

ADMINISTRATION

PRINCIPAL:	SUZANNE BLAKE
ASST. PRINCIPAL:	JOSE CASTELO
ASST. PRINCIPAL:	YELA DIRLAM
ASST. PRINCIPAL/SCS:	LILIA POSTELL
ASST. PRINCIPAL/SSS	TOM AMBRECHT

ATHLETIC DEPARTMENT

818.271.2920

ATHLETIC DIRECTOR:	KEVIN KANEMURA
ASST. ATHLETIC DIRECTOR:	ROBERT BUCK
NURSE:	MELINDA JACOBSON
PLANT MANAGER:	STEVE MARTINEZ
AA TRACK:	JENNIFER VICTOR
BAND:	
BASEBALL:	MANNY ALVARADO (V) PEDRO TRUJILLO (JV)
BASKETBALL:	KEVIN KANEMURA (B-V) VICTOR KOOPONGSAKOR (B-JV) RAFAEL ACOSTA (B-F/S) KERRI GARLAND (G-V) SHANEYA HARRIS (G-JV) ELIZABETH ORTIZ
CHEER:	VICTOR KOOPONGSAKORN
CROSS COUNTRY/TRACK:	JACINTO GARCIA
DRILL:	
FOOTBALL:	DION LAMBERT (V) GARY SHAW (F/S)
GOLF:	LARRY WAGENBACH (B/G)
SOFTBALL:	CRAIG BECKER (V) GARY SHAW (JV)
SOCCER:	FRED SINGER (B-V) RAY PORTELO (G-V)
SWIM/WATER POLO:	RICHARD NINO
TENNIS:	CRAIG RAUB (B) BILL VOGEL (G)
VOLLEYBALL:	TY RATANAPHOM (B/G)

PARENT HANDBOOK



GOLDEN COUGARS ATHLETICS

JOHN F. KENNEDY HIGH SCHOOL
11254 GOTHIC AVE.
GRANADA HILLS, CA 91344
818.271.2900
818.368.9527 – FAX
www.JFKAthletics.org

PARENT HANDBOOK FOR INTERSCHOLASTIC ATHLETICS

THE PURPOSE OF THIS HANDBOOK IS TO ASSIST PARENTS/GUARDIANS OF JOHN F. KENNEDY HIGH SCHOOL STUDENT/ATHLETES. BEING A PARENT OF A HIGH SCHOOL STUDENT CAN BE VERY DIFFICULT. PARTICIPATING IN INTERSCHOLASTIC SPORTS SHOULD BE A POSITIVE AND REWARDING EXPERIENCE FOR ALL INVOLVED. WE HOPE TO PROVIDE A BETTER UNDERSTANDING OF ISSUES AND CONCERNS THAT MAY COME UP IN THE COURSE OF ATHLETIC PARTICIPATION ON OUR CAMPUS.

KEYS TO SUCCESS:

SINCERITY: YOU HAVE TO WORK AND WORK HARD. THERE IS NO SUBSTITUTE FOR WORK. WORTHWHILE THINGS COME ONLY FROM WORK.

EAGERNESS: YOU HAVE TO LIKE WHAT YOU'RE DOING; YOUR HEART MUST BE IN IT. WITHOUT ENTHUSIASM YOU CAN'T WORK UP TO YOUR FULLEST ABILITY.

COOPERATION: IN ORDER TO REACH THE FULL POTENTIAL, THERE MUST BE COOPERATION AT ALL LEVELS. COACHES, STUDENTS AND PARENTS MUST WORK TOGETHER IN ALL WAYS TO ACCOMPLISH THE COMMON GOAL. TO GET COOPERATION, YOU MUST GIVE COOPERATION.

DETERMINATION: THIS IS THE ABILITY TO RESIST TEMPTATION AND STAY THE COURSE, TO CONCENTRATE ON YOUR OBJECTIVES WITH PURPOSE AND RESOLVE. YOU MAY HAVE SETBACKS, HAVE TO START OVER, CHANGE YOUR METHOD, BACK UP AND GET ANOTHER START. BUT YOU DON'T QUIT, YOU STAY THE COURSE.

