damage to school or private property
- Committing an obscene act or engaging in habitual profanity or vulgarity.
- Arranging, offering, or negotiating to sell any drug paraphernalia

A student athlete will be suspended from all athletics for the remainder of the semester, or for six weeks, whichever is longer.

How varsity football's last game went from touchdowns to throwdowns

Sophia Pu

November 15, 2023

News

Sports



Varsity football's last game was on Oct. 20 away against Rosemead. It ended in an altercation in the fourth quarter that ended both teams' seasons. The call made by CIF evicted all players who left the sidelines to join the altercation, leaving Gabrielino with too few players to field a team for the Homecoming game scheduled for the following Friday.



Parent Expectations

Cheer!

- Join us at our games and cheer on our athletes with a positive attitude & proper sportsmanship.
- Purchase a Parent Spirit Pack! Save money on home game tickets!
- Come to Senior Nights (last home game of the season).
- Come to our Fall Banquet at end of season.



Sports Banquet celebrations



Senior Night with parent escorts

Mountain View High School 2024-2025

FAMILY SPIRIT PACK

SPIRIT PACK INCLUDES:

- 1 MVHS T-shirt
- 1 MVHS Hoodie
- 1 HOME game card

\$60



FAMILY HOME GAME CARD

- FREE entrance for ONE person to ALL HOME VARSITY GAMES for Football & Basketball season
- Receive Snack bar coupons
- **Family members who do not have a game card will need to purchase tickets through GoFan for each game (\$8 admission + \$1 fee = \$9 per game)**



Follow the EMUHSD Spectator Policy

Unacceptable Behavior

The following represent some, but not all examples of negative spectator behavior, and will not be tolerated.

- Disrespectful or derogatory yells, chants, or gestures directed at the opposing team
- Booing or heckling an official's decision, criticizing officials, displays of temper
- Engaging an opposing fan or group of fans in a dispute or argument
- Yells that antagonize opponents or their fans
- Blaming the loss of a game on officials, coaches or participants
- Yelling at or criticizing coaches or student participants of either team
- Destruction of property, signs, or equipment
- Running onto the floor or field of play before, during or after the contest
- Use of profane, vulgar or abusive language or name calling

Consequences for violating Spectator Policy

Any person acting in an unacceptable manner faces ejection from the contest or activity and possible exclusion from subsequent contests or activities.

1st Offense: verbal warning to spectator by administrator for misconduct. Principal shall have the right to eject the spectator from event at first offense if offense is considered to be of serious nature and this action shall be treated the same as second offense.

2nd Offense: Immediate ejection. Letter of warning will be issued by Principal

3rd Offense: A ban from attending all future events for the entire school year. A follow up letter from the District.

Donate!

- Sign up to help run the snackbar
- Donate food, snacks, drinks for team meals
- Donate to fundraisers or help spread the word among family
- Ask Coach how you can help



MOUNTAIN VIEW HIGH SCHOOL FOOTBALL PROGRAM FUNDRAISER



MOUNTAIN VIEW FOOTBALL FUNDRAISER

We are fundraising to provide the best high school football experience for our student athletes. We want our student athletes to have the most up to date equipment, plenty of athletic apparel, and to be fed well. We are fundraising for the following resources:

- End Zone Camera Instant Replay Renewal (\$1,000)
- Go Route Route Practice Organization Tools (\$3,000)
- Team Warm Ups (\$2,400)
- Team Backpacks (\$2,000)

BLAST Athletics - our better version
of GoFundMe

Trust!

- Our coaches work endless hours with our athletes preparing them for the season
- Coaches have discretion for determining their roster, rotations, playing time, etc.



Communicate!

- If you have questions or concerns, reach out to Coach at the appropriate time (i.e. never after a game)
- Call, email or schedule a meeting, following the chain of command: Coach → Athletic Director → Administrator

The screenshot shows the Mountain View High School Athletics website. The header includes navigation links: HOME, OUR SCHOOL, ENROLL, OFFICES, ACADEMICS, ACTIVITIES, COLLEGE, STUDENTS, PARENTS, STAFF, and ATHLETICS. The Athletics section is active. Below the header, there's a search bar and a "TRANSLATE" button. The main content area is titled "Athletic Info" and lists various links: HOME, GO FAN - PURCHASE GAME TICKETS, SPORTS ON CAMPUS, MV COACHES, SIGN-UP FOR A TEAM, SUBMIT YOUR ATHLETIC CLEARANCE PACKET, SPORTS PHYSICAL FORM, WHERE CAN I GET A SPORT PHYSICAL?, PURCHASE MYERS-STEVENS INSURANCE, SPORT SCHEDULES, ASB "GOLD" CARD, FAMILY SPIRIT PACK, LETTERMAN JACKET INFORMATION, and DONATE TO OUR TEAMS. The "MV COACHING STAFF" section is highlighted, showing a list of coaches with their names, titles, and email addresses. A search bar is also present for finding coaches by name, title, or location.

Name	Title	Location	Email
Francisco Chaldez	BOYS SOCCER	All Locations	francisco.chaldez@icloud.com
Larry De La Rosa	SOFTBALL	All Locations	larry.delarosa@emuhsd.org
Cynthia Flores	GIRLS BASKETBALL	All Locations	cynthia.flores@emuhsd.org
James Fraracci	Band Director	All Locations	james.fraracci@emuhsd.org
Rudy Gastelum	WRESTLING	All Locations	rodolfo.gastelum@emuhsd.org
Martha Guerrero	CHEERLEADING	All Locations	martha.guerrero@emuhsd.org
Isaac Hall	BOYS BASKETBALL	All Locations	isaachalli@gmail.com

[Click here for all Coaches contact information](#)

Have Fun!

- This is high school sports!
- 4 years will fly by
- Make memories you will cherish
- Let your child enjoy the experience as much as possible
- Let the players play, the coaches coach, the referees ref, and the parents celebrate!





**Any
questions?**

**THANK YOU
FOR
COMING!**
***INSPIRE
GREATNESS!***

