New Student Athletic Information Night - School Year 2019/2020
May 23, 2019: 6:00 to 7:15 pm

Mr. Roger Cosgrove – Director of Athletics
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Agenda

- History of Athletics
- Coliseum/Imperial League
- Sports @ POLAHS
- Locations of Practices/Games
- Paperwork/Requirements
- Parental Reminders
- Dead Period
- Sign-up for Sport(s)
- Questions
History of Athletics

- March 10th, 2008: The Port of Los Angeles High School was approved for athletics by the Los Angeles City CIF section.
- October 2, 2008: The POLAHS Bears win their first athletic competition
- May 25, 2011: Varsity softball brings home POLAHS’s 1st CIF Championship
- So far: 5 CIF Finals Appearances, multiple Semifinals & Quarterfinals appearances
- So far: 8 CIF Championships; most recent: 2017/2018 Girls Div. IV CIF Competitive Cheerleading Championship
CIF-LA Championships

- Girls Cross Country - 2 time CIF Champions 2012 and 2013
- Baseball – 1 time CIF Championship in 2014
- Girls Soccer – 1 time CIF Championship in 2017
- Competitive Cheerleading – 1 time CIF Championship in 2018
Coliseum/Imperial League

- The CIF-LA Section did the five year league realignments in 2018/2019. Previously, POLAHS was in both the Crosstown League for Fall and Winter sports and the Coliseum League for Spring sports.

- 2019/2020 – Port of Los Angeles High School will join Imperial League/Coliseum League combination. One year approved trial combining leagues and then separating them by sport for competitive balance and balancing Varsity and JV programs by team and season of sport!
Sports @ POLAHS

- Fall Sports
- Girl’s Volleyball
  - Varsity & JV
- Varsity Cross Country
  - Boys and Girls

League: Coliseum League
League: Imperial League
Sports @ POLAHS

- Winter Sports
  - Boy’s Soccer - Varsity
  - Girl’s Soccer - Varsity
  - Boy’s Basketball
    - Varsity & JV
  - Girl’s Basketball
    - Varsity & JV

League: Imperial League
Sports

Spring Sports

- Competitive Cheerleading - Varsity
  - Co-Ed – Coliseum League
- Baseball – Coliseum League
  - Varsity & JV
- Softball – Coliseum League
  - Varsity & JV
- Boys Volleyball – Imperial League
  - Varsity & JV

League: Coliseum League

League: Imperial League
Sports @ POLAHS

Year Round Sports

- Varsity Sideline Cheerleading – Co-Ed - Year Round
- Sailing Team - Cabrillo Yacht Club – Co-Ed
- Students Run LA (SRLA) – Co-Ed
Locations of Practices/Games

- Basketball - Boys & Girls Club and Peck Park
- Soccer - 22nd Street Park, Field of Dreams, and Daniels Field
- Baseball - Henderson Field
- Softball - Bloch Field and Leland Park
- Volleyball - Boys & Girls Club and Peck Park
- Cross Country - 22nd Street Park, Promenade, and Peck Park
- SRLA – 22nd Street Park and various locations for practice
- Cheer - On-Campus practice and various sites for competition
- Sailing - Cabrillo Yacht Club and various sites for competition
Citizenship & Behavior – Participation in sports is a privilege – not a right!

Starting with the 5 week grading period, 2.0 GPA & No “F” policy – Week to Week – Every 5 week grading period!

Forms – Student/Athlete Packet contains the following forms which must be completely filled out and all signatures completed:

- Alcohol, Drugs, & Tobacco, Code of Conduct, Eligibility Form (Medical Insurance), Concussion Sheet, Social/Media Agreement, Steroid Abuse, Opioid Information, Sudden Cardiac Arrest, Physical Form, and Emergency Information Card.
Paperwork Due Dates

- Incoming Freshman may not participate in workouts/tryouts until after their graduation from middle school/8th grade.

- Per CIF and Port of Los Angeles High School rules, in order for a student to tryout for a sport, the entire packet must be complete: Note - this includes a current athletic physical.

- Athletic Department (Mr. Cosgrove) must clear the athlete before they may participate in any activity with the team.
Parental Reminders

- Student-Athlete: Recognize that the “student” comes first!
- High School Athletics: Sportsmanship, keep it a positive atmosphere, cheer positively.
- Collectively, we set the example for our young people
- Please let the coaches **Coach**, do not try to coach from the bleachers
- Competition: This is not the park league where everyone gets to play in the game.
- Please be respectful of the players, coaches, referees, and administrators.
- If you have an issue with a coach, please never approach after the game. Emotions are sometimes high after both a thrilling victory or a not so thrilling defeat.
- **Social Media:** Social Media Agreement. Be careful with comments and content. These are young people acquiring skills and learning sports.
- Summer Programs: Summer workout programs are driven by the individual coach and are not affiliated with POLAHS.
Dead Period

- **Time to Get Away from It – No contact between Coach and Athlete!**

- **June 9, 2019 – June 29, 2019:** Cross Country, Girls Volleyball, Boys Soccer, Girls Soccer, Boys Basketball, and Girls Basketball

- **December 1, 2019 – December 21, 2019:** Baseball, Softball, and Boys Volleyball

- **December 8, 2019 – December 28, 2019:** Competitive Cheerleading
2019/2020 Coaches:

- Cross Country – Coach Raymond Justiniano
- Volleyball – Coach Brian Justiniano
- SRLA – Coach Gant, Coach Kelly, & Coach Magana
- Cheerleading – Coach Woodward
- Sailing – Coach Arzoumanianian & Coach Smith
- Girls Basketball – Coach Givens
- Boys Basketball – Coach Schulte
- Softball : Coach Mendez & Coach Proctor-Martinez
- Baseball - Coach Emerson & Coach Vega
- Soccer – Coach Torres & Coach Bozart
Sign-Up for Sport(s)

- Volleyball – Room 106
- Cross Country & SRLA – Room 109
- Cheerleading – Room 110
- Sailing – Room 111
- Girls Basketball – Room 112
- Boys Basketball – Room 113
- Softball – Room 114
- Baseball – Room 115
- Soccer – Multipurpose Room
Questions?
2018/2019 Results by Sport

- Cross Country – Qualified for CIF-LA Regional
- Girls Volleyball – 3rd Place in Imperial League
- Girls Basketball – CIF-LA Playoffs
- Boys Basketball – CIF-LA Playoffs
- Girls Soccer – CIF-LA Playoffs
- Boys Soccer – CIF-LA Quarterfinal Playoffs
- Competitive Cheerleading – CIF-LA Regional
- Softball – CIF-LA Playoffs
- Boys Volleyball – CIF-LA Quarterfinal Playoffs
- Baseball – CIF-LA Playoffs