TEAM SPIRIT: THINKING OF OTHERS. WILLING TO SACRIFICE PERSONAL CONSIDERATION FOR THE WELFARE OF ALL.

CONFIDENCE: YOU MUST BELIEVE IN YOURSELF IF YOU EXPECT OTHERS TO BELIEVE IN YOU.

ACHIEVEMENT: GIVING 100% OF YOUR EFFORT, BODY, MIND AND SOUL TO ATTAINING YOUR GOALS.

"SUCCESS IS PEACE OF MIND, WHICH IS A DIRECT RESULT OF SELF-SATISFACTION IN KNOWING YOU DID YOUR BEST TO BECOME THE BEST THAT YOU ARE CAPABLE OF BECOMING."

- COACH JOHN WOODEN, UCLA

COLLEGE REQUIREMENTS

UC/CSU ADMISSION REQUIREMENTS:

ENGLISH:	40 CREDITS
MATH:	30 CREDITS-40 REC. OF COLLEGE PREP MATH
SOCIAL STUDIES:	20 CREDITS
SCIENCE:	20 CREDITS-30 REC.
FOREIGN LANG.:	20 CREDITS-30 REC.
VIS./PERF. ART:	10 CREDITS-MUST BE YEARLONG CLASS
ELECTIVES:	10 CREDITS-COLLEGE PREP ELECTIVES

SCHOLARSHIP ATHLETE REQUIREMENTS:

ENGLISH:	40 CREDITS
MATH:	30 CREDITS-ALG. 1 OR HIGHER
SOCIAL STUDIES:	20 CREDITS
SCIENCE:	20 CREDITS-NAT./PHYS. (1YR OF LAB)
ACAD. ELECTIVE:	10 CREDITS-ADD. ENG., MATH OR SCI.
ADD. COURSES:	40 CREDITS-FOR. LANG. OR ANY ABOVE AREA

ADDITIONAL REQUIREMENTS:

- GRADUATE FROM HIGH SCHOOL
- COMPLETE A MINIMUM OF (16) CORE COURSES
- PRESENT A MINIMUM (GPA) IN CORE COURSES
- PRESENT A QUALIFYING TEST SCORE ON EITHER THE SAT OR ACT

ATHLETIC SCHOLARSHIP WEBSITE INFORMATION:

www.NCAA.org
www.eligibilitycenter.org

KENNEDY HIGH SCHOOL COLLEGE CENTER:

MS. SANDRA HERNANDEZ
PHONE # 818-271-2922

GRADUATION REQUIREMENTS

REQUIRED CLASSES:

ENGLISH:	40 CREDITS	TECH. ART:	10 CREDITS
SOCIAL STUD.	30 CREDITS	HEALTH:	5 CREDITS
MATH:	20 CREDITS	COMPUTERS:	5 CREDITS
SCIENCE:	20 CREDITS	LIFE SKILLS:	5 CREDITS
PHYS. ED.	20 CREDITS	CAREER PATH.:	30 CREDITS
VIS./PERF. ART:	10 CREDITS	ELECTIVES:	40 CREDITS

ALL GRADUATES MUST MEET THE FOLLOWING REQUIREMENTS:

- COMPLETE 230 CREDITS
- COMPLETE ALL COURSE REQUIREMENTS
- PASS THE CALIFORNIA STATE HIGH SCHOOL EXIT EXAM (CAHSEE)
- COMPLETE A SERVICE LEARNING PROJECT

CREDITS NEEDED TO PROMOTE TO THE NEXT GRADE LEVEL:

- 55 CREDITS 10TH GRADE
- 110 CREDITS 11TH GRADE
- 170 CREDITS 12TH GRADE
- 230 CREDITS GRADUATION

COUNSELORS:

PHONE # 818-271-2900

MR. ALVARADO-EXT. 2928

MR. AMAYA-EXT. 2937

MR. BROWNLEE-EXT. 2931

MR. COOK-EXT. 2932

MRS. DREYER-EXT. 2929

MRS. GARCIA-MEZA-EXT. 2939

MS. HERNANDEZ-EXT. 2922

MR. HOCHHALTER-EXT. 2927

MRS. PLASCENCIA-EXT. 2930

"PURSUING VICTORY WITH HONOR"

THE JOHN F. KENNEDY HIGH SCHOOL ATHLETIC PROGRAM IS COMMITTED TO EXCELLENCE IN ACADEMICS AND ATHLETICS. WE ARE DEDICATED TO "PURSUING VICTORY WITH HONOR", TO ADHERING TO THE RULES OF COMPETITION AND SPORTSMANSHIP AND TO DISPLAYING THE SIX PILLARS OF CHARACTER (**TRUSTWORTHINESS, RESPECT, RESPONSIBILITY, FAIRNESS, CARING AND CITIZENSHIP**) ON AND OFF THE PLAYING FIELD.

AS TEACHERS/COACHES AND STUDENT-ATHLETES, WE UNDERSTAND THAT PARTICIPATION IN THE ATHLETIC PROGRAM IS A PRIVILEGE. WE GLADLY ACCEPT OUR RESPONSIBILITY TO BE ROLE MODELS, TO EXERCISE SELF-DISCIPLINE AND TO BE HARDWORKING, PREPARED, PERSEVERING, EMPATHETIC, COURAGEOUS, FAIR AND SELF-SACRIFICING TEAM PLAYERS. WE WILL LOSE WITH GRACE, WIN WITH HONOR AND STRIVE THROUGH BOTH TO BRING PRIDE AND RESPECT TO OUR SCHOOL, OUR SPORT, OUR TEAMMATES, OUR OPPONENTS AND OURSELVES.

ATHLETIC COMPETITION OF INTERSCHOLASTIC AGE STUDENT-ATHLETES SHOULD BE FUN AND SHOULD ALSO BE A SIGNIFICANT PART OF A SOUND EDUCATIONAL PROGRAM, EMBODYING HIGH STANDARDS OF ETHICS AND SPORTSMANSHIP WHILE DEVELOPING GOOD CHARACTER AND OTHER IMPORTANT LIFE SKILLS. THE ESSENTIAL ELEMENTS OF CHARACTER BUILDING ARE INTRINSIC IN THE CONCEPT OF SPORTSMANSHIP AND THE SIX PILLARS OF CHARACTER:

TRUSTWORTHINESS
RESPECT
RESPONSIBILITY

FAIRNESS
CARING
GOOD CITIZENSHIP

SINCERE AND GOOD FAITH EFFORTS TO HONOR THE WORDS AND SPIRIT OF CHARACTER WILL IMPROVE THE QUALITY OF OUR ATHLETIC PROGRAM AND THE WELL-BEING OF OUR STUDENT-ATHLETES.

CODE OF CONDUCT

TEACHER/COACH:

- ENTHUSIASTICALLY SUPPORT AND PRACTICE “PURSUING VICTORY WITH HONOR”.
- WIN AND LOSE GRACIOUSLY
- WINNING IS ONLY PART OF INTERSCHOLASTIC SPORTS. BE SURE YOUR PLAYERS ENJOY THE EXPERIENCE. DON’T LET ANYONE YELL AT THEM OR MOCK THEM.
- GENEROUSLY PRAISE YOUR ATHLETES WHEN THEY DESERVE IT.
- SET A GOOD EXAMPLE. YOUNG PEOPLE NEED A TEACHER/COACH THEY CAN RESPECT.
- BE REASONABLE IN YOUR DEMANDS ON STUDENT-ATHLETES’ TIME, ENERGY AND PERFORMANCE ON THE PLAYING FIELD.
- TEACH YOUR PLAYERS TO HONOR THE RULES OF THE GAME AT ALL TIMES.
- FOSTER RESPECT AMONG YOUR STUDENT-ATHLETES FOR THE JUDGEMENT OF REFEREES AND OPPOSING TEACHERS/COACHES AND FOR THE ABILITY OF OPPONENTS.
- STAY INFORMED ABOUT SOUND COACHING PRINCIPLES AND THE PHYSICAL, MENTAL AND EMOTIONAL DEVELOPMENT OF STUDENT-ATHLETES.

PARENT/GUARDIAN:

- REMEMBER, YOUNG PEOPLE PLAY FOR THEIR OWN ENJOYMENT, NOT YOURS.
- DON’T FORCE AN UNWILLING STUDENT ONTO THE FIELD OR COURT.
- APPLAUD GOOD PLAYS BY OPPOSING PLAYERS AS WELL AS YOUR OWN.
- SET A GOOD EXAMPLE. YOUNG PEOPLE LEARN BEST BY IMITATION.
- TEACH YOUR CHILD THAT HARD WORK AND AN ALL-OUT EFFORT CAN MATTER MORE THAN VICTORY.
- HELP YOUR CHILD IMPROVE SKILLS AND SPORTSMANSHIP IN EVERY GAME. YOUR CHILD WILL THEN BE A WINNER, EVEN IN DEFEAT.
- NEVER RIDICULE OR YELL AT YOUR CHILD FOR MAKING A MISTAKE OR LOSING A GAME.
- SUPPORT ALL EFFORTS TO REMOVE VERBAL AND PHYSICAL ABUSE FROM INTERSCHOLASTIC SPORTS.
- DO NOT PUBLICLY QUESTION A COACH’S OR OFFICIAL’S JUDGEMENT OR INTEGRITY.
- THERE ARE PROPER WAYS TO COMMUNICATE AND HAVE YOUR CONCERNS ADDRESSED. PLEASE SCHEDULE AN APPOINTMENT TO DEAL WITH THESE CONCERNS.
- ISSUES THAT ARE NOT APPROPRIATE TO DISCUSS: PLAYING TIME, TEAM STRATEGY, PLAY CALLING AND OTHER STUDENT-ATHLETES.

HIGH SCHOOL ELIGIBILITY

LAUSD REQUIREMENTS:

- PASS A MINIMUM OF (20) CREDITS DURING THE PREVIOUS GRADING PERIOD.
- CURRENTLY PASSING A MINIMUM OF (20) CREDITS OF CLASSES
- MAINTAIN A MINIMUM “C” AVERAGE (2.0 GPA) IN CURRENT CLASSES.
- COMPLETE AND OBTAIN CLEARANCE OF ALL ATHLETIC PAPERWORK EVERY SCHOOL YEAR. THE ATHLETIC DIRECTOR WILL WORK DIRECTLY WITH EACH COACH IN REGARDS TO THE FOLLOWING ITEMS:
 - ATHLETIC RECORD ELIGIBILITY INFORMATION
 - ACKNOWLEDGEMENT OF RISK/INFORMED CONSENT
 - HEALTH INSURANCE VERIFICATION
 - STUDENT-ATHLETE CODE OF CONDUCT
 - VALID PHYSICAL
 - STEROID PROHIBITION USE FORM
- STUDENTS MUST LIVE WITH LEGAL PARENT/GUARDIAN WITHIN THE KENNEDY HS ATTENDANCE BOUNDARIES. IF THIS IS NOT THE CASE, THE STUDENT MUST BE ELIGIBLE BY AN ACCEPTABLE PERMIT WITH TRANSFER PAPERWORK (207/510) ON FILE AT THE SCHOOL AND ATHLETICS OFFICE.
- A SUMMER SCHOOL CLASS CAN REPLACE A SPRING SEMESTER GRADE FOR THE SAME SUBJECT FOR ELIGIBILITY IN THE FALL SEMESTER.

CIF – LOS ANGELES CITY SECTION
ATHLETICS OFFICE
1545 WILSHIRE BLVD, SUITE 200
LOS ANGELES, CA 90017
213-207-2200
213-207-2209 – FAX
www.cif-la.org

CALIFORNIA INTERSCHOLASTIC FEDERATION
STATE OFFICE
4658 DUCKHORN DRIVE
SACRAMENTO, CA 95834
916-239-4477
916-239-4478 – FAX
www.cifstate.org